

An Invitation

Please Join Us, and Bring Your Friends!

About the Retreat: This weekend was created just for you; please come and enjoy all it has to offer. This is meant to be a weekend of fellowship and renewal.

Women have brought:

- ❖ A Bible
- ❖ A journal for writing
- ❖ Game or activity to share (e.g. puzzle)
- ❖ Instrument or music to play
- ❖ Comfortable clothing/shoes
- ❖ Rain gear (not that we'll need it?)
- ❖ Camera for keeping memories
- ❖ A spirit for making memories!

You will need to bring:

- ✓ A snack for our refreshment table
- ✓ A Coffee mug (put your name on it)

Questions?

Retreat Coordinator

lutheranwomensretreat@gmail.com

ACCOMMODATION INFORMATION

The retreat will be held at Cedar Springs Christian Retreat Center in the Chalet Lodge.

Registration Fees Include: Rooms with private facilities, bed linens, towels, meals, and all the peace and tranquility you can handle!

If you wish to room with someone in particular you must send in your registration forms together, indicating your roommate's name on your forms.

REGISTRATION & COSTS (Rates are PER PERSON)

SINGLE room \$214 USD or \$283 CDN
DOUBLE room \$190 USD or \$251 CDN
BUNK BEDS \$168 USD or \$222 CDN
Saturday Day Guest \$60 USD or \$80 CDN (no accommodation)

**Registrations must be received
by: May 1st 2019**

(No refunds past this date)

Mail completed registrations to:

Lutheran Women's Retreat
c/o Benediction Lutheran Church
5575 6th Avenue
Delta, B.C. V4M 1M2

Cheques or Bank Drafts made
Payable to "Lutheran Women's
Retreat".



CHANGE:
Beauty or the Beast

Lutheran Women's Retreat

May 24-26, 2019

**Cedar Springs
Christian Retreat Center
Sumas, Washington**

The Lutheran Women of the Lower Mainland ELCIC churches will be holding our Annual Women's Retreat the weekend of **May 24-26, 2019** at **Cedar Springs Christian Retreat Center** in Sumas, Washington.

This year our theme is **"Change"** with Saturday sessions led by Karen Lee. Karen is a member of Peace Lutheran Congregation in Vernon and has lived in the Okanagan for most of her life. She is a mother, grandmother, and is trying to be retired, one step at a time.

She loves to travel - because it means meeting new people and discovering new places. So far, her travels have taken her to New Zealand, Fiji, a few European countries, Cuba, Mexico and parts of the USA and Canada. If it's not the sun, then it's the history and culture that pull her in. An exciting venture will be a trip to see the Passion Play at Oberammergau in 2020.

Long walks, sewing, reading and music fit into her life whenever possible. She loves her Sunday School students, enjoying their humour, candour, and love of life.

She is amazed at the honour to be part of this Women's Retreat, and looks forward to discovering new friends.

The retreat also includes a healing service, communion, quiet/prayer times, a Holden evening prayer service, and lots of music, fellowship and singing. But there is plenty of time for you to take in lakeside walks, explore hiking trails, or just to meditate and enjoy the peaceful surroundings.

There will be a worship service on Sunday morning.

Whether this will be your first retreat, or whether you are one of the many who make it an annual experience, we hope you will join us. We invite all women (18 and over) and their friends to attend this wonderful weekend filled with music, worship, fun, nature, friendships, prayer, good food and more!!

...we look forward to seeing you there!

Check-in at the retreat will begin at 5 pm on Friday evening, followed by dinner at 6:30pm. The retreat ends Sunday after lunch; approximately 1:30 pm. Friday night includes an orientation to the retreat followed by fellowship.

Please also consider volunteering gifts of service – we'll need people for scripture reading, prayers, communion assistance, music and other areas throughout the weekend. We invite those who would like to share their gifts of music to bring along any special music or musical instruments.

Directions to Cedar Springs Christian Retreat Center,
4700 Minaker Rd, Sumas, WA 98295:

From the Pacific Border Crossing keep right on Guide Meridian Rd for 4.2km
Turn left on WA-546 E and stay on for 15.3km
Turn right on E Badger Rd and stay on for 550m
Turn left on N Telegraph Rd and stay on for 500m
Turn right on N Pass Rd and stay on for 850m
Turn left on Minaker Rd and stay on for 1.4km
You have arrived!