



# Ladies Morning Reflections 2nd Annual Spring Retreat From Chaos to Serenity

**Friday (check-in: 5.00 pm)—Sunday at noon**

**May 19-21**

**Camp Solaris, Firth NE**

**2349 State Highway , Spur 34B**

**402-423-8746**

<http://campsonshinememories.org/>



## **Costs:**

**Stay overnight Friday and Saturday (meals included)—\$105.00**

**Stay overnight elsewhere, eat at retreat (all meals included)—\$75.00**

Payment due by May 10, 2017 - please make check payable to Pam Rumery & give to Pam R. or Barb K.

## **Meals:**

Friday, Dinner 6-7 p.m.; Saturday, Breakfast 8-9 a.m.; Lunch 12-1 p.m.; Dinner 6-7p.m.

Sunday: Breakfast 8-9 a.m.

## **What to Bring:**

Sleeping bag, pillow, towel, personal products, snuggly, flashlight, snacks to share

## **Activities:**

Speakers Meetings at 7:30 Friday - Julie & 7:30 Saturday—Ruth (Sat. —s'mores at 7:00)

Discussion meetings, campfire, games, crafts, guided meditation, journaling, nature, reflection

Contact: Pam R.  
1812 W Arlington Ave  
402-477-9352  
pammerjammer@gmail.com

Barb K.  
402-742-6297  
bjbkeating@gmail.com

Ladies Morning Reflections **Spring Retreat Registration**

Fri, May 20 to Sun, May 22, 2017

Name: \_\_\_\_\_ Phone Number \_\_\_\_\_

E-mail: \_\_\_\_\_

Fee – Non-Overnight: \$75/person Overnight: \$105/person

Cash \_\_\_ Check \_\_\_ Chk # \_\_\_\_\_ (Write to Pam Rumery)

Meals are included for both types of registration. (Although they can provide salads and fruit, a completely gluten free menu is not available.)

Mail or give to:

Pam Rumery

1812 W Arlington Ave

(402) 477-9352 890-5842

[PammerJammer@gmail.com](mailto:PammerJammer@gmail.com)

Barb K.

(402) 742-6297

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