



## MCBC LADIES RETREAT

October 24-26, 2025  
at Camp Squeah,  
27815 Trans Canada Highway,  
Hope, BC  
Registration: [www.mcbbc.ca](http://www.mcbbc.ca)



### Featuring Speaker—Sarah Griffiths Hu



**Courageous Trust** - In every season of our lives, God calls us to trust Him. Yet sometimes the weight of our circumstances makes it feel impossible to let go and surrender fully to Him. Whether you're afraid of God not forgiving your past, trusting him with your family, or losing your usefulness, you'll be encouraged by Sarah's powerful testimony and Jesus' words, "Don't be afraid. Take Courage. I am here."

**Promised Peace** - In His final conversation with the disciples before the crucifixion, Jesus gave them words of instruction and encouragement to prepare them for life after He was gone. He ended with a promise that has echoed through time: "I have told you all this so that you may have peace in me." Sarah unpacks that promise. What was the peace Jesus spoke of?

**Victorious Faith** - Have you ever felt like you don't measure up? In Victorious Faith, Sarah shares her journey of struggling with comparison and feelings of inadequacy—through personal anecdotes and the biblical account of Gideon, Sarah reminds us that God doesn't see us through the lens of our limitations. He calls us by whom He created us to be.

Registration Deadline: October 9, 2025

FOR YOUR INFORMATION:

- Register using the form attached or online (See “Three ways to register” on next page)
- Payment in full needs to accompany registration
- Retreat or Travel Bursaries available upon request or recommendation, Please contact Janette at jett4@telus.net for application. Must be received by October 9, 2025
- Silent Auction: You’re invited to bring a new purchased item, unused homemade item or home-made baking (provide list of ingredients) to raise funds for next year’s bursary. Please contact Janette Thiessen (jett4@telus.net) if you have any questions.
- Book “Sale”—you are welcome to add new or gently used Christian books to the table
- Remember to bring multi-weather clothes, toiletries, towels, bedding, pillow, Bible, notebook, games, money for fundraisers incl. S.Auction; Books; Gift Baskets (optional).
- Please do not bring your children (unless they are young ladies attending the Retreat )

# Retreat Schedule

## Friday

- 6:15pm Registration
- 7:00pm Introductions/Worship, Speaker, Sarah Griffiths Hu--Intro
- 7:45pm Karaoke
- 9:00pm Snack and free time

## Saturday

- 8:30am Breakfast
- 9:30am Worship / Speaker Sarah Griffiths Hu- *Theme: By the Grace of God—Courageous Trust* followed by discussion in response to Sarah’s Session
- 10:45am Group Photo and Free Time
- 12:30pm Lunch
- 1:45pm Workshop 1 (break at 3:00 to move to next workshop)
- 3:15pm Workshop 2
- 4:30pm Free Time for remainder of afternoon
- 5:30pm Dinner
- 6:00pm Night Hike (weather & interest permitting); bring good hiking footwear and flashlight (not cell ph)
- 7:15pm Worship & Speaker Sarah Griffiths Hu- *Theme: By the Grace of God—Promised Peace* followed by discussion in response
- 8:30pm Snack, campfire (weather ??), visiting, BYO games

## Sunday

- 8:30am Breakfast
- 10:00am Worship & Speaker Sarah Griffiths Hu- *Theme: By the Grace of God—Victorious Faith followed by Discussion*
- 11:30am Time to visit, pack up so you don’t have to rush after lunch
- 12:00pm Lunch
- 1:00pm Vacate Room; can stay & enjoy the grounds

## Ladies' Fall Retreat REGISTRATION — Payment due by October 9. 2025

Three ways to register and pay:

1. Online at [www.mcbbc.ca/what-we-do/women's-ministry](http://www.mcbbc.ca/what-we-do/women's-ministry); pay with credit card, e-transfer or mail or deliver cheque to MCBC Office (address below)
2. Print/complete the form in full, scan/email to [jett4@telus.net](mailto:jett4@telus.net); send etransfer to [donate@mcbbc.ca](mailto:donate@mcbbc.ca), mark retreat reg'n in comments
3. Print and complete the form below in full, mail to Mennonite Church BC, #305-32025 George Ferguson Way, Abbotsford, BC V2T 2K7. Payment may be made by credit card/cash/cheque or e-transfer.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

I am over 65: ☐ YES / ☐ NO

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Church Affiliations (*if any*): \_\_\_\_\_

Registration Fees payable by October 9th (Check your length of stay preference):

Note: Weekend costs are subsidized by MCBC Women's Ministry

**What part of the Retreat will you attend (Please check or X the box that applies)**

**Full Weekend (3 options):**

☐ Fraser or Emory \$195 ☐ Main Lodge \$185

☐ Cabin (Oak/Elm/Lupine) \$180

**Partial:** ☐ Friday & Saturday \$140 **OR** ☐ Saturday & Sunday \$170

☐ Saturday Only \$120 / ☐ Sunday Only \$70

\*Registrations received after October 9 will pay an extra \$35 (late fee)

If you would like to pre-book a cabin/room for your group, send all your registrations in together and list names in comments. If space allows, we will book you as requested. Requests of one person per room can only be accepted if space allows and will be at additional cost. Priority for ground level rooms will be given to persons with disabilities or those over the age of 65. Retreat Committee reserves the privilege of assigning rooms.

Continued on next page.....

Registration continued....

**Will you require linen service (addt'l \$40)? (Emory/Fraser Lodges only)** ☐ Yes or ☐ No

**I have concerns about (Circle all that apply): Distance / Stairs / I need Wheelchair Access**

**Is this your first time at the MCBC Ladies Retreat?** ☐ Yes or ☐ No

**Please list any allergies/dietary concerns:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

☐ I request a Retreat/Travel Bursary (To obtain an application please contact Janette Thiessen at jett4@telus.net  
Completed applications must be received by Oct. 9, 2025)

**Comments or Special Requests (do you wish to room with a specific person, list them here:**

\_\_\_\_\_

\_\_\_\_\_

**Are you willing to chat & pray with other ladies after a session ?** ☐ Yes or ☐ No

**WORKSHOP PRE-REGISTRATION: (Please circle two)**

**Card Making / Day Hike / Stencilled Glass Block - \$25 to be paid with registration**

**(choose either** ☐ **“Frenzied Cat with writing—It’s Fine, I’m Fine, Everything’s Fine” or** ☐ **“Mountain Scene with writing—Faith Can Move Mountains”)**

☐ I’m interested in a night hike (weather permitting)

I AGREE that MCBC Women’s Ministry may use photos taken of me at this event for future, lawful purposes such as public advertising, illustration and web content.

Cancellation Policy—If unable to attend, registrant will receive a refund, less a \$70.00 administration fee, provided notification is received two weeks prior to the event. We regret, barring mishap or illness, NO refunds will be issued after this time.

**\*Registration received after October 9, 2024 will pay an additional \$35.**

Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_