



RETREAT THEME: “(UP)ROOTED: Cultivating Faith in Every Season”

“Blessed is the one who trusts in the Lord... They will be like a tree planted by the water...” -Jeremiah 17:7–8

In a world that often leaves us feeling scattered, weary, or uprooted, we invite you to rediscover what it means to be deeply planted in Christ. Together, we'll explore the longing we all carry for stability, growth, and fruitfulness—even in seasons of doubt, grief, or change. Through the parables of Jesus, we'll consider how God tends the soil of our lives with steady faithfulness. We'll reflect honestly on the different seasons we find ourselves in, trusting that God is not in a hurry and that no season is wasted.

With space for self-inventory, shared worship, and a guided liturgy, this retreat will gently remind us that we are not meant to grow alone. Like aspens whose roots are intertwined beneath the surface, we are connected to Christ and to one another.

Come, be encouraged to stay rooted in love, established in grace, and confident that the Gardener is faithfully at work in every season.

COST: \$215 (\$100 non-refundable deposit required at registration)

Scholarships available upon request

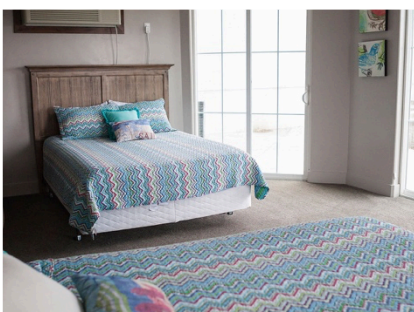
REGISTRATION: Opens March 2nd @ 9 AM (mountolympuschurch.com)

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 room 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 www.retreatbearlake.com).



Retreat Schedule

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

Optional Saturday Free Time Activities

Wine Tasting: Back by popular demand, enjoy tasting several different wines and learning just how discerning your palate really is!

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): 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.