

SATURDAY ONLY
or
SATURDAY/SUNDAY ONLY

REGISTRATION FORM

LADIES RETREAT 2025

- ☐ **Saturday Only: \$60**
☐ **Saturday/Sunday Only: \$80**

CHEQUES payable to First Baptist Church
E-TRANSFER finance@fbc-online.ca

TOTAL: \$ _____

Cheque # _____ **\$** _____

Cash \$ _____

Name: _____

Address: _____

Phone: _____

Email: _____

Emergency Contact: (name) _____

_____ (phone no. including area code)

_____ (relationship)

**PLEASE MAIL OR HAND DELIVER
REGISTRATIONS
TO Marilyn Gunn
304-44 MacDonald St. N.
ARNPRIOR, ON K7S 2W3**

Contact Person: Marilyn Gunn
Phone: (613) 266-0626
Email: marilyngunn@yahoo.ca

2025
Ladies Retreat



September 5-7, 2025
Bonnechere Baptist Camp
3566 Round Lake Road,
Killaloe, ON K0J 2A0

*Not that I am speaking of being
in need, for what I have
learned in whatever situation I
am to be content.*

Philippians 4:11

Activities & Facilities

- Dining Hall/Lounge Area
- Dormitory style cabins
- Canoeing/Swimming
- Basketball Court
- Baseball/Softball Diamond
- Showers
- Chapel
- Sandy Beach
- Volleyball Court
- Campfire

***Please note that smoking is not
permitted on camp grounds or in
buildings due to Insurance and
Government regulations.**

What To Bring

- Warm clothes
- Towels & toiletries
- Bible, notepad, pen
- Bug spray & flashlight
- Camera
- Sleeping bag & pillow
- Extra blankets in case it is cold
- Swimsuit
- For free time: book, scrapbooking, or
other hobby, etc
- Portable electric heater (one per room)
- Favourite Board Game for evenings

Friday

6:00 to Registration (Dining Hall)
7:00pm Choose your room and room mate.
Icebreaker Games

8:00pm **Introduction Session 1** (Chapel)
Our Topic will be introduced

9:00pm Food, Fun, Fellowship, Games and Good
night (Dining Hall)

Saturday

8:30am Breakfast (Dining Hall)

9:45am **WORSHIP AND SESSION 2** (CHAPEL)
Small Group Discussion

12:00pm Group Picture at Play Structure

12:30pm Lunch (Dining Hall)

1:45pm **WORSHIP AND SESSION 3** (CHAPEL)
Small Group Discussion

3:30pm Free Time

6:00pm Supper

7:30pm **WORSHIP AND SESSION 4** (CHAPEL)
Small Group Discussion

9:00pm Food, Fun, Fellowship, Games and Good
night (Dining Hall)

Sunday

8:30am Breakfast

10:00am **WORSHIP AND SESSION 5** (CHAPEL)
Small Group Discussion

12:00pm Lunch
Cabin clean up and pack

Contentment

In our busy comparison filled world, finding true contentment can feel out of reach. But God calls us to a better way — a life grounded in His goodness and sufficiency. This Ligonier study, Contentment by Melissa Kruger, helps us to discover what it means to be satisfied in Christ, no matter our circumstances. With biblical wisdom and practical application this study will encourage and equip us as women to cultivate a heart of peace and gratitude.

Key Verse

Blessed is the man who trusts in the Lord, He is like a tree planted by water, that sends out its roots by the stream, and does not fear when the heat comes, for its leaves remain green and is not anxious in the year of drought, for it does not cease to bear fruit.

Jeremiah 17:7-8

Guest Speaker

Melissa Kruger



This year, our speaker comes to us via a Ligonier Ministries Video Series

Melissa Kruger serves as Vice President of Discipleship Programming at The Gospel Coalition. She is a respected Bible teacher, speaker and author of several books for women. Melissa writes to help women grow in spiritual maturity and live with joyful purpose in Christ. Her husband, Mike, is the president of Reformed Theological Seminary, and they have three children. She writes at Wits End, hosted by The Gospel Coalition. Follow her on Instagram, Facebook, or X.

Worship

Worship

During Chapel times, enjoy worshipping God together in songs led by our worship team.

Delicious Meals

Enjoy home cook goodness without any of the effort. We look forward to the delicious meals lovingly prepared for us to enjoy.

Free Time

We will have an opportunity for some free time Saturday afternoon. Take a moment to chit chat with friends over a cup of coffee, play games, enjoy nature, go for a walk or a hike, reconnect with an old friend and nurture relationships, or take a nap.

Food

Free Time

REGISTRATION FORM

Full Weekend
LADIES RETREAT 2025

☐ Cost: \$100

CHEQUE payable to First Baptist Church.
E-TRANSFER to finance@fbc-online.ca

TOTAL: \$ _____

Cheque # _____ \$ _____

Cash \$ _____

Please include payment with registration.

Name: _____

Address: _____

Phone: _____

Email: _____

Emergency Contact:

(name)

(phone no. including area code)

(relationship)

All registrations **MUST** be submitted by
Sunday, August 24

**PLEASE MAIL OR HAND DELIVER
REGISTRATIONS
TO Marilyn Gunn
304-44 MacDonald St. N.
Arnprior, ON K7S 2W3**