



# ECHO

## SPECIAL EDITION

Fall Retreat September 20-21, 2024



### Purpose Statement

As a community of women **created** in the image of God, **called** to discipleship in Jesus Christ, and **empowered** by the Holy Spirit, we commit ourselves to

**Grow** in faith

**Affirm** our gifts

**Support** one another in our callings,

**Engage** in ministry and action, and

**Promote** healing and wholeness in the church, the society and the world.

### Mission Statement

To mobilize women to act boldly on their faith in Jesus Christ.

### Inside this Edition:

Speaker Bio  
and  
Registration Form  
For Fall Retreat



Dear Women of Faith in our NW WA SWO~

This very abbreviated spring ECHO is sent now to interest and excite you to attend our fall retreat at Camp Huston in Gold Bar on September 20-21, 2024!

The retreat will focus on individual wellness and self-care.

We are excited to again offer an overnight retreat for our synodical organization. It will be held at Camp Huston in Gold Bar (by Wallace Falls State Park). **We will start on Friday, 9/20/24, at 4 pm and continue through Saturday, 9/21/24, at 4 pm.** Friday night will include registration, overnight lodging, 6:00 pm dinner, and “getting to know you” activities. Lodging is \$155.00 per person for double occupancy or \$185.00 per person for single occupancy. (Bedding is \$20.00 per person extra if you don’t bring your own.) Saturday breakfast for overnighters will be at 8:00am.

For those of you coming for **Saturday only**, the registration cost is \$65.00 per person and will start at 9:00 am and end at 4:00 pm. This cost includes lunch, materials and facility use. Our Saturday retreat schedule will include a welcome/devotions, speaker presentations (morning and afternoon), lunch, and communion/closing.

The registration sheet is on the next page for you to fill out and send to our treasurer, Linda Rudy (with your check, of course). Some partial scholarships are available.

Below you will find information about our Saturday speaker, Melanie Cool.

If you have any questions, please contact me at 425-299-2287 or [twylatom94@gmail.com](mailto:twylatom94@gmail.com)

Blessings~ Twyla Lucas, SWO President



**Melanie Cool** is a licensed psychotherapist, integrative medicine and nutrition behavioral health provider, motivational speaker, educator, author, level two CrossFit trainer, and AKA Health and Happiness Expert.

She holds a BA in psychology and an MA in counseling psychology and has helped thousands of people transition from surviving to thriving.

As a life-long Lutheran and 20 years as a counselor with Lutheran Counseling Network, Melanie especially enjoys the opportunity to integrate spirituality into the pursuit of health and happiness. She captivates her audience with her profound insights and practical strategies for living a balanced and fulfilling life. Her presentations are known for their warmth, compassion, and engaging storytelling, which inspire and empower individuals to embark on their own journeys of self-discovery and healing.

Melanie lives in the Pacific Northwest, enjoys CrossFit, and spending time with her children and grandchildren.

Registration Form  
**2024 NW WA Synodical Women's Fall Retreat**

Friday, 09/20/ ~ 4pm through Saturday, 09/21 ~ 4pm



Our guest speaker, **Melanie Cool** will help us  
*"unlock the secrets to health and happiness"* through self-care tips

**Huston Camp & Conference Center**  
**14725 Ley Rd, Gold Bar 98251**

Full Registration: **\$155.00**-double occupancy or **\$185.00**-single occupancy  
(includes Friday dinner; Saturday breakfast & lunch)

Saturday Only: **\$65.00** (9am-4pm includes lunch)

Registration includes use of facility, meals, guest speaker

Make checks payable to: **NW WA SWO (Synodical Women's Organization)**

**Mail check & form to: Linda Rudy-17211 Chinook Court, Mt Vernon WA 98274**  
**(Registration due no later than August 31<sup>st</sup>)**

For questions contact: Twyla Lucas @ 425.299.2287 or [twylatom94@gmail.com](mailto:twylatom94@gmail.com)

NAME: \_\_\_\_\_ HOME CHURCH: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

E-MAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

ATTENDING:  Full Retreat/Overnight  Camp Bedding  Saturday Only

DIETARY RESTRICTIONS/ALLERGIES: \_\_\_\_\_

EMERGENCY CONTACT NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

Are you First Aid Certified? \_\_\_\_\_

**WHAT TO BRING:**

Bedding & pillow - or (Huston provided) bedding available for \$20

Water bottle and/or a reusable cup

Offering for Saturday closing worship

Bible & writing utensils

**\*The Registration fee is non-refundable, but may be transferred to another attendee**  
Partial scholarships available-contact Twyla to inquire