



Eastern Synod Women's Ministry

## Dancing in the Rain

Friday, June 20 - Sunday, June 22, 2025

### Mount Carmel Spiritual Retreat Centre

7020 Stanley Avenue, Niagara Falls, ON L2G 7B7  
(905) 356-4113  
Emergency (Cathy Calvin's Cell) #1-289-700-4070

### REGISTRATION FORM

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code \_\_\_\_\_

Email: \_\_\_\_\_

I give permission for my email address to be used by the organizing committee.  
If yes made an X in the box above.

Congregation: \_\_\_\_\_

Room Mate Preference: \_\_\_\_\_

Indicate Food Allergies/Special Diet needs (if any) : \_\_\_\_\_

#### COST: (please check appropriate box(s))

- |                          |   |                                      |
|--------------------------|---|--------------------------------------|
| <input type="checkbox"/> | <b>Package A – Friday -Sunday</b>   | \$350.00                             |
|                          | (includes – accommodation, double occupancy and meals Sat Breakfast-Sunday Breakfast) |                                      |
| <input type="checkbox"/> | <b>Package B– Saturday ONLY</b>   | No Accommodation \$150.00            |
|                          | (includes -Saturday Program, breaks, Breakfast, Lunch, Dinner)                        |                                      |
| <input type="checkbox"/> | <b>Single Occupancy</b>   | (additional cost-weekend) \$75.00    |
| <input type="checkbox"/> | <b>Diamond Painting</b>   | (additional cost) Maximum 15 \$10.00 |
| <input type="checkbox"/> | <b>Busted Canvas</b>  | (additional cost) Maximum 12 \$10.00 |
| <input type="checkbox"/> | <b>Maple and Chocolate</b>  | (additional cost) Maximum 8 \$40.00  |
| <input type="checkbox"/> | <b>Wine Tasting</b>   | (additional cost) Maximum 7 \$45.00  |

Total Enclosed \$ \_\_\_\_\_

**Registration deadline: May 10, 2025**

Return registration form with your cheque to

**Linda Mittleholtz, Registrar**

109 Markwood , Kitchener ON, N2M2H3  
(519) 742-1110

Email: [lindamittleholtz@outlook.com](mailto:lindamittleholtz@outlook.com)

**MAKE ALL CHEQUES PAYABLE TO: Eastern Synod**

## Break outs and Offsite Trips

Name: \_\_\_\_\_

**Sign up for these now giving your 1, 2 and 3 preference and we will endeavor to get you in the session you want most. All efforts will be made to accommodate everyone. We may be able to increase off site excursions if we can secure more drivers so if you see something you like, go for it! You can leave this to registration if you wish, but we cannot guarantee you will be able to sign up for what you want at that time.**

### Saturday June 21

**Break out with Kimberley** – After Lunch on Saturday, explore the keynote speaker’s topic further and do an easy and fun craft to take home. Class size limit is 40. \_\_\_\_\_

**Diamond Painting** – Make a small canvas to take home (either complete at retreat or take home to complete) with Heather. Easy, relaxing craft. Many different options. Class size maximum 20. Extra cost \$10.00 to help with craft materials cost. \_\_\_\_\_

### **Excursions**

**Maple & Chocolate**—Explore Chocolate FX and Maple Factory at Maple Leaf Place in Niagara Falls. Chocolate experience and Maple Syrup tasting included. Cost: \$40.00 (8 spaces) \_\_\_\_\_

**Wine Tasting**—Travel to Queenston Mile and Colaneri Wineries for a Tour and Tasting. Cost: \$45.00 ( 7 spaces) \_\_\_\_\_

**Butterflies and Such**—Explore the Butterfly Conservatory at your leisure and take a trip to the Floral Clock, Brock Monument and Niagara River Lookouts. Cost: \$23.00 to be paid at site (8 spaces) \_\_\_\_\_

### **Sunday June 22**

**Chair Yoga** – Easy, gentle exercise to start your morning with Cheryl. No limit to class size \_\_\_\_\_

**Busted Canvas** – A unique engaging craft with Cathy. Will test some of your skills but still a lot of fun. Will need to bring your hair dryer to help with drying times. Challenge yourself with this craft. Class size maximum 12. Extra cost \$10.00 to help with craft materials cost. \_\_\_\_\_

**Embracing Gratitude** - Join Pr. Jennifer for an interactive workshop exploring spiritual practices that deepen gratitude in daily life. Through reflection, prayer, and simple rituals, we’ll discover ways to nurture a grateful heart, even in challenging times. Whether you’re looking to enrich your faith journey or develop new habits of thankfulness, this session will offer practical tools to help you embrace gratitude more fully. No limit to class size \_\_\_\_\_

**Labrynith** – Labrynith is available at all times during the weekend and is located on the fourth floor (elevator available). This is a self-guided exercise prepared by our own Pastor Jennifer. Quiet time with reflection if you need it.

**Note: Please number your choices (even if there is no limit to the class size) so we have an idea of participants. Return this with your registration.**

**Thank you.**