

CHOOSE JOY

Need to know for MRCC Women's Retreat 2023

When: February 3-5, 2023

Where: Canyon Camp & Conference Center near Hinton, OK (about one hour drive from MRCC)

Overview: This will be our first 2-night retreat! Going along with our theme of choosing joy, we wanted to make this retreat different – no fast-paced schedule! We're starting off Friday evening with a relaxing time of snacks and games, and Saturday will be our retreat program. We are delighted to be hearing from two of our own, Connie Penick and Delise Williams! We'll also have free time for relaxing, chatting or hiking and crafts, and of course a campfire sing-along in the evening! We are looking forward to a sweet time on Sunday, joyfully worshiping and sharing communion together.

Ready to go? Here's some helpful information!

What to bring:

- Comfy clothes and shoes
- Paper Bible
- Snacks and games if coming on Friday
- Bedding and towel if you stay in the cabin
- Athletic shoes if you want to do the group hike
- Joyful attitude!

Lodging options:

Lodge rooms are for 2 persons (3 or 4 upon request) and are hotel-type rooms with a private bathroom. Each room has 3 beds (1 queen and 2 twins). Bedding and towels are provided.

Cabins are within walking distance of the lodge and have 15 bunk beds; all you need to bring is bedding and towel. They have a large bathroom with shower.

Meals: Canyon Camp cafeteria (a few minutes' walk from the lodge) will provide 3 meals on Saturday and breakfast on Sunday. They serve hot meals! They also have a fruit and yogurt bar in addition to the breakfast meal and a salad bar in addition to the lunch and dinner menu. Please indicate on your form if you have a health restriction and require GF meals.

Roommates: For a lodge stay, you may have 2-4 in a room, and you choose your own roommates (there is no significant price difference between 2-4 in a room). Cabins are suited for up to 15 people and do not require choosing a roommate.

Retreat program: All retreat activities will take place in the lodge conference room, with the exception of meals, the optional hike, and the campfire.

Getting there: Canyon Camp and Conference Center is just an hour away. Most people drive their own cars to the retreat, and we encourage ridesharing. Let us know on your registration form if you are willing to be a driver and share a ride with others in your car. Also, let us know if you need a ride. We will have maps at the registration table and Ministry Central in the church lobby.

Friday night arrival: Check in at the lodge anytime between 4:30-8:30 p.m. (later upon request). Bring snacks to share. Bring your own games or use ours. Bring your friends or make some new ones. We'll have puzzles and coloring to enjoy, too. We're looking forward to chill time!

Saturday morning arrival: Check in at the lodge from 7:30-9:00 a.m. Come by 8:00 a.m. if you want to enjoy the camp breakfast in the cafeteria. At 9:15 a.m. we will begin our retreat program in the lodge.

Saturday check-out time (for those spending Friday night only): Whenever you need to go, turn in your room key at the check-in table. You are welcome to stay until the campfire is over.

Sunday check-out time: 11 a.m.

Questions: Zina Siemer (405) 443-8481 or Robin Waugh (405) 627-7432.