



Rodd Park House Inn

434 Main Street, Moncton, NB Canada E1C 1B9

DIRECTIONS – BEST TRAVEL ROUTE

From points North in New Brunswick:

- Take Exit 446 Moncton Center/Riverview onto Hwy # 128. Continue on Route 128 and take exit for Wheeler Blvd. Go over the overpass and turn LEFT onto ramp to Wheeler.
- Follow Wheeler Blvd around Moncton, and enter the traffic circle.
- Take the first exit off the circle going towards Superstore, but stay in far LEFT LANE as you do not want to enter the Superstore parking lot
- Come straight down to light.
- At light bear RIGHT towards Moncton–NOT left towards Champlain Mall – and cross small bridge. You are now on Main Street.
- Continue on for one more block, and Park House Inn will be on your LEFT.

From points east in NB, and from PEI and Nova Scotia:

- Take Trans Canada Highway to Exit 467A. Bear right and go under the overpass onto Highway 15.
- Continue on Highway 15 till you **get onto the traffic circle**.
- Come around circle and take exit for Moncton, straight down to light. Keep to the far LEFT LANE as you do not want to go into Super Store Parking lot.
- At light bear RIGHT towards Moncton–NOT left towards Champlain Mall – and cross small bridge. You are now on Main Street.
- Continue on for one more block, and Park House Inn will be on your LEFT

CHECK OUT THE WEBSITES:

<http://www.rodd-hotels.ca/ourhotels/nb/moncton/index.asp>
www.baptist-atlantic.ca/refresh

Got Questions?

Trishe Colman
 902.275.5288
procolman@ns.sympatico.ca

Jan McGuire
 902.242.2590
jem@eastlink.ca



“REFRESH” – the Ministry Wives Retreat is a weekend that focuses on the needs of the wives of ministry leaders. We hope to offer encouragement, enthusiasm, and refreshment for your role within the ministry family. Come and fellowship with other ministry wives and receive the blessing God has prepared for you.

**NOT
JUST ONE
of the
Girls?**

**15th Annual
REFRESH
Ministry Wives Retreat**

November 5th – 7th, 2010

**Rodd Park House Inn
Moncton, NB**

Space is LIMITED – Apply early

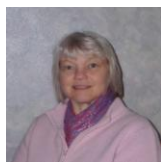
REFRESH is an annual retreat for wives of *vocational and bi-vocational pastors, ministers, and other clergy* serving within or affiliated with the Convention of Atlantic Baptist Churches.

NOT JUST ONE OF THE GIRLS?



Our **SPEAKER** is Laura Sherwood. Laura, married to Rev. Dr. Peter Sherwood, is blessed with three daughters, two sons-in-law, and eight grand children (soon to be nine). God called Laura to serve along side of her husband in ministry and broadened that call to train for full-time ministry at the age of 47 - who would

have thought? She delights, not only her own unique journey, but in helping others to discover theirs. We welcome Laura as she speaks God's word to us this year.



Our **WORSHIP LEADER** is Sharon Vickruck. She is the mother of three and has recently been blessed with a great new daughter-in-law. She lives with her husband Vernon in Sackville, NB, where she is the principal of Sackville Christian Academy. For many years God has allowed Sharon to share her passion for music in a

variety of ways including leading God's people in worship, writing songs, and singing and recording a CD with *Believe*, a trio of her friends. We welcome Sharon to lead us in worship.

Find help and refreshment at the following **workshops**:

"Jumping Off the Pedestal" - Wendy DuBois

"Have You Lost Your Edge? - Effectiveness in Ministry" - Tricia Steeper

"When the Needy One is You" - Jan Dennis

Your **REFRESH committee**: Tracy Dunn, Janine Boddy, Janice Potvin, Trishe Colman, and Jan McGuire

COST and REGISTRATION DEADLINES: first come, first served

EARLY: Before September 10th, 2010: **LATE:** After September 10th, 2010:

2 to a room at \$215.00

2 to a room at \$235.00

4 to a room at \$165.00

4 to a room at \$185.00

REGISTRATION DEADLINE: October 10th, 2010

Cancellation Policy: No refunds will be given after October 10th, 2010

TENTATIVE SCHEDULE for Weekend

Friday

Check in time any time after 3:00PM

Registration from 6:00 - 7:00PM

Welcome and Worship 7:30PM in main room

Evening Snack and REFRESH time with friends 9:15PM

Saturday

Breakfast at 8:00 AM

Worship and Session 1 - 9:15AM

Lunch at 12:00 noon, then free time till 5:00, when supper is served.

Worship and Session 2 after supper followed by anniversary party

Evening Snack and REFRESH time with friends 9:30PM

Sunday

Breakfast at 8:00AM

Pack and Check-Out at 9:00AM

Worship (Session 3) with Communion

Noon Lunch and Farewells

REGISTRATION DETAILS: See insert as well.

Payment can be made by cheque or money order made out to Convention of Atlantic Baptist Churches, or by phoning the registrar, Janice Potvin, at 902.678.3227 with credit card information. Janice's email address is potvinpiano@hotmail.com. **Payment is due at time of registration.**

Email confirmation will be sent upon receipt of form and payment.

FREE TIME this year has been expanded to include some recreation and fellowship. We encourage you to shop, sleep, read, vegge - whatever will give you a change of pace and provide refreshment to your soul. In addition to these old favorites, we are offering the opportunity to swim, do a craft, participate in a book club, or take in a fun seminar on decorating. On your registration form (enclosed), please check the appropriate box(es) that apply.

A gentle **REMINDER:**

to make sure that you send us all the information about any allergies to food and / or special dietary food needs

to make sure your email address is clearly written and up to date. You may have moved or changed providers...