



*Spa and Spirituality*  
*April 20-22, 2012*



### **Renew yourself: mind, spirit and body.**

Come spend a night or two at Camp Hiawatha's Retreat Center and center yourself in God's grace. Spend time immersed in God's Word focusing on the kingdom life that Jesus teaches his disciples – a life of not worrying, a life of radical trust that there will always be enough and a life of seeing ourselves through the lens of God's faithfulness.

Bring your favorite nail polish, foot files, lotions and your most comfortable clothes. Bring a friend or family member and share this renewing experience.

**Cost:** \$80 for 1 night or \$130 for 2 nights

Register at [www.VLMcamps.org/womens-retreat-2](http://www.VLMcamps.org/womens-retreat-2) or call 800-331-5148.

*Bible study and worship*

*Community and conversation*

*Afternoon English tea*

*Foot soaks, facials, hand scrubs  
and more*

*Optional massages*

*Theme Verse: "What shall we say the kingdom of God is like. It is like a mustard seed, which is the smallest of all seeds on earth. Yet when planted, it grows and becomes the largest of all garden plants, with such big branches that the birds can perch in its shade."*



[www.VLMcamps.org](http://www.VLMcamps.org) • [vlm@VLMcamps.org](mailto:vlm@VLMcamps.org) • 800-331-5148 • 218-666-5465

**Camp Hiawatha, 36944 Camp Hiawatha Rd., Deer River, MN**

Camp Vermilion, 2555 Vermilion Camp Rd., Cook, MN

**...in God's Great Northwoods!**