



JUST FOR THE LADIES- BELOVED RETREAT

There is NO PLACE more spectacular as autumn descends, than the Blue Ridge region that surrounds Lutherock! We are so excited to have you join us for this awesome opportunity to come away to the splendor of God's creation. This weekend is specifically for all the ladies to come rest and restore, to set aside the striving for "more" that derails us and spend time being reminded of our value and worth as daughters of the King. We are BELOVED!

Jumping off all the amazing things we experienced this Spring, our Fall Edition of our Beloved Retreat takes us deeper into claiming our Belovedness as the source of COURAGE in our life. We'll take a page from some of Brene Brown's best "Daring Greatly" work and learn and experience the call to be courageous in the world.

Stay in our beautifully rustic cabins, stroll through the leaves, let the crisp fall air surround you as you zoom down the zip line. It's for certain...this weekend is going to ROCK!

BELOVED AND BRAVE- AUTUMN EDITION OCT 27-29

Our **BASIC SCHEDULE** for your time with us is:

FRIDAY- Check in at Mcknight Pavillion any time after 3pm.

6:00PM: DINNER (*Founders Main Room*)

7:00 PM: OPENING SESSION AND WORSHIP (*Founders Main Room*)

8:30 PM: FREE TIME: Snacks, Games and Fellowship

SATURDAY-

7:30 AM: RISE AND SHINE YOGA

8:45 AM: BREAKFAST (*Founders Main Room*)

9:30 AM: SESSION 2

11: CHOOSE YOUR OWN ACTIVITIES: Crafts, Hiking, Ropes Courses

12:30PM: LUNCH (*Founders Main Room*)

1:30-5:30 PM: ACTIVITIES: Crafts, Hiking, Ropes Courses. Offsite excursions: antique shopping, winery, hiking.

6-7 PM: DINNER (*Founders Main Room*)

7-9 PM: SESSION 3

9 PM: FREE TIME: Games and Fellowship

SUNDAY-

7:30 AM: RISE AND SHINE YOGA

9 AM: BRUNCH (*Founders Main Room*)

10 AM: CLOSING WORSHIP (*Outdoor Chapel*)

Depart as you wish

THINGS TO KNOW:

- Keep spreading the word! Invite your friends! Share this letter with girlfriends who might treasure this opportunity or need to be reminded of the TRUTH of their value!
- **COST FOR THE RETREAT: \$185 Adults, \$100 College Age Students**
Registration includes 5 meals, 2 nights lodging in cabins, craft supplies and all session materials and leadership-including yoga and ropes. (Please provide any information on dietary constraints when you register.)
- **LODGING** is provided in our beautiful and comfortable cabins. **MORETZ CABIN** (when you cross the creek and come onto the site, follow the signs and the lower right fork and then take the middle of the 3 prong fork at the end of that road) has a small kitchen, living area, beds for 30 (4 separate bunk rooms, with a full bed in each and private bath. **CABIN VILLAGE** (when you cross the creek and come onto the site, follow the signs and the upper left fork will wind you up the site, the next fork you come to, take the lower right fork that will bring you to MCKNIGHT PAVILLION to check in) we have 3 cabins with a queen bed and mini fridge/microwave in addition to 4 bunks (first come, first serve) our remaining cabins have 5 twin over twin bunks. All cabins have a private bath.
- **WHAT TO BRING:** Bedding (sleeping bag/pillow or sheets) and towel, comfortable, multi layered clothes for the temperatures that week, warm outerwear (coats, mittens, hats) waterproof/sturdy shoes for exploring the site/hiking, yoga clothes and matt (we have lots of yoga matts on site of you don't have one) extra snacks and drinks for non-group times, free time activities (personal crafts, books, jigsaw puzzles-we have lots of board games and a dvd player for movies), toiletries, regular medicine that you take, a day pack, reusable water bottle and flashlight or headlamp are always quite helpful, and bring a camera if you're so inclined.

Any questions or need more information?

Feel free to contact

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Beloved