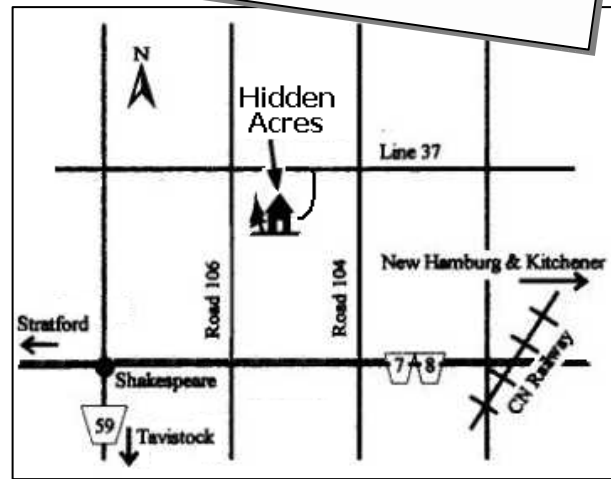
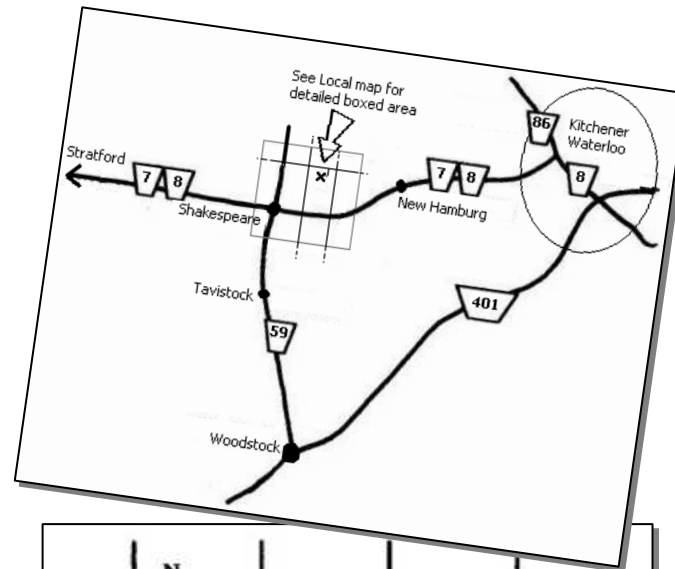


We look forward
to seeing you at
the retreat!

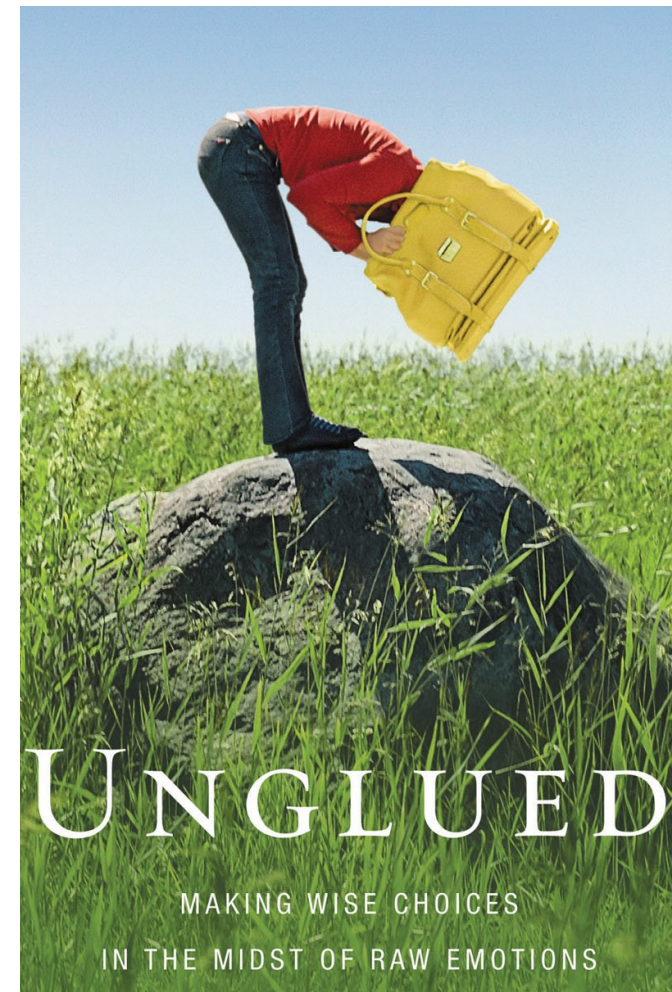


HOW TO GET TO THE RETREAT

From Westheights Church, go to Hwy 7/8 toward New Hamburg/Stratford. Continue past New Hamburg, turn right at Wilmot Easthope Road, then left onto 37th Line. Approx 30 minutes.

HIDDEN ACRES MENNONITE CAMP AND RETREAT CENTRE

1921 Line 37
New Hamburg, ON
519-625-8602



UNGLUED

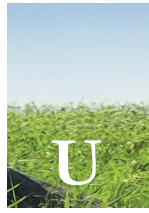
Women's Retreat

Hosted by
Westheights Community Church
82 Westheights Drive
Kitchener, ON
519.741.1986
westheights.org



May 23-25, 2014
Hidden Acres Retreat Centre

**WESTHEIGHTS
WOMEN'S RETREAT**



Why come?

As women, we're incredibly busy, and we rarely find time to experience close fellowship with each other. A weekend away gives us the chance to build relationships with other women in our church, grow spiritually, rejuvenate, and have fun.

We're returning to the beautiful Woodhouse Retreat Centre at Hidden Acres for a retreat to relax, connect, and be encouraged.

What to expect:

LODGING: Woodhouse is a beautiful retreat centre with excellent facilities. For more information about Woodhouse go to www.hiddenacres.ca.

FOOD: Meals and snacks included. We will try to accommodate special dietary needs.

FOCUS: The theme for the weekend is **Unglued: Managing Our Emotions**, based on the new book by bestselling author Lysa TerKeurst.

Dig deeper into learning how to acknowledge, understand, and manage raw emotions that are commonplace to the average woman. According to author and speaker Lysa TerKeurst, each time we feel a raw emotion coming to the surface it's an opportunity to either fall back into patterns that make us wallow in guilt or choose more wisely and make progress. Let's choose to progress!

<http://www.ungluedbook.com/>

Dates:

Arrive at 7:00 PM on Friday, May 23
Leave by 1:00 PM on Sunday, May 25

Place:

Hidden Acres Retreat Centre
1921 Line 37
New Hamburg, ON (near Shakespeare)

Cost:

\$145, full retreat (incl all meals & lodging)
\$60, Saturday only (incl 3 meals)
\$95, full retreat, no overnight lodging

What to bring:

- Bible
- Bedding for a single bed
- Lawn chair
- Towel & toiletries

Registration deadline:

Sunday, May 11. Hand in the registration form and your cheque (payable to *Westheights Community Church*, with *Women's Retreat* in the memo line) to Carol Westfall. **LIMITED CAPACITY** so register today!

Questions:

Contact: Kim Lester, mail@kimlester.com
or phone 519-885-9730



Name: _____

Email: _____

Phone: _____

Dietary requirements: _____

Physical limitations: _____

Name one roommate preference (if you want to room with someone in particular):

- \$145, full retreat
- \$60, Saturday only
- \$95, full retreat, no overnight lodging
- Cheque included (payable to *Westheights Community Church*)