

CBWC Women in Focus Ministry Idea

Day Retreat Idea from Westhill Baptist in Regina

The Westhill Ladies Spring Retreat was held in Moose Jaw on Saturday, May 1. We met at Timothy Eaton Gardens, the old Eaton's store, which is now a seniors' center. Our theme was "O, You Beautiful Doll", and the theme verse was "I am marvelously made" from Psalm 139:14 (The Message). We were all to bring a favourite doll, with a card giving her name, owner's name and a bit of her history. There was a wonderful display of dolls, some with very touching stories. Three of the ladies dressed up in their flapper outfits and sang "Hello Dollies" and "O, You Beautiful Doll" (with the words rewritten to give them a Christian theme).

Our speaker was Julia Ellergodt, a pastor's wife from the Alliance Church in Moose Jaw, and Denise Gerein provided music. Julia spoke about circles of concern in our lives: evangelism, encouragement, and mentoring. She encouraged us to push ourselves to get to know people.

One suggestion was "project friendships", where you get together to work on a project, anything from housecleaning to quilting, but use the time to share your faith with someone.

She also encouraged us to get out of the slump in our devotional life, and quoted from the book "Incredible Moments with the Savior" by Ken Gire.

Nancy Redford led us in a quickie craft - we each made a beaded bracelet.

Free time options were Trolley Rides through historic Moose Jaw, Tunnel Tours, Temple Gardens Mineral Spa, Cranberry Rose Tea Room, Yvette Moore Art Gallery, Emerald Glass (another art gallery), Briercrest Bookstore display, a craft mall and THREE wonderful quilt shops. The seniors' center provided wonderful, home-cooked meals.

The day concluded with a fashion show based on the poem "Basic Black Dress".

Moose Jaw is just far enough away that you feel like you have had a getaway, but not so far that you have to spend a lot of time away from family and busy schedules.

Some of the ladies went up the night before and stayed at Wakamow Heights Bed & Breakfast Inn, which is the old Aldersgate College campus. A couple from Caronport bought it and renovated it. They say it's a wonderful place to stay.