

Excursions for Saturday

Three excursions are planned for Saturday after lunch. Volunteers are taking small groups to the following places:

1. **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)
2. **Wine Tasting**—Travel to Queenston Mile and Colaneri Wineries for a Tour and Tasting. Cost: \$45.00 (7 spaces)
3. **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 paid at site (8 spaces)



The event will take place at the Mount Carmel Spiritual Retreat Centre in beautiful Niagara Falls, ON. The cost for the entire weekend (includes Friday – Sunday accommodation and Saturday all meals to Sunday Breakfast) is **\$350.00** per person based on double-occupancy.

If you do not wish to share a room you can elect to have a single room for an additional \$75.00 for the weekend. There is a cost for **Saturday only** (Breakfast to Dinner and evening program) at \$150.00.

There are limited rooms at this facility so book yours today!

Sponsored in part by the Women of the Eastern Synod

An Event for all Women

Dancing in The Rain

*June 20—June 22,
2025*

**Mount Carmel Spiritual Retreat Centre
7020 Stanley Ave, Niagara Falls**

Dancing in the Rain

Life isn't about waiting for the storm to pass, it's about learning how to Dance in the Rain! The Bible says, rejoice ALWAYS! Even in the storms of life, as worshipers of God, we can rejoice and dance in the rain, in the midst of the storm. We rejoice not because our circumstances are perfect. We rejoice because we know that in all things God works for the good of those who love Him (Romans 8:28).

Come to beautiful Niagara Falls and join a vibrant group of women to explore our theme through our Keynote Speaker, Worship, art, music, movement and more.

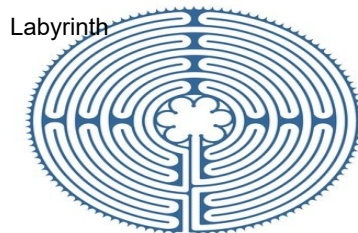
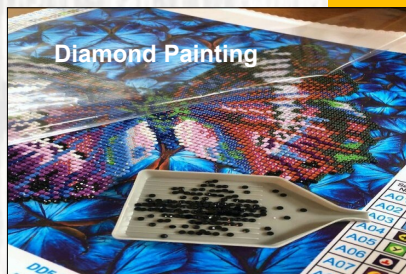
Chaplain: Rev. Jennifer Hoover

Jennifer Hoover is a Lutheran pastor, currently serving as the *Congregational Redevelopment Advisor* for the Eastern Synod of the Evangelical Lutheran Church in Canada. Pastor Jennifer has provided pastoral leadership in two congregational redevelopment efforts that have been supported by the work of the Eastern Synod; at St. Paul's, Bridgeport and Bethany, Woodstock. She is passionate about the work of congregational renewal and redevelopment.



Pastor Jennifer is "Mom" to three young adults who have all launched from her nest as she watches on with amazement and delight. She grew up on a dairy farm just south of Listowel and, while she's not milking cows these days, she takes great pride in the fact that her city backyard has been almost completely transformed into a vegetable garden and orchard reminiscent of her childhood. In her spare time, you're likely to find her in her kitchen whipping up something delicious and not-very-diabetic-friendly.

Some of the Stimulating Breakout Sessions during the Weekend



Keynote Speaker: Kimberly Wardell

Kim is a woman who is continually building on her dreams and visions, always looking for new ways to use her gifts and talents to inspire others. She is an international award-winning speaker who has a powerful way of planting seeds of hope and purpose in the hearts of her audience.

Kim keeps herself busy as a Mental Health Coach, Spiritual Care Counselor, Professional Speaker, and, an Instructor in "The Art of Speaking". She doesn't want to simply inspire, she wants to transform; leading to deeper personal relationships, professional relationships, and specifically, a deeper relationship with oneself.

"Sometimes it just takes a shift in thinking for transformation to begin."

What is Planned for the Weekend

Friday evening - You are on your own for dinner. After 7:00 pm, we will have a welcome program and hospitality. A Labyrinth is available all weekend.

Saturday—Day begins with breakfast, devotions, and two sessions by our Keynote speaker. After Lunch you can elect to go out on your own, with a planned excursion or there will be a craft session and a break out session planned if you want to stay at the Retreat Centre. Organized Events will begin at 2:00 pm Dinner is at 5:30 pm. The evening will feature a Hymn sing, devotions and hospitality.

Sunday—After breakfast and check out we will have breakouts available for you to consider anywhere from Chair Yoga, Busted Canvas making or Bible Study. Note that the craft sessions have limited space and there is an additional fee for them to cover costs.

There is definitely something for everyone at this event! Mark you calendars and send in your registration before April 30, 2025!