

Registration Office

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**Wild Women’s Weekend 2024**

**This is My Body**

Welcome Wild Woman! We look forward to having you at Lutheridge for this very special retreat!

This year’s theme will be **This is My Body**. Every body has a story to tell! Through personal stories, Bible studies, and movement, we will find healing, self-compassion, and holiness in our bodies together.

Check-in will be from 3:30-7:30 pm in Efird. The first session will start at **7:30 PM on Friday** in the **FAITH CENTER!** Please be on time if at all possible. If you miss this intro session - you miss a LOT of what the weekend is about. Remember that traffic in this area is always very heavy on Friday, and restaurants are often crowded. Consider arriving early, eating on the way or visiting one of the fast food options near camp. If you arrive after 7:30, please come straight to the Faith Center.

After worship on Sunday, our program will conclude with brunch at 10:15 AM. We’ll ask that you be out of your room by noon, but you are welcome to enjoy the trails, rocking chairs, and other areas on camp. If you’d like to extend your stay to visit the Biltmore House or other places of interest in the area, we’d be delighted for you to continue to be our guest. Please be in touch with registration to make those arrangements.

If you have questions about your fees or lodging, please contact the registration office (see information above). We hope that everyone registered will be able to attend, but if you discover that you are not able to come, we encourage you to let us know as soon as possible. If you can’t come or find a substitute to take your place, check out our refund policies online and email to receive a partial reimbursement; cancellations must be submitted in writing.

I am looking forward to sharing a wonderful (WILD!) weekend together at Lutheridge!

Blessings and Peace,

Pastor Sara Yoos

Lutheridge Program Director

**WILD WOMEN at LUTHERIDGE 2024**

**This is My Body Tentative Schedule**

 FRIDAY EVENING:

3:30 - 7:30 PM Arrival (Efird) *Dinner is on your own*

7:30 PM Introductions (Faith Center)

Panel with Leaders

9:30 PM \*Fellowship & Refreshments

11:00 PM-7:30 AM Quiet Time (PLEASE!)

SATURDAY:

8:00-9:00 AM BREAKFAST BUFFET in Lineberger Dining Hall

9:00 AM Opening

9:15-10:00 AM Session 1

10:15-11:00 AM Session 2

11:15-12:00 PM Session 3

12:00 PM LUNCH BUFFET in Lineberger Dining Hall

Bible Study Session Options

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| **March 8-10**   * Mindful Movement: Faith as a Physical Experience * This is My Body: Given For You (Isaiah 42:14, Luke 1:26-38, 57-66) * This is My Body: Fat and Phat (Proverbs 23:19-21) * What My Body SHOULD Look like. Feel like. Do. Be.   (Genesis 16 & 18:9-15) | **March 15-17**   * Mindful Movement: Faith as a Physical Experience * This is My Body: Old and Visible (Luke 2: 36-38) * This is My Body: Broken AND Whole (Luke 5: 17-26, Isaiah 40: 1-5, Romans 12: 4-5) * This is My Body: Leaning in and Living Out (Psalm 139, Matthew 15:21-28) |

Afternoon free time!

1:30-6:00 PM \*Lutheridge Store Open (Lower Level Lineberger Hall)

2:00 -2:30 PM \*Walk around Camp (Meet at Faith Center)

2:00-4:00 PM \*Craft Project ~ available in Upstairs Efird

3:30-5:30 PM \*Movie ~ Faith Center

5:30 PM SUPPER BUFFET in Lineberger Dining Hall

6:30 PM Announcements (Faith Center)

7:00 PM Games

7:45 PM Dance Party

8:30 PM Evening Vespers

11:00 PM-7:30 AM Quiet Time (PLEASE!)

SUNDAY:

8:15 AM \*Coffee & Breakfast Snack in the Faith Center

9:00 AM Wrap up & Closing Worship with Communion

10:15 AM BRUNCH BUFFET in Lineberger Dining Hall

**What to Pack**

Our Saturday evening activity will be a **Dance Party**. Please bring any costumes, accessories, and Celebration-style flair to liven up the dance floor!

All bed linens are provided along with one bath towel, hand towel and wash cloth. Please bring your own toiletries, hair dryer and alarm clock if needed. We also recommend rain gear and a flashlight. Casual, comfortable clothing is best, including good walking shoes. Bring lots of layers – including gloves and hat. If you’d like to use the fitness room on camp, bring appropriate clothing for that. There are no TVs in our rooms, but most meeting and lodging spaces do have internet access. Don’t worry if you forget something. Drug stores and grocery stores are nearby, and Walmart is across the street.

**In addition to the essentials*,* we will be offering more body centered activities. A yoga mat and shoes to move in are recommended.** We will be having two massage therapists provide on-site services for an additional cost. If you would like to take advantage of that offer, please contact Pastor Sara and bring cash to pay them directly.

Please let us know if you have questions as you pack.

**DIRECTIONS to Lutheridge**

**GPS Address for Lutheridge:**

2511 Hendersonville Road, Arden, NC

**Directions to Lutheridge in Arden, NC**

From I-40, **Eastern North Carolina** (Greensboro, Hickory) and I-40, **Tennessee** (Knoxville)

* Take I-40 West to Exit #51 (Hwy 25A/Sweeten Creek Rd)
* Take Sweeten Creek Road South (left at the end of the ramp)
* Go about 6 miles to Hwy 25/Hendersonville Rd (major intersection with Walgreens on corner across the street)
* Turn left onto Hendersonville Road
* Lutheridge entrance is just a very short distance on the right

From I-26, **South Carolina** (Spartanburg, Columbia)

* Take I-26 West to exit 40 (the Asheville Airport Exit)
* Take a right at the end of the exit onto Airport Road
* Travel approximately 2 miles to US-25 (Hendersonville Road)
* Turn right onto US-25
* Lutheridge entrance is just a very short distance on the right

Once you arrive on Camp: (Be sure to enter the GPS address)

* Go past the Front Gate (off Hwy 25) and take the first fork to the right – up the hill
* At the top of the hill – the registration building –EFIRD HALL – will be the first building on your left.
  + Registration will be in Efird from 3:30-7:30pm – receive your room key and nametag
  + After 7:30 pm, come directly to the Faith Center - We’ll bring your packet there.
  + Call Guest Services 828-606-5684 if you need help after you arrive on camp.

TRAVEL SAFELY! We’ll see you soon!

# NORTH CAROLINA,

# BUNCOMBE COUNTY

Lutheridge a ministry site of NovusWay

PARTIAL WAIVER AND RELEASE OF LIABILITY

## READ CAREFULLY BEFORE SIGNING

In consideration of NovusWay furnishing services and/or equipment to enable me to participate in a variety of outdoor and recreational activities. I agree as follows:

I fully understand and acknowledge that outdoor recreational activities have: (a) inherent risks, dangers, and hazards and such exists in my use of outdoor recreational equipment, transportation to, and my participation in outdoor recreational activities; (b) my participation in such activities and/or use of such equipment may result in injury or illness including, but not limited to bodily injury, disease, strains, fractures, partial and/or total paralysis, death, or other ailments that could cause serious disability; (c) these risks and dangers may be caused by the negligence of the participants, the negligence of others, accidents, breaches of contract, the forces of nature, or other causes. Risks and dangers may arise from foreseeable and unforeseeable causes including risks, hazards, and dangers that are integral to recreational activities that take place in a wilderness, outdoor, or recreational environment; and (d) by my participation in these activities and/or use of equipment, I hereby assume all risks and dangers and all responsibility for any losses and/or damages.

I hereby agree and consent to my participation in each outdoor and recreational activity or retreat that is provided by or on behalf of NovusWay for the age group in question (which may include, among other things, camping, hiking, canoeing, challenge tower activities, challenge course activities, rock climbing, spelunking, skiing, mountain biking, playground activities, and swimming). I, on behalf of myself, and my personal representatives hereby waive, release and discharge NovusWay, its agents and employees, of any claim whatsoever that is not the direct result of active, foreseeable negligence on the part of NovusWay and its respective agents and employees. I further waive, release and discharge NovusWay for any claim arising from participation in any programs, service, or other outdoor and recreational activities.

The sole proper venue of any dispute that may arise out of this Waiver or Release or otherwise between the parties to which NovusWay, or its agents is a party shall be the General Court of Justice, Buncombe County, North Carolina. I understand and acknowledge that this Waiver and Release and any claim arising herein shall be interpreted pursuant to the laws of the State of North Carolina, which shall be controlling in all respects and at all times.

I HAVE READ THE ABOVE PARTIAL WAIVER AND RELEASE OF LIABILITY AND PARENTAL CONSENT AND BY SIGNING IT AGREE THAT IT IS MY EXPRESS INTENT TO EXEMPT AND RELIEVE NOVUSWAY, FROM LIABILITY FOR PERSONAL INJURY, PERSONAL PROPERTY DAMAGE OR WRONGFUL DEATH OTHER THAN CLAIMS THAT ARISE AS THE DIRECT RESULT OF ACTIVE FORESEEABLE NEGLIGENCE.

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PARTICIPANT NAME (PRINT) PROGRAM OR RETREAT NAME & DATES

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SIGNATURE (If 18 years of age or older) DATE

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SIGNATURE OF PARENT OR GUARDIAN MAILING ADDRESS

(If less than 18 years old)

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EMAIL ADDRESS

**PLEASE BRING THIS FORM WITH YOU—TURN IT IN AT CHECK-IN**