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Deer Run is a 501(c)(3) nonprofit, nondenominational Christian ministry with a mission to transform lives through a passionate relationship with Jesus Christ while connecting with others in a camp or retreat setting.

"As the deer pants for streams of water, so my soul pants for you, O God." Psalm 42:1



Be Still — Get Real!

PSALM 46:10

SCHEDULE IS SUBJECT TO CHANGE

CAMP STORE HOURS

| | |
|-----------------|-------------------------------------|
| FRIDAY | 5:00 to 6:45 pm & 7:30 to 10:00 pm |
| SATURDAY | 12:30 to 5:00 pm & 8:15 to 10:00 pm |
| SUNDAY | 8:00 to 8:45 am & 10:30 to 11:15 am |

DEER RUN STAFF are available to answer your questions and help with any needs throughout the weekend. Text or call us!

✿ **LIZ GIBSON • 615.566.0024** ✿ **APRIL KUYKENDALL • 615.400.5709**

Friday

- 5:00 pm Check-in/Unpack • Mom-Daughter Photo Sign-ups: Yoga, Pedal Karts & Zip Line Crafts & Archery at **The Creekside Pavilion**
SAVE YOUR EVENT SHIRT TO WEAR IN THE GROUP PHOTO ON SUNDAY MORNING
- 6:00 pm Dinner at **THE CREEKSIDE**
- 7:00 pm Meet at **THE FORTRESS:** Welcome and Announcements Get Acquainted Ice Breaker Door Prizes: Must be present to win.
- 7:30 pm **FUN MUSIC** and **GLOW NIGHT DANCING**
- 8:00 pm Grab Snacks & Drinks at the **CAMP STORE**
- 8:30 pm **MOVIE NIGHT:** 2 different movies: 1 for younger girls & 1 for older girls — Upper Room or The Creekside {Movie choices to be announced.}
- 11:00 pm Lights Out

- 11:45 pm Lunch at **THE CREEKSIDE**
- 12:30–5:00 pm **RECREATION & ACTIVITIES: SEE LIST AT BOTTOM OF PAGE**
- 12:45–2:00 pm Mother-Daughter **YOGA: BE STILL** Restorative Yoga (not workout/exercise yoga)
- 2:30–3:45 pm Mother-Daughter **YOGA: BE STILL** Restorative Yoga (not workout/exercise yoga)
- 5:00 pm Clean-up, Showers and Relax
- 5:45 pm Dinner at **THE CREEKSIDE**
WESTERN NIGHT THEME: Wear cowboy hats, boots, jeans/skirts, bandanas, etc.
- 6:45 pm Meet at **THE FORTRESS:** Door Prizes: Must be present to win. Square Dance; Worship & Speaker
- 8:30 pm Grab Snacks & Drinks at the **CAMP STORE**
- 8:45 pm Wagon Ride: Meet at The Creekside Stargazing on the Game Field Campfire & S'mores at The Creekside Pavilion
- 11:00 pm Lights Out

Saturday

- 7:45 am Breakfast at **THE CREEKSIDE**
- 8:30 am Grab Your Coffee, Cocoa or Hot Tea at **THE FORTRESS**, then have **PERSONAL DEVOTION TIME** with Your Daughter {Your choice of location.}
- 9:00 am Meet at **THE FORTRESS:** Door Prizes: Must be present to win.
Mom & Daughter Session with Activity
- 10:00 am Break
- 10:15 am Mothers & Daughters meet at the **GAME FIELD for RELAY GAMES**

sunday

- 7:45 am Breakfast at **THE CREEKSIDE**
- 8:30 am Grab Your Coffee, Cocoa or Hot Tea at **THE FORTRESS**, then have **PERSONAL DEVOTION TIME** with Your Daughter {Your choice of location.}
- 9:00 am Meet back at **THE FORTRESS**
GROUP PHOTO: WEAR EVENT SHIRTS Door Prizes: Must be present to win.
- 9:15 am Worship & Speaker plus Closing with Mother-Daughter Blessing
- 10:30 am **CAMP STORE OPEN**, Pack-up, Depart

recreation & activities: your choice

SATURDAY, 12:30-5:00 pm • SEE MAP FOR LOCATIONS

- ✿ **Mother-Daughter Yoga at The Fortress** — 2 SESSIONS: Sign-up for yoga at check-in on Friday.
 - ✿ **Lake Time:** Canoeing, fishing or relaxing on the beach — Lake is NOT open for swimming.
 - ✿ **Geocaching:** Stop by the Camp Store for information. ✿ **Pedal Karts** ✿ **Zip Line Adventures**
 - ✿ **45-ft Climbing Tower** ✿ **Giant Swing** ✿ **Archery & BB Guns** ✿ **Hiking** ✿ **Crafts** at The Creekside Pavilion
- Note: Pedal Karts & Zip Line Adventures are PAID activities and require an armband to participate.

PLEASE SILENCE YOUR CELL PHONE DURING WORSHIP & SPEAKER SESSIONS.



GUEST SPEAKER & WORSHIP LEADERS

Jada Daves & her daughters



Shanel (11), Jada, Sharayah (13) and Shayli (15)

JADA DAVES AND HER THREE DAUGHTERS are leading our 2017 Mother-Daughter Retreat Weekend. They are a joy to be with and we know you will be blessed to spend time with them.

JADA has been married to Kevin for 23 years and is the mother of five children ages seven to fifteen. She has a passion for ministry and has utilized her many God-given talents through missionary work in several countries, teaching all ages of children and adults in the local church, writing feature articles for Christian publications, conducting a variety of Bible studies, and leading conferences for women, youth, married couples and families.

She earned her doctorate from Vanderbilt University in Human Resource Development and has twenty-two years experience in training and

education. She is the founder and president of Positive Results, a motivational speaking, training and program development firm. She is also an author, former talk radio host, songwriter, and has most recently launched an entertainment company that focuses on family-centered television and movies.

SHAYLI, the oldest child, aspires to be a positive influence and role model for her generation. Through writing weekly devotional texts, she encourages her friends to stay strong and seek God in the midst of all of life's circumstances. Shayli enjoys sharing the modern-day miracles she has personally experienced in order to provide hope for today's culture.

SHARAYAH, the middle sister, is a singer-songwriter who loves to lead worship as she plays guitar and

provides vocals for 400+ youth each week at her church. She cherishes her daily quiet time with the Lord and has a gentle spirit that draws people in. The other things that bring Sharayah great joy in life are spending time with friends and family, horses and surfing.

SHANEL, the youngest sister, has a heart for hospitality using her culinary skills. She especially likes to bake and has found that her hobby could become a career. Shanel gravitates to children and developing meaningful one-on-one relationships. She is wise beyond her years and her fondness for others shines bright in everything she pursues.

While each Daves' daughter has a unique personality, they all agree on a few things: adore time spent with their mom for "girls day out," their favorite sport is basketball and they actually like their two little brothers.



MOTHER-DAUGHTER YOGA LEADER

Keleah Anderson



KELEAH CAME TO YOGA THROUGH TWO PASSIONS – cheerleading and gymnastics. She was raised in the church, becoming a believer at age 7. She had always experienced movement as an expression of her soul, but in yoga, she found an even deeper connection to the God she knew and loved. She found movement that was sacred, union that was restful, and postures that were powerful. She found home – a place of being, not doing. Her deepest intention is to awaken the heart within others to experience “the flow” of God’s love, and for each class to offer something greater than a physical practice, but rather a connection in mind, body, soul, and spirit.

Keleah’s diverse background and studies of yoga and anatomy have enriched her own unique style of teaching. Her classes provide the body an opportunity for movement, stillness, worship, prayer, and meditation all in one.

Keleah has been teaching yoga since 2001 and is recognized by Yoga Alliance as an E-RYT200 certified yoga instructor. She has been sharing a passion for the Lord through fitness training for over half her life, beginning in 1991. She currently brings this unique practice of Christ-centered yoga to classes in her studio, churches, and retreat centers.

Keleah resides in Franklin, TN with her husband of 18 years and three children.

BE STILL RESTORATIVE YOGA

Our Be Still Restorative class is designed to incorporate still yoga poses with easy movement throughout.

Verbal and visual cues are given by the instructor to accommodate all levels of experience, whether a beginner or advanced yogi.



You can find out more about
ABUNDANT YOGA
at www.abundantyoga.com.



what to pack

Clothing

- cowboy hats, boots, jeans/skirts, bandanas, etc. for Saturday night Western Night
- warm clothing for chilly nights (depending on weather)
- casual clothing & athletic shoes or hiking boots for recreational activities
- outdoor/ground blankets for night activities: wagon ride, campfire, stargazing, etc.
- waterproof sandals for lake activities: canoeing, fishing or relaxing on the beach
- rain gear, if necessary

REQUIRED FOR THE CLIMBING TOWER, GIANT SWING, ZIP LINE ADVENTURES & PEDAL KARTS

- Athletic Shoes or Hiking Boots — no flip flops, sandals (Chacos, Tevas, etc) or open toe shoes

Other...

- yoga mat or beach towel — if you plan to attend a mother-daughter yoga session
- glow necklaces/bracelets, etc for Friday night glow-night dance party
- fishing pole, bait & tackle if you plan to fish — a limited supply of fishing tackle — poles, hooks, sinkers, and bait — is available for purchase at the Camp Store.
- a camera or phone to capture memorable moments
- insect repellent
- sunscreen
- flashlight and extra batteries
- Bible and journal for notes

Timber Ridge Cabin

- personal toiletries
- flip flops or sandals for the shower
- **Linens, pillows, towels & soap are provided*

Lakeview or Cedar Point Cabins

- sleeping bags or twin sheets and a blanket plus pillow for each person
- towel, washcloth and personal toiletries including soap
- flip flops or sandals for the shower house
- tote to carry items to the shower house

CEDAR POINT CABINS: FOOD STORAGE

Store food in a tightly closed plastic container to avoid insects and critters.

LAKEVIEW & TIMBER RIDGE CABINS: KITCHENETTE

- These cabins have a small refrigerator, microwave and coffee maker.
- Label items since others may be sharing the refrigerator with you.

What not to pack

- chewing gum or bubble gum since it damages property
- alcoholic beverages, illegal drugs, firearms or fireworks
- anything of value; Deer Run is not responsible for lost or stolen items.

What not to pack or wear

- clothing with offensive language or promoting persons, bands or products which are offensive



frequently asked questions

Is it okay to bring a girl who is not my daughter?

Sure! This weekend is about women and girls growing in their personal walk with Christ and in their relationship to each other. We also recommend this weekend for grandmothers/granddaughters, aunts/nieces, mentors/mentees and leaders of girls' ministry.

Will the entire weekend be filled with scheduled activities or will we have some free time to choose what to do?

There are scheduled activities as well as free time to relax or enjoy your choice of recreation and crafts.

Are visitors allowed?

Only registered, paid participants are allowed on Deer Run property during Family Camp. Visitors must check in at The Lodge Office or the Camp Office to get a visitor badge, and are only allowed to visit from 9 a.m. to 5 p.m., Monday–Friday.

Food Allergies or Dietary Requests

Deer Run cannot accommodate ALL allergies and dietary restrictions; and we cannot prevent, nor guarantee, a cross-contamination-free environment. Our food service team will make every effort to accommodate certain food allergies and dietary

restrictions, but doing so is at the discretion of our food service director and may require an additional fee for special food purchases. Individuals with extreme allergies are encouraged to bring their own food.

In order for us to best accommodate food allergies or dietary restrictions, these needs must be communicated to Guest Services no later than 2 weeks prior to your arrival.

What is Deer Run's response to threatening weather?

Deer Run staff has your safety in mind. Normally, all scheduled recreation and activities take place regardless of weather conditions. In case of heavy rains or thunderstorms, our staff may need to make adjustments to the schedule or facility to accomplish scheduled activities.

Is Deer Run affiliated with a specific denomination?

No. Deer Run is a nondenominational, 501(c)(3) nonprofit Christian ministry. Deer Run has a volunteer board of directors and is funded through user fees, individual donations and grants. Deer Run is not owned, governed or funded by a church or church organization.

WHAT ARE CAMP BUCKS AND HOW ARE THEY USED AT THE CAMP STORE?

Camp Bucks can be purchased during your online registration or at any time by using the link below and logging into your account. They can be added to an individual or to a family account. Camp Bucks do not expire. If unused, they remain in your account and can be used for summer camp or any family event.

Camp Bucks are used to make purchases at the Camp Store while you are at Deer Run and work well so you don't have to keep up with cash or a credit card.

When you visit the Camp Store to make purchases such as drinks, snacks, merchandise, apparel or fishing bait, the staff person working in the store deducts the total of your purchase from your online Camp Bucks.

Of course, you are always welcome to use cash or credit cards — Discover, MasterCard or Visa — at the store.

Purchase or Add Camp Bucks

www.ultracamp.com/storeDeposits.aspx?idCamp=395&campCode=dir