

# Women's Retreat Schedule 2023

## *Spacious Places : Contemplative, Creative, Restorative*

### Friday

6:00 pm Arrival and Check-in – *Outside Main Office*  
 7:30 pm Dessert & Reconnecting – *Dining Hall*  
 8:00 pm Welcome – *Dining hall*  
*Mayhem Games- Jan & Heidi*

### Saturday

7:30 am Polar Bear Swim – *Main Beach*  
 8:30 am Breakfast  
 9:30 am Worship – *Cottonwood*  
*Mindful practices*  
 11:00 am Free Time / Guided Activities  
 Pontoon Boat ride – *Meet at Main Beach*  
 12:30 pm Lunch  
 1:30 pm Camp Store  
 2:00–5:30 Free Time / Guided Activities \*

2:00–3:00	Brooke Rothshank - Workshop on Gratitude: Painting	Pontoon Boat Ride – <i>Meet at Main Beach</i>
3:15–4:15	Upcycled Hymnal Wreath – Diane Huber ( <i>Dining Hall</i> )	Paper Star folding- Greta (?) pick the time
4:30–5:30	Nature Hike: Water Ways at Camp	Brooke Rothshank- Workshop on Gratitude: Mini Zines

5:30 pm Supper  
 7:00 pm Worship (Offering taken for Camp Friedenswald) – *Cottonwood*  
 8:30 pm Popcorn Campfire – *Mosquito Hollow*

### Sunday

7:30 am Polar Bear Swim – *Main Beach*  
 8:30 am Light Breakfast  
 9:30 am Worship & Communion – *Cottonwood*  
 11:00 am Brunch

*\*Snack will be available in the Dining Hall from 3:00–3:30 on Saturday.*

*\*\*Golf carts are available as needed, please ask.*

## Women's Retreat Activity Descriptions 2023

### **Pontoon ride**

Enjoy a leisurely ride around Shavehead Lake with Jane Litwiller as your captain.

### **Nature Hike: Water Ways at Camp** with Jane Litwiller

Explore the landscape at Camp and learn more about the watershed here. We'll hike to some distinct water features and learn more about where the water is coming from and where it goes after leaving Camp.

### **Workshop on Gratitude: Painting** with Brooke Rothshank

This workshop will involve water color painting in response to prompts. There will be a focus and demos on pattern making and color blending. No painting experience is required.

### **Upcycled Hymnal Wreath** with Diane Huber - meet at the Dining Hall

This workshop will use old hymnals and give them a second life as a fun and artistic wreath.

### **Paper Star folding** with Greta Holt - meet at the

### **Workshop on Gratitude: Mini Zines** with Brooke Rothshank

This workshop will use pen and markers to make and illustrate mini zines answering the questions "what makes a good day."

## **Other Notes:**

### **Schedule**

Please sign up for activities by 9:30 am on Saturday so that the facilitator can plan accordingly. Locations for worship and activities are listed on your schedule.

### **Meals**

We will gather in the Dining Hall at the start of each meal time to sing a blessing before going through the buffet line. You are welcome to sit inside or at one of the picnic tables located on the DH Lawn.

At the end of a meal, be sure to take all dirty dishes, compost/trash, silverware, etc. to the dish window in the Dining Hall. Rags are available to clean off the table and brooms are available for sweeping. (No sweeping needed when eating outdoors!)

### **Questions? Need assistance?**

If you need assistance throughout the weekend and a camp staff member is not readily available, please contact us by picking up the receiver on a camp phone (in the entrance of the Dining Hall, or in the common area of lodges) to reach us.