

Upcoming 2009 Events!

- *Earth Day*
 - April 26
- *Work Weekend*
 - May 8-10
- *Memorial Day Family Camp*
 - May 22-25
- *Men of Faith Retreat*
 - May 29-31
- *Summer Camp*
 - June-August
- *Golf Tournament*
 - June 26
- *Heritage Days*
 - July 18-19
- *Labor Day Family Camp*
 - September 4-7
- *Wild Women*
 - October 9-11
- *October Outing Family Camp*
 - October 16-18
- *BCWCA Work Day*
 - October 17
- *Halloween Haunts*
 - October 30-31
- *Winter Camp*
 - December 26-28

www.bearcreekcamp.org

Relaxation - Wellness - Worship - Prayer - Creativity - Adventure



May 1-3, 2009

Wild Women
Of Bear Creek Camp

www.bearcreekcamp.org

Sample Retreat Schedule*

** This schedule gives a sample of the types of activities, but not of the specific activities or presenters.*

Friday

5pm Registration and Dinner Buffet

7pm Yoga, Night Hike,

8pm Welcome, Vespers

9pm Wine and Cheese, Icebreakers

Saturday

8am Breakfast

8:30am Morning Devotions

9am Teambuilding, Hike, Discussion

10:30am Yoga, Climbing Wall, Craft

12pm Lunch

1pm Service Project, High Ropes, Makeovers

2pm Cooking Demonstration, Mini Hike, Craft

3pm Afternoon Break, Snacks

4pm Discussion, Massages, Hike

5:30pm Dinner

7pm Evening Vespers

8pm Campfire with Stories

9:30pm Wine and Cheese, Game Night, Icebreakers

Sunday

8am Breakfast

9am Worship

10am Hike, Craft, Yoga

11am Boating, Discussion, Reflexology

12pm Lunch, Departure

Registration Information

\$180

*Discounts: \$25 before March 27th, \$5 for bringing a new friend
Meals & Lodging Included.*

Some activities require an additional fee at time of service.

Lodging and Food:

Our Adirondack-style cabins feature bunk beds; just toss on your sleeping bag and pillow and you're set! Each heated cabin offers electricity and modern bath facilities. The fireside lounge offers quiet seating for meeting, reading, and relaxing. If "roughing it" is not your idea of relaxation, call for a list of local hotels. Our chef prepares healthy, delicious meals with Vegetarian options, beginning with Friday's buffet dinner and ending with Sunday's lunch.

Registration and Cost:

The registration fee of \$180 includes lodging, meals, and most programming. Some activities require an additional fee at time of service. Register by March 27th with full payment and receive a \$25 discount! Introduce someone new to Wild Women and get \$5 off your registration! Registration is limited and on a first-come, first-serve basis. A nonrefundable deposit of \$80 per person is required to register.

Upon receipt of your registration, you will receive a confirmation letter, directions, and a "what-to-bring" list. Wild Women will begin Friday night at 5:00pm with registration, cabin assignments and schedules. It will continue throughout the evening as guests arrive. A buffet dinner will be available until 7:30pm, with night programs beginning at 7:00pm. If you expect to be arriving after 7pm, please make a note on your registration. You may contact Karen at 570-709-1040 with any last-minute time changes on Friday .

Special Programs and Activities:

- **Massages by Theratouch:** These relaxing massages will be available to you at an additional cost, .
- **Reflexology:** Reflexology sessions will be available to you at an additional cost.
- **Book Exchange:** Bring a book you've already read and add it to the Book Exchange pile. Spend the weekend starting your *new-to-you* book!
- **T-Shirts:** Short-sleeved T-shirts will be available at a cost of \$12. The design will be similar to that on the front of this flyer. Please note your size on your registration form.

Questions:

Contact Karen by e-mail at bcnc@bearcreekcamp.org or by phone at 570-472-3741.