

To Mt. Carmel from I-94

- Exit Hwy. 29 (Broadway) and continue through Alexandria.
- Turn right on Third Avenue (Hwy. 29), then left at Elden's grocery store (still Hwy. 29).
- Continue 6/10 of a mile, turn left onto Hwy 42.
- Continue 2 miles on Hwy 42 passing the Alexandria Golf Club
- When Hwy 42 curves to the right, follow Hwys 11 & 34 straight ahead. Continue approximately one mile across the Lake Carlos/ Lake Darling bridge.
- Turn right onto Hwy 11. Continue 4-1/2 miles to the Mt. Carmel sign on the right.
- Turn right onto Mt. Carmel Drive. Continue 1/2 mile to the large Mount Carmel entrance sign.

www.mountcarmelministries.com



Living a Great Story



Calvary Women's Retreat

March 2-4, 2012

6 p.m. Friday to 11 a.m. Sunday

Speaker Beth Kanthak

Mount Carmel Renewal Center
Alexandria MN

"Living a Great Story"

Speaker Beth Kanthak

You are destined for great things through Christ!

Come and hear Biblical instruction and learn practical tips on how to enrich your spiritual health, how to center your emotional health in Christ, and how to enhance your physical health to better serve the Lord.

After attending this retreat and by putting the principles into action, you will be motivated to serve Christ in a stronger, more godly way. Making your story great.



About Beth Kanthak

Beth is passionate and skilled in helping individuals take personal responsibility for their well-being and developing and balancing a healthy lifestyle. Her goal is to help you achieve your desired changes and live a happier and healthier life.

Her coaching approach is **engaging** and **interactive**, yet **sincere**, **personable** and **professional**. Through her coaching process you will become energized and motivated to achieving long-term health. She believes that every aspect of life improves when you are functioning with optimal physical, emotional and spiritual health.

Beth knows how difficult it is to make behavioral changes. She understands that along the way, life's choices get overwhelming and chaos and confusion step in. Priorities seem to get lost and we have a difficult time aligning them to develop our full potential and we lose the ability to stay focused.

Beth lives in St. Michael, MN with her husband, Tim, and has been blessed with two sons, Michael & Benjamin. She loves being a Mom; she loves to laugh and is grateful when she gets the chance to dance with her husband. Beth also serves as a Care Minister at Lord of Life and she looks to God for guidance, strength and peace each day.

One of the best ways to grow in your faith is taking time away from your usual schedule and focus on your faith. Calvary Women's Retreat is a perfect place to do just that. Don't miss your opportunity for a weekend to connect with other Calvary women both spiritually and personally.

So, no matter what your age or season in life, you are invited for a weekend of fellowship with other women through worship, relaxation, teaching, connection and fun. Check in anytime after 3 p.m. on Friday.

Planned activities will begin on Friday with Dinner at 6 p.m. followed at 7:00 p.m. with group time and opening worship.

There will be a couple of hours free time on Saturday afternoon for walking, napping, reading, CC skiing (byo equip.), snow shoeing, knitting, going to town or anything you desire.

Pricing, Lodging and Meals

Cost for the Retreat is \$170 which includes lodging, all meals and fees for the speaker and supplies. Mount Carmel charges a flat rate for all lodging and meals. If you will not be arriving in time for Friday dinner your cost would be \$160.

There is a variety of lodging space in lodge rooms and winterized cabins. Each space has a different bed configuration for 2-6 people so it is a puzzle assigning rooms. That being said, please indicate your roommate choices on your registration form and I will assign rooms accordingly.

Go to www.mountcarmelministries.org to see pictures of Mt. Carmel.

Register online at www.Calvary.org or complete form

For more information contact:

Cheri Almquist, Women's Ministry Director