

Stretch Out Your Hand - August 14 – 16, 2009

Name _____ Home Phone (____) _____ - _____
Address _____ Work Phone (____) _____ - _____
E-mail _____ Zip _____
(Registrations are generally confirmed by E-mail)
Food Allergies/Restrictions _____
Roommate Requests _____

Total Cost of “Stretch Out Your Hand” is \$120. Please include \$60 deposit and mail registration to
Camp Overlook, 3014 Camp Overlook Lane, Keezletown, VA 22832
Filled on First Come Basis – Deadline July 31, 2009
Refunds (less \$20) available until August 6.



Travel Directions

From South: I-81 north to #251, Rt.
11 north to Fellowship Rd. (721)
Right on Fellowship to Indian Trail Rd.
Left on Indian Trail (717)
To Fridley Gap Road
Right on Fridley Gap Rd. (811)
to fork at Armentrout Path
Right at Armentrout Path (722) to
Camp

*Pass Welcome Sign, left at the South Gate
Blessings Lodge at top of hill*

From North: I-81 south to #257
Left on Rt. 259 to Stop Light
Right onto Rt. 11 (south 3 miles?)
Left on Martz Rd. (806) (east) to (620)
Right on Mtn Valley Rd. (620) 2 miles
Left on Armentrout Path (722)
See italics above.

You may contact the leadership team or provide requests for special needs through:
Camp Overlook
3014 Camp Overlook Lane
Keezletown, VA 22832
540-269-2267



campoverlook@gmail.com
www.CampOverlook.org

Stretch Out Your Hand



August 14 – 16, 2009
Blessings Lodge
Camp Overlook

Stretch Out Your Hand

Stretch Out Your Hand, is a weekend retreat to focus on your spiritual journey in prayer. There will be time for dynamic presentations on how to listen to God as you discern prayer, small group sharing time, creative worship experiences and quiet space for your own deeper reflection.

The theme of the retreat will be **Jesus reaching his hand out to you.** (*Mark 3:1-6*) We are all on journey towards healing and wholeness in mind, body, emotions and spirit. The discernment process experienced in the weekend is rooted in the belief that God seeks to be in a personal relationship with each one of us. Therefore, there will be ample time for discovering how prayer can change your life and those around you.

- ♦ **Learn to discern the voice of God**
- ♦ **Discover and deepen your own call**
- ♦ **Experience what needs healing in you**
- ♦ **Praise God in music, scripture and prayer**

Stretch Out Your Hand Retreat begins on Friday evening with check-in at 6:00 p.m. and continues til noon on Sunday. Accommodations are at Camp Overlook's Blessings Lodge. Bedding and linens are provided in this comfortable *motel-like* sitting. Dress is casual. Please bring your Bible, a journal or notebook, a sweater and personal toiletries.



Registration Fee: \$120 includes lodging, all meals and program costs.

6:00 Friday —Check-in
6:30 Friday—Program begins
8:00 Saturday —Breakfast
12:00 Saturday—Lunch
6:00 Saturday—Supper
8:00 Sunday—Breakfast
11:30 Sunday—Departure

August 14-16, 2009

Prayer Retreat Team

Paul and Christel Grandell, Praise Worship Leaders and Musicians for 1,000 member church in Bethany Beach, Delaware.

Rev. R. Kay Lanasa, United Methodist clergy, Spiritual Director, Retreat Leader and Prayer Ministry Resource Person for the Peninsula-Delaware Conference.

Phill Lanasa, Retreat Leader, Prayer Care Minister and Small Group Facilitator.

Sheila Lloyd, Composer, Singer and Co-Founder for Delightfully Restored a Christian Conference Retreat Facilitator.

Dixie Miller, Church Administrator and Retreat Leader and member of the Virginia Stretch Out Your Hand Prayer Team.

Barbara Phillips, Lay Speaker, Church Music Director and Retreat Leader.

Brenda Robey, Professional Counselor, Small Group Facilitator and Retreat Leader for Exploring Healing Prayer.

Joan Stoermer, Retreat Leader and member of the Greater Pennsylvania Prayer Team.