

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, 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

ONLINE REGISTRATION IS PREFERRED

TO REGISTER ONLINE VISIT: TroutLakeCamps.org/retreats/womens-fall-refreshment
If you are unable to register online, you may call camp to register. 218.543.4565
Registration opens May 1 at noon. Online registrations will be given priority.

Receive a \$5 discount if you register before July 15 (enter code EARLY4FR).
Pastors and pastors' wives receive a \$10 discount (enter code FRPW24).
Registrations are transferable. All but \$50 can be refunded until one week before (September 13th) in the event of a cancellation.

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 women and use down-the-path bathrooms. Modern cabins, which have their own bathroom and vary in size, sleep 6-12 women. Remodeled Rustic Cabins house 12 women and have no bathroom. The 26 rooms in Shalom House each offer hotel-like accommodations for two. In-camp RV sites provide full hookups. **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.

SPEAKER | AMINTA GEISLER



Aminta Geisler is a daughter of the King, wife to her best friend, mom of 4, and is affectionately known as the "Crazy Jesus Lady," a nickname that she loves. She is the Executive Director of Reckless Abandon Ministries, host of the Mint. Podcast, Speaker, Bible study author, and Breakfast Club champion. Her mission is to equip people to run the race of faith well. In her free time, Aminta enjoys taking long walks, reading, and remodeling homes with her husband. She loves coffee and pepperoni pizza.

WORSHIP TEAM | MILL CITY WORSHIP

MILL CITY CHURCH

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.

AMERICAN SIGN LANGUAGE

New in 2024: American Sign Language interpreting will be available for chapel and workshop sessions! Please register and indicate you need ASL interpreting services no later than August 20, 2024.

**THE RIGHTEOUS WILL
FLOURISH LIKE A PALM TREE,
THEY WILL GROW LIKE
A CEDAR OF LEBANON;
PLANTED IN THE
HOUSE OF THE LORD,
THEY WILL FLOURISH IN THE
COURTS OF OUR GOD.
THEY WILL STILL BEAR
FRUIT IN OLD AGE,
THEY WILL STAY FRESH
AND GREEN.**

PSALM 92:12-14



Fall Refreshment | September 20-22, 2024 | Trout Lake Camps

SCHEDULE

FRIDAY, SEPTEMBER 20

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

SATURDAY, SEPTEMBER 21

Breakfast	8:00 am
Chapel	9:15 am
Free Time	11:00-6:00 pm
Lunch	11:45 am
Workshops	1:00 & 3:00 pm
Dinner	6:00pm
Activity	7:00pm
Vespers	8:00pm

SUNDAY, SEPTEMBER 22

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

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LODGING

Shalom House: \$202
Modern Cabins: \$192
Rustic - The Point Remodeled: \$182
Rustic - The Point: \$172
In-Camp RV Site: \$172
Off-Site: \$172

DISCOUNTS

Register before 7/15/2024: \$5 OFF
Code: EARLY4FR

Pastor/Pastor's Wife: \$10 OFF
Code: FRPW24

SCAN THE QR CODE
TO REGISTER



Nonprofit Org.
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CONVERGE
NORTH CENTRAL
10173 Trout Lake Dr
Pine River, MN 56474



FALL REFRESHMENT WOMEN'S RETREAT
September 20-22, 2024 | Trout Lake Camps