



## RETREAT 2023 RECAP

When your Leadership Team met at Camp Hebron in the fall of 2022, we felt compelled to gather our ladies together in the beautiful setting nestled in the mountains near Halifax, PA, for not a 'conference', but a 'retreat'. Our vision was that everyone would enjoy a time of relaxation, refreshment and rejuvenation. It was evident throughout the weekend that the vision was in fact becoming reality.

**Speakers** Kristi Young, Valerie Black, Christy Meneely and Cristy Wise each brought messages of encouragement, testimony and challenge. All these women are in fact women in ministry in ABCOPAD. Sharing in relaxed circles over a meal or in moments just visiting with each other, we have heard the ladies felt very connected to one another through hearing from our very own women.

**84 registered** for the retreat.

The **'23 Region Project – 'FRESH START IN COSTA RICO'** – was completed August 31, 2023, including the final offering on Friday of the retreat, with the goal of \$15,000 being met and surpassed! Praise God! **\$15,255.00!**

The **Retreat Project** was to bring items to leave for Camp Hebron to use in their camp programs. Our generous ladies donated:

- \*296 Tee Shirts – sizes child S thru adult XL
- \*75 Bottles Liquid Rit Dye, 1nTie Dye Kit, 2 powders
- \*64 Rolls Duct Tape

**Retreat Sewing Project** – We had the opportunity to contribute goods and services to construct washable, reusable sanitary pads to be taken to Uganda by Team Member Lori Jennings, through Shoebox Ministry and several sewing circles around ABCOPAD. A VERY GENEROUS supply of flannels and terry cloth, sewing threads and comfort battings were donated. If you were familiar with the process, you could jump right in at cutting or sewing. If you were not familiar, you had the opportunity to see firsthand this **hands-on ministry** that is so needed and appreciated by sisters around the globe. Thank you, Pam Hughes, for all your hard work!

- \*60 sanitary pads completed
- \*45 bars of soap
- \*282 pair of panties
- \*14 burp cloths
- \*1200 safety pins

**Worship** was led by Ryan and Emily Jeffries and what sweet worship it was. It was amazing to see the Holy Spirit work through the selections of songs and the topics of the messages – without group planning!

**Firepit, Smores, Singing, Testimonies** - The beautiful weather permitted us to gather around the firepit on swing sets or bag chairs and just enjoy the night sky, the music and singing, the time of testimony and of course smores! on both Friday and Saturday evenings.

**Walking with Lydia** – Lori Jennings set up a walking path with scripture and information about the life of Lydia for ladies to enjoy. Individuals and small groups walked, talked, read aloud or silently and really soaked in both the beautiful story of this woman and the beautiful surroundings of the staked path.

**WHO WANTS TO GO TO THE SUMMIT?** 8 brave ladies led by Kristi Young set out on the 1 ½ mile hike/climb that included downed trees, rock face climbing and a lot of team building! If you are in your 70's, you can still do this thing! Their faces after this accomplishment were priceless! The photos they shared, breathtaking! To enjoy the summit, you don't have to climb, you can drive to the lookout – but hooray for these 8!

**Tea Time Scriptures** – Jodie Vasbinder led a group in an activity of looking at 'tea' words we find in the Bible. With HOSPITALITY being the theme of the retreat, it was a fun way to let some of the other 'tea' words steep in our hearts. Integrity, Beauty, Honesty, Availability and more.

All retreat attendees received a copy of **'REACH OUT GATHER IN' by Karen Ehman**. We are encouraging each lady to use it in some fashion – personal or small group study – and be watching for an opportunity coming soon to join an online/zoom group using this book as our resource. If you would like to purchase copies of this book, contact Jodie Vasbinder.



**The sweetest thing** all weekend was just seeing ladies visit, share their stories, be in activity **TOGETHER** and laughter – It was a 'light' weekend that we all seemed to just need – and God showed up to be with us!

*The full retreat booklet can be viewed online.*

[Thrive2023.pdf \(abcopad.org\)](https://www.abcopad.org/Thrive2023.pdf)



Your **THRIVE LEADERSHIP TEAM** will meet Sept 29-30, 2023 to begin planning for the 2024 THRIVE Retreat to be held again at Camp Hebron. **Mark your calendars now! August 16-18, 2024 and plan to be with us.** Please be in prayer for the TEAM. We are praying about doing an event in the western

area of ABCOPAD. Let us know of your interest.

Blessings, President Sue MacDonald