

A life in Christ is a life of restfulness. There may be no ecstasy of feeling, but there should be an abiding, peaceful trust. Your hope is not in yourself; it is in Christ. Your weakness is united to His strength, your ignorance to His wisdom, your frailty to His enduring might. So you are not to look to yourself, not to let the mind dwell upon self, but look to Christ. Let the mind dwell upon His love, upon the beauty, the perfection, of His character. Christ in His self-denial, Christ in His humiliation, Christ in His purity and holiness, Christ in His matchless love; this is the subject for the souls contemplation. It is by loving Him, copying Him, depending wholly upon Him, that you are to be transformed into His likeness.

Steps to Christ pg. 70.2



*Rest...in the Lord and wait
patiently for Him.*

*2015 Women's Retreat
Camp Au Sable*

Welcome

We are thrilled that you have chosen to spend this time at beautiful Camp Au Sable in rest and fellowship with the Lord.

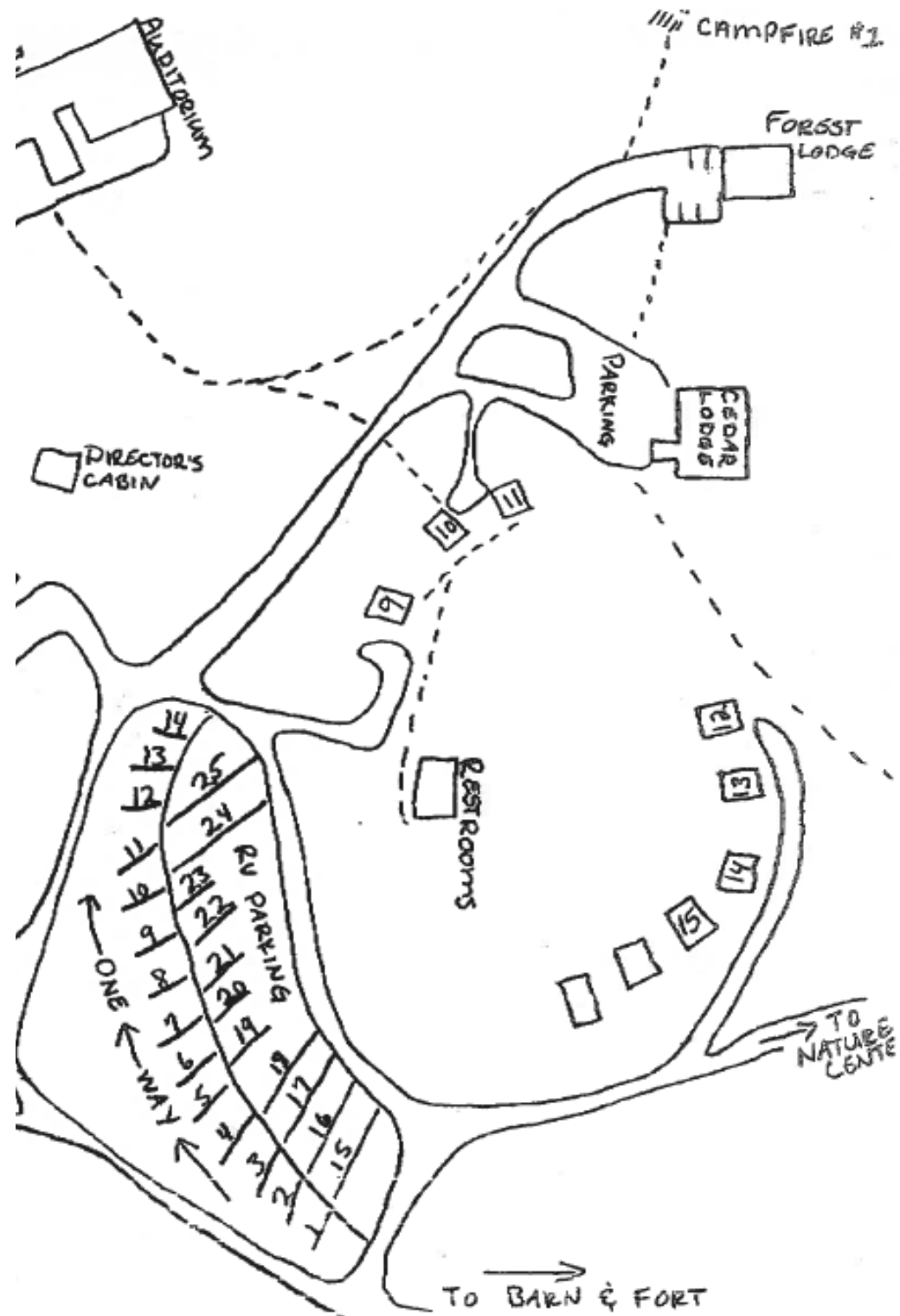
We hope you have a weekend filled with physical, mental and spiritual restoration.

Throughout the weekend our prayer is for you to walk closer with Jesus as you rest assured in the knowledge of His love for you.

Please make yourself comfortable here at camp Au Sable. If there is anything we can do to make your stay more enjoyable, please let one of your hostesses know.

God bless you!

Jane Harris
Women's Ministries Director
Michigan Conference of Seventh-day Adventists





Michigan
Women's Ministries

The tulip design symbolizes love, characterized by warmth of feeling.

The curved shape represents the all-encompassing element of women's ministries.

The WM initials create the outlines of the design, and the dove and flame can also be seen —
a symbol of the Holy Spirit's Leadership with the ministry.

Guest Speaker

Notes:

Our keynote speaker this year is Tami Milligan.



Tami is a pastors wife, mother, inspirational speaker, and nurse. Her passion is to encourage women that if they are in Christ, they will find the rest that they need. She will speak three times this weekend at our generals sessions and vespers in the main auditorium.

The theme for the weekend is: ***REST***

- **R:** Recognize &
- **E:** Evict
- **S:** Stinking
- **T:** Thinking

What is it that brings rest? Is it the ambiance, the venue, the location? The presence of something? The absence of something? You can be in a restful place and still have craziness going on inside. Come experience true rest; that Biblical rest that brings peace to our souls.

General Session Titles

- **Friday 7:00 PM** *Are You OK?*
- **Sabbath 9:15 AM** *Rest*
- **Sabbath Vespers 7:15 PM** *Rested*
- **Sunday 11:00 AM** *Resting*

Announcements

Your name tag is your meal ticket.
Please wear it so we can all become acquainted.

Prayer rooms are located in the commons of the Auditorium basement and in the family room in the basement of Deer Lodge. These prayer rooms are for your use night or day. Where two or three are gathered together in Jesus name, He is there. Please take advantage of these special places to lift up your petitions to God.

The Adventist Book Center is located down in the craft building. It will be open for shopping after the Saturday evening program, and Sunday. The camp store will also be open for shopping Saturday night and Sunday afternoon from 12:30 pm—2:00 pm.

Each year, registration materials are mailed to your local church women's ministries leader or to the church if there is no leader, or available online at www.misda.org. Please feel free to share WM registration materials with your friends and family.

Please feel free to sit in on whichever seminar the Holy Spirit is leading you to. There is no pre-registration required.

Please keep your cell phones on vibrate. We want you to be available to your family or friends but also want to keep distractions to a minimum for our speaker/s. Thank you for checking to make sure your phones are on silent before entering the auditorium or mini seminars.

If you have any questions, the hostesses would be glad to assist you.

Program Schedule

Friday

4:30-5:45	Hands-on Card Ministry Seminar	Nature Center Upstairs
6:00 pm	Sabbath Celebration Dinner	Dining Room
7:00	General Session	Auditorium
10:00	Quiet Time	

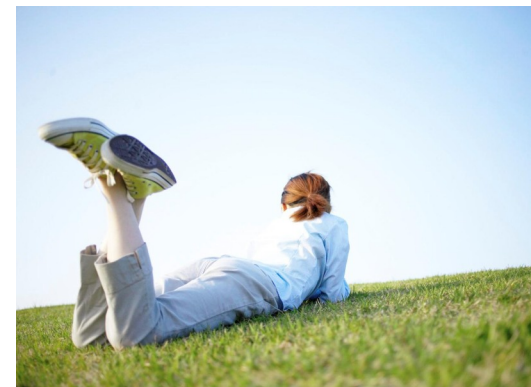
Please, remember your sleeping arrangements—shhh!

Sabbath

8:00	Breakfast Buffet	Dining Room
9:15	General Session	Auditorium
11:30-12:45	Seminars	AUD, DL, FL, OBS
1:00 pm-3:45	Lunch/Free Time	Dining Room
	Nature Center, Boardwalk, Rest, Study, Prayer	
4:00-5:15	Seminars	AUD, DL, FL, OBS
6:00	Supper	Dining Room
7:15	Vespers	Auditorium
8:15-10:30	Evening Activities	Aud/Cafe
11:00	Quiet Time	

Sunday

8:00	Breakfast Buffet	Dining Room
9:15 - 10:30	Seminars	AUD, DL, FL, OBS
11:00	General Session	Auditorium
12:30	Pack a Lunch	Dining Room



Seminar Descriptions

Ginger Bentley.....The Privilege of Prayer
Sabbath AM (11:30 – 12:45) Deer Lodge
Sabbath PM (4:00 – 5:15) Deer Lodge

Have you ever considered prayer a privilege, a special gift from God, a special right as His child? Is prayer a one way conversation for you and you wish you could hear God's voice? Why pray anyway? Did you know our relationship with our Heavenly Father begins with prayer? Do you want to unwrap this special gift God has given you? If so, come out to the Privilege of Prayer seminar and we will be answering these questions and discovering our Best Friend.

A busy mother of three and active pastor's wife, Ginger loves spending time with her family and serving the Lord alongside her husband. She has a love for music, country living, and sharing Jesus with the world around her. Having been raised in the South, Ginger understands how to make people feel right at home whether it's in the church, around the table at a meal, or just spending time with friends and family. You will be blessed as Ginger shares her deep love for Jesus.

Dee Clements.....From Darkness Into Light
Sabbath AM (11:30 – 12:45).Forest Lodge
Sabbath PM (4:00 - 5:15)Forest Lodge

Domestic violence continues to be one of the leading causes of injuries to women, more common than automobile accidents, mugging, and cancer combined. This seminar will take you on a journey from the darkness of abuse to the light of healing through Jesus. Join us and learn how to recognize the signs of abuse and review the steps to recovery and happiness.

Dee has been married to her high school sweetheart for 35 years. She is a mother of two, a daughter and a son. She has two grandsons, whom she adores! She works as an Executive Assistant for Spartan Motors, Inc. She is a member of our Women's Ministries Board.

Karen Atkins.....Hands-on Card Making Ministry
Friday PM(4:30 - 5:30)Nature Center
Sunday AM (9:15-10:30).....Nature Center

This seminar will help you understand the importance of a card ministry in your home church. This is a hands-on craft class in which you will take home your card creations and learn techniques and skills so you always have a card on hand for someone who is hurting. This is a wonderful, simple, affordable way to get involved in your own personal ministry.

Karen and her husband Gordon work at Camp Au Sable taking care of the nature center and teaching visitors about the wonder of God's creation. They are true servants, doing whatever needs to be done in order to better minister to the needs of all who attend camp.

Thank You's

Adventist Book Center:

Gary Hillabert,
Diane Dowell,
Tim Castanon
& Staff

Camp Au Sable Staff:

Rod & Marcia Boothby,
Terrance & Dawn Balthazar
Gordon & Karen Atkins

Main Speaker:

Tami Milligan

Mini-Seminar Speakers:

Karen Atkins, Ginger Bentley, Dee Clements, Renee Coffee,
Diana Inman, Kasey McFarland, Cassandra McNulty,
& Julie Woolf

Dishwashers & Cleaning Crews:

Pathfinder Clubs—
Au Sable & Mt. Pleasant

**We want to thank all of our helpers and volunteers;
without you, these retreats would not be possible!**

**We are so grateful for your help!
It is a privilege to serve God together!**

Thank you!

Retreat Staff

Hostesses (WM Board Members):

- Monica Ames
- Ginger Bentley
- Sarah Canada
- Dee Clements
- Rosa Del Valle
- Mirtha Duthil
- Maria Garner
- Barb Hemenway
- Cassandra McNulty
- Deb Montcalm
- Blanche Oetman
- Anita Riess
- Lisa Sawvel
- Sharon Szykowski
- Wendy Welch
- & Julie Woolf

Seminar Descriptions

Renee CoffeeDon't Read Your Bible, Study It! **Sabbath AM(11:30 - 12:45)Observatory** **Sabbath PM (4:00 - 5:15).Observatory**

Most of us don't want to admit it, but reading the Bible can boring at times. The good news is that learning a few simple techniques will transform any Bible passage into a fascinating study. Renee has taught this class at a number of different locations and events as well as to her junior academy students. Learn how exciting Bible study can be and come away with 7 fun ways to study your Bible. When you put them to work in your own devotional life, watch God's Word come alive, and increase your IQ at the same time!

Renee Coffee is a teacher, author, and musician. She has spent her entire teaching career in Michigan, working with the same principal (her husband) for 40 years. Snow days and cross-country skiing have helped her learn to love winter. And she has no plans to move to Florida or Tennessee when she retires.

Kasey McFarland...Surviving & Thriving in a Spiritually Mismatched Marriage

Sabbath AM (11:30-12:45).....Auditorium **Sabbath PM (4:00-5:15).....Auditorium**

Do you feel alone or like you just suffer through your marriage, hoping that one day, your spouse will do all the things you think he should so you two can be "happy"? Do you believe in the possibility of an honest, satisfying, joyful marriage with a spouse whose spiritual life isn't matching up with yours? In this seminar you will discover how loving a spouse who is walking a different path than you are is training ground for developing Christ-like love in your life. Find hope and joy as you see your most sacred relationship through the eyes of your spouse and the purposes of God. Receive practical tools to take home with you to begin repairing, rebuilding and enjoying your marriage. You *can* have an honest, satisfying, joyful and loving relationship with your spiritually mismatched spouse. How do I know? Because with Christ, all things are possible!

Kasey grew up in a non-Christian home until the age of 18. She was introduced to Jesus at the age of 19 during a tragedy that happened in the family of the boy she was dating (and later married!). She is currently a member of the Lansing Seventh-day Adventist church and works in the Women's Ministries, Community Services, Lifestyle Matters and Lifestyle Matters at Work departments at the Michigan Conference of Seventh-day Adventists. She enjoys spending time with her husband Bill, son's Jake and Kaleb, and ministering to those walking without Christ. She loves being active and creative, studying God's Word, and reading and writing.

Seminar Descriptions

Diana Inman.....Essential Oils & Natural Remedies Sunday Am (9:15-10:30)Deer Lodge

Diana will teach the art and technique of natural healing oils and remedies in stress reduction and health and healing.

Diana is one of 9 children. Her family used natural healing methods more often than not, however, after she left home, she turned more toward over the counter medications. It wasn't until her sister gifted her with some herbal salve and beeswax candles that she once again began exploring and pursuing natural healing methods and her interest grew. Diana is also the co-author of Eden's Bounty, a vegetarian cookbook with several chapters on using herbs and other natural remedies as medicine. She lives on a farm in southern Michigan where wild herbs abound. She is the mother of two, grandmother to 5, and a "jane" of many trades. Her interests include herbal medicine, reading, gardening, Native American history, writing, and ministry. She enjoys spending time with her family and extended family.

Julie Woolf/Cassandra McNulty.....Put Your Feet Up! Meal Planning for a Restful Week Sunday (9:15 - 10:30).....Forest Lodge

So, you are trying to keep up with life: marriage, kids, work, and church activities, and you somehow have to fit in time for feeding your family healthy nutritious food... This seminar will help you with meal planning and prep ideas that will change the way you look at healthy cooking, save you time, effort, and money, and improve your eating habits. Leave with tips, tricks, and recipes just for you. Our samples and take-home tools will give you the perfect head start.

Cassandra McNulty grew up in a large mid-west Christian family. She was introduced to Seventh-Day Adventism through CAMPUS ministries at the University of Michigan and was baptized in 2008. She is currently a member of the Lansing Seventh-day Adventist Church and is passionate about ministry. She works for the Michigan Department of Community Health. Cassandra enjoys spending time with her husband Aaron and their big bernese mountain dog, Napoleon (Leo). She also loves being creative and refurbishing old items, making (and eating) good food, experiencing all things related to history, reading, traveling, and singing with her husband.

Julie Woolf, and her husband Dan, attend the Belleville, MI Church. Julie has been blessed to be a professional "Volunteer" her entire married life, including church, elementary school, Andrews Academy, Andrews University, and MI Women's Ministries. She was a member of the original committee that began Women's Ministries in Michigan and currently serves as Women's Ministries leader in Belleville. She especially enjoys being the grandmother to Leah, Lily, Mason and Caleb. As a busy wife, mom and grandmother, she enjoys planning and searching for creative recipes that can be made ahead and are convenient to use in her hospitality ministry.

Saturday Evening Activities

**Vespers—Tami Milligan
Auditorium**

**Adventist Book Center
Craft Building**

**Camp Store
Craft Building**

**Movie
Auditorium**

**Popcorn & Cocoa Bar
Foyer**

**Games
Cafeteria**

Hayride

Enjoy your Saturday evening!

***Quiet time will begin at 11:00 pm.**