



MAP TO
CAMP
NAKAMUN

What to Bring

- ◆ Bedding, Pillows
- ◆ Indoor Shoes
- ◆ Towels
- ◆ Games
- ◆ Outdoor Clothes
- ◆ BIBLE
- ◆ Bathing Suit
- ◆ Hand Towels, Hand Soap
- ◆ Rubber Boots
- ◆ Something Sweet or Salty to Share

Free Time Activities

- ◆ Swimming/Hot Tub
- ◆ Table Games
- ◆ Painting Activity
- ◆ Outdoor Walking Trails
- ◆ Massage
- ◆ Facials/Skincare
- ◆ Sleeping

Weekend Details

- ◆ Friday Night Check in begins at 6:30pm (dinner is not included)
- ◆ First session starts at 7:30 pm (light snack served following)
- ◆ Retreat Concludes Sunday after Lunch

For more information please contact Kim at 780-962-4700.

To register online, visit www.sgac.net/eventregistration.



Renewal

Women's Retreat 2023
APRIL 21-23 @ CAMP NAKAMUN

**I will refresh the weary
& satisfy the faint.
(Jeremiah 31:25 NIV)**

A NOTE FROM PASTOR KAREN...

Is life busy & you feel like you rarely have enough time with friends? Me too! To say that I'm excited about Women's Retreat 2023 is an understatement. I've missed having extended time together; time to worship, learn, play, pray, eat & build relationships with one another. If you are a women 18 years or older, this retreat weekend is designed for you! I hope that you will join us as together we look to Jesus to "refresh & satisfy" us.

GUEST SPEAKER THINA RITTER has followed God's call as a Vocational Minister for 23 years. Thina combines restorative concepts from "Renew & Retreat" (a 20-week program she developed) and entertaining life stories (such as her career as a Professional Frog Catcher, living in the 'hood of California, becoming a Nascar certified driver, and 5"1' university basketball scholarship recipient) to encourage others along their journey of faith. She looks forward to this weekend together, as women renew their tired minds & hearts, go to Jesus for rest, REFRESH their souls for faithful & full use of their God-given gifts to influence their world & glorify Christ.



TEACHING TOPICS

Friday Night – Renew & Retreat

Saturday Morning – Love Your Limits

Saturday Evening – Spring Cleaning for the Heart & Soul

Sunday Morning – Refresh to be Refreshed

WORSHIP WITH ERICA FOSTER & TARA TILROE

Erica is excited to be co-leading worship for this retreat and is praying for the Spirit to move in mighty ways as we lift our hearts to Jesus (Psalm 66:17). Tara is excitedly anticipating all that God will do this weekend as we seek Him and offer ourselves as living sacrifices so our minds may be TRANSFORMED (Romans 12:1-2).

SATURDAY AFTERNOON ACTIVITIES

Take advantage of as many (or as few) as you like. Note that there is an additional cost for some & start-times are subject to change.

1:00-5:00 MESSAGES by RMT Amy Turton. \$15 for a 15 minute arm, hand & foot massage OR upper back & neck massage. Pre-register & pay with your retreat registration. Available on a first come first serve basis.

1:00-3:00 FREE PAINTING ACTIVITY with Penny Snell. Create a bible collage painting. A variety of resources will be provided and anyone can do it regardless of artistic ability.

1:30-2:00 GROUP NATURE WALK

STARTING @ 3:00 SKINCARE with Sarah & Josee. An intimate spa day with friends can be just as relaxing & rejuvenating as a day spent at an upscale spa. It's the perfect way to unwind, spend time with your friends & pamper your skin. Not only will your skin look & feel amazing, but you'll have a better understanding about skincare & how to go about pampering yourself at home. Cost is \$5. Pre-register & pay with your retreat registration.

3:30-4:00 GROUP NATURE WALK

