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ACTIVITIES DESCRIPTIONS



Guided Walk: Participants will discover nature's gifts of the season, learn about mindfulness, and practice it. Dress for the weather. Comfortable walking shoes are recommended. Activity is limited to 15 participants.

Handcrafted Beaded Garden Stake: Add a burst of color to your garden or potted plants! Combine colorful beads, wire, and imagination. Looks can range from boho chic to enchanted forest.

Pressed Flower Art preserves the beauty of nature and creates elegant, timeless decor. Bring the outdoors in with delicate blooms displayed between glass panels. This ethereal art form blends nature with minimalism to make the perfect wall hanging, sun catcher, or thoughtful gift.

Making Origami Hearts: Make a pretty paper heart that can be used as a decoration, gift, place card, or a dollar bill made into a heart for a gift.

Learn and Give Hand Massage: Learn and practice (with another person) a technique for giving relaxing hand massages involving pressure points and the use of unscented lotion (supplied).

Zen Doodling is a form of meditative drawing that uses repetitive, simple patterns to help calm the mind and create visually appealing designs.

"God is Love" Coloring pages: Contemplate God's love as you color patterns illustrating a Bible verse and a tiny hidden cross.

Inspirational Books and Poems: Independent reading (materials provided)

Walking alone or with others: Stroll at your own pace through the surrounding wooded property.

RETREAT INFORMATION

RETREAT LOCATION: MUMC Women's Retreat, October 25, 2025, at Camp Fire Minnesota (formerly Camp Tanadoona), 3300 Tanadoona Dr., Excelsior, 55331. The building is ADA-compliant.

TIME: Doors open for check-in and breakfast at 9:30 AM. The program starts at 10:00 AM. The retreat will end at 3:30 PM.

PARKING: There is a large lot and handicap spaces right next to the sidewalk to the building, which is rather long. Passengers can be dropped off near the front door.

WHAT IS INCLUDED: Continental breakfast (mini muffins, fresh fruit); box lunch (described on the registration form); coffee, tea, water, and small snacks during the day; a notebook and pen; a gift bag; and door prizes.

FAMILY CONCERNS: We will encourage you to turn off your phone during the retreat. A team cell phone will be monitored throughout the entire day to receive emergency calls. That number is 701-368-2074 (Rebecca Pederson). Please give it to your family and others who may need to reach you.

BOOK SIGNING: The speaker has written several books. She will be happy to sign your copy, or you can purchase one at the retreat. (Cash, check, or credit card)