

Registration For Women's Retreat

Name: _____ Phone: _____

Address: _____

Dietary Restriction: _____

Roommate: _____ (2 to a room)

Emergency Contact: _____ Phone: _____

T-Shirt Size: S M L XL 2XL

For more information regarding
the Winter Women's Retreat,
contact Mary Scarborough at 612-867-7783 or
Sheila Gahr at 763.427.2895.



700 Western Street
Anoka, MN 55303
763.421.3223
www.mtolive-anoka.org

Women's Retreat



Rejoice



Relax



Renew



Winter Women's Retreat

January 29-31, 2010

Mount Carmel

Alexandria, MN

Cost is \$150

\$50 deposit due by December 1st.

\$100 due at retreat

(sorry, no refunds on deposit)

Make checks payable to

Sheila Gahr.

There is a limit of 30 women,
so register today!

Mount Carmel is a year-round Bible study and renewal center. It's also referred to as a family/adult camp. It is a Christ-centered community for all ages where the gospel is experienced. Mount Carmel hosts retreats for churches, individuals/families and Christian organizations.

www.mountcarmelministries.com

Rejoice, Relax, Renew

Christmas is over and before you even have a chance to take a breath, Easter is on the way, and summer activities are right around the corner! Before you get lost in the bustle of everyday life, come lose yourself in this Winter's Women's Retreat.

The theme this year is Rejoice, Relax and Renew. Just those three words bring to mind a great plan for 2010. What better way to praise the Lord, fellowship with friends and energize yourself for a wonderful year!

- ◆ Join other gals for a weekend away at Mount Carmel in Alexandria, MN.
- ◆ A two-night, two-day event that allows time for dinners, hiking, skiing, knitting, reading, shopping, AND time for Bible study, devotions, music and

festi-



Schedule of Events

Friday:

Arrival -anytime after 4:00 PM

Dinner on your own - join us in the Hospitality Suite for casual time of getting to know others.

Saturday:

Breakfast

Morning Devotion

Faith Story

Lunch

Free Time - (many choices)

Dinner

Sharing Time

Sunday:

Breakfast Buffet

Worship/Devotion

Closing