

## 2021 Women's Retreat Workshops

### **Michele Arndt – Speaker Q & A**

Join Michele for conversation around the theme and chapel topics.

### **Sam Haverinen – Heart Posture in Worship**

How does your heart and soul move within worship through song. Worship is an important part of our relationship with God, but there are often stereotypes and preconceived ideas of what worship is, as it is far more than just singing songs on a Sunday morning. What is worship, and how are we to give God the gratitude and adoration he deserves?

### **Rachel Kleinschmidt – Spiritual Gifts**

We will discover the Biblical basis of the spiritual gifts and have the opportunity to take a spiritual gifts assessment. Learn more about you and how God has gifted you to serve!

### **Karen Palmberg – Our Money Story**

How can we handle Our Money Story well for ourselves, our families, and for all that God wants to do through us? Come and learn, share and experience creative ways to handle all that God gives us to steward and all He wants to accomplish through our faithfulness to Him.

### **Jill – REFIT**

REFIT® Is fitness for every body and everybody. REFIT® believes that fitness should change more than your body, which is why we've created a powerful, positive workout that changes you from the inside out. All abilities are welcome and encouraged.

### **Sandra Koep – Message Therapist**

Sign up for a massage on Saturday. Choose a half hour or an hour long session. Cost is \$35 per ½ hour, payable to the massage therapist, cash or check. Sign up in advance beginning Monday, Sept 13. Call the office at 320-732-3218.

### **Teirrah Wennerberg – Mental Health Awareness**

### **Crafts with Jena - TBD**