

Killin' it with Kindness

WOMEN'S RETREAT 2017





HIKING GUIDE

SAFETY

- Always have water
- Tell someone where you are going
- Protect yourself from the sun
- Know the Trail. Unsure? Ask group host

THINGS TO AVOID

- Rattlesnakes
- Scorpions
- Poison Oak
- Ticks

TRAIL INFORMATION

BIG CROSS:

A strenuous out-and-back climb to the peak of Brent's Mountain. Round trip it is just under 2 miles with 1080ft elevation gain. 1.5-3 hours. Talk with Activities Coordinator before climbing.

LITTLE CROSS:

Enjoy a scenic overview of Mt. Crags. A moderate out-and-back uphill hike. 0.66 miles one way. Round trip time is about 30-45 minutes.

FIRE ROAD:

A service road that connects Mt. Crags and Gilmore. Perfect for an early morning nature walk. Begin loop at either camp. About 1 mile round trip.

GILMORE CROSS:

Easy out-and-back 5 minute walk accessible from the Fire Road. Overlook of Camp Gilmore.

CHAIRS TRAIL:

Moderate hike to an overlook of Wilderness Camp. Accessible from the Gilmore Cross Trail. 0.6 miles one way from the Fire Road.

ADDITIONAL TRAILS:

- Malibu Creek State Park is accessible from our property on Mt. Crags side. Take the road towards the conference center and go around the gate.
- Tapia Spur trail-head is just outside camps main gate on the left side.
- Map of the surrounding area and hikes are available upon request.

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Please Welcome

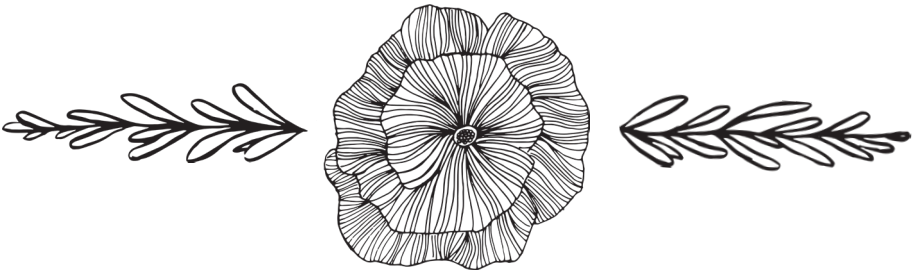
OUR GUEST SPEAKER: KATHLEEN KEGEL



FRIDAY SCHEDULE

September 15, 2017

- 3:00 - 6:00 P.M. Free Childcare at ABF
- 3:00 - 5:00 P.M. Check in at Mt. Craggs Conference Center
- 3:00 - 5:00 P.M. Free Time
- 5:30 P.M. Dinner: Tri Tip!
- 7:00 P.M. **WELCOME, WORSHIP & TEACHING**
SESSION 1: KILLIN' IT WITH KINDNESS
- 8:30 P.M. Small Group Assignments & Breakout Time
- 9:15 P.M. Morning Quiet Time Explanation & Handout
- 9:30 P.M. Bonfire & S'Mores



FREE TIME OPTIONS

COFFEE | SNACKS
MINGLING
FIRE ROAD HIKE
(SELF GUIDED)

PING-PONG
CARPET BALL
FOOZ BALL
LAWN GAMES

SATURDAY SCHEDULE

September 16, 2017

- 6:00 A.M. Early Bird Guided Hike - Tapia Spur Hike*
- 7:00 A.M. Early Morning Coffee & Quiet Time
- 8:00 A.M. Breakfast
- 8:45 A.M. Group Picture - Picnic Tables by Dining Hall
- 9:00 A.M. Mentor Connection - Assignments Given After Group Picture
- 9:45 A.M. God Stories (Jana & Donna)
- 10:00 A.M. **SESSION 2: SLOW DOWN**
- 11:15 A.M. Small Group Breakout Time
- 12:30 P.M. Lunch
- 1:00 P.M. Free Time
- 2:30 P.M. ALL PLAY Wiffle Ball Game - Small Group Teams
- 4:00 P.M. **SESSION 3: RELEASING THE RESULTS**
- 5:30 P.M. Dinner & Small Group Breakout Time
- 6:30 P.M. **SESSION 4: FINAL WRAP UP & SHARING**
- 9:00 P.M. Hit the Road

FREE TIME OPTIONS

POOL - 1:30-3:30 P.M.
SELF GUIDED HIKING
(SEE MAP)
PING-PONG

HORSESHOES
VOLLEYBALL
READ | CHAT
SLEEP | RELAX

Welcome:



★
MEET
HERE!

CAMP MT. CRAGS

- | | | |
|----------------------------|---------------------|--------------|
| 29 BASKETBALL COURT | 40 DIRECTOR'S HOUSE | 6 LAUNDRY |
| 18 BOSANKO CABIN | 28 FLICK HALL | 30 LEIDZEN C |
| 34 BROUGHTON CABIN | 10 GOWANS PAVILLION | 7 LOADING D |
| 11 CEDAR MEETING ROOM | 21 JAVA | 4 MAINTENAN |
| 17 COLES CABIN | 22 CAMP STORE | 39 MAINTENAN |
| 3 CONFERENCE CENTER | 16 LARSSON CABIN | 19 MALLET |

CAMP GILMORE

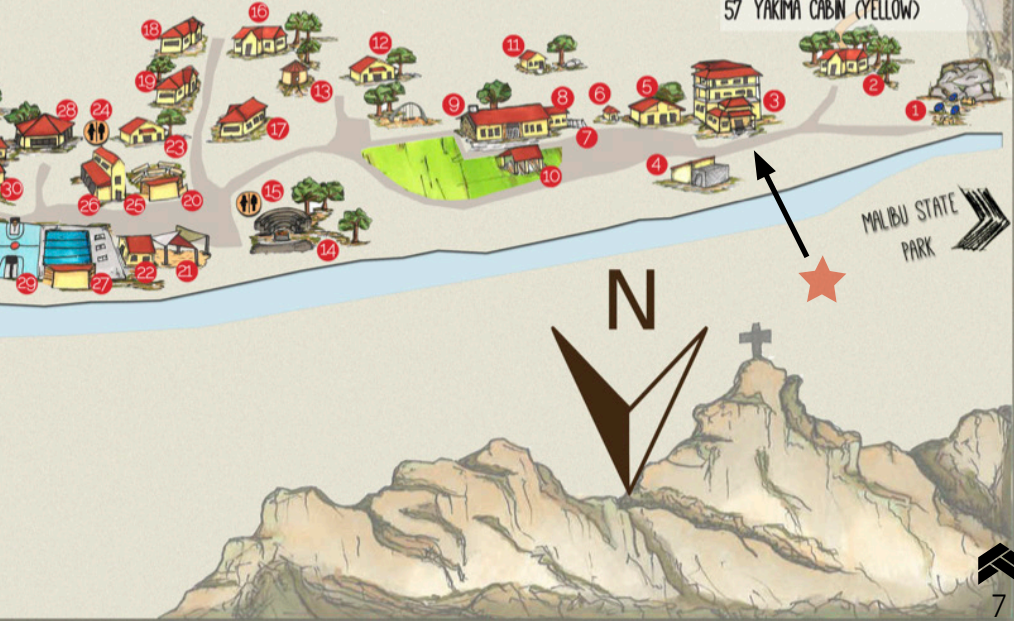
- | | |
|-------------------------------|--------------------------------|
| 69 ANNIE OAKLEY LODGE | 62 CIRCLE G CABIN (GREEN) |
| 55 APACHE CABIN (YELLOW) | 70 CALAMITY JANE LODGE |
| 42 BENTLEY MEETING ROOM | 45 TUMBLE WEED APARTMENT |
| 75 BUFFALO BILL CABIN (WHITE) | 74 DANIEL BOONE CABIN (WHITE) |
| 78 MOWERY AMPITHEATER | 71 DAVY CROCKETT CABIN (WHITE) |
| 53 CHEROKEE CABIN (BLUE) | 65 DOUBLE BAR X CABIN (GREEN) |
| 49 CHEYENNE CABIN (BLUE) | 43 GILMORE DINING HALL |



MT. CRAGS & GILMORE MAP

36 MAPLE LODGE	5 OAK LODGE	8 RILEY MEETING ROOM	31 WHIFFLE BALL FIELD
32 MERRITT CABIN	26 OFFICE	12 SEQUOIA LODGE	14 WILL ROGERS AMPITHEATER
1 MT. CRAGS ARCHERY/ROCKWALL	23 PINE LODGE	35 SLATER CABIN	37 WILLOW LODGE
9 MT. CRAGS DINING HALL	38 POPLAR LODGE	33 SOCCER FIELD	13 YURT MEETING ROOM
27 MT. CRAGS SWIMMING POOL	15 RESTROOMS	25 SYCAMORE LODGE	
20 OAK GROVE AMPITHEATER	24 RESTROOMS	2 TAMARACK	

47 GILMORE SWIMMING POOL	66 OK CORRAL CABIN (GREEN)	77 RESTROOMS	52 WALLA WALLA CABIN (BLUE)
64 HIGH CHAPARRAL CABIN (GREEN)	79 PAINTBALL/GILMORE ARCHERY	60 RILEY HALL	41 WALT LODGE
73 JIM BOWIE CABIN (WHITE)	56 PIUTE CABIN (YELLOW)	48 ROPE/CLIMBING COURSE	80 WILDERNESS CABIN
72 KIT CARSON CABIN (WHITE)	67 PONDEROSA CABIN (GREEN)	44 SAGEBRUSH LOFT	81 WILDERNESS CABIN
58 MOHICAN CABIN (YELLOW)	63 RAWHIDE CABIN (GREEN)	51 SHAWNEE CABIN (BLUE)	82 WILDERNESS NATURE CENTER
46 COVERT MEETING ROOM	59 RESTROOMS	54 SIOUX CABIN (YELLOW)	83 WILDERNESS RESTROOMS & KITCHEN
50 NAVAJO CABIN (BLUE)	68 RESTROOMS	61 SMOKEY LODGE	76 WYATT EARP CABIN (WHITE)
			57 YAKIMA CABIN (YELLOW)



SESSION 1: Killin' it with Kindness

NOTES:

What does kindness really mean?

A hand is holding a black rectangular sign. The sign has the text "practice random acts of" in white, lowercase, sans-serif font. Below that, the word "KINDNESS" is written in a large, bold, green, uppercase, sans-serif font.

practice random acts of
KINDNESS

SESSION 1: Motivations of Kindness

A. Kindness Benefits Me | Proverbs 11:17

A man who is kind benefits himself, but a cruel man hurts himself.

B. Kindness Honors God | Proverbs 14:31

Whoever oppresses the poor shows contempt for their Maker, but whoever is kind to the needy honors God.

C. God Rewards Kindness | Proverbs 19:17

Whoever is kind to the poor lends to the LORD, and he will reward them for what they have done.

D. When We're Kind, We Represent Our Father | Luke 6:32-36

If you love those who love you, what credit is that to you? Even sinners love those who love them. And if you do good to those who are good to you, what credit is that to you? Even sinners do that. And if you lend to those from whom you expect repayment, what credit is that to you? Even sinners lend to sinners, expecting to be repaid in full. But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is KIND to the ungrateful and wicked.

E. God's Kindness Leads To Repentance | Romans 2:4

Don't you see how wonderfully kind, tolerant, and patient God is with you? Does this mean nothing to you? Can't you see that his kindness is intended to turn you from your sin?

SESSION 1: *Expressions of Kindness*

A. Kind Words | Proverbs 12:25

Anxiety weighs down the heart, but a kind word cheers it up.

B. Kindness to the Needy | Proverbs 14:21-22

Blessed is the one who is kind to the needy.
Do not those who plot evil go astray? But those
who plan what is good find love and faithfulness.

C. Kindness to Difficult People | 2 Tim 2:24

A servant of the Lord must not quarrel but must
be kind to everyone, be able to teach, and be
patient with difficult people.

D. Kindness in Return for Unkindness | 1 Cor 4:12-13

When we are cursed, we bless; when we are
persecuted, we endure it; when we are
slandered, we answer kindly.



But when the
Kindness and love of God
OUR SAVIOR APPEARED,

HE SAVED US,
not because of righteous
things we had done, but
BECAUSE OF HIS MERCY.

HE SAVED US
through the
washing of rebirth and renewal
BY THE HOLY SPIRIT

Titus 3:4-5

TAPIA SPUR TRAIL MAP





P

Summit
744'

Tapia Spout Tr

1.1

Malibu Cr

Camp
David
Gonzales
(LACO)

SEE INSET MAP

Tapia Park

Las Virgenes Canyon Rd

Las Virgenes Rd

JOURNAL | DOODLE



It is *useless* for you to
work so hard from early
morning until late at night,
anxiously working for food
to eat; for *God* gives rest
to his *loved* ones

Psalm 127:2

SESSION 2: *Slow Down*

When does the Bible say it's good to be slow?

A. Slow To Speak... | James 1:19

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.

B. Slow To Anger | Psalm 145:8

The LORD is gracious and compassionate, slow to anger and rich in love.

C. Slow To Make Decisions | Proverbs 19:2

Enthusiasm without knowledge is no good; haste makes mistakes.

D. Slow To Call A Lawyer | Proverbs 25:8

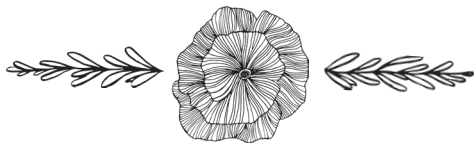
Do not hastily bring into court, for what will you do in the end, when your neighbor puts you to shame?

E. Slow To Place Someone Into Spiritual Leadership | 1 Timothy 5:22a

Never be in a hurry about appointing a church leader.



NOTES:



SHOW ME, Lord, my life's end
and the **NUMBER OF MY DAYS;**
let me know how **FLEETING MY LIFE IS.**

You have made my days
a mere *handbreadth;* the span of
my years is as *nothing* before you.

EVERYONE IS BUT A BREATH,
even those who **SEEM SECURE.**

Surely *everyone goes around* like a **MERE PHANTOM;**
IN VAIN *they rush about,* **HEAPING UP WEALTH**
without knowing whose it will **FINALLY** be.

BUT NOW, Lord, what do I look for?
My hope is in you.

Psalm 39:4-7

BE KIND
for
EVERYONE
YOU MEET *is*
FIGHTING
a HARD BATTLE

Hiking Map:






Big Cross Trail—0.9mi

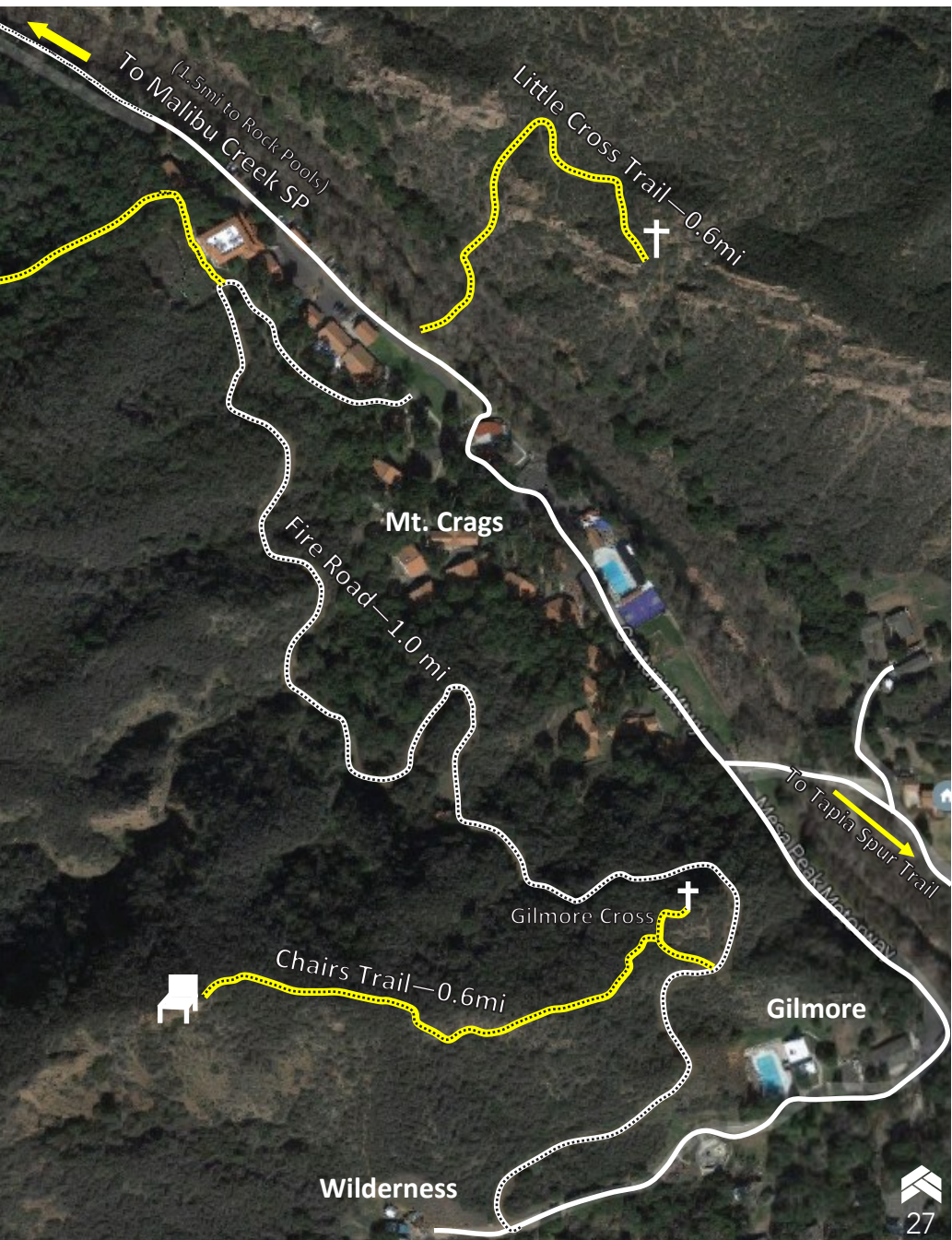


Mt. Crags & Gilmore Camp & Conference Center

Map Features

-  Foot Path
-  Fire/Service Road (authorized vehicles only)
-  Primary Road

SELF GUIDED HIKES



SESSION 3: *Releasing the Results*

NOTES:

2 Samuel 9 | 2 Samuel 10



PRAYERS:

A. "Lord, this kindness is for YOUR sake..." | Matthew 25:40

The King will reply, "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."

B. "Lord, please bring good fruit from this kindness." | 1 Corinthians 3:7

So neither the one who plants nor the one who waters is anything, but only God, who makes things grow.

SESSION 3: SMALL GROUP BREAKOUT

A. Have you had Mephibosheth moments that have encouraged you lately?

B. Have you had Hanun moments that have deflated you lately?

Keep on sowing your seed, for you never know which will grow--perhaps it all will.

Ecclesiastes 11:6

SESSION 4: *Final Wrap Up*

NOTES:

If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you also should do just as I have done to you.

John 13:14-15



John 13:1-17

But the
fruit of the Spirit
is **LOVE, JOY, PEACE, PATIENCE,**

**KIND
NESS**

**GOODNESS, FAITHFULNESS,
GENTLENESS & SELF-CONTROL;**

against such things

there is no law



Galatians 5:22