

RETREAT AMENITIES



GROUP CABINS:

All cabins are rustic & simple. Each is unique in regards to size, furnishings & accessibility. Each cabin has a kitchen with refrigerator, stove, microwave, toaster, coffee maker (bring filters), dishes, utensils & flatware.



MEETING CENTER:

All River Life group worship and fellowship sessions are held in the scenic Tallac Center. It over looks beautiful blue Lake Tahoe...the perfect space to be in God's presence.



AND...ALL MEALS INCLUDED!:

Meal entrees are served cafeteria style with an additional salad bar served buffet style. Seats are first come first served, shared with other guests of Zephyr Point. Not to worry, there is room for all!



ZEPHYR POINT

660 U.S. 50, ZEPHYR COVE-ROUND HILL VILLAGE

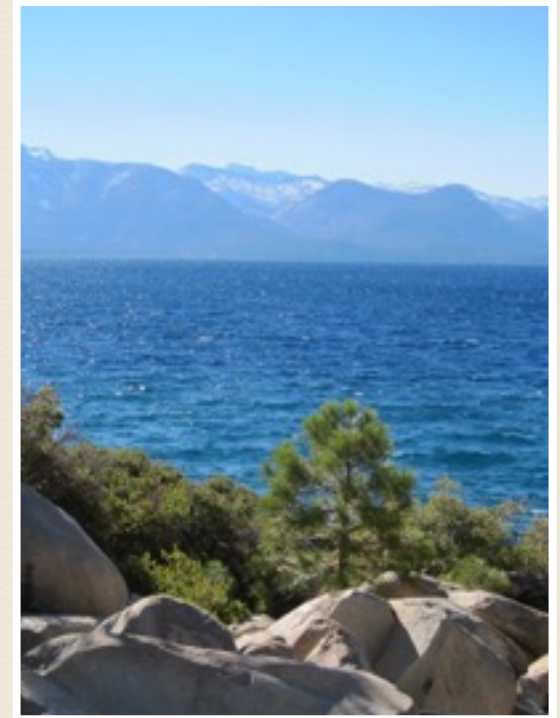


Coming from Sacramento on Hwy. 50 travel through South Lake Tahoe. Zephyr Point is 4 miles from State line, Nevada, on the lake side (left). Look for the Zephyr Point entrance sign on the lake side of Hwy. 50

RIVER LIFE CHURCH
4401 A Street, Sacramento, 95819
(916) 456-CITY
women@riverlife.org

2018 WOMEN'S RETREAT

October 12-14



“Calm, Resilient, and Reconnected”

With Susan Reynolds

Join us for the annual

River Life Women's Retreat

at peaceful Zephyr Point, Lake Tahoe!





RIVER LIFE RETREAT

Calm, Resilient, and Reconnected

The only thing that counts is faith expressing itself through love. Galatians 5:6 (NIV)

Let the retreat serve YOU instead of feeling like there are expectations about how you HAVE TO participate. Yes, we have a program and we think you will love it and benefit from it, but there is also a lot of flexibility built in. God is giving us permission to love and care for ourselves. He knows just what you need and will provide for you at this year's retreat. There is something for everyone! NO FOOD PREP No dishes to clean. Lakeview dining among friends new & old. Prayer & Scripture. Laughter. Nature walks and naps.

What to expect:

Friday evening check-in to cabins and dinner at 6:00 followed by our first session. There will be a time of prayer, worship, teaching and sharing at each session.

Meal times are 8:00 AM, noon and 6:00 PM. Saturday will include morning and afternoon sessions and free time during which you have your choice of many activities.

Sunday, we conclude with a final session after breakfast and clean/check-out from our cabins.

Don't miss out and register by September 30, 2018. The cost for the weekend is \$150. Make checks payable to River Life Church and note Women's Retreat. Place check and registration in the offering or you may register online via links available on the River Life website and in Upstream.

When life gets busy, we often put ourselves last because it seems like the "right" thing to do. Sometimes, we simply forget about ourselves in the midst of overwhelming hardships. We might even neglect ourselves because we're secretly upset with ourselves. Regardless of why we have trouble caring for ourselves, the results are devastating. Daily life and all our other relationships become increasingly difficult to navigate. We're intentional about loving our friends and families. How about being more intentional about loving ourselves?

Are you stressed and needing more calmness?

Are you facing tough challenges and needing more resiliency?

Are you feeling isolated and needing reconnection with others?

This retreat is for you. God wants to change the way you love, care for, and relate to yourself. He wants to help you love yourself with the same love you love others with: His love. Loving yourself with God's love will transform you. Come and discover new ways to relate to yourself and learn specific steps which support calmness, build resiliency, and help you reconnect with



Susan is a Marriage & Family Therapist in private practice, an Adjunct Instructor at Western Seminary, an Author, and a Speaker. She's featured regularly on Fish Family Solutions during the Morning Show on 103.9 The Fish. Susan writes and teaches on topics related to relationships, self-care, faith, communication, and mental health. Always authentic & occasionally funny, her warmth and wisdom are encouraging. Susan provides practical strategies and tools to increase faith, resilience, wholeness and loving connections with others. For more information, check out SusanAREynolds.com.