

► **2009 Clergy Wives Retreat**  
**April 17 and 18**

Please register as soon as possible (but **NO LATER than April 8**) to help in our planning!

See you there!

**2009 Planning Committee:**

Irene Gruber  
Lynelle Hansen

**THINGS YOU WILL NEED TO BRING:**

- **Bedding/Sleeping Bag**
- **Towels**
- **Personal Items**
- **Bible**
- **A snack item to share**



**About our speaker**

**Dawn L. Schalow** has been a retreat facilitator and conference presenter for local, state, and national events. She has held a variety of professional positions such as Director of Staff Development & Training, Corporate Health Promotion Director, Asst. Professor, Health & Fitness Director, and Prevention & Wellness Specialist. She is currently the Vice President of Inspired Training Institute. Her favorite role continues to be “Beloved Child of God”! Dawn is a graduate of Luther College in Decorah, Iowa and has graduate degrees and management certificates in Corporate Health/Wellness Promotion, Training & Development, Human Resource Management, and Organizational Development.



Dawn is very active in her church, Bethany Lutheran (LCMS), Kaukauna, WI, with having facilitated adult Bible studies, leading and organizing women events, and teaching Midweek/Sunday school to middle school aged children. She is also an active volunteer in several charitable organizations in the Fox Valley and Green Bay areas, which allows her to share her many gifts and talents.

Dawn has also been adding zest and infusing peace and humor into individuals’ lives through church retreats, community programs, and “Zest Fests” that she develops and facilitates in her spare time.

She founded Zestful Living Ministries in 1998, as a way to share her faith and to inspire others to do the same! She currently has two books in the process of being published and are soon to be released, “The Christmas Way™” and “Is Your Life L.A.U.G.H.-Full or Laugh-Empty?”

Dawn’s personal interests include photography, quilting, reading, cooking traditional Norwegian food, and playing computer/video games with her husband, Michael, and their two sons, Jake (17) and Kyle (13).

**Iowa District West**  
**Clergy Wives Retreat**

**“Living Life to the Fullest”**



*“I have come that they may have life and that they may have it more abundantly.”*

John 10:10

**April 17-18, 2009**  
**at**  
**Camp Okoboji**  
**(Bethel Retreat Center)**  
**Milford, Iowa**

Please return this Registration Form with the Registration Fee of \$40 to

▶ *IDW Clergy Wives Retreat  
PO Box 1155  
Fort Dodge, IA 50501*

▶ *Make check payable to  
Iowa District West*

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**Registration deadline:  
April 8**

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**2009 Clergy Wives Retreat  
Registration Form**

(Please print)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Church \_\_\_\_\_

City \_\_\_\_\_

Roommate preference:  
\_\_\_\_\_

(If you choose to room with someone, please confirm with the person. If no preference is listed, a roommate will be assigned to you. A limited number of single rooms are also available.)

The Iowa District West Clergy Wives Retreat (vicars and emeritus wives, too) is an annual event to support the pastor's wife in her unique and important role in home, church, and community.

**Session 1 — Is Your Life L.A.U.G.H.-full or LAUGH empty?**

God's grace frees us to laugh. Because God accepts us and forgives us we can accept our mistakes and faux pas! Dawn believes in her heart that only when we are in touch with our own flaws and spiritual shortcomings, can we truly open ourselves to the saving power of Christ and receive the gifts of eternal life and everlasting L.A.U.G.H.ter! Be entertained and inspired as Dawn weaves Scripture and prayer into the hilarity of her true-to-life stories. Learn how her life has become "l.a.u.g.h.-full" as a result of counting on God for a countenance that really counts and through living the five key principles of L.A.U.G.H.-full living!

**Session 2 — Friend-SHIP: Get on Board!**

Friends are an important component of our physical, emotional, and spiritual health and well-being. Explore how friendships are an important part of Christian living.

Bring peers from your circuit —  
come as a team!

*We invite you to come and relax,  
study God's Word, celebrate  
womanhood, pray, meet new  
friends, visit with old friends, and  
have fun.*

**RETREAT THEME:**  
"Living Life to the Fullest"

**RETREAT SPEAKER:**  
Dawn Schalow

April 17

Registration...4:30 pm

Supper...6:00

Bible studies

Devotions

Singing/Music

Fellowship

April 18

Breakfast

Devotion

Sessions by Keynote

Lunch

Closing...1:00 pm

**\$40 Registration Fee includes:  
program, meals, materials,  
and lodging**