



Dear Fall Refreshment Women's Retreat Attendee,

We are excited that you have chosen to attend the women's retreat on September 22-24 at Trout Lake Camps! The weekend promises to be filled with God's sweet presence. We hope you enjoy wonderful fellowship, inspiring worship, and an opportunity to rest, refresh, and be encouraged by this year's speaker, Molly Sanborn.

Our theme is Overflowing Hope from Romans 15:13 - *May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*

Here are some details that will help you make the most of this special weekend:

- For driving directions, go to <http://troutlakecamps.org/about/directions>
- Remember to pack a sleeping bag or twin-size bedding, towels, casual clothes for warm and cool weather, comfortable shoes, a Bible, a flashlight, and rain gear. If you want to attend an exercise class, bring clothes for that.
- Please check in between 5 and 8 p.m. on Friday, September 22, in the Dining Hall. **Registration will not be open prior to 5 p.m.** Thank you for allowing us to prepare to welcome you at that time.
- **New this year:** 10-minute chair massages will be available for \$10 both Friday evening and Saturday during free time. In order to book an appointment, email mjohnson@convergenorthcentral.org. These slots will fill up quickly and are on a first come first serve basis, so email today.
- Review the weekend's schedule:

Friday

5-8 p.m. Registration
5-7:30 p.m. Dinner
8 p.m. Chapel
9:30 p.m. Refreshments

Saturday

6:30 a.m. Espresso Café opens
7 a.m. Early options
8 a.m. Breakfast
9:15 a.m. Chapel
11 a.m.-6 p.m. Midday options
11:45 a.m. Lunch
1 & 2:15 p.m. Workshops
5 & 7 p.m. Dinner and Show
8 p.m. Campfires

Sunday

7 a.m. Early Options
7:30 a.m. Espresso Café opens
8:15 a.m. Breakfast
9:30 a.m. Chapel
11:30 a.m. Lunch

If you have questions about your registration or assigned housing, or if you need to transfer your registration to someone else, please call the camp registrar – Maleah, as soon as possible at 218.543.4565. If you have other questions about the retreat, please call Mandy Johnson at Converge North Central at 651.633.0560.

We are praying for you and our weekend together, and we look forward to seeing you soon!

Sincerely,
The Fall Refreshment Planning Team