



Welcome to Women's Weekend ~ September 20-22, 2019

Theme: Fully Alive!

Speaker ~ Susie Larson | Worship Leader ~ Nicol Sponberg
Moving Minutes ~ Vicki Heath | Life Coach ~ Debbie Mascioli
Breakout Speakers ~ Carol Anderson & Barb Roose

~ Schedule changes can occur without advance notice in order to better serve you ~
~ Please read the updated Program Booklet provided at your arrival ~

FRIDAY

- PM**
- 4:00 Guest Check-in | Chesapeake Lodge
Sign-up at Kalbach Welcome Center, 3rd Floor for:
Craft Classes, Life Coach, Chair Massages, Water Aerobics, Escape Room
Open: Sports Pool/Hot Tub (until 5:00), Scavenger Hunt, Vendors, Creative
Room, Palmer (Gym)
- 4:20-5:40 DVD: Women of the Bible | Chapel Building |
Exit at Kalbach Welcome Center, 3rd Floor
- 5:30-7:00 Dinner Service | Water's Edge Dining Room, 3rd Floor
- 7:00 **Session 1:**
Moving Minutes ~ Vicki Heath
Praise & Worship ~ Nicol Sponberg
"She is Called" Ephesians 3:20-21 ~ Susie Larson
- Snack service | Spaghetti Time ~ Meet new people, form groups and discuss!
- 9:30 Movie: "Breakthrough" | Chesapeake Auditorium
- 9:00-11:00 Open: Sports Pool & Hot Tub
- 9:25-10:55 Escape Room (Sign-up at Kalbach Welcome Center)

SATURDAY

- AM**
- 7:00-7:30 Rise & Shine exercise with Vicki Heath | Palmer Building
- 7:00-7:45 Water Aerobics | Sports Pool Building
- 7:30-8:00 Morning Devotions with Nicol Sponberg | Chesapeake Auditorium
- 8:00-9:30 Breakfast
- 9:30 **Session 2:**
Moving Minutes ~ Vicki
Praise & Worship ~ Nicol
"He Restores" Psalm 23:3 ~ Susie
Spaghetti Discussion Time (Optional)

PM

12:00-1:30 Lunch Service

1:00-5:00 Enjoy your afternoon including: Creative room, Miniature golf, Disc golf, Palmer Building, Walk, Run, Shuffleboard, or just take a refreshing Nap!

~Please see the description page for class length to avoid time conflicts~

~ You must present your paid ticket to the instructor at the beginning of the class~

12:50-2:20 Escape Room ~ Palmer Building

1:00-2:30 Big Swing open (exit at Kalbach Welcome Center)

1:00 Water Aerobics ~ Sports Pool Building

1:15 Hymn Book Rose ~ Supplee

1:15-2:55 Fitness consultations with Vicki Heath

1:30 **Breakout: A Tall Glass of Water in a Thirsty Land ~ Carol Anderson**

1:30 **Breakout: Winning the Worry Battle ~ Barb Roose**

1:30 Card Making "Stroll Down Magnolia Lane" ~ Guistwite

1:30 Everyday Natural Solutions ~ Hatfield

1:30 Adjustable Ring making ~ Pritchett

1:30 Canvas Painting: "The Calm" ~ Driftwood Building

2:00 Movie: God's Not Dead: A light in Darkness ~ Chapel Building

2:00-5:00 Open Swim Sports Pool & Hot Tub

2:45 Hymn Book Rose ~ Supplee

3:00-5:00 Zip Line open (exit 1st Floor or Kalbach Welcome Center)

3:00 Adjustable Ring making ~ Pritchett

3:00 **Breakout: God, Give Me Patience ~ Barb Roose**

3:30 **Breakout: A Tall Glass of Water in a Thirsty Land ~ Carol Anderson**

3:30 Every day Natural Solutions ~ Hatfield

3:30 Card Making "Stroll Down Magnolia Lane" ~ Guistwite

3:30 Canvas Painting: "The Calm" ~ Driftwood Building

4:00 Dance Blast ~ Palmer Building

4:15 T-Shirt Scarf ~ Supplee

2:30 **Sign-up deadline for the Talent Show! | Forms at Kalbach Welcome Center**

5:30-7:00 Dinner Service

7:00 **Session 3:**

Concert with Nicol Sponberg

"She's an Heir" ~ Susie

Snack service

9:40 **Live @ Chesapeake Stage!** Talent Show ~ Andrea, Emcee | *Chesapeake*

Auditorium (ladies at the conclusion we ask that you remember quiet hours in the hallways)

9:00-11:00 Open: Sports Pool/Hot Tub

SUNDAY

~ Please Check-out from your Rooms by 10:00 a.m. ~

AM

7:00-9:00 Chesapeake Auditorium open for Quiet Personal Devotions

7:30-9:00 Breakfast Service

10:00

Session 4:

Moving Minutes ~ Vicki

Praise & Worship ~ Nicol

“He Rewards” Revelation 22:12 ~ Susie

~A love offering for Sandy Cove will be taken at this session~

Program concludes with evaluation form collection & drawing for a gift certificate!

PM

12:00-1:30 Lunch Service | Departure – Safe Travels!

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#### Devotion Opportunities

**Saturday Morning Devotion with Nicol** | 7:30-8:00 a.m. | Chesapeake Auditorium ~ Join Nicol as she opens in prayer and provides a morning message to begin your day!

**Sunday Morning Personal Quiet Devotions** | 7:00-8:30 a.m. | During this time the Chesapeake Auditorium will be open and available for any who wish a quiet place for their personal prayers and devotions.

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Saturday Breakout Sessions:

A Tall Glass of Water in a Thirsty Land: encouragement through theatre | Carol Anderson | 1:30-2:30 p.m. **AND** 3:30-4:30 p.m. | Chesapeake Auditorium

As a professional actress who brings to life stories of women of faith with humor and heart, this improv and interactive session will explore how to find God's encouragement in the desert places, and how we in turn can encourage others. A refreshing time of perspective, laughter and yes, encouragement.

Winning the Worry Battle | Barb Roose | 1:30-2:30 p.m. | Ritter, 2nd Floor

Do you or someone you know struggle with worry or anxiety? If you are tired of feeling stressed out during the day or walking the floors sleepless at night, come discover how to win your worry battle! We will walk through Joshua 1 to discover how God equipped Joshua to deal with uncertainty as the Israelites entered the Promised Land. You will learn three practical tools and techniques to position you for God's victory over worry beginning today!

God, Give Me Patience | Barb Roose | 3:00-4:00 p.m. | Ritter, 2nd Floor

Have you been praying for God to give you patience? Is there a breakthrough, renew or rescue that you have been waiting for, but it has not happened yet? It is tough when you see God answering other's prayers, especially when you are tired waiting and wondering how to keep walking by faith. When you attend this workshop, you will learn the Patience Path, four steps that transform your waiting journey from frustration and bitterness to faith and blessing.

**See Kalbach Welcome Center, 3rd Floor for:
Onsite Sign-up | Make Payment | Craft Class Samples
All prices include Eventbrite fees**

~ You must present your paid ticket to the instructor at the beginning of the class~

Room Locations: The following rooms are located on the 2nd floor | Ritter, Pritchett, Supplee, Guistwite, Hatfield, Milburn and Andrews Lounge

Life Coaching with Debbie Mascioli,

(Friday, Saturday & Sunday | 35 minute appointments | Room 101, First Floor) Cost: \$37.90
Debbie's passion is to help others thrive and grow in their relationship with Jesus. With over 25 years experience she desires all to discover the abundant living promised in John 10:10 as she encourages you to embrace your position and promises in Christ. Debbie promotes overall wellness and advocates for many on their health journey. Debbie works alongside her clients to help them find purpose, clarity, unlock potential, build confidence, find freedom from strongholds and emotional stress. She shares options for wellness and prevention with natural solutions to help with a variety of struggles such as; anxiety, digestion and sleep issues to name a few. Debbie is a gifted listener by abiding and relying on the power of the Holy Spirit. She uses tried, tested, and proven Basic Biblical Principles to educate, equip, and empower breakthroughs. Maybe you just feel stuck and need someone to pray, process, and encourage you. A life coach helps get you from where you are to where you want to be. Debbie is a certified John Maxwell Coach | Speaker | Trainer; Certified Natural Health Professional; Human Behavioral Consultant; Certified Peacemaker & Conflict Coach. She is the author of *When God Feels Far Away* and *From the Father's Heart: Jewels of Promise for the King's Daughters Devotional*.

Chair Massages ~ (Milburn) Cost: \$17.85

A portable chair designed for comfort and support is used as massage therapists administer a 15-minute, fully-clothed, stress-relieving massage designed to enhance circulation, reduce muscle tension and leave you feeling relaxed and refreshed. Please complete a waiver located at Milburn before your appointment.

Fitness Consultations with Vicki Heath

(Saturday | 20-minute appointments | Start times 1:15-2:55 p.m. | Room 104) Free
Vicki Heath is a Life Coach and ACE certified Personal Trainer. She will help you determine your wellness goals and how to achieve these goals as best suited for YOU. The **sign-up process opens Saturday at 9:00 a.m.** at the Kalbach Welcome Center. Due to the limited number of appointments please sign-up only if you are committed to the appointment. Thank you for arriving on time.

Gorgeous Craft Making Activities

Hymn Book Rose ~ Ann Deschler (1:15-2:30 p.m. | Supplee) Cost: \$9.45 (Class limit 12)

OR: (2:45-4:00 p.m. | Supplee) Cost: \$9.45 (Class limit 6)

Using pages from a hymn book, hot glue and patience, you will be thrilled and amazed at the result of your effort - a rose! You will make 3 roses and all materials will be provided.

T-shirt Scarf ~ Ann Deschler (4:15-5:30 p.m. | Supplee) Cost: \$9.45 (Class limit 10)

Using a pair of scissors and a tee-shirt, you can make an incredibly easy fabric necklace or scarf. A variety of colors available...great gift idea. All materials included.

Adjustable Ring ~ Helen Tudor (1:30-2:30 p.m. **OR** 3:00-4:00 p.m. | Pritchett) Cost: \$14.70 (Class limit 12)

Join us and you will have fun using your creativity while you learn how to shape silver-plated wire into a simple, modern, adjustable ring (no jewelry-making experience necessary). Helen will provide all of the tools and supplies to complete your ring project.

Painting on Canvas: "The Calm" ~ Kim Novak (1:30-3:00 p.m. **OR** 3:30-5:00 p.m. | Driftwood Building) Costs \$18.95 (Class limit 24)

In this class you will have the opportunity to create a unique painting of a Sail Boat Sunset. Each painting will be unique in that you will be able to write on the sail of the boat prior to painting. You are encouraged to choose a favorite scripture or a message from the weekend. You may decide to fully paint over your message (knowing what is underneath) or you may loosely paint over it and let it show through as in the sample painting. Kimberly instructs in a step by step manner, making this class appropriate for all levels of painters, especially beginners. It is her hope that you will be able to fully enjoy this process and come away blessed by the experience. Acrylic paint on a 16x20 canvas.

Card Making-"Stroll Down Magnolia Lane" ~ Rosemary Morgan (1:30-3:00 p.m. **OR** 3:30-5:00 p.m. | Guistwite) Cost: \$16.80 (Class limit 10)

Create 3 beautiful cards using the Magnolia Lane stamp set and specialty paper. A handmade card is a simple way to tell someone that you are thinking of them and to lift their spirit. It's more powerful than a text message, Facebook message, a tweet or an email because it takes time and effort to make, address and post a card. It's a surprise in their mailbox that's much more fun than bills and junk mail. Come join the fun. It's good for you to be crafty and a blessing for the ones you send them to.

Everyday Natural Solutions ~ Jennifer Muller (1:30-3:00 p.m. **OR** 3:30-5:00 p.m. | Hatfield) Costs \$16.80 (Class limit 20)

Join this fun, interactive workshop! Learn how to support your health, emotions, and well-being with essential oils and natural products. Sample essential oils and "make-n-take" two (2) of your own roller bottles. Choose from the Immunity Bomb, Digestive, Sleep & Calming, Seasonal Zen, or Happy Head. One participant from each class will receive a FREE Aromatouch Hand Technique. Additional rollers will be \$5 each payable to the instructor.

Other Activities

Welcome to the **Creative Room** (Andrews Lounge, 2nd Floor Across from Main Elevator): Open Friday 4:00 p.m. through Sunday 9:00 a.m. Drop by any time. Here you will find puzzles (of various pieces) and coloring pages, while taking in the lovely view offered by the Andrews Lounge. Relax, and exercise your mind by starting and/or completing one of the puzzles. Or, enjoy coloring one of the many artistic pages which make wonderful gifts of encouragement for your wall or desk. The Creative Room - a place to sit, chat, “puzzle”, color and enjoy!

Palmer is our gymnasium building open Friday through Saturday evening. The Saturday morning **workout** and Saturday afternoon **Dance Blast** classes are held here. Also, you will find **fun activities** to enjoy with others such as volleyball, basketball, and ping pong. Check out Corn Hole and Kan Jam (moved to outdoor gazebo if nice weather) and the GIANT Connect Four! On the way to Palmer do not forget shuffle board, and the miniature golf course (\$1.00 quarters needed – return ball to front desk for refund), and did you know we have a Disc Golf course located near the tennis court?!?! See the Kalbach Welcome Center, 3rd Floor, for any directions and course maps.

Sports Pool & Hot Tub: (See above schedule for open times.) Changing rooms are not open this weekend, so please change in your rooms. Modest one-piece swim suits only. When accessing the enclosed pool from the 3rd floor, you will be outside for a brief moment as you traverse an awning-covered walkway. Please dress accordingly. Towels are available at the pool.

Scavenger Hunt (Ongoing | Friday 4:00-Sunday Noon) We have designed an application based scavenger hunt! **Download** the Actionbound app and **scan** the QR code (located at Kalbach Welcome Center) to begin your game. Enjoy as an individual or gather a group of ladies and get to know the Sandy Cove grounds as you go on the hunt!

DVD ~ Women of the Bible (Friday 4:20 p.m. | 90 minutes | Chapel Building)

Actress and Speaker Anita Gutschick brings to life, in her one-woman acts, stories which are filled with passion, power and purpose: “Sarah” (12 min.) | Martha (13 min.) | Lots Wife (6 min.) | Sinful Woman (17 min.) | and Anita’s Lessons along the way in ministry (12 min.) All of these women are confronted with a truth that matters! Each portrayal concludes with life application questions for the audience. DVD will be on continuous play so please drop in at any time during the 90-minute time-frame (performance durations noted above). Enjoy this sneak peak into Anita’s portrayals which will be a part of **Women Digging Deeper, February 7-9, 2020.**

Escape Room (Friday | Start times 9:25-10:55 p.m. **AND** Saturday | Start times 12:50-2:20 p.m. | Palmer Building, left side of stage) Each Session 10-person limit | Arrive 5 minutes before your start time for instructions. This is a live-action game where you will discover and solve a series of puzzles and clues to escape the room, all within 20 minutes! **Sign up for a timeslot, on-site only, at Kalbach Welcome Center, 3rd Floor.** *Due to limited space please sign-up only for yourself and one other to ensure commitment to the event.*

Movie ~ Breakthrough (Friday 9:40 p.m. | 112 minutes | Chesapeake Auditorium)

Based on the inspirational true story of a mother's unfaltering love in the face of impossible odds. When her son falls through an icy lake, all hope seems lost. As he lies lifeless, his mother refuses to give up. Her steadfast belief inspires those around her to continue to pray for his recovery. A reminder that faith and love can create a mountain of hope, and sometimes even a miracle. (Have Kleenex handy!)

Water Aerobics (Saturday 7:00 a.m. **OR** 1:00 p.m. | 45 minutes | Sports Pool) Get physically and spiritually awakened for the day and afternoon! Water Aerobics is an in-water workout, from warm-up to cool down, that exercises your body while uplifting praise music awakens your soul to worship the Lord. You must sign-up, **on-site only**, at Kalbach Welcome Center ~ Due to Limited Class space (25), please show courtesy by showing up if you sign-up.

Rise & Shine Exercise with Vicki (Saturday 7:00 a.m. | 30 minutes | Palmer Building) Start your morning with an invigorating wake-up call! Join in for a whole-body workout combining cardiovascular, balance and core training, all in one workout for any, yes we mean *any*, fitness level!

Big Swing (Saturday 1:00 – 2:30 p.m.) and **Zip Line** (Saturday 3:00-5:00 p.m.) Enjoy soaring through the air during these activities! Complete a waiver on-site. Weight limit is 250 pounds. Closed if inclement weather.

Movie ~ God's Not Dead: A Light in Darkness (Saturday 2:00 p.m. | 105 minutes | Chapel Building) Reverend Dave Hill faces an unexpected setback when his beloved church burns down – prompting the officials at the adjoining university to try and kick his congregation off campus. Battle lines are quickly drawn between the church and the community as the reverend now finds himself at odds with his longtime friend – the president of the school. Facing a legal battle, Hill soon seeks help from his estranged brother – a big-city lawyer and atheist – in a fight to help rebuild the church.

Dance Blast! with Vicki Heath (Saturday 4:00 p.m. | 30 minutes | Palmer Building)

Join in this upbeat cardio-dance workout. Challenge your core while grooving to the beat! It is fun, fun, fun whether you are a dancer or not!

Live @ Chesapeake Stage! (Saturday 9:40 p.m. | Chesapeake Auditorium). This Talent show features YOU! This optional activity is meant to be a time of fun, with light-hearted, funny skits, singing and other talents displayed. Your participation is needed to make it a success. Practice your act because there is a **5 minute act limit – 10 slots available!** Complete a form at the Kalbach Welcome Center **by Saturday 2:30 pm** (or until all slots are filled). Come prepared to cheer in support and have fun!

Additional Information

SANDY COVE OFFERING

An offering will be received at the Sunday morning session. Thank you so much for prayerfully considering how you can be a part of helping people connect with God and each other at Sandy Cove through your gracious offering.

EVALUATION FORM & DRAWING

Evaluation forms will be provided under your door Saturday evening. Please bring it to the Sunday session. We will have a drawing to win a gift certificate for 50% off any Sandy Cove event. You, or a representative, must be present to win.

MORNING CHEER BOOKSTORE

Please order CD or USB of specifically **audio recorded sessions** while visiting the Bookstore (3rd Floor), which also features books, Bibles, music, clothing, magnets and so much more!

SANDY COVE PRAYER ROOM

Feel welcome and visit Sandy Cove's Prayer Room located at the end of the 1st floor conference hallway. Stations are set up to guide you through prayerful Adoration, Confession, Thanksgiving and Supplication. Open at all times.

SPAGHETTI (Discussion) TIME

As noted on the above schedule, no, this is not an opportunity to consume a plate of complex carbohydrates! Rather, it is an optional opportunity for personal contemplation of the Message. Please be encouraged to meet new people and form discussion groups.

~ The **Kalbach Welcome Center** ("KWC") (3rd Floor | staffed times posted) is the circular area near the Morning Cheer Bookstore. When staffed, this is a place of invaluable information and to sign-up for optional activities.

~ Use the exit door to the right of the KWC for **Buildings**: Chapel, Driftwood, Palmer also the zip line, big swing, gazebo and miniature golf course.

~ In case of an **emergency**, please call 911. Then, if possible, call the Front Desk (410) 287-5433 (or press "0" on room/hallway phones) and provide your location so they can dispatch staff, direct emergency personnel to you, and complete any necessary paperwork. In the event that the fire alarm sounds please proceed calmly and quickly to the Palmer building. All floors have outdoor direct access.

~ Check-in with the dining room servers, at meal times, if you have medically necessary dietary restrictions and completed the online **Food for Thought form** prior to arrival. Gluten Free signs are also noted on applicable items on the hot food line.

~ Bring a **water bottle** which can be refilled from 6 filtered drinking stations around the building (Floor/#stations: 3rd/3; 2nd/2; 1st /1).

~ Complimentary coffee is available 24 hours a daily near the first floor Front Desk and the 3rd Floor Morning Cheer Bookstore. Snacks are available for purchase at the Front Desk.

~ Please wear your name tag at all times. It will serve as your admission to all meals and sessions, and more importantly encourages connection with others.

~ E/smoking is not permitted in buildings at Sandy Cove. Cigarette trash receptacles are available around our property.

Schedule changes may occur without advance notice in order to better serve you!

~ Please read the updated Program Booklet provided at your arrival ~