

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 1 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 The Point 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 Alex at 218.543.4565 or registration@troutcamps.org. Direct questions about retreat content to Mandy Johnson at fallrefreshment@troutcamps.org.

I RECALL ALL YOU HAVE DONE,
O, LORD; I REMEMBER YOUR WONDERFUL
DEEDS OF LONG AGO.
PSALM 77:11

SPEAKER | MOLLY SANBORN



Molly Sanborn (aka The Cheese Ball Chick) is a wife, homeschool mom, speaker, author, and lover of Jesus. Her creative ideas and infectious personality have been featured on several TV shows including Twin Cities Live and Wipeout. She makes it her mission to help others find joy even in the midst of tough times. Molly will make you laugh (and maybe even cry) as she shares practical, biblical, and comical applications to help you draw closer to God.



Find out more about Molly at www.cheeseballchick.com or scan the QR code.

WORSHIP TEAM | MILL CITY WORSHIP



Mill City Church is a multi-generational, Jesus-centered church in Northeast Minneapolis. "Mill City" is one of the oldest nicknames for the city of Minneapolis and our mission at MCC is to love our community in the name of Jesus.

Everything that we do is about being able to live out that mission together. We are passionate about partnering with the Spirit to create spaces where everyone is equipped to participate with God in their everyday spaces.

SCHEDULE

Friday, September 22	
Check-In at Dining Hall	5:00 pm
Dinner	6:00-7:30 pm
Chapel	8:00 pm
Refreshments	9:30 pm

Saturday, September 23	
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
Dinner	6:00pm

Sunday, September 24	
Breakfast	8:15 am
Worship Service	9:30 am
Lunch	11:30 am



REGISTRATION BEGINS AT NOON ON MAY 1

Online registrations will be given priority.

NAME

ADDRESS

CITY

STATE

ZIP

PHONE

EMAIL

CHURCH

ROOMMATE REQUEST (optional)

☐ I prefer not to be housed with my church group.

LODGING

☐ MODERN CABIN \$185 ☐ SHALOM HOUSE \$195

☐ IN-CAMP RV SITE \$165 ☐ OFF-SITE \$165

☐ RUSTIC - THE POINT \$165

☐ RUSTIC - THE POINT REMODELED \$175

DISCOUNTS

☐ REGISTER BEFORE 7/15/2023 \$5

☐ PASTOR/PASTOR'S WIFE \$10

Lodging \$ _____

Discount \$ _____

Total \$ _____

PAYMENT

☐ CHECK ☐ MASTERCARD ☐ VISA ☐ DISCOVER

CREDIT CARD NUMBER

EXPIRATION DATE

CVV/Credit Card ID #

CARDHOLDER SIGNATURE

Make checks payable to Trout Lake Camps.

Register online at: TroutLakeCamps.org/Women

Nonprofit Org.
US Postage PAID
Twin Cities, MN
Permit No. 2568

CONVERGE
NORTH CENTRAL
2 Pine Tree Dr #510
St Paul, MN 55112

RENEWER

FALL REFRESHMENT WOMEN'S RETREAT
September 22-24, 2023 | Trout Lake Camps