

Quartz Mountain Christian Camp  
14696 N 2080 RD  
Lone Wolf, OK 73655  
580-846-5793

QMCC's 39<sup>th</sup> Annual Ladies' Retreat  
Committed: A Journey of Spiritual Growth  
October 5<sup>th</sup>-6<sup>th</sup>

Mail by September 25<sup>th</sup> or Register online by September 30<sup>th</sup> at [qmcc.org/ladies-retreat/](http://qmcc.org/ladies-retreat/)

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

T-shirt Size (AS-3X) \_\_\_\_\_

Retreat Fee of \$60 Enclosed \_\_\_\_\_ cash \_\_\_\_\_ check (Make out to QMCC)

-----Tear/Cut Above and Mail-In-----

### Retreat Information and Schedule

If you are serious about growing in your faith and becoming a stronger Christian woman, then you don't want to miss this weekend!

We have an amazing schedule lined up including great Biblical lessons designed to help you grow in your personal walk with God so you leave more equipped to increase your knowledge in Christ Jesus allowing you to become a stronger Christian woman.

We are so excited to have Kristy Huntsman as our main speaker and teacher. She is the editor in chief of the women's ministry Come Fill Your Cup. She has written numerous articles as well as ladies' bible studies, three of which have been published. She has spent the last several summers teaching teenage girls how to study the bible. She continues to commit herself to the study of the scriptures and is currently enrolled in the Bear Valley Masters program. We believe all these things make her the perfect choice to teach us how we can deepen our commitment to the Lord in our own personal journeys of spiritual growth.

Retreat fee includes overnight stay at QMCC, 3 fantastic meals, snacks, crafts and service project, 5 terrific lessons, amazing singing, journal, retreat folder, and t-shirt! Cost: \$60 (Please bring your own bed linens and toiletry items.)

#### Friday, Oct. 5th

4:30-5:20 Arrive and Check-In  
5:25 Prayer  
5:30 Dinner and Announcements  
6:45 Singing (5)  
7:00 1st Lesson  
7:45 Reflection Journal Time  
8:00 Break  
8:10 Singing (1 or 2)  
8:15 2nd Lesson  
9:00 Prayer  
9:05 Free Time (fellowship, games, craft, snacks)  
10:20 Devotional  
10:30 Prayer  
10:35 Optional Singing

#### Saturday, Oct. 6th

8:00 Devotional  
8:10 Prayer  
8:15 Breakfast  
9:00 Singing (Requests)  
9:15 3rd Lesson: How to Study Workshop Pt. 1  
10:00 Breakout Questions  
10:30 4th Lesson: How to Study Workshop Pt. 2  
11:15 Craft & Service Project  
11:55 Prayer  
12:00 Lunch  
12:45 5th Lesson  
1:30 Breakout Questions  
2:00 Reflection Journal Time  
2:15 Singing, Announcements and Prayer Requests  
2:30 Prayer

