



Northside Women's Spring

# Retreat

A weekend of Rest and Relaxation

*Everyone needs a break and a little time away from the everyday stresses that consume us...*

*To be with your favourite girlfriends and to hear God's voice clearly....*

This is your chance to escape and have a weekend of fun and relaxation.

**May 14th & 15th**

Executive Inn  
190 Lillooet Avenue  
Harrison Hot Springs, BC

*Things you need to know!*

**Schedule:**

**Friday, May 14th**

**5 - 6:30pm**

Arrive at hotel - register, unpack, get settled

**7pm**

Fun, treats, prizes, coffee, tea and snacks plus more surprises!

**8:30pm**

Gather for worship

**Special Speaker - Ingrid Janzen**  
**"Stay Amazed"**

time for reflection & response

**11pm**

Lights out - sleep tight!

*For the Night Owls - Movie Night and Popcorn!! Stay up at your own risk!!*

**Saturday, May 15th**

**8am**

Breakfast

**9am**

Wake-up game, prizes, worship

**Special Speaker - Rikki Kooy**  
**"Sisters for Life"**

**10:15am**

Coffee and time for personal reflection and response

**10:45am & 11:30**

Mini Workshops, choose two:

Rebecca Friesen

"Am I Called or Crazy?"

Amber Sanderson "Foundations of Faith and Friendship"

Jeanne Demchuk "Seek Ye First the Kingdom - Yours or Mine?"

Gladys Wray "When the Going Gets Tough..."

Peggy Stoltz "Loss, Learning, Love and Life - A Journey with Christ"

**12:15pm**

Lunch

**1pm - 4:00pm**

Choose your own adventure!

**Hike, Run, Bike - FREE!**

**Swim** - Harrison Public Hot Spring

pool - \$8.50 (pay @ pool)

**Canoeing/Kayaking** - call

1.604.796.3856 to book ahead.

**Day Spa service** - call 1.877.796.0223

for Hotel services and to book appts.

**4pm**

Pack up - get ready for dinner

**4:30pm**

dinner

**5:30pm**

Last gathering for prizes & worship

**Special Speaker - Ingrid Janzen**

**"Love your Life"**

**6:30pm**

Clean-up, say goodbye, head home!

*What to Bring?*

- Personal hygiene items: toothbrush, toothpaste, blowdryer, etc.
- Warm clothes for weather outside, dress for all weather! Rainboots, umbrella
- One "shareable" snack for Friday night hangout time

- Bible, notebook, pen
- A readiness to hear from God
- Teddy bear...??
- Sense of adventure
- Anything extra that you may need for the days away
- Cozy and comfy pj's

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name: \_\_\_\_\_

address: \_\_\_\_\_

phone: \_\_\_\_\_ email: \_\_\_\_\_

Anything else we should know about you? (allergies, medication needed, etc.)

Who would you like to room with? \_\_\_\_\_

Cost options:

Room for 4- \$95

Room for 3- \$103

Room for 2- \$120

Room for 1- \$174

\*queen beds in all rms

\*Cost includes all sessions, meals and every blessing available!

\*Book your own spa services or canoe/kayak options by calling ahead of time!

Total: \$ \_\_\_\_\_  paid |  debit  credit  cash

For more information email [ijanzen@northsidechurch.ca](mailto:ijanzen@northsidechurch.ca) or call the office at 604.942.7711

REGISTRATION IS DUE MAY 7th!!!  
don't hesitate, register today!