

Bay Park Women's REFRESH Retreat

When: September 25-27th, 2026 (We will meet between 6:30- 7 p.m. on Friday)

Where: Camp IAWAH, Westport, ON

How much: \$210 for the whole weekend, \$165 for all day Saturday and one night or \$100 for all day Saturday

Why you should join us:

1. This is our 4th annual retreat at the beautiful Camp IAWAH. This has become a fun tradition for the ladies at Bay Park! It is a great combination of relaxation, fellowship and growing our connection with God.
2. We continue with the theme of Refresh, because we feel women always need a refresh! Our goal is to have a combination of fun activities, time to relax and refresh your soul with God & our community!
3. We will be enjoying 5 meals and 2 snacks together with delicious and healthy food! All dietary restrictions can be accommodated.
4. Your investment for the entire weekend is only \$210! That's incredible for 2 nights, 5 meals, 2 snacks and lots of fun! We recommend you come for the whole weekend to get the full value out of this retreat. That being said, we understand that it may be challenging for some, so we are offering an option to come for just one night or just the day on Saturday! Prices will increase by \$20 after September 8th, and we cannot accept registrations after September 18th. *If finances are holding you back from joining us, please email womens.ministry@baypark.ca to discuss getting financial aid.
5. This is a great time for connection with each other, but also with God! We will have time for worship, prayer and learning from each other! Also, quiet time in nature to enjoy God's presence and refresh your soul!
6. Rhonda Kotchapaw will be our speaker for the weekend. Rhonda has spent nearly four decades walking alongside people as a pastor's wife and counsellor. Married to her husband Mark for 42 years, she is a mother of three and grandmother of two. With a doctorate in Counselling and Psychotherapy, Rhonda runs a private clinic near Kingston with Mark, where she specializes in helping people find wholeness and understand their true identity in Christ. Rhonda will explore what it means to embrace the true gospel, recognize the subtle pull of legalism, and discover the freedom, joy, and security that come from living in the grace Christ has secured for us.
7. We will have lots of FUN! Our schedule allows lots of time for learning, connection, and fun together or individually! We will do things like canoeing, climbing, high ropes, sports, games, and other activities to help us connect, laugh and learn!

8. Trust me, friend, this will be an amazing weekend, so you should come; we would be so happy to have you!

Refresh Retreat Schedule

*subject to slight changes

	SEPTEMBER 25-27th, 2026
FRIDAY:	
6:00-7:00 pm	Arrive + settle in
7:00-8:30 pm	Welcome + Speaker + Worship
8:30-9:30 pm	Snack + Small Group Time
9:30 pm onward	Socialize + Bedtime
SATURDAY:	
8:30-9:30 am	Breakfast
9:30-10:30 am	Worship + Speaker
10:30-11:00 am	Quiet Time Alone
11:10-12:00 pm	Small Group Discussion
12:30-1:30 pm	Lunch
1:30-5:30 pm	Free Time (Many optional activities will be available)
5:30-6:30 pm	Dinner
6:30 pm-8:00 pm	Team Activity
8:00 pm-9:00 pm	Campfire
9:00 pm onward	Snack + Socialize
SUNDAY:	
7:00 am	Prayer with Mel (location TBD)
8:00 am	Wake up- snack in lower IAWAH
8:30-9:30 am	Worship + Speaker + Communion
9:30-10:00 am	Quiet time
10:00-10:45 am	Small Group Discussion
11:00-11:30 am	Brunch
11:30-12:00 pm	Pack up/ Free Time

