

Registration

Please tear off and mail this panel.

Name _____

Address _____

Phone _____

Email _____

Dietary Restrictions _____

Please return this registration form and a cheque:

\$150 Shared Room only

I would like to share with (name) _____

Please assign me a room mate

Cheque made payable to **InterChurch Health Ministries Canada** by **Monday, February 15, 2017** to InterChurch Health Ministries Canada
2 Vaughan Road, Toronto, ON M6G 2N1
416.209.6597

Schedule

Friday

6 - 7 p.m.
7:30 p.m.

Arrival and registration
Worship and Introduction to retreat theme (PNPPG and **Beth Wagschal session 1**)

9:00 p.m.

Fellowship and snacks - getting to know one another

Saturday

8:30 a.m.
9:30 a.m.
10:00 a.m.
11:00 a.m.
11:30 a.m.
12:30 p.m.
1:30 p.m.
2:30 p.m.
5:30 p.m.
6:30 p.m.
7:00 p.m.

Breakfast
Worship (PNPPG)
Beth Wagschal session 2
Break
Get your groove on!
Lunch
Beth Wagschal session 3
Craft if you wish and free time
Dinner
Group picture
Pajama party-wear your most comfy pj's
Games and fellowship

9:00 p.m.

Sunday

8:30 a.m.
9:30 a.m.
10:00 a.m.
11:00 a.m.
12:00 p.m.

Breakfast
Worship
Beth Wagschal session 4
Emmaus Walk
Lunch and depart for home following

Retreat Organizers and Leaders

The Cobourg / Peterborough PNPPG, the Rev Beth Wagschal and ICHM staff.

ICHM Canada Spiritual Retreat Friday March 3 - 5, 2017 | Ganaraska Woods Conference Centre



Program Information

- **Be ready to consider how prayer helps us survive and thrive in a changing world and church.**
- **Come ready to relax, share and grow.**

Visit <http://www.ichm.ca/2017-ichm-retreat/> for more details.

Retreat Facilitator:
Rev Beth Wagschal

The theme of this year's retreat is **Prayer Changes Us: Surviving and Thriving in a Changing Church**. Prayer is a powerful tool that enables us to not only cope but thrive in a changing world and church. Be prepared to learn from the Rev Beth Wagschal, relax and be among friends.



Ganaraska Woods Conference Centre. Conference room.

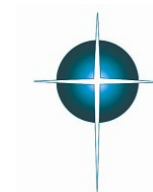


Directions to the Centre

Ganaraska Woods Conference Centre
<http://www.ganaraskawoods.com/index.html>

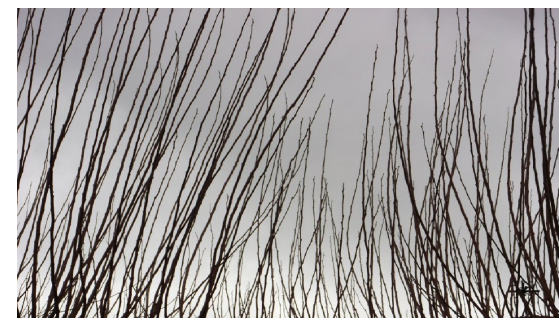
Ganaraska Woods is found on the north side of Road 9 just west of Garden Hill Ont. approximately 10 miles north of Port Hope.

- **From Toronto** drive east on Highway 401 to Highway 35/115.
- North on 115 past Orono to Kirby. (Oshawa Ski Club road)
- East on Road 9 past Kendal and Elizabethville. (16.7 km)
- Turn left on Hamill Road just past North Hope P.S. at the Ganaraska Woods sign.



Prayer Changes Us

“Surviving and Thriving in a Changing Church”



“Reach up” by Luba Rascheff | Prayer and Church

ICHM Canada Spiritual Retreat
March 3, 4 & 5, 2017

Ganaraska Woods Conference Centre