What to Expect

SUPPORT

Lutheran Family Service's Counselor Angela Kolbaum will be joining us and offering counseling sessions throughout the weekend.



RELAXATION

Quiet time optional but encouraged with safe spaces to do relaxing crafts/projects from home or safe spaces offered to have time alone to read or relax.

FELLOWSHIP

Fun fellowship optional but encouraged with Bunco (including giveaways and prizes) and other games and opportunities to chat with friends and catch up.



ACTIVITIES

Candle Pouring! You'll take home your own personalized candle to keep or gift.

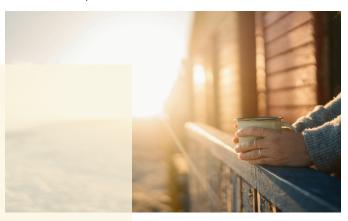
FOOD

All meals will be served in the Bethel Retreat Center with the exception of dinner on Saturday night. You can expect charcuterie boards with meats, cheeses,

fruits, simple breakfast with pastries, coffee and other light fare, lunch with sandwiches and all snacks provided.

A weekend of restoration for your body and soul;

Your spiritual, emotional, and mental health



REGISTRATION

Scan the QR Code below or email Rhonda for the link rhonda@iowadistrictwest.org

REGISTRATION DEADLINE: September 8th

Scan me



Please make checks payable to lowa District West

If you have difficulty registering online and need assistance, call the district office and they will help you register.
515.576.7666





RETREAT 2025
Ephesians 5:8-9



For at one time you were darkness, but now you are light in the Lord. Walk as children of light (for the fruit of light is found in all that is good and right and true). Ephesians 5:8-9



When we focus on our identity in Christ, we can better live out our many vocations. Paul's letter to the Ephesians is full of wonderful Gospel images and then wonderful ways to live and love our neighbors.

member of the body of Christ.

There will be 4 sessions with Renee starting Friday evening and finishing up late Saturday afternoon.

Rading our Identity in Christ!

October 10 - 12 Camp Okoboji

1531 Edgewood Dr, Milford, IA 51351

Cost: \$75.00



Renee Gibbs Guest Speaker

Renee Gibbs is a speaker, teacher, and encourager who is waiting for Jesus' return!

She was a parish pastor's wife in western Oregon for 10 years. During their 30 years at Concordia Seminary she taught various women's classes and Bible studies and around the country at women's retreats. Always life-affirming, she took teens to the March for Life in DC 21 times. Renee has a heart for missions and led 16 Seminary mission trips to Guatemala. She loves God's creation through camping, hiking, and kayaking...as well as from her 1999 Miata! After 48 years of camping in a tent, she is spoiled with their pop-up camper. Renee and Jeff have 4 grown children and 14 grandchildren. Through it all, the Scripture centered in Jesus has been Renee's source of joy, wisdom, and strength.