

## Additional Notes...

- This retreat is partially subsidized by a generous grant from Region 8. Thank you!
- Please bring a Bible, ravel mug and water bottle. Optional: Yoga mat, craft supplies
- We encourage you to bring snacks to share for our Sunday night hospitality time, and you are welcome to bring wine or beer to share.
- Commuters are welcome to come early and leave late. All meals are included in your registration.
- Each double room has a private bath, and all linens are provided. Single rooms are extremely limited.
- Our book for discussion is *Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone* by Brené Brown (2017).
- Questions? Email Sharron Blezard at [sblezard@lss-elca.org](mailto:sblezard@lss-elca.org).



## Directions to Camp Kirchenwald

1 Cut Off Rd., Lebanon, PA 17042

### From the Pennsylvania Turnpike

- Take Exit 266 (Old Exit 20).
- Turn left onto Rt. 72 north toward Mount Gretna.
- Exit onto Rt. 117.
- Take Rt. 117 north (left turn) through Mount Gretna to Colebrook.
- Make a right in Colebrook at the stop sign, following Rt. 117.
- Bear right onto 241 North; make an immediate left onto Cut-Off Road. Kirchenwald's entrance is on the right.

### From Harrisburg

- Take Rt. 322 east towards Hershey.
- Go through Hershey to Campbelltown.
- In Campbelltown, turn right onto Rt. 117.
- Go approximately 6 miles.
- Cut-Off Rd. and the camp entrance will be on the left.

### From Lancaster

- Take Rt. 72 North towards Colebrook, exiting at Mt. Gretna.
- Turn left onto Rt. 117N.
- In Colebrook, turn right onto Rt. 117 which joins 241N.
- Follow 241N to Cut-Off Rd (approx. 1 mile from Colebrook).
- Cut-Off Rd and Kirchenwald entrance will be on the left.

### From York

- Take Rt. 30 East to Columbia.
- Exit onto Rt. 441 North.
- At Rt. 241, head north, through Elizabethtown, to Colebrook.
- Follow Rt. 241 through Colebrook (241 makes a hard left in Colebrook). The camp entrance is on the left, less than a mile from Colebrook.

## Region 8 ELCA

## Women in Ministry Fall Retreat



## Rest & Renewal with a dedicated Un-Schedule

Hosted by the Lower Susquehanna Synod

# "Come by yourselves to a secluded place and rest for a while."



Jesus offered these instructions to his weary apostles, knowing that self care, rest, and reconnection to God are crucial to thriving in life and ministry. For women in ministry this is often an even greater challenge as we juggle multiple priorities, expectations and challenges.

Thanks to a grant from Region 8, we are able to host a brief time apart for women rostered ministers (pastors and deacons) from the synods of Region 8. Our goal is threefold: 1) to provide an opportunity for women leaders to rest and recharge, 2) to help us connect across synodical lines, and 3) to share our laments, joys, ideas, and hopes for the future.

Retreat includes five meals, two nights lodging, and linens. Commuter rate available. Note: WiFi is limited.

## Location

We gather September 23-25 at Camp Kirchenwald (1 Cutoff Rd., Lebanon, PA) with most activities taking place in SchreiberHaus Lodge. Camp Kirchenwald is located on 340 acres of undeveloped timberland, adjacent to 4000 acres of State Game Lands, in Colebrook, PA.

Participants will have plenty of time to enjoy hiking and walking, visit the labyrinth, or simply rest in God's good creation.

## Un-Schedule

(Note: You may participate in as much or as little as you desire. Our goal is for you to leave this time rested, refreshed, and energized by spending time with colleagues)

9/23 — Welcome and informal gathering time begins at 7:00 pm. Feel free to bring snacks and a bottle of wine or beer to share. Compline is offered at 9:45 pm. Board games available.

9/24— Morning prayer offered at 8:30 am, self-serve breakfast, noon prayer, buffet lunch, easy/healthy cooking class followed by dinner church. Activity options for the day include group spiritual direction, Stretch and Pray, Advent RCL text study, chair massage, arts activities, and time to hike, walk, or visit the labyrinth. Weather permitting there will be a campfire, s'mores, and Compline.

9/25— Morning prayer offered at 8:30 am, Stretch and Pray, self-serve breakfast, book discussion, light lunch and sending

## Registration

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_)

Phone: \_\_\_\_\_

Synod: \_\_\_\_\_

Check one:

\_\_\_\_ Single Room (\$250)

\_\_\_\_ Double Room (\$150)

\_\_\_\_ Commuter (\$75), includes meals

Any food allergies or dietary restrictions?

\_\_\_\_ Gluten-Free, please

\_\_\_\_ Vegetarian \_\_\_\_\_ Vegan

\_\_\_\_ Other \_\_\_\_\_

\_\_\_\_\_

Please make check payable to Lower Susquehanna Synod. Deadline to register is 9/10.

## Region 8 ELCA

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