



Welcome to Rainbow Trail!

Thank you for registering for the Rainbow Trail Lutheran Women's Retreat!

We cannot wait to spend a weekend of fellowship, worship, and fun with all of you. This packet includes important information to prepare you for this weekend's retreat.

Here is a breakdown of what you have received:

Weekend Schedule

Retreat Theme and Speaker Letter

What to Bring

Frequently Asked Questions

Directions to Rainbow Trail

RTLCL Site Map

RTLCL Staff Contact Information

We will see you all soon!

God's peace,
The RTLCL Staff

2024 RTLC WOMEN'S RETREAT



All meals will be held in our Aspen Dining Hall.

Please view sign-ups for times and locations of Saturday activities! Schedule subject to change.

Friday

4:00pm Registration begins (Columbine)
6:00pm Dinner
7:30pm Session & Worship (Pavilion)
8:30pm Craft and Fellowship (Pavillion)

Saturday

8:00am Breakfast
9:00am Zumba (or half hour massages)
10:00am Coffee and Devotional (Aspen)
10:30am Session (Pavilion)
12:00pm Lunch
1:00pm Free Time Activities
Hiking, Massages, Archery, High Ropes, Pop Shop (4:30-5:30)
5:30pm Dinner
6:30pm Session and Worship (Pavilion)
8:30pm Fellowship and Snacks (Pavilion)

Sunday

7:00am Cereal Bar Available
8:30am Worship with Communion (Location: TBD)
9:30am Brunch
10:30am Departure

MORE ON THIS YEAR'S RETREAT THEME:

The Wilderness Within: Discovering Yourself and Community Through the Enneagram.

Scripture focus:

Romans 12:2 – “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is- his good, pleasing and perfect will.”

Philippians 4:6-7 – “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Ephesians 4:2-3 – “Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.”

To me, these three lead us on a path of discovery: 1. Recognizing and understanding who we are through the lens of Enneagram and the mirror of discipleship. 2. Releasing fear or anxiety about what we are NOT and growing through the strength and equipping of God into who we ARE. 3. Restoring relationships that have been damaged or fractured by not knowing and loving ourselves.

LETTER FROM OUR KEYNOTE SPEAKER:

Greetings Gals!

In 2 weeks or less we'll all be together embracing the start of autumn in the beautiful Sangres. I'm so grateful to the RTL staff team for inviting me back to share in this weekend with all of you as we explore **THE WILDERNESS WITHIN**.

Hopefully you caught in the promo and registration materials that we'll be using the Enneagram as a launchpad for our content times. In order for that time to be the most effective I need everyone to do a little prep in advance of arriving on site.

1. Have taken an **Enneagram assessment** in this calendar year. If you've never taken one or you've lived through many life seasons since you last took one, I'd encourage a refresher.

There's many options all over the internet and most tests are free. I just came across: <https://personalitypath.com/> and it may be my favorite version of the testing, great thoughtful questions that are a bit out of the box. You will get your assessment for free and you can see their online resources for each of the 9 numbers. There's an option to purchase an in depth personalized profile for \$27 if you want to dig deeper. But please come to the retreat knowing your number and being a bit familiar with what being a Challenger or Enthusiast (for example, an 8 or 7) means.

2. **Bring a photo** (actual or on your phone) of YOU being your most 7 self (or 4 or 9 or whatever your assessment indicates)a great selfie, you in a location or event that fits your number, you doing an activity that is totally your 4 (or 9 or 2) shining through.

3. **Craft supplies:** Traci will be leading us in making these cute button sculptures/vases (sample pictures attached) and while she'll have most/all of the supplies you'll need, folks have asked over the years to know in advance what the craft will be so they can bring supplemental/personal supplies if they wish. SO....if you have buttons or beads that might hold unique meaning to you that you might like to incorporate, please bring them along. If you have a bag of "non-meaningful" buttons you'd like to donate to the cause, by all means. ALSO....if you have wire cutters please bring those with you. The process will be aided if we're not all sharing 4 pairs of wire cutters.



Other things to highlight: Yoga, Zumba, Hiking, Hlghropes, Archery will all be offered as early morning and/or free time options. Please bring appropriate clothes, shoes, gear (yoga mat or beach towel for example) if you want to participate in those options.

Bring **WHATEVER** will feed your soul for the free time sections- books, crafts, drinks and snacks to share. It's your retreat. Your time to come into the wilderness and rest and restore YOU!

And please read **Delta's welcome packet** for all the camp specific details. We'll see you on either TH (the 26th for personal retreat registrants) or FRI (the 27th)!!! Can't wait to explore THE WILDERNESS WITHIN with all of you!

Blessings!

Missie Bonser

MORE ON OUR SPEAKER, MISSIE BONSER:

I am an ELCA Deacon (currently free ranging and leaning into God for next things) and RTALC camper, staff and congregational leader alumni. Rainbow Trail is one of my top three sacred spaces- where I met my hubs of 34 years (Howard), where my young adult children (Ben, Noah and Eden) were claimed in the water, loved into their own camper and staff journeys and where scores of kiddos who grew up under the branches of ministry where I served for 28 years walked through their "Wilderness Within" discovering themselves and God's calling on their lives as they continued the legacy of serving on the mountain.

I have been in my own personal wilderness time since 2022: Moving across country (and taking a hiatus from years of RTALC Women's Retreats) to serve as a director at Lutherrock, a camp in the Blue Ridge Mts of NC, and then coming home for a stint doing Development work for a global non-profit based in the Springs. God is still opening and closing doors, making crooked paths straight and surrounding me in comfort and daily gratitude for who He shaped me to be (a zippy 7 with a strong 8 wing.)

I love beaches (hence NC), great worship music, sunsets, yummy flatbread from our pizza oven, bougie coffee around a table with good friends, laughter and traveling the world to encounter the other 8 numbers face to face.



RTLC Packing List

Clothing:

- Layers of T-shirts, sweaters and sweatshirts
- Pants
- Undergarments
- Two pairs of shoes
- Warm socks (several pairs in case some get wet)
- Hat and gloves
- Rain gear
- Warm pajamas
- Windproof jacket
- Snow jacket*
- Snow boots*

*weather permitting



Toiletries:

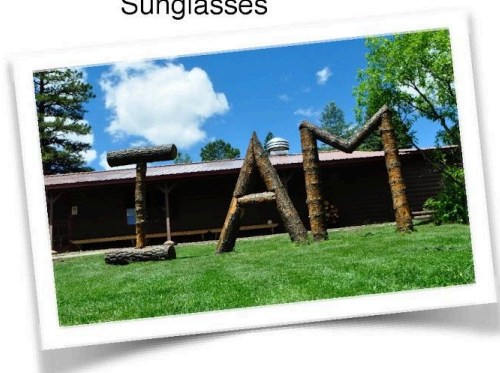
- Towel and washcloth
- Soap and shampoo
- Toothbrush/toothpaste
- Lip balm or chapstick
- Sunscreen
- Other personal items as needed

Bedding:

- Sleeping bag and pillow

Other Items:

- Bible
- Camera
- Water bottle
- Flashlight
- Alarm clock (battery powered)
- Sunglasses



FREQUENTLY ASKED QUESTIONS

Should I bring my own bedding?

Yes! Most retreat participants bring a sleeping bag and pillow. However, a pillow, sheets, and a blanket will work as well.

How do I sign up for activities?

Activity sign-ups will be out during the weekend along with the time and location to meet. All activities except for massages and high ropes (\$15) are covered in your retreat fee!

Will I be sharing a room?

Room requests are collected during registration or email, and all housing will be completed based on those requests. If you have any concerns or questions regarding room assignments, please let Delta know ASAP.

DIRECTIONS TO CAMP

From Denver

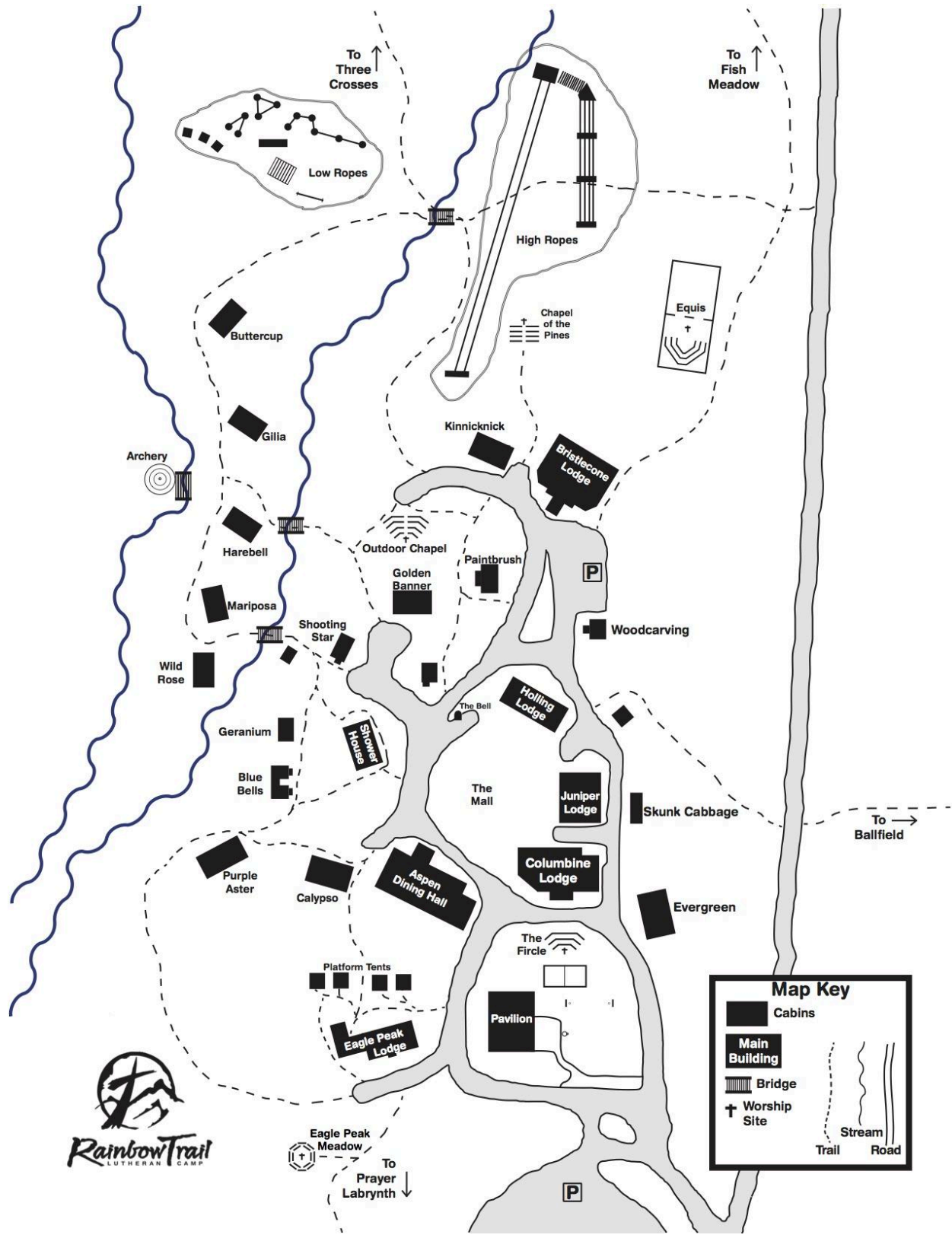
Take I-25 south to Colorado Springs and Exit 140. Continue straight off the exit, following signs for Nevada Avenue. Turn right on Highway 115/Nevada Ave. towards Canon City. Continue approximately 34 miles south on Highway 115 to Penrose. Exit onto Highway 50 and go 11 miles west to Canon City. Stay on Highway 50 for another 26 miles to Texas Creek. Turn onto Highway 69 and go 11 miles south to Hillside. Follow the blue Rainbow Trail Lutheran Camp sign, turning right onto gravel road just after Hillside (County Road 198/Billy Humble Road).

From Albuquerque

Take I-25 north to Walsenburg and take exit 52 onto Highway 69. Go approximately 60 miles north on Highway 69 to Westcliffe. Continue north 16 miles on Highway 69 to Hillside. Follow the blue Rainbow Trail Lutheran Camp sign, turning left onto the gravel road just before Hillside (County Road 198/Billy Humble Road).

From Billy Humble Road

- The camp is 4 miles up this dirt road.
- Follow the signs for Rainbow Trail Lutheran Camp (not Rainbow Trail!) until you see the large Forest Service Rainbow Trail Lutheran Camp sign.
- Keep left at this sign
- Keep to the right until you come to the first lodge. This is Columbine where you'll register, find out where you're staying, and meet some fine Rainbow Trail staff.



Map Key

- Cabins
- Main Building
- Bridge
- Worship Site
- Trail
- Stream
- Road

CONTACT INFORMATION

Rainbow Trail Lutheran Camp office: (719)942-4220

Delta Regennitter (RTLC Retreat Director): (830)998-1125

Email: delta@rainbowtrail.org

Nick Ehrhardt (Musician): (719)494-7844

Email: sendnickanemail@gmail.com

Missie Bonser (Keynote Speaker): (719)651-5907

Email: missiebonz@gmail.com

Your Team!

Keynote speaker:



Missie



Delta



Nick



Chris



Zach



Eli