 

**Women’s Retreat Information Page**

**September 15, 16 & 17, 2023**

***Our prayer is that you will come with an open spirit to learn, laugh and experience the love of Jesus. Then, to leave feeling heard, seen, appreciated and encouraged.***

We are so excited that **Judy Shepherd** will be our keynote speaker. Judy has extensive experience in ministry. She ministered alongside her late husband, John Shepherd at Glad Tiding Church in Sudbury for 15 years. Judy now attends First Baptist Church in Garson.

Judy will speak on the *Joy of Giving* highlinging **Luke 6:38: Give**, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, will be put into your lap. For with the same measure you use, it will be measured to you again.

We are also thrilled that worship will be led by **Melanie and Dave Carlson.** Dave is an accomplished musician and teacher and is the director of Sudbury Music Academy. Melanie has a heart for worship and the voice of an angel. She works full-time and is in the process of writing her memoire.

**Interesting information about the retreat:**

Camp Norland is a rustic retreat centre on Deer Lake, surrounded by forest. This will be a family style retreat where everyone is expected to assist with meal services. Your team will be responsible for setting up, cleaning, drying and putting away dishes. Meals will be served family style at each table.

**There are two options for regisration:**

All weeknd, which includes Friday evening, Saturday and Sunday breakfast.

Saturday only with registration starting at 8:00 am and departure before dark.

**Order of Events:**

Friday evening: There is no program planned for Friday as guests will be arriving at different times. Take this time to connect with others, play games, read a book or enjoy the outdoors. Snacks will be available.

Saturday agenda:

* Registration for Saturday only guests - 8:00 to 9:30 am
* Breakfast for everyone at 9:30 am (coffee available at 8:30 am)
* A short break to freshen up and clean up
* Worship
* Session #1
* Lunch & clean up
* Worship
* Session #2
* Group discussions – How have the messages impacted you?
* Free time – choose an activity
* Dinner
* Clean up and freshen up
* Dessert –S’mores & Testimonies around a campfire
* Departure for day registrants before dark

Sunday Morning:

* Breakfast will be provided prior to going to Kipling church for worship.
* Departure for those who wish to attend their home church.

**Activities:**

There will be **FREE TIME** on Saturday afternoon and we want you to take this time to fill your spirit with what makes you happy. You can enjoy quiet time or enjoy any of the mutlipe activites including:

* Fishing (bring bait)
* Hiking / Walking
* Sauna and Swim
* Cardio Drumming with Natalie
* Board games
* Canoeing
* Book Exchange

There will be a **BOOK EXCHANGE** where you can bring a book, take a book or both! Books will be both Christian and positive non-Christian. We ask that all books brought are tasteful and appropriate.

**Sleeping Arrangements:**

There are 7 single rooms with one double bunk bed and 12 double rooms with bunk beds (double on bottom and single on top). Each room has a private bathroom with a sink and toilet. There are four single shower rooms located in the hallway adjacent to the bedrooms.

Rooms are assigned as registrations are received. You may have to share a room, but we will make every effort to place you with someone you are comfortable with.

You will need to bring bedding - either a sleeping bag or sheets and a duvet, your favourite pillow and don’t forget your shower supplies.

**Sunday Morning Church:**

It has been a tradition that the Camp Norland Women’s Retreat participants attend Kipling church with Pastor Steve Olmstead on Sunday morning for worship. There is also the option of heading home after breakfast to attend your regular church service.

**What can you do to prepare?**

We ask each of you to pray for every women who attends – including yourself. That we will each be impacted by the Holy Spirit and experience the unconditional love of Jesus Christ. Come with an open heart to be vulnerable, to grow and to worship abundantly.

**Offering**: An offering for Camp Norland will be taken during dinner on Saturday. These funds will go toward general upkeep and improvement of the facility.

**Questions?**

Feel free to contact:

* Lee Ferguson 705-675-1617 or [leeferguson53@gmail.com](mailto:leeferguson53@gmail.com)
* Tracey Morton 780-932-1606 (evenings) or [traceymorton100@gmail.com](mailto:traceymorton100@gmail.com)

**Please register using the Camp Norland Women’ Retreat Registration Form and email to** [**Traceymorton100@gmail.com**](mailto:Traceymorton100@gmail.com)