

CAMP MOUNT LUTHER
and the
Upper Susquehanna Synodical
Women's Organization
present

Fall Women's Retreat

All women are invited to come for a day-long retreat to spend some quiet time with God and with your sisters in Christ in the tranquil setting of God's creation.



*Renew, Restore,
Revitalize*

The Five Essential Friendships That
Enrich Our Lives and
101 Ways to Nurture Yourself

Led by Christine Mabon

Saturday, October 7, 2017

9:45 a.m.-3:00 p.m. Doors open at 9:00
Evergreen Center at Mount Luther

We will spend the day looking how to embrace the unique gifts friendships bring to our lives and how to sustain these friendships. And, we'll look at how we might love ourselves more by nurturing our body, mind, and spirit. The day will begin with refreshments and end with singing and prayer. Cost includes coffee and tea, snacks, lunch, and the program. Copies of Chris' book, *101 Ways to Nurture Yourself*, along with "friendship" aprons, pot holder/oven mitt sets and note cards will also be available for sale.

WOMEN'S RETREAT 2017 REGISTRATION FORM

Cost: \$22.00

Registration Deadline is September 26, 2017

Name: _____

E-Mail: _____

Address: _____

Phone: _____

City: _____ State: _____ Zip: _____

Permission to take part in program:

I am interested in the policies, goals, and programs of Camp Mount Luther and the Upper Susquehanna Synod and hereby give consent and give permission to participate in this program. Any photos or video recordings taken in which I or my child might appear may be used for promotion of the camp/synod free of any claims.

Signature: _____

Date: _____

Make checks payable to Camp Mount Luther with "Women's Retreat" on the memo line and send to the address below:



CAMP MOUNT LUTHER

355 Mt. Luther Lane, Mifflinburg, PA 17844

Phone: (570) 922-1587 Fax: (570) 922-1118

E-Mail: cml@campmountluther.org