

Registration Form

2019 Fall Women's Retreat

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Housing Request: (Circle One)

Lodge Room \$220

New Cabin \$200

Remodeled Cabin \$180

Traditional Cabin \$160

Commuter \$115

Rates based on double/triple occupancy,
for Single-Occupancy Rate, add 20%.

Roommate Request: _____

Dietary Requests: _____

Payment Options:

Check payable to Mount Carmel Ministries.

Visa MasterCard Discover American Express

Card# _____

Expiration Date _____ CVV Code _____

Name on Card _____

Credit Card Fee: A 3% credit card processing fee
will be charged for each credit card

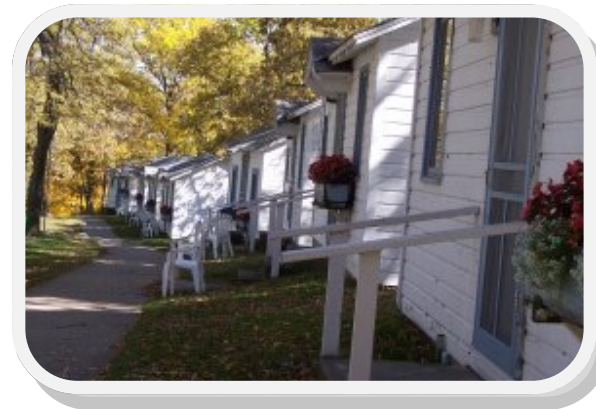
Please include a \$50 non-refundable deposit
with your registration. Mail to:

Mount Carmel Ministries
PO Box 579 Alexandria, MN 56308
Phone: 320-846-2744

Email: Shelli@MountCarmelMinistries.com



*Mount Carmel is a place of rest,
renewal and recreation where people
experience Jesus .*



Mount Carmel Ministries
PO Box 579
Alexandria, MN 56308
Phone: 320-846-2744



Enriching Relationships: God, Yourself & Others



MOUNT CARMEL MINISTRIES FALL WOMEN'S RETREAT

SEPT 27 - 29, 2019



Sara Thingvold is passionate about partnering and encouraging others toward heart renewal and servant leadership. She is a Certified Executive Coach, Master Certified Life Coach, PsychoEducational Gottman Seven Principles Leader and Gottman Bringing Baby Home Educator and has a BA in Psychology from the University of Nebraska-Lincoln.

Sara's heart lives with her family. She and her husband, Greg, have been married for 26 years. She is a proud military spouse whose husband served 32 years in the Army National Guard. Sara and Greg, and their two young adult children Derrick and Brooke Lynn served alongside one another through two deployments. Sara loves the outdoors, working out, and being intentional about deepening her own self-care.

Enriching Relationships: During the weekend we will look at the relationships we have throughout our lives. We will take a look at relationships and women in the Bible who are great examples, such as Ruth and Naomi, Esther, Jezebel and the bleeding woman. Join us, as we explore the relationships God puts in our lives and that enrich our lives.

Schedule:

Friday, September 27

- 4:00 Registration
- 5:30 Supper
- 7:00 Session 1: Living with Purpose

Saturday, September 28

- 8:30 Session 2: Growing Closer to God, Myself and Others
- Noon Lunch
- Afternoon Several Free Time Options
 - Pontoon ride, craft, journaling, nature walk/hike, rest and relaxation, etc.
- 5:30 Supper
- 7:00 Session 3: Gaining Energy by Taking care of Myself

Sunday, September 29

- 9:30 Breakfast Buffet
- 10:30 Worship

Depart with a renewed relationship with God!

Fall Women's Retreat Housing Options

Registration begins at 4:00 p.m.
Friday, September 27

Lodge Room– Located in the Lodge retreat center. Rooms have air conditioning, wireless internet, bathroom and a combination of bed arrangements.

New Cabin– These six modern cabins have 2 bedrooms, a bathroom and a combined living room/kitchen area. One bedroom has a queen bed, other bedroom has 2 twin beds and the living space has a pull out couch.

Remodeled Cabin– Recently updated cabins are either one or two bedrooms cabins with their own bathroom, some have kitchen facilities.

Traditional Cabin– These rustic cabins are either one or two bedroom with their own bathroom, some have kitchen facilities.



Rates are per person on a double/triple occupancy and includes housing for 2 nights with linens (towels and sheets), 5 meals, programming and recreational facilities. ***An additional 20% will be added for single occupancy.***