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Rest



Redefined- Rediscovered

A New Year's Retreat
For Women
January 21-23, 2011



Camp Lutherhaven
Outdoor Ministry Center

1596 S. 150 W.

Albion, IN 46701-9695



Modern mayhem has us more acquainted with chaos than quiet. Our days are long. Our nights are short. All too often we find ourselves running ragged on the fumes of an empty tank; serving with a self-imposed limp. Can you relate? You're not alone.

There's a better way. It's biblical, inviting, revolutionary and simple: **Run hard. Rest well.** If we long for vibrancy in our everyday world, the relentless pace of 24/7 demands we rediscover the rhythms of rest and embrace the pace God designed. The rhythms of rest are life-giving and restorative, yet completely neglected by believers today. They allow us to veer off the freeway long enough to explore the road less traveled, a road Jesus frequently visited.

Personal Retreat, Sabbath Keeping and Stillness are rhythms of rest that reintroduce us to the peace and quiet our souls have tried to live without.

Choosing to realign our lives to the motto "**Run hard. Rest well**" is a sacred act of defiance, devotion and deliverance.

Detach & return this form with a **\$20 non-refundable deposit** per person to: Camp Lutherhaven, 1596 S-150 W, Albion, IN 46701

- **Housing is limited & assigned on a first-come, first-served basis**
- **Reservations sent together will be housed together, if possible**
- **Prices are per person based on full room occupancy and include lodging, 5 meals, and all programming**
- **All housing utilizes community bathroom facilities**

Please contact the Camp Office at 260-636-7101 if you have special housing needs or questions

Name _____

Address _____

City _____ State ____ Zip _____

Phone _____ Email _____

Home Church _____

City, State _____

No. Years Attended this Retreat _____ First Time

Indicate 1st, 2nd & 3rd Choice for Housing

- ___ Lodge Private Room (1-3 Roommates—Linens Provided) \$124
- ___ Daniel Retreat Center (1-7 Roommates— No Linens) \$116
- ___ Dormitory (up to 19 Roommates) \$100
- ___ Cabin (1-9 Roommates) \$ 86
- ___ Providing Own Lodging (Programming & Meals Only) \$ 61
- ___ Saturday Only (Includes Lunch & Dinner) \$ 42
- ___ One Night Only—Cabin Housing \$ 63
- Friday Night Saturday Night
- ___ Fabulous Friday (A Quiet Corner) \$ 12
- (Begins at 1:00 PM—Includes Refreshments & Dinner)

Roommate Preferences: _____ Retreat Total: \$ _____

_____ Amt. Enclosed : \$ _____
 _____ (minimum \$20 deposit required)

_____	Room Assigned	Check #
_____	_____	_____

Quiet Corner

Do you every find yourself dreaming of a little “peace and quiet?” The *Quiet Corner* is a *Fabulous Friday* option that invites you and encourages you to veer off the beaten path to enjoy the quiet things of life—guilt-free. Come alone. Invite a friend.

Curl up by the fire

Catch up with an old friend

Make a new friend



Enjoy a piping mug of hot chocolate

Do some scrapbooking

Work on a puzzle

Bring your needlework

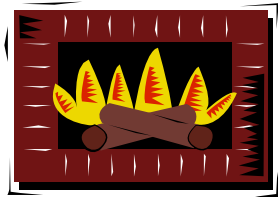
Enjoy a winter hike

Take in a workshop

Unwind

Catch your breath

Take a break...take a nap



The *Quiet Corner* begins at 1:00 pm on Friday. A guided winter hike and a workshop will be offered later in the afternoon. A table of goodies is yours to enjoy. The fireplace will be warm and ready. And, if God sees fit, we’ve put in a request for a blanket of snow on the ground and a bright, blue sky. Dinner will be served at 6:00 pm and the evening program begins at 8:15 pm. **The cost? \$12.00** To reserve your spot by the fire (smile!) sign up on the registration form on the last page of this brochure.

Fabulous Friday also offers a separate, one-day “mini-retreat.” See the enclosed separated sheet for details. Registration for that is not sent to the Camp office, but directly to LifeWorks Counseling and Consulting.

This year’s keynote presenter is Brenda Jank.

Brenda is a speaker, author, visionary leader and champion of rest. She began exploring the rhythms of rest 20 years ago after a debilitating time of burnout. This intensely personal, life-altering journey turned into a professional outlet in 1999 when she began directing the Personal Retreat Ministry at Camp Lutherhaven in northeast Indiana.

As an author, Brenda’s written for *Focus on the Family*, *Discipleship Journal*, *Willow Creek*, and various *Christianity Today* publications.

In 2008, Brenda launched **Run hard. Rest well.** This ministry equips God’s people to explore and rediscover the power and purpose of rest amidst the overload and exhaustion of our 24/7 culture.

Married for 19 years, Brenda and her husband, Tim, have been serving Camp Lutherhaven since 1993. Since this time, they have welcomed home five of God’s finest through the miracle of adoption and birth. Their crew now range in age from 10-16. Brenda and Tim enjoy the crazy antics of their children and teenagers—most of the time!

Brenda’s passion for rest is fueled by a home-grown desire to live and love with joy and delight.



Brenda Jank

All Times are Eastern Standard Time

Friday

- 1:00 PM Registration for Fabulous Friday
- 6:00 PM Dinner for Fabulous Friday Participants
- 7:00 PM General Registration Begins
- 8:15 PM Opening Praise & Worship
- 9:00 PM Small Group Time
- 9:50 PM Refreshments

Saturday

- 8:00 AM Registration for Saturday arrivals
- 8:00 AM Breakfast
- 8:55 AM Morning Praise & Worship
- 9:15 AM General Session #1
Rest-Redefined-Rediscovered
- 10:15 AM Quiet Time
- 11:00 AM Small Group Bible Study
- 12:15 PM Lunch
- 1:15 PM Workshop Session #1
- 2:15 PM Free Time (Craft Time, Guided Hike, Fireside Time, Scrapbooking, R & R)
- 4:45 PM Workshop Session #2
- 6:00 PM Dinner
- 7:00 PM General Session #2
Guilt-Free Rest in the 21st Century
- 8:00 PM Evening Praise & Worship
- 9:00 PM Refreshments & Fun!!

Sunday

- 8:00 AM Breakfast
- 8:30 AM General Session #3
Be Still and Know
- 9:00 AM Quiet Time
- 10:00 AM Small Group Bible Study
- 11:00 AM Worship & Praise
- 12:00 PM Lunch & Depart for Home

Do you know someone who would benefit from a weekend of rest and renewal, but would prefer hotel sleeping arrangements?

If so, sign up for the “Providing Own Lodging” option and reserve a room at the Quality Inn only 20 minutes away. Rooms are available for \$89 and can include up to four occupants. Located in Columbia City, this hotel can provide an alternative option for getting away and enjoying this retreat.

Please contact Quality Inn at 260.248.4551 to make reservations.



Camp Lutherhaven is a year-round outdoor ministry center dedicated to creating adventurous, faith-building experiences for children, youth, adults and families.

Situated on Lake Muncie, Lutherhaven rests amid the rolling hills of Northeast Indiana. Its 72 acres are blanketed by hardwood forests, lakes, streams and meadows. It is a place set apart for refuge, adventure, growth and fun.

For more information about Camp Lutherhaven, visit www.lutherhaven.org.