

# 2022 Fall Women's Retreats

Theme: *Rise Up, Take Courage and Do It!*

Retreat Speaker: Becky Meyerson || Worship Leader: Wendy Gordy



RETREAT 1: September (22) 23-25 \*\*\*\*\* RETREAT 2: September (29) 30 – Oct 2, 2022



*This is not a time to fear. It's a time to stand by faith! Join us at retreat this fall as we take a fresh look at courageous women who followed God with courage, boldness, and conviction. Together, let's Rise Up to become women of faith and courage who choose to trust God and follow where He leads. Women of character, strength, and influence who help make a transformative difference in our generation ... and the next! Be encouraged that you, too, can follow God with boldness, resolve, and victory! **Rise up! Take Courage! Do It!***

*It will be a joy to see you at Camp Lebanon for our Fall 2022 Women's Retreats!*

**About Becky Meyerson:** Becky Meyerson is a 60-something wife, mom, Nana, coach, writer, teacher, organic garlic grower, live-in-the-City but farmer-at-heart, and Jesus follower. Becky loves helping women flourish, thrive, and grow. She writes resources that help them deepen their roots and strengthen their hearts and minds in God's Word.

## Early Bird Option (Thursday Night and Friday) - \$59

The Early Bird option offers an extra day at camp, three delicious meals and bonus fellowship time with friends ... or a much-needed getaway for yourself! The Early Bird also features bonus activities, crafts, Bible Study, and workshops.

### EARLY BIRD BONUS OPTIONS:

#### WORKSHOP \$20 - A Recipe for Healthy Connections in Blended Families

This "mini-conference" (2 sessions Friday and bonus Saturday session) is for blended families and those who love them! Workshop participants will receive the book *Building Love Together in Blended Families* (Retail \$15.99) by Gary Chapman & Ron Deal, along with helpful resource materials and a fun gift!

#### CRAFT – MOSAIC CLAY POT \$10 - The beauty of this pot is the broken pieces!

Salvage your own favorite chipped or broken dishes, teacups, pottery pieces, ceramic tiles, and glass marbles (or use supplies provided) to create a beautiful mosaic pot to enjoy for many seasons to come.

**WOBEGON BIKE TRAIL** – Bring your own bike and enjoy the fall colors on the scenic Wobegon Trail ... or hike and hunt for cross rocks at the Blanchard Dam.

### SATURDAY CRAFTS & ACTIVITIES:



**Paint Pouring \$20** - This craft project is so much fun to try!

The results are fascinating with unpredictable and creative surprises. We'll provide a few different base options (canvas, coasters, trivets, or MN-shaped wood designs).

**Fall Wreath Craft \$15** - Enjoy making a fall wreath for your door or home.

**Chalkboard Wood Tag Sign \$10** - So cute for everyday ... or make it double-sided with a Thanksgiving or Christmas version on the other side!

**Zip Line \$5 OR Laser Tag \$10** – Sign up for these activities at Check-in.

**Workshops** – Sign up for Saturday Workshop options at Check-in.

**Silent Auction** – A retreat tradition! Bring items to donate for the Auction to help with special camp projects.

### RETREAT FEES AND HOUSING OPTIONS:

\$169 Non-cabin Housing    \$149 Cabin Housing    \$59 Thursday Early Bird    \$10 Linens (non-cabin housing only)

WEBSITE: [www.camplebanon.org](http://www.camplebanon.org)

Mailing Address: 1205 Acorn Rd – Burtrum MN 56318

CAMP OFFICE: (320) 403-9555

LISA - OFFICE: (320) 403-9524 OR Email: [Labeler@camplebanon.org](mailto:Labeler@camplebanon.org)

## 2022 Retreat Schedule \*

### Thursday Early Bird

4:00 **Early Bird Check-In**  
6:30 Candlelight Dinner  
7:30 "In Every Season" with Becky Meyerson  
9:00 Fellowship, Games & Snacks

### Friday

7:30 Morning Hike - TBD  
8:30 Breakfast  
9:30 Chapel with Becky Meyerson  
11:00 Early Bird Workshops  
12:30 Lunch / Free Time Activities  
1:30 Early Bird Workshops/Crafts  
4:00 **Weekend Guests Check-In**  
6:15 Dinner  
7:15 Chapel with Becky Meyerson  
9:00 Fun & Fellowship

### Saturday

7:30 Morning Hike  
8:30 Breakfast  
9:30 Chapel with Becky Meyerson  
12:30 Lunch  
1:30 Free Time Fun/Activities/Crafts  
4:00 Silent Auction Ends  
6:00 Candlelight Dinner  
7:00 Chapel with Becky Meyerson  
9:00 Fun & Fellowship / Campfire

### Sunday

8:30 Breakfast  
9:30 Chapel with Becky Meyerson  
11:00 Relaxed Departure

\* Schedule subject to improvement.

## 2022 FALL RETREAT WORKSHOPS

A note about this year's featured workshop track: **[A Recipe for Healthy Connections in Blended Families](#)**

*Helping stepfamilies succeed is one significant way the church can be an intentional and influential change agent in this culture. This workshop seeks to help blended families (and those who love them!) better understand and navigate the dynamics, struggles, challenges, decisions, and possibilities for growth that can lead to healthy relationships, lasting love, and beautiful blessings.*

Ron Deal is a bestselling author, licensed marriage and family therapist, and popular conference speaker who specializes in both marriage enrichment and stepfamily education. Ron, a leading expert on blended families, says, "It used to be that parents had lots of kids. Now kids have lots of parents." Statistics tell us that 40% of all new marriages today are blended family unions. Ron also says that regardless of how or why that blended family comes together, the most important thing we can do is to help them be successful in staying together. The stability of the new blended family is critical to the growth and functioning of the kids in that home, and to their spiritual well-being.

Lynn Lindahl, Executive Assistant to Ron Deal, will facilitate this workshop track with a "mini conference" format featuring videos and discussion from the 2022 Blended & Blessed Conference.

### **EARLY BIRD WORKSHOP (FRIDAY) \$20 - A Recipe for Healthy Connections in Blended Families**

***Facilitator: Lynn Lindahl, Executive Assistant to Ron Deal, Family Life Blended***

This "mini-conference" (2 sessions Friday and bonus Saturday session) is for blended families and those who love them! Workshop participants will receive the book **[Building Love Together in Blended Families \(Retail \\$15.99\)](#)** by Gary Chapman & Ron Deal, along with helpful resource materials and a fun gift!

#### **Session 1 (Friday AM): A Good Blend**

Our own expectations and personalities affect how our stepfamilies will blend and grow.

#### **Session 2 (Friday Afternoon): Good Spices**

Recognizing the different personalities in the people in our stepfamilies and how to respectfully have boundaries will help with good bonding.

#### **Session 3 (Saturday): A Good Chef**

Good chefs are patient and trust God, the Master Chef.

### **SATURDAY WORKSHOPS:**

#### **Big Block Letter Workshop: Writing your Personal Mission Statement – Becky Meyerson**

In this workshop you will be writing your personal mission statement which will affirm how you are uniquely designed and equipped by God to fulfill your destiny. The more you know about yourself, the better you will understand how you can use your personality and talents to serve your family, friends, community, and world. You are built for a mission – something only you can do!

#### **Do Not Be Afraid! – Linda Koski**

Troubled by today's headlines, worried about tomorrow? In this workshop, we'll explore together all the reasons we have not to be afraid!

#### **The Armor of God – Sharon Bush**

Are we ready to do battle for the Lord? The enemy is on the prowl. We need to put on the armor the King has provided and use it! But how? This workshop will encourage you and equip you to stand in the battle and withstand the weapons of the enemy.

#### **A Good Chef – Lynn Lindahl**

Blended families face unique challenges. This workshop *stirs up* some practical advice for cultivating healthy, loving relationships in blended families using fun and savory kitchen metaphors: *Good chefs are patient and trust God, the Master Chef.*