

Inside Out: Rejuvenation for the
Spirit, Soul and Body

ABALadies' Retreat
Welcomes You

March 16-18, 2012



Bonnie Nikkel is a gifted educator. She has been with the Navigators of Canada for over 30 years. In her ministry, she comes alongside women to disciple and mentor them. She is deeply committed to seeing women become whole, equipped and released to fulfill their purpose in the Lord.

Bonnie's message of spiritual restoration and rejuvenation will be powerful and profound.

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full." John 10:10

Location...

Camp Caroline is located 6 km south of Caroline Alberta. Surrounded by 320 acres of rugged wilderness, it is a comfortable stay with breathtaking scenery right outside your door!

To Register...

On line: www.campcaroline.ab.ca/events
Mail-in form: www.mckernanbaptist.ca

Activities...

Massage	Teaching Sessions
Crafts	Workshops
Fitness	Mission's Project

Need More Information?

ABALadiesRetreat@gmail.com
or call: 780-436-0611

ABA LADIES' RETREAT REGISTRATION FORM

Name: _____ Phone: (_____) _____

Address: _____ Postal Code: _____

Email: _____ Home Church: _____

Food allergies: _____

Physical limitations which require a designated room: _____

Registration is on a first-come-first-served basis and is payable by cheque / money order or on-line. Sorry, no cheques dated past February 26, 2012. **Room assignment information will be sent in the confirmation email.**

Registration Deadlines

Early Bird: January 31, 2012

General Registration: February 26, 2012

On line registration: www.campcaroline.ab.ca/events

Cancellation fee: \$50.00

Refunds will be offered until February 28, 2012.

RETREAT FEES

Accommodations:

Creek Side Lodge (\$147.00).....\$ _____

Aspen Ridge Lodge (\$158.00).....\$ _____

New Lodge (\$168.00),.....\$ _____

Early Bird Discount (-\$10.00).....\$ _____
Payment must be received before **January 31, 2012** to qualify.

Activities: (✓ the all activities you plan to participate in)

10-minute Massage (\$15.00).....\$ _____

Finding-Your-Style Workshop (\$20.00).\$ _____

Nutrition Workshop (no charge)

Fitness (no charge) Circle preferences: Hike / Run / Volleyball / Basketball

Total Enclosed:.....\$ _____

Please make your cheque payable to:

McKernan Baptist Church
(Reference "Ladies' Retreat 2012")

Detach registration form from brochure and mail with payment to:

ABA Ladies' Retreat
c/o McKernan Baptist Church
11103 – 76 Avenue NW
Edmonton AB T6G 0J9

A confirmation will be sent via email.

Office use only:

Cheque # _____ Amt: _____

Date deposited: _____

Items to Remember...

- | | |
|--|---|
| <input type="checkbox"/> Bedding | <input type="checkbox"/> Swimsuit |
| <input type="checkbox"/> Towel, face cloth | <input type="checkbox"/> Camera |
| <input type="checkbox"/> Toiletries | <input type="checkbox"/> Nightlight / flashlight |
| <input type="checkbox"/> Indoor shoes | <input type="checkbox"/> Bible |
| <input type="checkbox"/> Footwear for sports, hiking | <input type="checkbox"/> Scrap book and/or card making supplies |
| <input type="checkbox"/> Clothes to exercise in | <input type="checkbox"/> Money for bookstore and canteen |

- There will be a book swap so please bring your gently used, subject-appropriate books.
- Please no perfume or scented toiletries out of respect for those ladies who are allergic to these products.
- The retreat is not able to accommodate babies or small children. Sorry for the inconvenience.
- Check-in time is **6 pm on Friday, March 16**. An evening snack will be provided after first teaching session.