



### RETREAT THEME:

**“Being & Doing: Understanding Who We Are & What is Ours to Do”**

We often wonder what our “next right step” might be in life. What should we spend our time and energy on? What might God be calling us to participate in? What if we can barely keep our heads above water as it is?

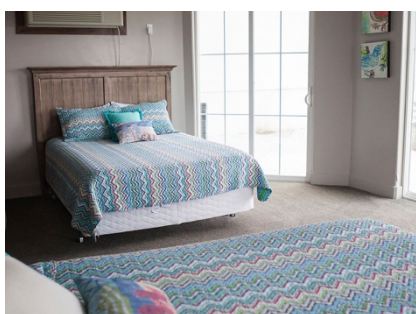
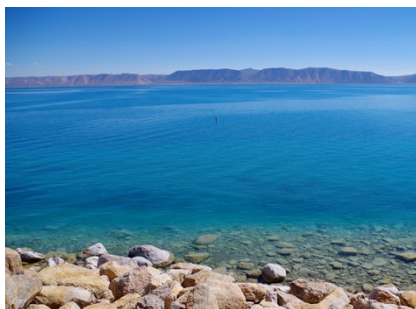
During the retreat, Pastor Jamie and Pastor Bre will lead us through an exploration of identity and discernment. The truth is, we can’t really know what God has in store for us until we understand who he has uniquely created us to be. We’ll uncover the deepest truths about ourselves and the God who loves us, spend time understanding how our past experiences have shaped who we are today, and then consider what it is that is ours to do in this life... or at least in the present moment. The rest of the time, we’ll enjoy wonderful worship and fellowship, great food (that you don’t have to cook!), and plenty of time to relax and restore.

**COST: \$200 (\$100 non-refundable deposit required at registration)**

*Scholarships available upon request*

**REGISTRATION: Opens March 17<sup>th</sup> @ 9 AM ([mountolympuschurch.com](http://mountolympuschurch.com))**

Capacity is limited and beds will be filled on a first come, first served basis!



## Sunrise Resort & Event Center (Lodging)

The Sunrise Resort offers multi-room lodging as well as two full kitchens, a game loft with pool, ping-pong, and foosball tables, a 40-seat theater, a small gym, and complimentary WiFi. Outdoor amenities include a large grass area, a fire pit overlooking the lake, an outdoor dining deck and patio, a basketball hoop and tennis court, a hot tub, yard games, and stunning lake views. Each room has a unique configuration of king, queen, twin, and bunk beds. (More info can be found at <https://www.retreatbearlake.com>).

### Retreat Schedule

<b>Friday</b>	<p>4-6 PM: Arrival &amp; check-in</p> <p>6-7 PM: Dinner</p> <p>7-9 PM: Worship &amp; teaching</p>
<b>Saturday</b>	<p>9-11 AM: Worship &amp; teaching (breakfast available)</p> <p>11 AM-6 PM: Free time/optional activities (lunch on own)</p> <p>6-7 PM: Dinner</p> <p>7-9 PM: Worship &amp; teaching</p>
<b>Sunday</b>	<p>9-10:30 AM: Worship &amp; teaching (breakfast available)</p> <p>11 AM: Closing &amp; check-out</p>

### Optional Saturday Free Time Activities

**“Paint & Sip” Art Class:** Bring your own favorite beverage and our instructor, Brenda Wanke, will provide all the necessary painting supplies and walk us through the process of creating a painting step-by-step, from start to finish.

**Pilates:** Grab your yoga mats! Maddie Woodruff, our very own certified Pilates instructor, will guide us in a 60-minute floor Pilates set (outdoors by the lake if the weather is nice enough).

**Sound Meditation:** Sit or lie down on mats, blankets, or comfortable pillows while Rachael Day leads us through a semi-guided meditation aided by sound to still our minds and invite deep rest, calm, and relaxation.

**Spiritual Direction (Personal Sessions):** Anne Eshelman, a certified Spiritual Director, will be offering several 45-minute spiritual direction sessions, intended to help you connect more deeply and intentionally with God in whatever you’re currently processing in your life.

**Explore Bear Lake & Garden City:** Sunrise Resort is located next to a walking/bike path that will take you along the lake or straight into town. There are plenty of water activities, hiking, biking, shopping, and dining options available.