

**Women Ministry Fall Retreat
Registration Form**
September 18 & 19, 2009

Lodging	Per person	Roommate	Choice
Retreat Center	\$26.00		
Sunflower	\$22.00		
Critter Cove	\$22.00		
Sunflower	\$22.00		
Omaha Cabin	\$17.00		
Wausa Cabin	\$17.00		

Sub total \$ _____

Meals	Cost	
Friday supper	\$8.00*	
Saturday breakfast	\$6.00*	
Sat. noon meal	\$8.00*	
Saturday supper	\$7.00*	

Sub total \$ _____
 Registration Fee \$ 10.00
 TOTAL \$ _____

Name: _____

Address: _____

City: _____ State _____

Zip: _____ Phone: _____

City: _____

Church _____

Any Special Needs: _____

Choose three (3) Break Out Sessions – help us be prepared

Please mail form and payment to:

Debbie Haas e-mail: dhaas@unl.edu
 6120 West Beal Circle phone: 402-477-6010
 Lincoln, NE 68521 * Prices are subject to change

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Break Out Sessions

Break Out times: 11:00 a.m., 1:00 & 2:00 p.m.

AVA Activity

Take part in an activity which gives you a sense of what it is like to walk "In Her Shoes". Scenarios are based on true stories and reflect typify the complex and dynamic nature of domestic violence. Kyle Kelly, Midwest Regional AVA Coordinator.

Meals in Minutes

"What's for dinner?" Have those three words ever caused you to break out in a sweat? Let us show you some helpful tips and share some quick and easy recipes with you. Elizabeth Carlson, Lisa Johnson, Barb Stout and Fran Hallstrom all from the Wakefield Covenant Church.

Nurturing Tips

How do you move your children toward healthy adulthood in today's world? We will spend time talking about how to build essential experiences that children need to accomplish this goal relying on Scripture. Come ready to learn, laugh and share. Led by Julie Anderson and Susie Carlson First Covenant, Lincoln.

Pamper Yourself

Take time for relaxation enjoying a facial, manicure, pedicure, etc. Be pampered by a number of beauty consultants.

Prayerbooking

Spend time in prayer Chapel or Prayer Room and/or learn how to make a "Prayer Book". Design a scrapbook to assist you as you pray. Presenter to be announced and materials needed or available to purchase.

Natural Beauty

Did you know that the gentle beauty treatments of our ancient biblical sisters are still available to us today? Let's do more than just unlock the ancient secrets of our forgotten sisters; let's rediscover our own beauty. Join Molly Kvam from Salem Covenant of Oakland.

Your Time

Find a quiet spot to relax – maybe your bunk, or the shore, or under a tree. Spend some time by yourself with God. Take time to feel His love, grace and peace.

Camp Tour

Take a tour with Dan after lunch to see what has changed and what is new. See the beauty of Cedars and the opportunities it offers.

Tower and Zip Line

Climb Pete's Tower or ride the Zip Line – time to be announced.

Sports Activities

Sand volleyball	Horseshoes	Canoeing
Softball	Walking	Relaxing