

## Upper Skagit Valley Women's Retreat Registration

I would like to room with \_\_\_\_\_

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone : \_\_\_\_\_

(If you are requesting a specific roommate, please send together in same envelope. We will try to accommodate your request.)

There will be Massage time available:

Massage costs: \$15—15 min, \$30—30 min

First Come First Served

Please indicate interest Y\_ N\_ &

Length of time wanted\*\*

Registration Fee : Please indicate your choice

\$110.00 \_\_\_ Full Retreat—includes 2 nights lodging & five meals) pd by 10/2/17

\$100.00 \_\_\_ Early Bird by Sept. 22nd\*\*, Saturday –1 day/2 meals—\$75.00 \_\_\_\_\_

\*\*Please let us know about any special dietary needs in advance. Few RV spaces available inquire  
\*\*We require final head count for meals by September 30th, please try to register prior to that date. If on or after call phone numbers on back of brochure to register rather than mailing retreat form back please. Thank you.



### Upper Skagit Valley Women's Ministry

P.O. Box 964  
Concrete, WA 98237

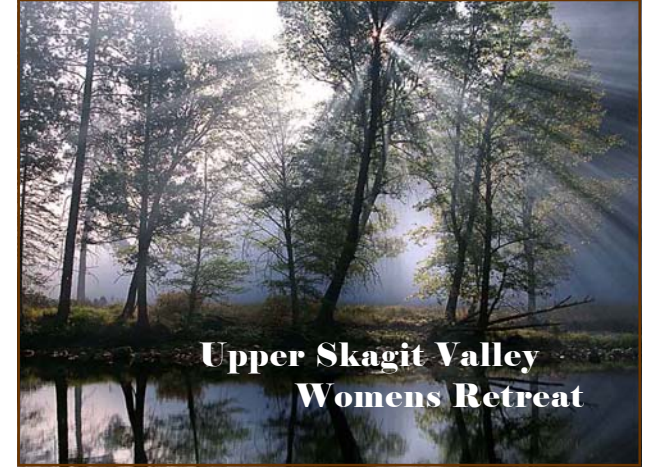
Phone: 360-826-6141 \*\*  
please leave message if necessary

Fax: 360-826-3712

Email: [upperskagitwomen@stumpranconline.com](mailto:upperskagitwomen@stumpranconline.com)  
Web: [www.stumpranconline.com/upperskagitwomen](http://www.stumpranconline.com/upperskagitwomen)

### Mission Statement

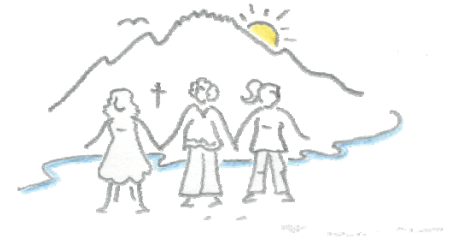
To spread the good news of the Lord to women in the Skagit Valley area by bringing them together to nurture their growth in Christ through worship, fellowship, and teaching in a non-threatening environment



### A Homesteaders Heart

*Come to me, all you who are weary & burdened,  
& I will give you rest. Take my yoke upon you &  
learn from me, for I am gentle & humble in heart,  
& you will find rest for your souls*

*( Matthew 11:28-29 )*  
**18th Annual Retreat**  
**October 6th-8th, 2017**  
**Baker Lake , WA**





**Melissa Norris,**  
**Speaker 2017**

Melissa Norris grew up in the shadow of Sauk Mountain in the foothills of the Cascade Mountain range . She never dreamed that her humble beginnings & her old fashioned made-from-scratch upbringing would be the very thing the Lord would use to help her reach others from her still humble homestead. We live in an over-paced stressed out world. The demand of having more, doing more and being told to juggle your home, social, career and spiritual life has most of us frazzled and longing for a simpler time.

You know there's more to life than running to the edge of exhaustion. With Biblical truth & wisdom from by gone eras, Melissa will share with us how to pare down to true essentials so we can create an atmosphere of joy & love in our homes, heart, life & homestead. If you are feeling overwhelmed by all you have to do & long for balance "A Homesteaders Heart" will help you begin your journey back to simple. Melissa is author of "The Made from Scratch Life: Simple Ways to Create a Natural Home." & "Hand Made: The Modern Guide to Made from Scratch Living" Also the host of *Pioneering Today Podcast* & founder of *MelissaKNorris.com*. Melissa looks forward to sharing her message with us.

Schedule

Friday, October 6, 2016

**Registration/Settle In** 3:00-5:00 p.m.  
**Dinner** 5:00-6:00 p.m.  
**Welcome/Announcements** 6:00-6:10 p.m.  
**Worship/Speaker** 6:10-7:30 p.m.  
*Fun Mixer*  
(Please be considerate after 10 pm :)

Saturday, October 7, 2016

**Breakfast** 7:30-8:30 a.m.  
**Worship/Speaker** 8:30-9:45 a.m.  
**Discussion group time -** 9:45-10:30 a.m.  
**Meditation/Free Time** 10:30-11:00 p.m.  
**Craft** 11:00- 12:15 pm  
**Lunch** 12:15-1:15 p.m.  
**Worship/Speaker** 1:15 pm -2:30 pm  
**Discussion group time -** 2:30 pm-3:15 p.m.  
**Craft/Free Time** 3:15 pm-5:15 p.m.  
**Dinner** 5:30-pm -6:30p.m.  
*Fun Mixer*

Sunday, October 8, 2016

**Breakfast** 8:00 am -9:00 a.m.  
**Worship /Speakers/Shirley Shepard/Naomi Rumpff** 9:15-10:15 a.m.  
**Wrap up & Communion** 10:15-am -11:00am

*Schedule is subject to change.*

***What to Bring : Casual Clothes & Bible.  
Personal Toiletries & hair dryers.***

**We will have basket raffles -raffle tickets available Fri/Sat. Proceeds will go to our Scholarship Fund & community needs.**

To Register

Complete registration form on the reverse side and send it with full payment ; check or money order by 9/30/17 or see notes\*\*for Early Bird cut off (9/22/17) Registration remains open until all spots are filled, first come first served.  
Check/Money order Payable to:

**USVWM**  
**P.O. Box 964**  
**Concrete, WA 98237**

To find out more about our group, please see our website at :  
[www.stumpbranchonline.com/upperskagitwomen](http://www.stumpbranchonline.com/upperskagitwomen)

**Each registration form must have individual name, address & phone number for each attendee please. Please indicate who you would like to room with and we will try to accommodate you.** Confirmation of your registration, will be sent by email or return snail mail. Refunds available for special needs. Limited Scholarships available, please inquire if Interested.

**Baker Lake Lodge Directions:**

From I-5 North or South  
Take Exit 232-Cook Rd.  
Proceed east 4 miles to Sedro Woolley.  
Turn left onto Highway 20 (North Cascades Hwy).  
Proceed east approximately 16 miles.  
Turn left onto Baker Lake Road.  
Proceed north 14.25 miles to Baker Lake Dam Road (Go past the old Road closure and over the bridge to new Baker Lake Dam Road turnoff).  
Turn right onto Baker Lake Dam Road  
Proceed 1 mile to Baker Lake Lodge  
Enter at Gate 1 with access code provided in instructions at the entry gate.