

**Girls in Grade 5 and older are welcome to attend:  
Led by Janna Duerksen**

*Retreat offering will go to Camp Mennoscah to support their ministries. Offering will be received on Sunday morning. Please make checks payable to Camp Mennoscah.*

*NOTE: We will collect a non-refundable \$15 program fee.*

**Cancellations made after noon on  
Friday, August 30 are non-refundable.**

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**Things to note this year:**

**-- The schedule will be a limited number of seminars offered and more free time.**

**-- Snacks will not be provided so please plan to bring extra to satisfy those cravings.**

**Questions/Thoughts to Ponder:**

We are made in the image of God and are beloved of God. It's not always easy to believe that and act like it's true! What stands in the way of my having peace with God, loving myself, and acting peacefully toward others who are also beloved? What supports me in this effort? We'll explore three peaceful practices together.



# Women & Girls Retreat 2024

September 7-8 at Camp Mennoscah

## Afternoon Seminars/Activities

- A. Tea Towel Embroidery** **Norma Duerksen**  
Norma finds embroidery a peaceful thing to do. She'll provide all the supplies and instructions. Beginners and advanced embroiders are welcome. **\$10 fee.**
- B. Book Reviews** **Bethany Martin**  
Listen to Bethany's fabulous book reviews for all ages.
- C. Crochet & Knit Together**  
Bring your projects and crochet and knit together in peaceful community!
- D. 1:1 Spiritual Direction** **Amy Warner**  
Sign up for a specific time with Amy
- E. Free Time** – Sleep, walk, read, pray, tie a comforter, color on the big coloring sheet -- do whatever YOU want to do!

**WDWM Executive Committee/Retreat Committee:** Wendy Funk Schrag, Norma Duerksen, Tammy Duvanel Unruh, Caprice Becker, Darlene Powers, Rebecca Schrag

**Like us on Facebook: Western District Women in Mission**  
**Follow us on Instagram: @westerndistrictwomeninmission**

## SCHEDULE

### Saturday, September 7, 2024

**10:00 a.m.:** Comforter Tying led by Jan Amstutz. Come early to tie comforters made from Camp T-Shirts!

**12:00 pm:** Lunch: Bring Your Own

**11:30-12:30** Registration

**1:00-1:45** Session 1: Peace with God

**1:45-5:30** Seminars/Free Time

**4:00-5:30** Pool time

**5:30-6:30** Supper: Taco Bar

**7:00** Session 2: Peace with Myself

**8:30** Campfire with Tammy

**9:00** Black Kettle Popcorn

**10 – 11** Late Night Swim

Faith & Life Bookstore will be set up throughout the weekend to browse and buy!

**Anytime:** Coloring on Cathy's Big Coloring Sheet

### Sunday, September 8, 2024

**8:00** Wake-Up Bell

**8:30 – 10:30**

Brunch & Morning Session 3: Peace with Others

Sharing communion

**10:30** Announcements

Clean up and depart at your leisure

## THINGS TO BRING

Bible, notebook, pencil or pen, crayons, colored pencils, lawn chair (if desired for sessions), money (for pop, camp store, and/or offering), sunscreen, swim wear (must have different items for pool and river play), insect repellent, snacks, drinks, water bottle, pad or cushion to sit on at campfire, flashlight, table games, bedding (pillow, sheets, and/or sleeping bag), towels, toiletries, alarm clock (if desired), personal medications, comfortable shoes and clothes, smiles and laughter!

## ABOUT THE SPEAKER

Kristine Regehr studied communication in college, attachment parenting as a new mom, and non-violent communication in adulthood. She paid attention to the health of relationships within churches long before heading to seminary herself. Now focusing on transition and interim positions where congregations seek to become more healthy, loving, and self-aware before they welcome a new pastor, Kristine offers us a bit of her approach this weekend.

## WDWM Retreat: September 7-8, 2024

### Theme: Peaceful Practices



**I John 4: Let's love each other,  
because love is from God**

**Session Leader/Speaker:  
Kristine Regehr**