

Women's Retreat 2025

Rooted & Grounded in Love: When Trees Speak

Friday

6:00 pm Arrival and Check-in – *Dining Hall*
 7:00 pm Evening snack / meet & greet- *Dining Hall*
 7:30 pm Welcome to the weekend & Introductions/games – *Dining Hall*
 8:30 pm Popcorn Campfire – *Mosquito Hollow*

Saturday

7:30 am Polar Bear Swim (self-led) and Morning Tree Yoga with Michelle – *Dining Hall Lawn*
 8:10 am Morningsong with Gwen – *Amphitheater*
 8:30 am Breakfast
 9:30 am Worship – *Cottonwood*
 11:15 am Free Time / Activities

- Activity/Workshop with Mennonite Women ED, Cyneatha – *Sandhill*
- Beeswax Candles & Holders with Alena – *Nature Center*
- Pontoon boat ride with Jenna – *Main Beach*
- Poetry of the Peaceful Woods with Stephanie– *Dining Hall Lawn Picnic Tables*

12:30 pm Lunch
 1:30 pm Camp Store
 2:00–5:30 Free Time / Guided Activities (See below)
 3:00 pm Snack

2:00–3:00	Potawatomi Teachings with Anna Johnson, Citizen Band Potawatomi Artisan – <i>Sandhill Lounge</i>	Pontoon ride – <i>Main Beach</i>
3:15–4:15	Beeswax Candles & Holders with Alena – <i>Nature Center</i>	Pontoon ride – <i>Main Beach</i>
4:30–5:30	Nature walk with Amy– <i>Circle Drive</i>	Pontoon ride – <i>Main Beach</i>

5:30 pm Supper
 7:00 pm Worship – *Cottonwood*
 8:30 pm Snacks and Concert with Wendy Chappell-Dyck – *Sandhill Lounge*

Sunday

7:30 am Polar Bear Swim (self-led) and Tree Yoga – *Dining Hall Lawn*
 8:10 am Morningsong with Gwen – *Amphitheater*
 8:30 am Light Breakfast
 9:30 am Worship (*Offering for Camp Friedenswald project*) – *Cottonwood*
 11:00 am Brunch
 Camp Store / Farewell!
Please be out of your lodging by 1:00 pm

We are grateful to Sharon Lehman and Alena Miller for leading worship and to Rev Dr Rosalind Young for providing input throughout the weekend. Worship times will focus on the theme: Rooted & Grounded in Love: When Trees Speak.

Morning Activity: Tree Yoga - Join Michelle Bode on the front lawn of the Dining Hall to be led in slow, loosening, strengthening "tree yoga".

Activity: Pontoon rides - Meet at Main Beach. Enjoy a leisurely ride around Shavehead Lake.

Activity: Beeswax Candles and Tree Branch Candleholder Making - Get in touch with trees through working with them to create a unique candle holder along with a beeswax candle.

Activity: Poetry of the Peaceful Woods - Led by Stephanie. Be inspired by the "first bible" aka: Creation! to create thoughtful, whimsical, or reflective Haiku poetry in response to God's revelation in the world around us. Bring a journal (optional).

Activity: Potawatomi Teachings - led by Anna Johnson, Citizen Band Potawatomi Artisan.

Activity: Nature walk with Amy - Explore the peaceful woods with seasoned nature guide and Director of Sustainability at Camp Friedenswald, Amy Huser! Meet at the Circle Drive.

Additional Offering: Massage - with Ashley Halliburton will be offered throughout the day on **Saturday**. Note from Ashley: I have been a licensed massage therapist since 2010. I have passion and excitement for what I do because I know it's life changing! My specialties include deep tissue, myofascial release, sports massage, hot stone, and Swedish massages. I love customizing each session to give every client a unique experience that not only meets their expectations but also gives you something to look forward to on your next visit. You can schedule a 15-minute chair massage. The sign-up sheet will be available Friday evening. Cost (\$25) will be paid directly to Ashley (credit cards accepted).

Additional Offering: Spiritual Direction. 30 minute Spiritual Direction sessions with Gwen Gustafson-Zook will be offered throughout the day on Saturday. The sign-up sheet will be out Friday evening.

Additional Offering: Fables Books, an independent, locally owned bookshop will be at Camp and open throughout the weekend. Books featuring women's voices will be highlighted.

Additional Offering: Pop-up Ten Thousand Villages Jewelry Boutique. Shop this multicultural treasure chest and find jewelry from India, Honduras, Columbia and more. Necklaces, earrings, bracelets, scarves and a "charm bar" will be set up to delight you.

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 and dialing 500.

If you would benefit from the use of a golf cart, please ask! We're happy to help.