



2016 CBC WOMEN'S RETREAT

How would your life, attitudes and actions, be different if you lived in the glorious love of God? What would it be like for *you*, to really experience the acceptance and grace of God and His people? Come and explore what it means, and how you can *live loved*.

You will discover that something inspiring and soul-satisfying happens when women gather to seek God at a retreat. You will experience God's presence in deeper ways. You will see your life from fresh perspectives. You will find hope and faith for your struggles. You will make friends, get to know others better, and enjoy a greater sense of belonging in the CBC community.

We're so glad you're thinking about coming to the Retreat! God wants to bless you with exactly what you need, so that you can *live loved*.

CONFERENCE CENTER:

Our retreat site is at the beautiful Murrieta Hot Springs Christian Conference Center, 70 miles away.



The relaxing and tranquil grounds will provide refreshment, fellowship, and a real sense of "retreat".

The natural hot springs feed several sitting pools, spa, swimming pool, and a lake with walking paths.

To learn more about the conference center, you can take a look at the website: <http://www.mhsretreats.com>

39405 Murrieta Hot Springs Road, Murrieta, CA 92563 (see map on last page)

FEES:

Adult ("Early Bird" by Sept. 25)	\$ 150
(after Sept. 25)	\$ 160
Student	\$ 125
Saturday (day only)	\$ 75

Scholarships are available – please don't let financial need stop you from joining us!

Please talk to Steph Suzuki or Donna Katagi for information about scholarships.

SPEAKER: Rie Mizuki

Hi! I'm Rie, and I have a good, good, Father, and I am loved by Him. That's who I am. But that's who you are, too, so let me tell you a few things that make me unique.

I was born in Tokyo, moved to the U.S. when I was 5, and ended up in San Diego in high school. There I was discipled by Donna Katagi, and was friends with John Akamatsu. I later met Bessie Yuen through my husband, Paul, and I am currently at Anaheim Free Methodist Church, where Lyndsey Asami's family attends.

So although you might not know me, I have a lot of connections to CBC!

I have 3 children, and have been working as a Christian psychologist at the AACCS since 1993.

I want to share with you how God healed me of my last bout of depression, and how we can live in the truth of God's infinite grace and love. We will explore being loved for who you are, being loved even when you think you are unlovable, and how God's love changes everything.



SLEEPING ARRANGEMENTS:



The rooms sleep six women. When you register, you may request one or two women as roommate - we will try to accommodate your request.

The conference center requires that we fill each room, including one woman in a top bunk.

If you can't sleep in a top bunk, please let us know when you register. Thank you for being flexible!!!!

MEALS:

Five healthy meals will be included: Friday dinner, Saturday breakfast, lunch, dinner, Sunday breakfast. MHS boasts a luxurious dining experience with delicious family-style cuisine, fresh produce, and nutritious recipes.

FACILITIES:

The retreat site includes hot springs, swimming pool, spa, sun deck, lake with catch-and-release fishing, walking paths, tennis, gym, volleyball and basketball courts, coffee shop, bookstore.

There are a wide variety of activities for everyone, whether you enjoy quiet times of peaceful retreat, places to talk and develop friendships, or sports and outdoor activities.

SCHEDULE:

This schedule is subject to change, however, it can give you a general sense for the weekend

Friday 11/11

4:00 PM Registration, fellowship,
tour the retreat site
7:00 PM Dinner
8:00 PM Evening Session
9:30 PM Fellowship or bedtime

Saturday evening

6:00 PM Dinner
7:00 PM Evening Session
10:00 PM Fellowship or bedtime

Saturday 11/12

8:00 AM Breakfast
9:00 AM Morning Session
12:00 noon Lunch
2:00-5:00 Free time and Activities –
choose organized crafts, fellowship,
coffee shop, solitude, spa, hot springs,
swimming, catch and release fishing,
tennis, gym, walking/hiking

Sunday 11/10

8:00 AM Breakfast
9:00 AM Morning Session
12:00 noon Check-out

