

Letters from the Lake

Volume 1, Issue 2

A monthly newsletter brought to you by Lake Retreat Camp & Conference Center.

"Letters from the Lake," a monthly email newsletter, is designed to enhance your retreat planning experience and keep you informed on programs, planning resources, promotions and more.

The goal of each issue is to help our guests plan and execute successful retreats, whether that be at our facility or another. In addition to information about Lake Retreat, each issue of "Letters from the Lake" will highlight websites, books, speakers, and other resources to help plan your next retreat. Watch for periodic booking specials, exclusively offered to newsletter subscribers.

**** Volume 1, Issue 2 – February 5, 2003 ****

Coming March 28-29, 2003 Christian Education Conference @ Overlake Church in Redmond, WA "Equipping the Next Great Generation"

The purpose of the annual Northwest CE Conference is designed to "bring together the larger body of Christ in the Pacific Northwest for the purpose of acquainting workers with available resources, and to motivate and challenge workers for the Ministry of Christian Education."

Workshops and seminars are available for all areas of interest: children, youth, and adult ministries, counseling, personal finance, music & worship, drama, church administration, technology, evangelism & discipleship, and more!

Women's Retreat Planners: Friday afternoon, join other planners for "Activity and Game Ideas for Women's Retreats" facilitated by Beck Bren of Wenatchee.

Other workshop available for camp and retreat planners will be: "The Outdoor Connection – An Effective Outreach Program" and "The Wild Classroom...Learn how outdoor adventures can educate, motivate and inspire."

Visit the website at www.nwcec.org for detailed information and online registration. Be sure to register before March 1st for early registration discounts.

Come visit Lake Retreat in the Exhibit Hall: Booths 66-67. Stop by and mention that you receive our e-newsletter and receive incredible coupons from Lake Retreat.

Retreat Idea: Create a Welcome Center

Help your attendees move away from daily life and into a peaceful retreat atmosphere by creating a welcome center in your registration area. In addition to receiving information about the retreat schedule and events, give guests items such as bottled water, homemade treats, toiletries, or a small gift. If your retreat or conference has a specific topic or theme, this is a great place to decorate and get people excited about the event. If you want this concept to permeate the entire retreat, consider creating a hospitality suite in a section of your meeting room or in a separate room. The hospitality suite should be arranged in such a way that guests feel comfortable to come and relax no matter what the current retreat activity. □

If you don't have a large enough room available to you for this, think about using a small space to create a hospitality suite for the retreat leadership team only. This will allow organizers to "sneak" away from their responsibilities, to rest, debrief or visit with fellow workers.

Overall, seek to create an atmosphere conducive to the type of event you are holding.

Family Programs: One for all, all for one

Are you looking for some time away with your son(s) or daughter(s)? Do you want to create and share memories which will build relationships that can withstand the rough times? Lake Retreat is proud to offer two such programs—Mother/Daughter Weekend, April 25-27, 2003, and Father/Son, May 16-18, 2003. In addition to age-appropriate teaching, attendees will enjoy games, activities, and worship that will help to build the healthy families we desire.

To register for these and other programs, download a registration form at www.lakeretreat.org -- or call the camp office at 425/432-4293.

Trust-Building Game Idea

Whatever your group type (youth, men, families, etc.), building trust is an essential element to growing strong relationships. The following is a game often used by our staff to help build that needed trust among groups using our challenge/initiatives course.

Blind Mousetraps

Materials needed: couple dozen mousetraps, blindfolds, cones or item to define a "course"

Time: 5-30 min., depending upon size of group

Design a short course, or trail, with mousetraps scattered randomly. Break group into pairs. Choose one person to wear the blindfold, the other person, without touching their

partner will direct them through the course. □ To add to difficulty, have multiple partners going through the course at the same time. □ Once completed, allow partners to trade places. (Please note: for safety, have all participants wear shoes)

Once the group has completed the task, discuss some of the following questions:

Did you trust your partner to keep you safe? □ Why or why not?

Who do you currently trust most in your life? □ What makes that person trustworthy?

Do you feel that you are a trustworthy person? □ Why or why not?

What can you do to build trust in relationships?

New and improved! □ Check out our recently updated website at

www.lakeretreat.org

Along with detailed information on our facilities, rentals, and programs, we have created various retreat planning resources to help plan your next retreat.

□ You will also be able to read past "Letters from the Lake". □ Watch for regular updates and resources to be added. □

Group Rental Specials: There are still openings for winter and spring break dates.

Great mid-week pricing available.

Call today (425/432-4293)

The first person to email me with the correct answer to the following question will receive the retreat coordinator's stay for free during their next retreat:

What year was the original Lake Retreat property purchased?

We would love to hear from you! □ If you have ideas or questions you would like to see addressed in future newsletters, please email Michelle at guestservices@lakeretreat.org

You are receiving this newsletter because you had requested, either by email or mail, to receive further information from Lake Retreat. □ If you wish to no longer receive our e-newsletter, please send an email guestservices@lakeretreat.org.