

Registration Form

Please Note: The deadline for registration is Friday, September 2, 2016.

General

Name: _____

Address: _____

Postal Code: _____ Phone: _____

Email: _____

I prefer to be contacted by phone email

Home Church: _____ N/A

Medical

Do you have any medical conditions we would need to be aware of?

Dietary Restrictions/Allergies:

If you have specific allergies/restrictions, please contact the Registrar to discuss in advance of the retreat. We'll do our best to address all dietary concerns made known to us before the retreat.

Emergency Contact Name: _____

Phone: _____

Health Card Number: _____

Expiry: _____

Do you have a medical/physical condition that prevents you from sleeping in an upper bunk? Yes No

Other

Preferred cabin mates (max 2): _____

LIFT T-Shirts!

You can take home your own LIFT T-shirt for \$20. Sizes range from XS to 3XL (see www.LIFTRetreat.org for sizing chart). Shirts must be pre-ordered & payment included with your registration fee.

I would like to purchase a shirt in size _____. I have included an additional \$20 in my registration fee. Yes

Photo Release: I acknowledge that LIFT retreat may use photographs taken during the retreat in their promotional materials. No photographs will be taken without my knowledge. Initial Here: _____

Packing Suggestions

You will definitely want:

- bedding and a pillow
- toiletries, a towel (maybe 2!)
- two pairs of shoes
- rainy and cool-weather clothes
- Health Card

You might want:

- Bible, notebook
- knitting/craft projects
- swimsuit
- supplies for talent show acts
- a costume/outfit to "Dance Through the Decades" on Friday night!
- cash for Miracles book table, tuck shop



Directions to Bayside

Follow the Old Sambro Road (Route 306) for 20km, then turn left onto the Ketch Harbour Road (Route 349). The camp road is 3km on your left.

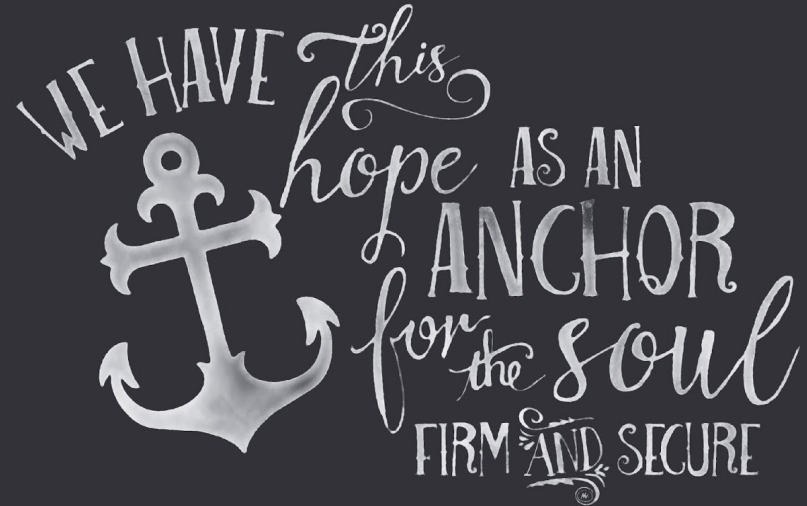


LIFT

Ladies In Fellowship Together

Renew. Refresh. Reconnect.

2016 Retreat | September 23-25
Bayside Camp, Sambro NS



HEBREWS 6:19

Artwork created by:
Melissa Baker-Nguyen
www.lostbumblebee.net

Anchored in Hope.

In wild weather on the sea, the anchor is a ship's first line of defense. It drops, giving rest, till the storm passes. At other times, it's "anchors aweigh" - pulling it up to head to deeper water.

The Bible describes our anchor as our sure and steadfast confidence in Christ. Jesus sustains us with calm amid the turmoil. At other times, He calls us out to unfathomable depths.

Join us for a Spirit-inspired, Scripture-based weekend as Retreat Speakers **Amanda Andrus**, **Sue Demmons** and **Holly Roddam** share from their personal "ship's logs" how the hope they have in Christ has anchored them - in moments of harbour and out on the deep.

About LIFT

The LIFT Retreat energizes and strengthens women in their walk with the Lord and embraces all ages and stages in the journey of faith.

Stay in the Know!

You can find more about the 2016 Retreat on our website at www.LIFTRetreat.org. Join us on Facebook (facebook.com/groups/LIFTRetreat) to stay up to date with all retreat news!

You can also find information about Bayside Camp at www.baysidecamp.org

Schedule Highlights

Friday:

- 6:00 Registration
**Note: Bayside Camp is unable to accommodate early arrivals. Please do not arrive on site before 6pm.*
- 7:15 Welcome, icebreaker
- 7:45 Worship & Session with Holly Roddam
- 9:00 Snack & "Dancing Through the Decades" Party
- 10:30 Optional bedtime or kitchen party

Saturday:

- 8:30 Breakfast
- 9:30 Worship & Session with Susan Demmons
- 10:45 Snack, Breakout Sessions
- 12:30 Lunch
- 1:30 Group Photo
- 2:00 Open Sessions (optional) Includes Crafts & Tea, Canoeing, Nature Walk & Tuck Shop
- 5:30 Supper
- 7:00 Worship and Session with Amanda Andrus
- 8:15 Saturday Night Live Talent Show Featuring YOU!
- 9:30 Campfire and Camp Songs

Sunday

- 8:30 Breakfast
- 9:30 Worship, sharing, communion
- 12:00 Lunch and Goodbyes

Payment Information

The cost of the retreat is \$150.00, includes all meals and accommodations, and is payable by cheque or e-transfer. Funds can be emailed to LIFTRetreat@gmail.com, or include your cheque with your registration form. We require full payment in order to reserve your spot. *Note: if you are ordering a LIFT tshirt the total fee is \$170.*

Cheques can be made payable to: LIFT Retreat.

Please post-date cheques no later than Sept. 2, 2016. Receipts available upon request.

Questions? Please contact **Sandra Irving** at **902-835-3073**, or by email at LIFTRetreat@gmail.com

Return your registration form to:

Sandra Irving, LIFT Registrar
146 Oakmount Dr, Bedford, NS, B4A 2W2

The Helen Keirstead Memorial Fund

This Fund provides financial assistance for the LIFT Retreat. If you or someone you know wants to attend and are unable to due to financial considerations, please contact Sandra Irving, the LIFT registrar. All inquiries will be kept confidential.

Please Note

Registration closes on FRIDAY SEPT. 2, 2016. Please ensure that your registration form and cheque have been received prior to this date, as we will be unable to accommodate late registrations.

Checkout time from the cabins will be 10am on Sunday. A location will be provided for storage of baggage until the end of the retreat.

Bayside Camp is a NUT and SCENT-FREE facility. For the comfort of all retreat attendees, please refrain from wearing perfume or other scented products and from bringing any nut products.