

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 a 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 12th) 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 | HEATHER FLIES



This is the fourth time Heather Flies has spoken at Fall Refreshment and her 28th year as the Junior High Pastor at Wooddale Church in Eden Prairie. She LOVES students, and people in general! Outside the walls of Wooddale, Heather spends a great deal of time and energy as a communicator. She speaks in schools, trains youth workers, helps parents understand how to love their teenagers well, and encourages women in all seasons of life. In addition, Heather authored *I Want to Talk to My Teen About Girl Stuff*, a book for parents and her book for teenagers *That's What She Said/ That's What He Said*.

WORSHIP TEAM | PRESENCE MUSIC



Formed by Brandon and Leah Monson in Duluth, MN, Presence Music Band started humbly, rallying local worship musicians to perform at youth camps and other events. What began as a local project has since grown into a professional Christian band that has made waves across the Midwest and beyond. Their music has also been featured alongside artists such as KJ-52, 7eventh Time Down, and Anberlin, with tracks like the hit single "Down in the River" playing on over 100 stations across 8 countries. If your kids have attended Trout youth retreats, they have likely met Presence Music!

AMERICAN SIGN LANGUAGE

Fall Refreshment offered American Sign Language interpreting in 2024 and again this year it will be available for chapel and workshop sessions! Please register and indicate you need ASL interpreting services no later than August 20, 2025.



TRUST IN THE LORD
AND DO GOOD;
DWELL IN THE LAND
AND ENJOY
SAFE PASTURE.
TAKE DELIGHT
IN THE LORD,
AND HE WILL GIVE YOU
THE DESIRES
OF YOUR HEART.

PSALM 37:3-4



SCHEDULE

FRIDAY, SEPTEMBER 19

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

SATURDAY, SEPTEMBER 20

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
Presence Music Concert	8:00pm

SUNDAY, SEPTEMBER 21

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

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Permit No. 2568

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LODGING

Shalom House: \$210
Modern Cabins: \$200
Rustic - The Point Remodeled: \$190
Rustic - The Point: \$178
In-Camp RV Site: \$178
Off-Site: \$178

DISCOUNTS

Register before 7/15/2025: \$5 OFF
Code: EARLY4FR

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



SCAN THE QR CODE
TO REGISTER

 **CONVERGE**
NORTH CENTRAL
10173 Trout Lake Dr
Pine River, MN 56474



FALL REFRESHMENT WOMEN'S RETREAT
September 19-21, 2025 | Trout Lake Camps