

DATE: September, 2014
TO: Retired Pastors/Associates in Ministry and Spouses
Retired Widows and Widowers of Pastors/Associates in Ministry
FROM: Planning Committee for Elderberry Retreat
REASON: *The Elderberry Retreat, October 23-24, 2014*

The Elderberry Retreat is a special opportunity for retired folks and spouses, as well as near-retired persons and spouses, of our SW Minnesota Synod and neighboring synods to gather in a community of fellowship and fun, as well as inspiration, at Green Lake Bible Camp at Spicer, Minnesota.

The dates this year are October 23-24, 2014.

The theme for this fall's retreat is "Wellness and Mindfulness". A major presenter will be the new Director/CEO of Portico Benefit Services of our ELCA, Pastor Jeff Thiemann. And with Jeff will be our region's Portico representative, Associate in Ministry Terri Endres. What a unique and rare opportunity to personally meet and discuss with Terri and Pastor Jeff any and all things that might be in your heart and mind to help strengthen individual and community well-being! Also, we will be privileged to have Bishop Jon V. Anderson with us on both days! Pastor Tom Heyd, Sheldon Kingman, Pastor Susan Engholm, and Ben Munsch will offer their gifts centering on "Wellness and Mindfulness".

Come Relax and Share the Fellowship!

The retreat will open with registration on 9:30 a.m. on Thursday, October 23rd at beautiful Green Lake Bible camp and concludes after lunch on Friday, October 24th.

Elderberry Retreat Committee

2014 - Duane and Grace Kamrath (507) 832-9252

2015 - Marlys Larson, Rebecca Otterness

2016 - Tom and Joanne Heyd

**ELDERBERRY RETREAT
GREEN LAKE BIBLE CAMP – SPICER
OCTOBER 23-24, 2014**

THEME – “WELLNESS AND MINDFULNESS”

Thursday, October 23, 2014

- 9:30 a.m. Registration
10:00 - Welcome and Get Acquainted Time led by *Pastor Duane Kamrath*
10:30 - Opening Bible Study led by *Pastor Tom Heyd*, "Paul's Letter to the Philippians"
10:45 - Hymn Sing
11:00 - Portico Presentation # 1 “Live Well For Life”
- Time to meet our new Portico leaders CEOs *Jeff Thiemann* and *Terri Endres*
- Portico's Wellness Wheel and Communities of Wellness
- And "What's New and Old" at Portico
Noon - Lunch
1:00 p.m. "Mindfulness" – *Rev. Susan Engholm*
2:00 - Free Time (Stroll outside along beautiful Green Lake or nap)
3:00 - Coffee Time
3:15 - Portico Presentation # 2 – *Terri Endres* and *Jeff Thiemann*
- "Money's Not My Thing" (imagine pastors saying that!)
- Annuities, Investments, Retirement funds, Health care, ETC., ETC.
- Importance of a business attitude about money (as well as ethical)
4:30 - Free Time (Exercise/Meditate for Wellness and Mindfulness)
5:30 - Supper
7:00 - Relaxing evening music with Sheldon Kingman

Friday, October 24, 2014

- 8:10 a.m. Hymn Sing - “Rise, Shine, Give God the Glory!!”
8:30 - Breakfast
9:00 - "Guidance on Investments” – *Ben Munsch*
9:30 - Portico Presentation # 3 – *Panel* along with *Thiemann* and *Endres*
- Ask your Questions Time
- Alternative plans for Medicare Supplements
- Suggestions from Elderberries for Portico
10:15 - Coffee Time with *Bishop Jon V. Anderson*
- Informal discussion time
- *Bishop* will share "What's happening in SW MN Synod and more"
10:45 - HOLY COMMUNION Service led by *Bishop Jon V. Anderson*
11:30 - Elderberry Business Meeting
- Election of 2 New Elderberry Retreat Committee people
- Selection of 2 Retired Clergy to be Voting Members of the 2015 SW MN Assembly
Noon - Lunch and Depart – “Serve the Lord AND be Generous to the Poor”

Elderberry Retreat Committee

- 2014 - Duane and Grace Kamrath (507) 832-9252
2015 - Marlys Larson, Rebecca Otterness
2016 - Tom and Joanne Heyd

REGISTRATION FOR ELDERBERRY RETREAT - Oct. 23 & 24, 2014

**Mail by October 10th to: Elderberry Retreat
Green Lake Bible Camp
9916 Lake Avenue South
Spicer, MN 56288
(320-796-2181)**

To the costs of the camp, an additional charge of \$2 has been added towards a sustaining fund for Elderberry Retreats. This is included in the following options.

Costs:

A minimum deposit of \$15 is required to register:

\$130/couple Includes all meals, snacks & overnight, and linens

\$65/person Includes all meals, snacks & overnight, and linens
(Linens are now included in all fees)

Costs for commuters:

A minimum deposit of \$10 is required to register:

\$42/person Includes all meals & snacks for the two (2) days

\$26/person Thursday only - includes lunch, supper and snacks

\$23/person Friday only - includes breakfast, lunch and snacks

A free-will offering will be received for the SW MN Synod Retired Pastors' Fund

Green Lake Bible Camp is on the south shore of Green Lake. In Spicer, turn east off Highway 23 at the Mel's Sport Shop/Dairy Queen corner; then proceed to your right on the South Shore Road (Co. Rd. 10) to the east. In about a mile the Stavkirk Chapel will be seen on the south side of the road and the camp is just across the road to the lakeside. **WELCOME!**

PLEASE RETURN THIS FORM TO GREEN LAKE BIBLE CAMP BY OCTOBER 17, 2014

NAMES _____ PHONE _____

ADDRESS _____

We will be attending (*check one*):

Entire Event: _____ Overnight Guest(s): _____

Thursday only: _____ Commuter(s): _____

Friday only: _____

All rooms will be assigned based on the order registrations are received at the Bible Camp; however, those requiring special accommodations will be given priority. There is an elevator for those who may need one. One ground floor room is equipped to accommodate wheelchairs.

*****If you require special accommodations, please indicate below:**

If you are a single person and have a preference for a roommate, please note:

Deposit & Registration fee is enclosed _____

Will pay remaining amount on arrival _____

(Make checks payable to Green Lake Lutheran Ministries)