

Participant Release:

In signing this release, I acknowledge the potential danger/harm/injury that could accompany such an event and assume the risk thereof. I acknowledge that I understand the intent and hereby agree to absolve and hold harmless Emmanuel Covenant Church ("ECC"), its staff and/or volunteers and any others connected with this event in any way whatsoever, singly and collectively, from and against liability for any misadventure or injury, in this event or the activities associated therewith (rafting, kayaking, biking, camping, etc.). Furthermore, I hold harmless ECC from losses resulting from the negligence of those listed or otherwise associated with this trip. I, on my behalf of myself, my personal representatives and heirs, hereby voluntarily agree to release, waive, discharge, hold harmless, defend and indemnify the above individuals and ECC from any and all claims, actions, or losses for bodily injury, property damage, wrongful death, loss of services or otherwise, which may arise out of this event and/or during transportation to and from this event.

I am at least eighteen (18) years of age and I am under no mental or legal disability that would prevent me from signing and executing this agreement. I further represent that I have read (or have had read to me) and understood the terms of this agreement.

Signature: _____

(Signature of parent or guardian if under 18 years of age)

Print Name _____

Date: _____

Emergency Contacts

1. Print Name: _____

Number: _____

2. Print Name: _____

Name: _____

Location where medical information will be kept:

Further information about the accommodations:

A retreat at Adventurous Christians includes access to the camp's equipment that is used to explore the surrounding Superior National Forest and Boundary Waters. This includes all cross-country ski equipment and snowshoes for winter retreats. To enhance your wilderness retreat, you will be served delicious made from scratch meals and will stay in rustic, yet comfortable, warm and clean cabins. Only the lodge has running water and there are only outdoor lavatories. However, the outhouses are lovely log structures with private stalls, which are clean and well kept. We will clean up on Saturday evening in the traditional sauna fashion, with a dip in frozen Bow Lake for the adventurous of heart! The lodge is where most of the activity occurs at camp. Constructed in a vintage post and beam architecture, the lodge has pleasant woody appeal and offers spectacular views on all sides of the beautiful forested area. It also boasts a huge stone fireplace that can also be used as a climbing wall. The dining hall is also in the lodge, and provides continuous access to organic coffees, teas, hot chocolate and homemade goodies.

Scheduling: Retreaters will meet at 10 a.m. on Friday morning and carpool up to AC. We will stop as a group on the way for lunch at each one's own expense. We will enjoy our first homemade meal at AC Friday evening, and will begin our first teaching session after we eat. There will be additional teaching sessions on Saturday morning after breakfast, and Saturday evening after supper. Part of Saturday morning and all of Saturday afternoon is reserved for free time for skiing, snowshoeing, hiking, reading, chatting, napping, or playing games by the fire. We will have a time of worship on Sunday morning before enjoying a delicious brunch, after which we will pack up and head home, arriving back in the Twin Cities by early evening. A packing list will be sent out to all registrants.

Contact information: Mary Lakner
lakneremu@yahoo.com



Emmanuel Winter Adventurous Women's Retreat "The Freedom of Simplicity"

February 5-7, 2016

Adventurous Christians Covenant

Wilderness Center

Grand Marais, MN



Emmanuel Winter Women's Retreat

Name: _____

Email: _____

Phone: _____

Address: _____

Are you willing to drive? Y N

How many can you fit in your vehicle (keep in mind luggage) _____?

We will leave as a group by 10am on Friday, February 5 from the Forest Lake Park-n-Ride at Running Aces.

Total Cost of the Retreat is \$125 (plus additional \$ to pay for gas and a meal on the way up to camp). **This registration form** and down payment of \$75 is due by Sunday, January 3 with the remaining balance due by Sunday, January 24. Please make all checks out to AC/CWC, and deposit them to the black mailbox at church or send them to 513 Tanglewood Dr, Shoreview, MN 55126. Attn: Winter Women's Retreat.

**PLEASE INDICATE ON CHECK
"WOMEN'S RETREAT"**

ECC Office use:

\$ _____ Paid on _____

\$ _____ extra donation for expenses/possible partial scholarships

Join us for a weekend in the heart of the BWCA!

Adventurous Christians and Covenant Wilderness Center has so much to offer! Join us for a weekend full of:

- Skiing
- Snowshoeing
- Reading
- Sipping tea
- Playing games
- Chatting

This year's study will focus on the topic of the discipline of simplicity, using excerpts from Richard Foster's books, "Celebration of Discipline" and "Freedom of Simplicity".

Join us as we ponder how to reclaim the peace and quiet centeredness – simplicity – that is our gift from the Spirit of God living in us.