

The Christian Life Retreat is Coming!

Ladies! I hope that you have on your calendars – October 20-22 in Ocean City, MD, at the Carousel Hotel. The registration form includes the basics, but I'll expand a little.

There are several people who will be an important part of our weekend: **Sharla Fritz**, widely known speaker and author of Christian Bible studies will be our main speaker. Sharla weaves honest and humorous stories into a life-changing Bible study. **Marty Staub**, music director at Grace Lutheran Church in LaPlata, MD, will lead us in music for the weekend; and **Jeff Smith**, head of Salt and Light Ministries, will be our entertainer. Each of these people has a relationship with the Lord and will be sharing his or her faith with us in a different way.

This is not a business meeting, although we will give a brief update on how we as a District are doing in fulfilling the mission grants that we voted on last year. There will be an opportunity to take our prayer concerns to the Lord and also worship and commune together – always an enriching experience! Sharla will lead us through thinking about how God measures us by His grace, which is different than how we tend to measure ourselves and each other. I hope that you are looking forward to Sharla's Bible studies as much as I am.

But will we keep you tied to your chairs in a conference room all weekend? **NO!**

Friday night after our first Bible study will be a time to **get together with your Zone**. Start making plans to bring your favorite goodies!

Here are some other happenings:

The **Prayer Room** will be open for quiet time with God or for prayer with one of our pastoral counselors (you can request that on one of the prayer cards that will be in your folder.)

Devotional Book Exchange – Bring books that you are ready to give away and maybe pick up a “new” one from someone else.

Visit the **LWML Store** in the Resource Room for the latest LWML items and clothing.

Bid on **Silent Auction Items** – YES! We will have a silent auction. Bring those NEW or GENTLY USED treasures to go up for bid and be ready to put a value on the bid sheet for a starting bid when you arrive.

One of our members is ready to offer her Ocean City place for a couple of long weekends. Do you have a vacation place somewhere that you would be willing to share? Money raised will go to Mites.

See the list of **Ingathering Items** on the registration form – all needy organizations!

And **new** this year – our **Yarn Arts Servant Event**. Teresa Tester Killion will bring yarn and patterns for baby caps and chemo caps to be given to hospitals. Bring your knitting needles and crochet hooks. We know there are knitters and crocheters out there!

At this Retreat you will have your choice of one of three **Interest Sessions**. Have you ever wondered if a Christian counselor could help you determine goals and aspirations, or to fulfill God's plan for you? Have you ever considered or wanted to know more about short term mission trips? Have you thought about writing a mission grant, but the process seems too difficult? Choose your interest session and find the answers to these questions!

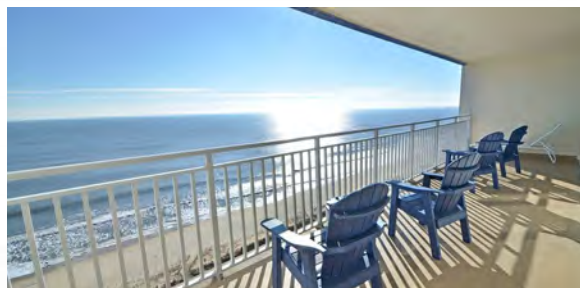
And last, but not least . . . **FREE TIME SATURDAY AFTERNOON**. And before breakfast, if you are an early riser, there will be a list of things to do in Ocean City in your folder.

Come with an open heart, ready to make new friends, have time away from your regular routine, and to **grow in the Lord's love for you!**

I am looking forward to meeting more women at this Retreat. I have seen many of you at other gatherings, but I can't always put names with faces. Please find me and introduce yourself!

Faith Evans,
Christian Life Chair

The Lord is my Shepherd, I shall not want. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. Psalm 23:1-3a



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Christian Life Retreat Schedule

Registration opens at 4:00 p.m. Friday, October 20, 2023

Retreat begins at 7:00 pm on Friday

Retreat adjourns at 11:00 am on Sunday

(Dinner on your own Friday and no breakfasts in meal plan)

Friday, October 20, 2023

Registration and Resource Room

Open 4:00–7:00 pm

Prayer/Meditation Room

Open 4:00–11:00 pm

6:45 pm Gathering Music

7:00 pm Welcome and Introductions

Sing: LWML Women One and All

7:15 pm Bible Study Session #1

8:30 pm Zone Gatherings & Fellowship

12:00 pm Lunch

12:45 pm Gathering Music

1:00 pm Afternoon Greetings

Dedication of Gifts of the Heart

Sing: Praise God from Whom All Blessings Flow

1:15 pm Interest Sessions

2:30 pm FREE TIME -- ENJOY!

2:45 pm Pledge Walk for Mites

2:45 pm Servant Activities (Optional)

4:30 pm Resource Room Closed

4:30 pm Silent Auction Bidding Closed

6:00 pm Dinner

7:30 pm Entertainment

8:45 pm Fun & Fellowship Reception

Saturday, October 21, 2023

Resource Room Open when Retreat is not in Session

7:00 am Breakfast on your Own

8:45 am Gathering Music

9:00 am Opening & Prayer

Sing: Serve the Lord with Gladness

9:10 am Mission Updates

9:20 am Bible Study Session #2

10:20 am Break

10:45 am Humorist

10:50 am Bible Study Session #3

Sunday, October 22, 2023

7:00 am Breakfast on your Own

8:45 am Gathering Music

9:00 am For Such a Time as This!

9:20 am Young Women Representatives

9:30 am One Act Play (The Lord's Prayer)

10:00 am Worship Service with Communion

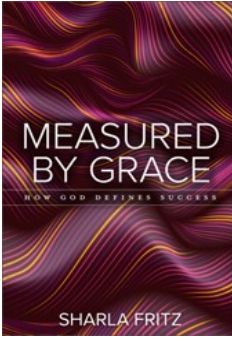
“Measured by Grace” Mission Walk at Retreat

The Mission Walk will be held on Saturday, October 21 from 2:45-3:30 pm. The form below will give those attending and our sisters and brothers in Christ at home a chance to support our District Mite Projects by pledging to be a Mission Mite Walker! Use the form to obtain pledges/donations from friends and family. All monies collected will go to the Chesapeake District Mite Projects. Checks should be made payable to *LWML Chesapeake District* with “Walk for Mites” in the memo. So pack your walking shoes and join us! Make extra copies if needed.

Your Name & Congregation _____

Pledges for “Measured by Grace” Mission Mite Walk

Name	Amount Pledged	Total \$ _____
1. _____	\$ _____	
2. _____	\$ _____	
3. _____	\$ _____	
4. _____	\$ _____	
5. _____	\$ _____	



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Hotel Check in: 4:00 pm

Reservations: Contact the Carousel Oceanfront Hotel directly (800-641-0011) and request the LWML Chesapeake District room block for the correct room rate. Non-Ocean View \$116 and Ocean View \$152 per room night +tax. Rates are valid for up to 4 adults in a room. A deposit will be requested. Changes or cancellations are accepted 72 hours prior to arrival. There will be no refunds for early check-out.

All reservations must be made by **September 20, 2023**.

Amenities: All guest rooms have a kitchenette with mini fridge, microwave, and coffee maker. Free parking.

Restaurants: Many dining options available and hotel has a restaurant. (*Dinner on your own Friday evening*).

Registration and Servant Events open at 4:00 pm on Friday. The program begins at 7:00 pm.

What to wear: It is a beach weekend...come casual and comfortable, but remember, it is October.

Retreat Leader: Sharla Fritz is a Christian author and speaker who weaves honest and humorous stories into life-changing Bible study. Author of eight Bible studies. Sharla writes about God's transforming grace. She makes Bible study fun and uplifting!

Bring:

- Your Bible; comfortable walking shoes;
- Your checkbook or credit card to purchase great items from the LWML Store and for bidding on the Silent Auction items.
- Items for the Silent Auction (optional). Donations will go to Mites.
- Devotional Books, new or gently used for exchange
- Knitting and/or crochet hooks for the Yarns Art service project

Also Bring Gifts From the Heart:

- Gift Cards for seminarians (St. Louis and Ft. Wayne) from Walmart or Target (\$10 or \$20)
- Food Items for "Open Door" St. Peter's Lutheran Church's soup kitchen, Ocean City (nonperishable soup, canned pasta sauce, spaghetti, peanut butter, jelly, mac and cheese)
- Believe in Tomorrow - Johns Hopkins House in Ocean City for terminal patients and family (large trash bags, Cascade, laundry detergent for sensitive skin, paper towels, toilet tissue, coloring books & crayons, children's reading books)
- Mission Opportunities Short Term (MOST) Eyeglasses and sunglasses for adults and children. The cost of a pair of glasses in many developing nations can exceed a month's salary.

Offerings: Sunday worship offering will go to the Chesapeake District Mission Projects.



Retreat Special Guests



Sharla Fritz has been described as an amazing eye-opening speaker and author. She helps women who feel they are pulled in a hundred different directions find soul rest by helping them connect to Christ—the Healer of souls. By delving into God’s Word, she helps discover the next step of faith. With light-hearted stories and thought-provoking applications she makes Bible study fun and uplifting. During the “Measured by Grace” Retreat, you will get a peek into the lives of a few of these people. As we study the stories of Old Testament Joseph, Rahab, and the Samaritan woman at the well, you will discover that God’s measuring stick is

nothing like the worlds. Instead of judging us by our success, He measures us by His grace. The world worships success and idolizes accomplishment. It measures our worth through wealth and fame. But how does God measure success? Does He use the same yardsticks? And if so, How does He see us when we mess-up, sin and fail? Do you sometimes feel like a failure or that your life doesn’t matter? Learn how God uses the power of His transformative grace to turn all of our missteps into miracles. Thankfully, God’s Word tells us that He loves us despite our failing and imperfections.

Retreat Musician: Marty Staub grew up as a Lutheran “PK” (Pastor’s Kid) and the formation of his faith and love of music started early. After graduation from Carnegie Mellon with a degree in music performance and education, he taught band for many years in Montgomery County Schools. He has been a music director at a number of churches, and currently serves at Grace Lutheran in La Plata, MD as organist, choir and hand bells director, and sometimes accompanist for GLS plays. Marty is a published composer of sacred and instrumental music, and especially enjoys explaining the background of hymns and their

writers. His biggest supporter, his wife, Joyce, joins him at our Retreat.

Entertainment: Jeff Smith is Director of Salt and Light Ministries and president of Jeff Smith Ministries. He holds advanced degrees in communications and worship arts. Jeff is a featured performer and master teacher at national and international training conferences and seminars in drama, worship arts, music ministry, teacher training, children’s ministry and creative arts. Jeff resides in Richmond, VA with his wife Debbie. They have two sons and a dog named Stryder.

Interest Sessions (45 minutes)

- **Writing a Mission Grant** - This session will help you begin the process of writing an effective mission grant. Any LWML member can submit a grant proposal, but if you have never written a grant, it can seem overwhelming. We will review what makes a good grant proposal, Chesapeake District guidelines, application forms, deadlines and the selection process. Let us help you navigate the waters. *(Led by Portia Tomlinson & Christine Maconachy)*
- **What is Christian Counseling?** A Christian Coach helps individuals, leaders, and teams uncover where God is at work in their lives, discover their unique gifts, and learn how to thrive in them. Is something stirring inside for which you would like more clarity? Is there an idea brewing inside of you that you dream could be possible? Come see how Christian Coaching could be a blessing. *(Led by Tina Jasion)*
- **What is Involved in Planning a Mission Trip?** Would you like to go on a mission trip? Where would you like to go? How long should we stay? Will I be safe? So many questions that need to be answered. This interest session will give you those answers. My experience has been wonderful and so fulfilling that I would very much enjoy sharing it with you and invite you on my next mission adventure! So, get ready to pack your bags. LCMS Office of International Mission is ready to send us somewhere out there! *(Led by Martha McGlynn)*

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LWML Chesapeake District Christian Life Retreat

October 20-22, 2023

Carousel Resort Hotel

118th Street on the Ocean, 11700 Coastal Highway Ocean City, MD 21842

Rooms are \$152 (Oceanfront) and \$116 (Non-Oceanfront) per room night +tax.

Make your room reservations directly with the Carousel Hotel at 1-800-641-0011.

Ask for LWML Chesapeake District Room Block to get the special room rate.

Room reservations deadline is September 20, 2023

The Registration Fee of \$180 includes: all sessions led by Sharla Fritz, Saturday lunch, dinner, reception and entertainment by Jeff Smith Ministries on Saturday night.

Note: You are on your own for Friday dinner and Saturday/Sunday breakfast

For guests, Individual Lunch is \$30; Individual Dinner, Entertainment, and Reception is \$55

Registration deadline for the Retreat is Monday, October 9, 2023

Contact: **Christian Life Chair, Faith Evans | bfrevans@gmail.com | 301-643-3808**

VP Christian Life, Christine Dennis-Johnson | gzd0519@yahoo.com | 202-365-8349

Meeting Manager, Karen Matthiesen | karenmatthiesen@verizon.net | 240-498-2082

Mail this registration form with a check for \$180 made payable to "Chesapeake District LWML" to: Linda Nau, 1810 Ethelred Ct. Midlothian, VA 23113 or register on LWML Chesapeake District Website <https://www.lwmlchesapeake.org/district-christian-life-retreat.html>

Note: If a check is returned, the individual who wrote it will be charged the bank fees.

Name _____

Address _____

E-mail _____

Phone _____

LWML Zone _____ **Church Name, City, State** _____

Special Dietary Needs: No _____ **Yes** _____ **Specify** _____

Interested in Mission Mite Walk? Yes _____ **No** _____ **(Saturday 2:45-3:30 pm.)**

Interest Sessions (Choose one) _____ **Birth Month** _____

_____ **What is Christian Counseling? (Tina Jasion)**

_____ **What is Involved in Taking a Mission Trip? (Martha McGlynn)**

_____ **How to Write a Mission Grant (Portia Tomlinson & Christine Maconachy)**

Can you help with one of the following:

Registration _____ **Greeters** _____ **Ushers** _____ **LWML Store** _____ **As Needed** _____