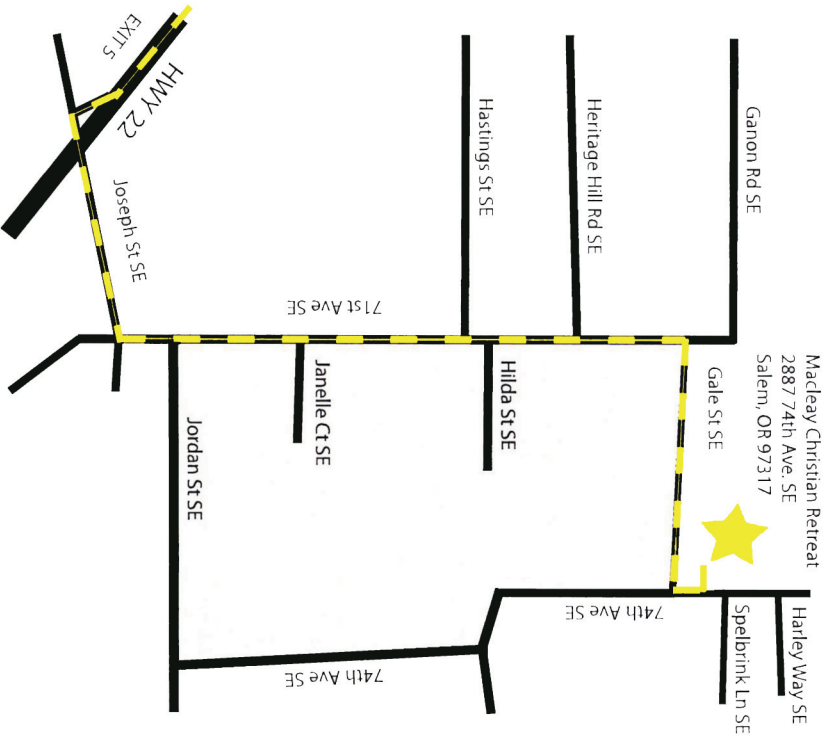
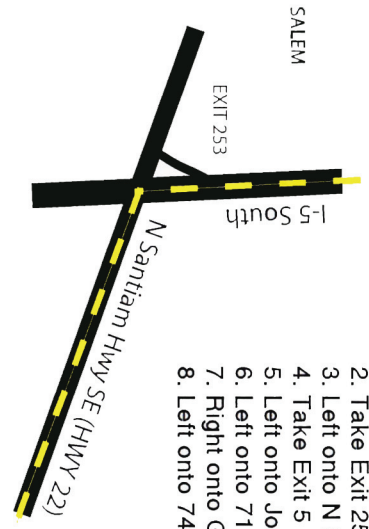


# Directions

1. Head South on I-5 to Salem
2. Take Exit 253
3. Left onto N Santiam Hwy SE
4. Take Exit 5
5. Left onto Joseph St.
6. Left onto 71st Ave.
7. Right onto Gale St.
8. Left onto 74th Ave....and you're there!



# Espresso for a Woman's Soul

... jump-starting your heart, mind and spirit



Oct. 14 & 15  
Macleay Christian Retreat

# Women's Retreat 2011

## October 14 & 15 at Macleay Christian Retreat

### Our speaker:



Pam Vredevelt has been a pastor's wife and a licensed professional counselor, specializing in women's issues, for over 25 years. She graduated from Multnomah University and has a master's in both psychology and communications. Pam is known for her authenticity about real-life issues and brings a message of hope and healing found in our Lord Jesus Christ. She speaks at many women's retreats and other groups around the country. Pam is a best-selling author, having published thirteen books, including *Empty Arms*, *Letting Go of Worry*, *Angel Behind the Rocking Chair* and her Espresso series.

### Accommodations:

Register in the foyer or online at [www.swbible.org](http://www.swbible.org)

#### Evergreen and Woodland Lodges - \$94\*

Dormitory sleeping accommodations with restrooms and showers in each wing. One queen bed and bunks in each room. (Linens NOT provided.) Three to eight people per room.

#### Meadowview Lodge - \$104\*

Semiprivate accommodation with two people per room. Restrooms and showers in each wing. (Linens NOT provided.)

**\*private room in one of the three lodges - \$124**

#### Condos - \$114 (check with registrar for availability)

Upgraded accommodations with private living space. One queen bed on main floor with additional beds in an upstairs loft. Full bathroom in each. (Linens NOT provided.)

#### Saturday only - \$74

Includes all the fun, worship, sessions and three meals.

### From the registrar:

- Register by Sept. 30 to avoid a \$20 late fee (issued by the camp, not Southwest).
- Cancellations after Sept. 30 will be refunded at 50%.
- All adult women (college age and above) are encouraged to come!
- Payment Plan: To help you budget, we now offer the option of paying in two separate installments. The first is due at the time of registration and the second is due Sept. 30. See the registrar for details!
- **Note: all accommodations are on a first-come, first-paid basis.**

### Schedule of events:

#### Friday night

Registration.....4:30 – 7:15 pm

**Don't have time to stop and eat? We'll have a snack waiting for you.**

Session 1.....7:30 – 9 pm

*Cupcakes and Coffee*.....9 pm

- Prayer Team available in Prayer Room 9 – 9:30 pm
- Hot tub/sauna opens at 9:30 pm
- Bonfire at 9:30 pm!

#### Saturday

Coffee bar open 7 - 7:45 am and again at 2 pm

Breakfast.....8 – 9 am

Session 2.....9:02 – 10 am

Coffee break.....10 – 10:30 am

Session 3.....10:30 am – noon

Lunch.....noon – 1 pm

Personal Reflection.....1 – 1:45 pm

Free-time Activities.....1:45 – 3:45 pm

Special Session "Girl Talk".....4 – 5:30 pm

Dinner.....5:30 pm

### What to bring:

- Bible and a pen to take notes
- Sleeping bag and pillow (**linens NOT provided**)
- Toiletries and bath towel
- Spending money
- Comfortable clothing
- Swimsuit and flip-flops (if you plan to use the sauna or hot tub)
- Water bottle

