



*Women's
Retreat
2019*

Welcome!

We are so glad that you will be joining us for the Renew, Restore, Refresh **Women's Retreat** at Grace Adventures! We want this weekend to be relaxing, enjoyable, and fun. Please feel free to ask any staff member for assistance during the weekend. We want to be able to remove distractions so that you can focus on connecting with God and other women.

Important Weekend Information

Check-In

Check-In is from 6:00PM – 8:00PM on Friday at Grace Adventures in the Keep.

- Final payment for your group is due 2 weeks prior to the retreat. Please have your group leader make a single, final payment
- Your group may arrive separately or together as a group
- Your housing assignment will be given when you Check-In. One of our staff will be able to direct you to your housing location
- Upon Check-In, each person will receive a **Women's Retreat** booklet that contains the weekend schedule, workshop information, campus map, activity options and more. Please hang on to your booklet for the duration of the weekend
- Upon Check-In, each person will receive a name badge. We ask that you wear these badges all weekend so that we know you are participating in the event and so that you can get to know other women
- If you know that you or your group will be Checking In after 8:00PM, please call our office so we can offer assistance with Check-In when you arrive
- Please do not arrive before 6:00PM on Friday as we may be serving other groups at that time

Move-In

You may move into your housing after you have Checked-In

- If you are being housed in the Retreat Center or Lodge, please park your vehicle and move your belongings into your housing unit
- If you are being housed in the Cabins, we will have a luggage drop off service in the parking lot for our staff to assist you in moving your belongings near your housing unit

Friday Night Snack

There is a snack provided during Check-In for all attendees in the Beacon. If you require a more substantial meal on Friday night, please plan to visit one of the fast food locations or restaurants located just off the Hart/Mears exit.

Weekend Meal Times

During Check-In, you will receive your specified meal times. If you are part of a group, your whole group will be listed under the same meal time. Please adhere to these meal times throughout the weekend **so that everyone will have a place to eat. Some meals are "Open" so you may come anytime you want during that specified time.**

Housing

On-Campus

- Housing is assigned by Grace Adventures Staff based on group size. Special requests may only be made if there is a need for handicap accessible housing. Please make your need clear and in full on your online Health Form
- **Groups will receive their housing assignment when they Check-In**
- All Housing units are smoke-free. Please only smoke in the designated areas on campus
- On-Campus attendees must bring their own bedding (*See Packing List on page 8*)
- All housing units are heated and have bathrooms and showers located inside the building
- We try our best to not have separate groups share housing units

Hotel

- We partner with multiple hotels in the Silver Lake Area to give our participants a discounted hotel experience. Hotel rooms are reserved by Grace Adventures. Special requests that will be considered are for physical handicaps. Please make sure that your need is indicated on your registration (and, if applicable, communicated to your group leader)
- Hotel rates are based on two people per room. There is an upcharge of \$60.00 for a single occupancy room
- Hotel attendees will be housed at the Dunes Waterfront Resort or Sierra Sands Family Lodge during the event. Please choose your hotel preference during registration.
- You may Check-In to your hotel starting at 4:00PM on Friday or choose to Check-In after the evening events
- Hotels require the names of individual guests for room assignments, please have your group members confirm their name and contact information online by **two weeks before the retreat date. Group Leaders must send a rooming list to Hannah Younglove (hannah@graceadventures.org), two weeks before the retreat date as well.**
- Grace Adventures partners with the hotels for these events, please be respectful and considerate of all other guests and hotel staff during your stay
- Check-Out at the hotel is at 11:00AM on Sunday. Please check out before the last session on Sunday.
- Groups/Individuals are responsible for their own transportation from the hotel to Grace Adventures

Commuters

- Groups choosing to Commute are not assigned housing on campus
- Commuters may stay for the duration of the program during each day
- Parking is free
- Groups/Individuals are responsible for their own transportation to Grace Adventures

Weekend Activity Information

Activity Sign-Ups

The activities below will have sign-up sheets posted following the session on Friday night and until lunch on Saturday. Activities fill on a first-come, first-serve basis.

Horseback Trail Rides – Sign-Up Required

Come ride a horse at Paradise Ranch! We'll take you on a ride through our vast system of trails for a chance to enjoy the beauty of autumn in Michigan. Please wear long pants and closed-toe shoes. Attendees must be able to mount themselves on a horse to ride.

Massages – Sign-Up Required - \$10.00/10 minutes (Please Bring Cash)

Relax with a massage from a professional masseuse. Limit one session per person.

Crafts – No Sign-Up Required - \$5.00-\$20.00 (Please Bring Cash)

Get creative with some crafts to make and take home. Craft prices vary.

Open Activities

Open activities are available for you to enjoy during the specified open times and have no extra cost. You'll receive the full list of activities and times in your booklet at Check-In.

Open Gym
Rock Climbing Tower
Ropes Course
Zipline
Pamper Room
Trap Shooting
Archery/Rifle Range
Kayaking/Canoeing
Wagon Rides
Prayer Room

Schedule

(This is a tentative schedule for your planning purposes, some details may change)

Friday

6:00-8:00	Registration & Move In Snack
8:00	Session 1
9:30-11:00	Open Evening Activities/Activity Sign-Ups
11:00	Courtesy Quiet Hours

Saturday

7:15	Coffee and Devotional
7:30-9:00	Open Breakfast (Arrive whenever you'd like)
9:15	Session 2
11:00	Workshops/Trail Ride/Group Activity
12:00	Lunch A
1:00	Lunch B
1:30-5:00	Afternoon Activities: Zipline, Ropes Course, Rifles, Archery, Trap Shooting, Massages, Trail Rides, Crafts, Pontoon Boat Rides, Camp Store
5:30	Dinner A
6:30	Dinner B
7:45	Session 3
9:15	Open Evening Activities Wagon Rides, Climbing Tower, Open Gym, Campfires
11:00	Courtesy Quiet Hours

Sunday

8:00 – 10:00	Open Breakfast
10:30	Session 4
12:00	Pack and Depart

Directions

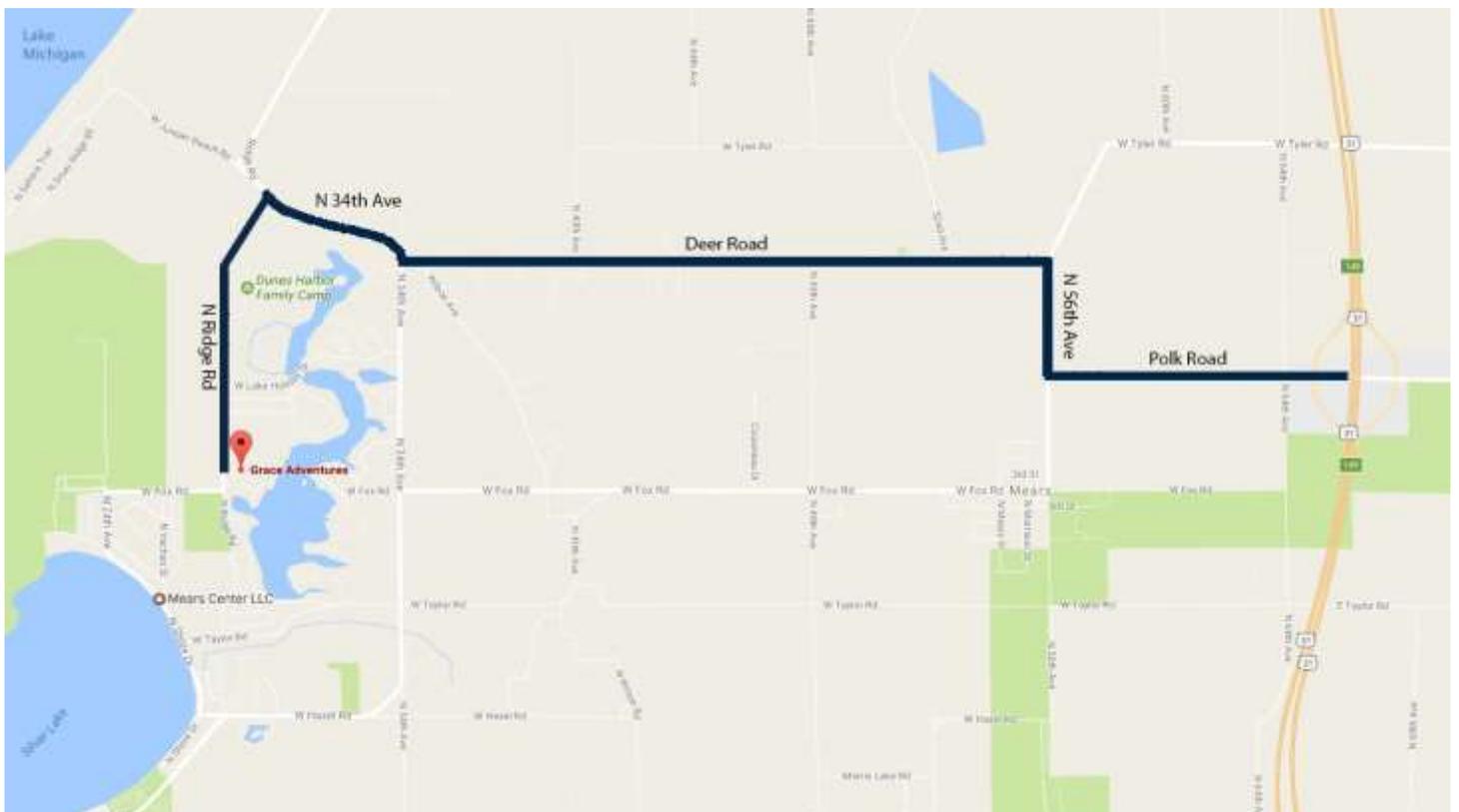
Grace Adventures is located about 35 miles **North of Muskegon**, 20 miles **South of Ludington**, and 80 miles **Northwest of Grand Rapids**. Grace Adventures is on Upper Silver Lake, almost 7 miles West of US-31. The closest commercial airports are Grand Rapids and Muskegon.

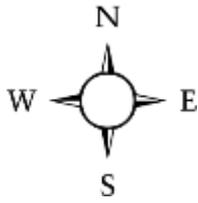
Traveling from **Muskegon**, follow **US-31 Northbound** to **Hart/Mears** (Exit 149). Turn **Left** (West) and stay on this road until it stops (approx 1 ½ mile) and follow the signs.

Traveling from **Ludington**, follow **US-31 Southbound** to **Hart/Mears** (Exit 149). Turn **Right** (West) and stay on this road until it stops (approx 1 ½ mile) and follow the signs.

Traveling from **Grand Rapids**, follow **I-96 West** to **Muskegon**, then follow the above directions from Muskegon.

Grace Adventures Address:
2100 N Ridge Rd, Mears, MI 49436





MAIN CAMPUS MAP



What to Bring

The Essentials

- Bedding Including Sleeping Bag/Sheets and Pillow (On-Campus Attendees Only)
- Toiletries (Including Towels, Comb or Brush, Toothbrush, Toothpaste)
- Warm, outdoor, comfortable clothes
- Rain Gear (Just in case)
- Pajamas, underwear, lounge clothes
- Bible, Notebook, Pen, Highlighter
- Closed-toe shoes (for Horseback Riding and Rock Climbing)
- Flashlight
- Water Bottle
- Spending Money for Camp Store, Massages, Crafts

Please Do Not Bring

- Alcohol, Tobacco, Firearms, or Weapons
- Non-Prescription or Illegal Drugs
- Fireworks or Prank Items
- Pets

Note: Any necessary medication should be kept in a safe and secure place where others **can't access** it. Grace Adventures does not store or distribute medication.

We recommend that you “unplug” during this retreat. Cell phones and other electronics can be a distraction. We will require that phones and iPods are silenced during sessions and events. Anything brought on campus, including electronics, is the owner's responsibility. We are not responsible for items lost, stolen, or broken.

Please remember that Grace Adventures is a drug, alcohol, and tobacco free facility. Thank you for your support in helping create a positive environment for all our attendees!

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Frequently Asked Questions

What does the Registration Fee Include?

The registration fee is all-inclusive. Housing, meals, and almost all activities are included. The only extra money you may need is for massages, craft supplies, and extra snacks and drinks at our Camp Store during the weekend.

What if any of us have special dietary needs?

We are happy to accommodate some dietary needs and restrictions that our guests may have. We are pleased to offer Gluten Free, Tree Nut/Peanut, Dairy and Vegetarian menu options. If your allergy/dietary needs fall into any of these four categories please inform us at least one week prior to your experience by filling out those needs on your online Health Form. If your allergy/dietary needs exceed those listed above please contact our Executive Chef, Niel Scharphorn, at niel@graceadventures.org or 231-873-3662 to make arrangements to bring your own food with you.

Do we have to participate in all of the activities?

No you do not. This retreat is yours to Renew, Restore, Refresh **your mind, body, and spirit.** You don't have to participate in any of the activities if you don't want to.

Is Wi-Fi available during the retreat?

Because of the beautiful and remote area that surrounds us, we do not offer Wi-Fi to our guests during their stay. We encourage you to disconnect from the internet and enjoy time in nature and with the other women in your group.

How many people usually come to the Women's Retreats?

Every weekend is different and will have a variable number of people, but our capacity for the weekends is 250 total people. Typically weekends will be between 200-250 people.

Are your buildings handicap accessible?

Many of our buildings and housing units are handicap accessible, but not every housing unit and activity site. We have paved sidewalks that go between the main session space, gymnasium, Dining Hall, the Lodge housing unit, and the Retreat Center housing unit. There is a significant amount of walking required to get around campus. If you require handicap accessible lodging or accommodations, please let our staff know ahead of time on your online Health Form.

Can I bring my nursing infant or small child?

We ask that you do not bring any infants or small children to the Women's Retreat. These weekends are designed for *women* to get away from their everyday life to connect together and with God.

What should we do in case of emergencies?

In the event of an emergency, please call 911 and inform a Grace Adventures staff member. Make sure your women have the proper insurance and medical information on hand. At Check-In you'll be given more information on how to reach a staff member at any time. The nearest hospital is Mercy Health Lakeshore in Shelby, MI. (72 S State St, Shelby, MI 49455)