

What to Bring to Camp

A list of What to Bring to Camp is available in our Helpful Info tab on our website. Additional items you may want for this retreat include: yoga mat, yoga/workout apparel, and a journal and pen. If you would like, you may bring wine (or your beverage of choice) for our Wine + Cheese Mixer on Friday evening and/or for Paint 'n Sip: Redfish Lake on Saturday evening.

About Luther Heights Bible Camp

Luther Heights Bible Camp is a Lutheran outdoor ministry based in central Idaho in the beautiful Sawtooth Mountains. We operate an ACA-Accredited site for youth programming and adult retreats. The cabins are large, one room buildings with wood stoves and twin-sized mattresses. Some cabins include personal bathrooms and showers. Our lodges are a welcoming gathering space and our kitchen has a full-time staff to provide delicious home-cooked meals and snacks. Special dietary needs can be accommodated upon request. Please email Kelly Preboski at director@lutherheights.org for food needs at least two weeks before the retreat.



Join Boise company Paint 'n Sip as a talented instructor walks you through painting Redfish Lake. They bring all the materials, you sit back, sip some wine, and enjoy the creative process. Plus you'll have a beautiful canvas to take home with you. *Feel free to bring your own beverage. \$50 add-on

REGISTER AT LUTHERHEIGHTS.ORG



Luther Heights
BIBLE CAMP

WOMEN'S WELLNESS RETREAT



September 20 - 22, 2019 | \$80

Adult Women Only

To register, visit www.lutherheights.org
info@lutherheights.org | (208) 886-7657

WORKSHOPS

Sept. 20 Friday

- 3-5:00 Registration
- 5:30 Welcome
- 6:00 Supper
- 7:00 Devotion with Kelly Loy
- 8:00 Wine + Cheese Mixer

Sept. 21 Saturday

- 7:00 Sunrise Yoga with Michelle Bliss
- 8:00 Breakfast
- 9-5:00 45-minute massage (\$50)
- 9-12 IFS Workshop with Kelly Loy
- 12:00 Lunch
- 1-2:30 Writing Workshop with Susan Rowe
- 4-5:00 Financial Health with Karin Teig
- 6:00 Supper
- 7:00 Paint 'n Sip: Redfish Lake (\$50)

Sept. 22 Sunday

- 7:00 Sunrise Yoga with Michelle Bliss
- 8:00 Breakfast
- 9:00 Devotion with Kelly Loy
- 10:00 Worship at Outdoor Chapel
- 11:00 Brunch / Departure

Workshop: Financial Health with Thrivent's Karin Teig



Come together with other women for a guided discussion that examines why women's financial issues are often different than men's. You'll learn how to identify your values and goals about money, design your spending and giving to reflect what's in your heart, and develop a support network that can help you accomplish your goals.

Sunrise Yoga with Michelle Bliss



Sunrise Yoga is a class for all levels focusing on the foundation of yoga movement, breath and meditation. Please bring your own mat and blocks or a blanket if you'd like.

Workshop: Kelly Loy, Marriage and Family Counselor



What if strengthening your mental health could actually deepen your spiritual practice and connection with God? Pastor Mary Steege, a Presbyterian chaplain and pastoral counselor, has written "The Spirit-Led Life" about her own encounter with Internal Family Systems (IFS) theory and Christianity. Her writings will be the focus of our weekend

sessions, including an introduction to IFS and reflections on the theological continuity between IFS concepts and Christ's incarnation, God's unconditional love, and the Holy Spirit's presence with us.

You are encouraged to read the following chapters of "The Spirit-Led Life" by Mary Steege before attending.

- Treasure in Clay Jars; IFS and Incarnation (p. 43)
- The Leper Within; All Parts Welcome (p. 76)
- The Spirit-Led Life: A Priesthood of Believers (p. 128)

Workshop: Telling Your Truth with Author Susan Rowe



"What would happen if one woman told the truth about her life? The world would split open." --Muriel Rukeyser
Poet Muriel Rukeyser's quote is a reminder of how difficult it is for women to tell their truth. We learn early to hide our truth, whether out of fear or shame or a mistaken belief it doesn't matter. This workshop is for anyone who has a story to tell about her life. We will use writing prompts that are accessible for those new to writing as well as those with more experience. The truth can sometimes be painful, but

there is beauty, too, and a recognition of God's faithfulness as we write down the stories of our lives. Join us for this hands-on workshop to get inspiration and instruction on ways to write your true story.

All activities are optional. If you'd like to book a 45-minute massage, please contact our office. Participants are welcome to join our Maker's Retreat workshops including Paint 'n Sip: Redfish Lake (\$50), Knitting with Rene Osman (free) and Farmhouse Signs & Felt Florals with Brooke Freiheit (\$30).