

## Featured Speaker: Tammy Duvenal Unruh

Given the ability to do anything she wanted to do, Tammy would spend her life chatting with friends old and new, singing or playing guitar around campfires, or coaching and teaching speech. She calls herself a follower of Jesus, and has done ministry in camp settings as a camp pastor, director, music leader, and counselor. She is working on becoming fearless.

### Friday Evening: Cookie Decorating with Brenda Turner (\$5 fee)

Brenda Turner is a stay-at-home wife and mother with two fledgling young adults. She began her cake decorating career in the Bethel College kitchen. After meeting her husband, she joined up with a small business owner and 5 years later, moved her cake decorating passion home to be with family. Through word of mouth and many loyal customers, she has been able to provide custom designed cakes for many in the community!

**There will be Girls' Programming during the Saturday General Sessions. Girls will participate in Seminars and Sunday Morning General Session/Worship.**

**Amy Warner will offer 1:1 Spiritual Direction; sign up at camp.**

*Retreat Offering will go to MCC Immigration Kits.*

*Make checks payable to MCC with Immigration Kits in memo line.*

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### Saturday Morning Options 9:30-11:00 a.m.

Identify your choice of activity on the registration form.

Some have group size limitations. Register early!

**Camp Service Project** – Camp Staff

**Comforter Tying** – Debra Selzer

**12 x 12 Wooden Quilt Block** – Sue Krehbiel \$15 for art supplies

**Hobby Time/Free Time**

**Your Retreat Committee:** Fran Stucky, Annelle Claassen, Rhonda Toews Moore, Beth Burns, Jill Litwiller, Carla Stucky

**Coloring sheets** by Cathy Coon Bitikofer

**Meals** by Keith Banman – Please consider signing up to help serve and clean up.

### Saturday Afternoon Seminars (Girls and Adults):

Identify your choice of seminars by writing the corresponding letters in the blanks on the registration form. Space in some seminars is limited; those who register first will be given first priority.

#### A. Bible Study

**Susan Jantzen**

Susan Jantzen is a pastor from Newton KS. In the 1990s she served as administrator for Women in Mission/Mennonite Women, so has known the joy of women's retreats across the US and Canada.

#### B. Book Reviews

**Bethany Martin**

Listen to Bethany's fabulous book reviews for all ages.

#### C. Water Aerobics

**Marcia Zuercher, Judy Flaming**

Come to the swimming pool for some aquatic fun for all ages. No previous experience necessary!

#### D. Mahjong

**Jennie Wintermote & Marjie Warkentine**

Marjie Warkentine and Jennie Wintermote are a mother-daughter duo who enjoy good games and time with family. Marjie is a Literacy Coach from Wichita and Jennie is the director of the WDC Resource Library in North Newton. Developed in China, Mahjong is a tile-based rummy-style game that is played with four players. Limit 8.

#### E. Exploring Alcohol Inks (\$2 fee)

**Beth Burns**

Learning the basics of this fun medium, we will make two tile coasters and several small paintings, learning different methods and add-ins to make interesting works of art. No experience necessary. Limit 12 per session.

#### F. Yoga

**Donna Froese**

This session will be a typical class in traditional yoga. Donna will guide you into poses, mindful breathing and deep relaxation. This class is safe for all participants, whatever your physical condition, mental state or spiritual awareness. A copy of the sequence of poses Donna has used in her yoga practice, for the past 43 years, will be available to take home.

#### G. Centering Prayer

**Laurinda Wade**

Centering Prayer is a method of Christian silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us. Join us for a time of silent practice of Centering Prayer together. Laurinda is a certified spiritual director from Creighton University and presenter for Contemplative Outreach Ltd. She enjoys bringing people together to rest in God and fellowship.

#### H. Mental Health & Spirituality

**Karen Andres**

Often times people pray for healing when confronted with an illness. Is there a difference between being healed and being cured? We will explore ways in which healing can happen for those dealing with mental illness and how spirituality affects that healing in terms of our image of God. Karen works at Prairie View in Newton as a chaplain.

#### I. Borderlands Refugee Reflections

**Kathy Neufeld Dunn**

Kathy will tell stories and offer reflections from her recent trip as a participant in the MCC South Texas-Mexico Borderlands learning tour. She will also give updates on federal laws, executive orders, and how they are being carried out regarding asylum seekers and undocumented migrants. Kathy is WDC Associate Conference Minister.

**J. Free Time** Sleep, walk, read, pray, do whatever YOU want to do!

# Mennonite Women & Girls Retreat 2019

September 6-8, at Camp Mennoscah

## Fearless!



**II Timothy 1:7 (NLT)**

**For God has not given us a spirit of fear and timidity, but of power, love and self-discipline.**

FEATURING RETREAT SPEAKER  
**Tammy Duvenal Unruh**

*ALL WOMEN AND GIRLS IN 3<sup>RD</sup> GRADE  
AND ABOVE ARE INVITED!  
COME FOR ONE NIGHT OR BOTH!*

### SCHEDULE

#### Friday, September 6, 2019

**6:30-7:20** Registration, Dining Hall  
**7:30** Cookie Decorating

#### Saturday, September 7, 2019

**8:00-8:45** Breakfast for those staying  
Friday night

**9:00-12:30** Registration, Dining Hall

**9:30-11:00** Morning Activities

**12:00** Lunch (Pizza for \$5 or  
bring your own)

**1:00** General Session 1

**2:15** Seminar 1

**3:15** Break and Snack

**3:45** Seminar 2

**4:45-5:45** Pool Open

**5:30-6:30** Supper

**7:00** General Session 2

**8:30** Campfire with Tammy

**9:00** Black Kettle Popcorn

#### Sunday, September 8, 2019

**7:30** Wake-Up Bell

**8:00-8:45** Breakfast

**9:30** Morning Worship

**12:00** Lunch

**1:00** Clean Up

**2:00** Depart

### THINGS TO BRING

Bible, notebook, pencil or pen, crayons, colored pencils, lawn chair (if desired for general sessions), money (for pop, bookstore, and/or offering), sunscreen, swim wear (must have different items for pool and river play), insect repellent, water bottle, pad or cushion to sit on at campfire, flashlight, table games, bedding (pillow, sheets, and/or sleeping bag), towels, toiletries, alarm clock (if desired), lunch for Saturday (if not eating pizza for \$5), personal medications, comfortable shoes and clothes, smiles and laughter!