

## WHAT TO BRING

Bible, pen, journal, pillow, twin size bedding, towel, wash cloth, shower gel, lotion, walking shoes, light jacket, swim suit, flashlight, non-aerosol bug repellent.

## For Your Comfort

Do you need a lower bunk? \_\_\_\_\_

Do you require a Veggie/Non-Dairy Dietary meals? \_\_\_\_\_

If yes: No meat \_\_\_\_\_ No Milk \_\_\_\_\_ (check all that apply)

Do you Need Transportation? This year it will be provided by the camp \_\_\_\_\_

Check (1) Are you a Night Owl \_\_\_\_\_ or an Early Bird \_\_\_\_\_?

## SUNDAY OFFERING

Blessing Box Money (checks made to CCMR WM)

50% will be donated to IDWM Endowment

50% will be donated to Michigan Region

**Extras/Special Requests** Please bring children's books of diversity, adult books for swapping, Unique Basket donation for Raffle and the Sister to Sister Share Gift Exchange valued at \$10 Minimum



## **Weekend Schedule**

### Friday August 18

11:00AM-3:00PM **Early Birds** Biking, Hiking or Walking

3:00PM –6:00PM **Check In/Registration**

6:00PM Dinner

7:00PM Healing Service/Vespers

8:00PM Session 1 Dr. Beth Rupe

9:00PM Social Time

10:00PM Quiet Time /Extended Night Owls in Designated Areas

### Saturday August 19

7:00AM Rise and Shine

8:00AM Breakfast

8:40AM Morning Praise

9:00AM DWM Business Meeting

9:45AM 15min Break

10:00AM Session 2 Dr. Beth Rupe

12:00PM Lunch

1:00PM Workshops/Recreation

2:30-5:30PM FREE TIME

6:00PM Dinner

7:00PM Line Dancing, Raffle, Games, Swap Table Sister Share and Gift Exchange

9:00 PM Evening Gathering Campfire

10:00PM Quiet Time/ Extending Night Owl in Designated Areas

### Sunday August 20

7:00AM Rise and Shine

8:00AM Breakfast/Evaluation

8:30AM Cabin Cleaning

9:30AM Worship in Chapel

11:00AM Goodbyes

2023

*Women's Retreat Pray,*

*Play, Work, Rest*

*Mark 6:30-32*



**Womens Ministry**

**Disciples of Christ  
Michigan Region**

**Crystal Conference Center  
Frankfort, Michigan**



Rev. Dr. Beth Rupe

Rev. Dr. Beth Rupe is currently serving as CCIW Disciples Women Ministries' Coordinator and the Interim / Transitional Minister of First Christian Church (Disciples of Christ) in Henry, IL. She served congregations in Kentucky while attending Lexington Theological Seminary and in IL following her ordination. Prior to going to seminary, Beth was an Outpatient Therapist at a community mental health center. She received a BS with honors in Psychology from Western Illinois University (1988) and a MS in Clinical Community Mental Health in Psychology from Western Illinois University (1990). Beth received her MDiv from Lexington Theological Seminary (2002). She was ordained in the Christian Church (Disciples of Christ) by the Christian Church in Illinois/Wisconsin. She received her DMin from Lexington Theological Seminary (2014) and was named Pastor Scholar. Her focus of study was liturgical renewal particularly the importance of lament in Disciples Worship.

She is currently the editor of and author of two Bible studies for the 2023 edition of Just Women. Beth will continue as the editor for the 2024 edition. She has served on a variety of CCIW committees including Chairing the Constitutional and Bylaws Rewrite and subsequent Review Task Forces, serving as an investigator on the Ethics Subcommittee of the Committee for Ministry, being on the Team and the Pro-Reconciliation and Anti-Racism Committee, and serving as a Regional Elder. Beth directed camp for 12 years at Camp Walter Scott, and Pilgrim's Park. She has led various workshops and retreats on spiritual disciplines including lament as a prayer practice, self-care, stress management and relaxation. She was the keynote speaker at the 2022 Kansas Region Disciples Women Retreat.

Beth and her husband Mark were high school sweethearts and have been married 45 years. They have two children, Sarah (Aaron) and Benjamin, two granddaughters, Chloe and Emilia, and a four-year old labradoodle Angus. Her hobbies include reading, knitting, quilting, and listening to music. She also enjoys cooking, especially for her family and friends. She finds strength in contemplative prayer and feels called by God to work for justice. Anywhere Disney is one of her happy places.



### *Love Thyself!*

Friday

#### Before Registration Options

- Biking
- Hiking
- Nature
- Walking

After Session 1

- Camp Fire
- Night Owl Chat in Fellowship Hall
- Pit Fire at the Beach
- Line Dancing

### *Love Thy Neighbor*

Saturday

#### Free Time Options

- Gwen Frostic Prints
- Lighthouses, Pointe Betsie, and Glen Arbor
- Shops at Frankfort, Benzonia or Beulah
- Nature Walk on the Campgrounds
- Relax by the Lake
- Hiking, Biking, Swimming



### Workshops

At Sign-in you will have a choice of two workshops

- \*Chair Yoga
  - \*Candle Making
  - \*Glycerin Soap Making
  - \*Bath Bombs/Bath Salts
  - \*Narrative Journaling/Herstories
- And more...

Self Love Begins With Self Care



Online Registration is Open

Now thru 7/14/23

Go to the Michigan Regional Disciples of Christ website\*

Registration Cost \$165 (all inclusive)

Commuter Cost: \$90 (includes meal)

Scholarships are Available

Contacts:

Vicki Kirby (313) 374-3875

Rev. Brenda Etheridge (313) 784-5665

Other Questions Contact

Rev. Brenda Etheridge

Christian Church Michigan Region (DOC)

[www.Michigandisciples.org](http://www.Michigandisciples.org)