



FALL REFRESHMENT WOMEN'S RETREAT

September 23-25, 2022 | Trout Lake Camps

HIGHLIGHTS

WORKSHOPS

Our workshop leaders bring a godly perspective to a variety of relevant topics. You'll be strengthened spiritually and inspired to engage your world in a new and meaningful way. You'll also connect with other women who share your interests and concerns.

ACTIVITIES

Customize your weekend by choosing from many camp activities: zipline, climbing wall, boating, archery, volleyball, riflery, biking, or a camp tour. Or if you prefer, take time to relax, nap, walk, read, craft, shop in town, or hang out with friends.

WHAT TO BRING

You will need a pillow and a sleeping bag or twin-size bedding. Other necessities: towels, warm clothes, walking shoes, rain gear, toiletries, and Bible. If you would like to join a morning exercise class, bring workout clothes. **PLEASE BRING A FLASHLIGHT.**

REGISTRATION INFORMATION

YOU MAY REGISTER IN ONE OF TWO WAYS:

- **Online:** troutlakecamps.org/retreats/womens-retreat
- **By mail:** complete the attached form and send with full payment to:
Trout Lake Camps
10173 Trout Lake Dr
Pine River, MN 56474

Registration opens May 2 at noon. Online registrations will be given priority.

Receive a \$5 discount if you register before July 15 (online promo code EARLY4FR). Pastors and pastors' wives receive a \$10 discount (by mail only). Payments are nonrefundable but are transferable.

We will do our best to fulfill your housing request. Women from the same church who select the same housing will be housed together whenever possible. Beyond this accommodation, if you wish to request specific roommates, please indicate this on the registration form.

Rustic cabins at both The Point and Timber Ridge house 12 and use down-the-path bathrooms. Modern cabins, which have their own bathroom and vary in size, sleep 6-12 women. Remodeled Rustic Cabins were recently built but have no bathroom. The 26 rooms in Shalom House each offer hotel-like accommodations for two. **Please make other arrangements for infants and children; we are not able to accommodate them.**

Direct your registration questions and dietary requests to Grace at 218.543.4565 or registration@troutcamps.org. Direct questions about retreat content to Mandy Johnson at 651.633.0560 or mjohnson@convergenorthcentral.org.



DO NOT CONFORM TO THE PATTERN OF THIS WORLD, BUT BE TRANSFORMED BY THE RENEWING OF YOUR MIND.
THEN YOU WILL BE ABLE TO TEST AND APPROVE WHAT GOD'S WILL IS - HIS GOOD, PLEASING AND PERFECT WILL.

Romans 12:2

SCHEDULE



CHRISTY ENGELHART | SPEAKER

Christy is a wife, mother of three and a pastor with 18+ years of ministry experience working with children, youth and adults. She holds a BA in Communication from Bethel University and a Master of Christian Education from Bethel Seminary. She is currently on staff at Riverdale Church in Andover, MN where she heads up the Small Groups and Women's Ministries.

Some of her favorite things include coffee, ice cream, outdoor adventures, and spending quality time with friends and family.

Friday, September 23

Check-In at Dining Hall	5:00 pm
Dinner	6:00-7:30 pm
Chapel	8:00 pm
Refreshments	9:30 pm

Saturday, September 24

Breakfast	8:00 am
Chapel	9:15 am
Free Time	11:00-6:00 pm
Lunch	11:45 am
Workshops	12:45 & 3:00 pm
Banquet at Timber Ridge	5:00 & 6:15

Sunday, September 25

Breakfast	8:15 am
Worship Service	9:30 am
Lunch	11:30 am

WORSHIP TEAM

Our worship team for the weekend is from Cornerstone Church in Litchfield and Cokato, MN. This church invests in the talents, time and resources of the people God has brought to them so, they able to share those people with our Fall Refreshment attendees. The worship team strives to help achieve the church's focus of "leading people in a growing relationship through Jesus Christ". During the weekend, they hope to help women begin or renew their connection with their Savior.

