

## SCHEDULE

### FRIDAY

6:30 - 7:30pm - Registration

7:30pm - Session #1

9:00pm - Snack

9:15pm - Movie/Journal Session/Free Time

### SATURDAY

7:45am - Prayer Gathering

8:30am - Breakfast

9:00am - Registration

9:30am - Session #2

10:45am - Free Time (Journal session,  
cupcake decorating, gym,  
prayer room/walk)

12:00pm - Lunch

1:00pm - Free time

(Story sessions, gym,  
prayer room/walk, hay rides, tuck shop)

4:00pm - Session #3

5:30pm - Supper

7:00pm - Panel Discussion

8:30pm - Snack

9:00pm - Prayer & Worship Time

### SUNDAY

7:45am - Prayer Gathering

8:30am - Breakfast

9:30am - Session #4

12:00pm - Lunch

*See you next year in 2026!*

# Blessed Assurance

*...this is my story.*

Ladies Retreat  
March 28-30th, 2025  
Southern Alberta Bible Camp

*"Praise be to the  
God and Father of  
our  
Lord Jesus  
Christ,  
who has blessed us  
in the heavenly  
realms with every  
spiritual  
blessing in Christ."*

*Eph. 1:3*





LORIE THIESSEN

Lorie and her husband Kelvin are on staff at Millar College of the Bible, in Pambrun, SK, where Lorie serves in the Fine Arts Department.

She has a passion for seeing young people and women trained up in knowing the Word of God, and enjoys incorporating the stage in the process.

She is the proud mother of four incredible children ages 21-10. As a family they enjoy exploring God's creation together, as long as it doesn't involve too much hiking!

When she's not on campus or spending time with her family, you can find Lorie enjoying one of her favorite pastimes. She might be in the garden, or enjoying a good coffee break, possibly reading a good book, and all may or may not include her hand in the chocolate chip jar at two o'clock in the afternoon!

The planning committee asked Lorie in 2019 to speak at the retreat planned for 2021. She had never spoken at a ladies weekend at that point. God had been working preparing her for this opportunity. Unfortunately, there was no 2021 EFC Ladies Retreat, but God still had plans for Lorie and the message He had laid on her heart. Now having spoken at numerous ladies weekends since the first request, 6 years ago, she is excited to meet the women who attend this weekend and share what God had laid on her heart.

Activity: Cupcake Bouquet



Join us on Saturday to learn some cupcake decorating techniques.

You'll get to take home a bouquet of 7 cupcakes all beautifully decorated by you. As well, you'll get to keep your decorating tip.

Gluten-free & dairy-free cupcakes will be available.

For Paper Registrations:

Make cheques payable to:  
*Bow Island Evangelical Free Church*

Mail registration & cheque to:  
*Cindy Hume*  
*Box 251*  
*Bow Island, AB T0K 0G0*

For Online Registrations:  
visit: [efcladiesretreat.wixsite.com/SABC](http://efcladiesretreat.wixsite.com/SABC)

E-transfer fees to:  
[bowislandefc@gmail.com](mailto:bowislandefc@gmail.com)  
\*\*Be sure to include name and 2025 Ladies Retreat in your description\*\*

REGISTRATION DEADLINE:  
MARCH 14

REGISTRATION

NAME: \_\_\_\_\_  
PHONE NUMBER \_\_\_\_\_  
EMAIL ADDRESS \_\_\_\_\_  
MAILING ADDRESS \_\_\_\_\_  
CHURCH \_\_\_\_\_

I AM REGISTERING FOR:  
\_\_\_\_\_ FULL WEEKEND (\$195)  
\_\_\_\_\_ SATURDAY ONLY (\$100)  
\_\_\_\_\_ CUPCAKE ACTIVITY(\$15)

ROOMMATE REQUEST \_\_\_\_\_

DIETARY NEEDS (ALLERGIES) \_\_\_\_\_

ACCOMODATING REQUEST  
\_\_\_\_\_ CABIN  
\_\_\_\_\_ NEW LODGE  
\_\_\_\_\_ OLD LODGE  
\_\_\_\_\_ NO PREFERENCE

SPECIAL REQUESTS (bottom bunk, bringing a baby, CPAP machine) \_\_\_\_\_

EMERGENCY CONTACT (name & phone #)  
\_\_\_\_\_  
\_\_\_\_\_