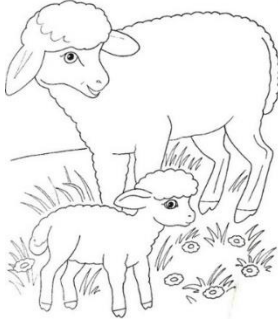
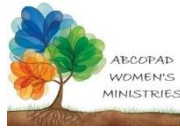


# THRIVE *Retreat* 2024



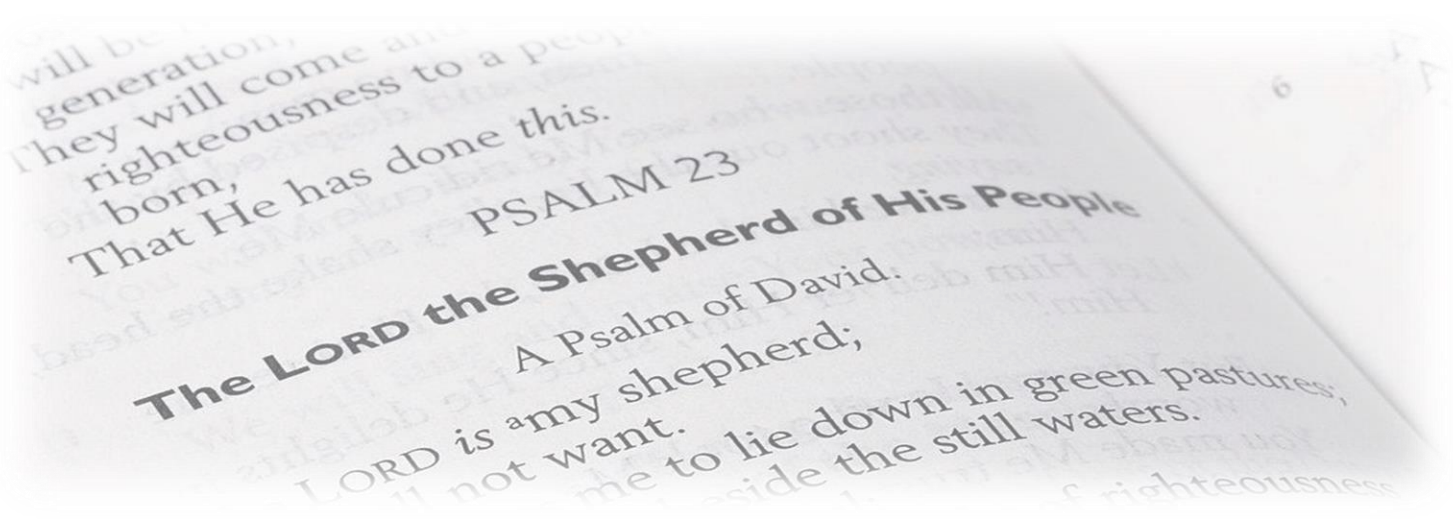
August 16 – 18

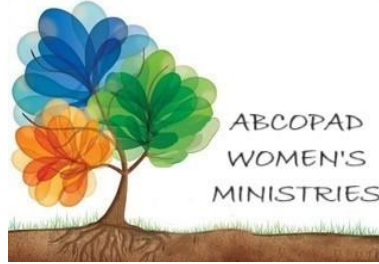
Camp Hebron, Halifax, PA



THRIVE Retreat is an ABCOPAD Women's Ministry event designed to bring women and girls together from all across our Region of Pennsylvania & Delaware for rest, fellowship, encouragement and edification in God's Holy Word.

Come expecting to be blessed!





## LEADERSHIP TEAM

PRESIDENT Sue MacDonald      suemac1973@gmail.com

SECRETARY Lori Jennings      lorijennings0316@gmail.com

TREASURER Sally Breski      sbreski@comcast.net

MISSION/SERVICE Sally Perry      rasperryjelly@gmail.com

HANDS-ON MISSIONS Pam Hughes      Pamsue.hughes@gmail.com

DIRECTOR/SPIRITUAL ENRICHMENT      Jodie Vasbinder      jesusavesptl@gmail.com

STUDENT LOANS Sonie Mervis      mervissonie@gmail.com

AB GIRLS Kristi Young      kmyoung221@gmail.com

## MEMBERS AT LARGE

Becky Crissman

Christy Meneely

Wanda McLean

Maureen Koeller

Karen Hutton

Angela Koeller

Jill Albright

Denise Miner

# THRIVE

Transformation\*Hospitality\*Restoration\*Instruction\*Virtues\*External Focus

The LORD is my Shepherd, I lack nothing! (And I can freely share what He provides!)

\*\*\*\*\*MISSION CRAFT\*\*\*\*\*

***SUCH A HIT FROM LAST YEAR – RETURNING!***

Making something fun and raising money for Region Project. For a **\$5 donation**, you may **choose one of several take home craft projects**. If you want to make one of each, you can – just donate another \$5 for a second project and another \$5 for the third project. It's that easy! Money will be collected at the mission craft table during the retreat. Projects will be on a first come, first serve basis and will be available when you arrive on Friday.

\*\*\*\*\*COOKIE TABLE\*\*\*\*\*

You created a **HIT** in 2023 with the spread of cookies brought to share – the THRIVE attendees, the camp staff, the 'early nibblers' (you know who you are!), and the other guests in the dining hall were all BLESSED by the works of your hands. We will do it again with everyone's help!

***Bring cookies for the THRIVE RETREAT 2024 Cookie Table!***

\*\*\*\*\*RETREAT IN A NUTSHELL\*\*\*\*\*

- WE ARE SO BLESSED to have Pastor Kelly Legg come as our keynote speaker for THRIVE Retreat 2024. Pastor Kelly's heart belongs to Jesus and it shows in the heart she has for people to know her Jesus. *Read her full bio in this mailing.*
- Large group gatherings with worship led by our returning talented musicians, Ryan & Emily Jeffries
- Updates, video chats and announcements about Region Mission Projects
- ONE OFFERING on FRIDAY EVENING (*envelopes will be provided where you may designate your giving to GENERAL FUND, 2024 MISSION PROJECT – CLEMMERS, OR OVER & ABOVE*)
- Saturday morning Business Meeting with Coordinators '5 minutes to spin it' challenge
- Saturday morning devotion with Susan Mahserjian-Smith
- Who is/are WIM? optional session
- Life Coach Kristi Young optional session
- Campfire & smores
- The COOKIE TABLE
- Psalm 23 trail walk/activity
- 5 delicious meals YOU DO NOT HAVE TO PREPARE – BONUS!!!
- 2 nights of trying to sleep but giggling and talking with roomies – because you can!!!
- Freedom to take walks or naps – your choice
- Catching up with dear friends, and making new ones
- Counting and revealing the generosity shown by YOU for the RETREAT PROJECT (*see flier in mailing*)
- Gazebo sitting
- Bird watching

All I can say, is the LORD your Shepherd leading you to green pastures and beside still waters?



## MEET OUR THRIVE RETREAT 2024 SPEAKER



### Reverend Kelly Legg

Rev. Kelly Legg's life-verse comes from Ephesians 3:20-21. In that breathtaking prayer the apostle Paul gives God a new name. He declares that our God is "He who is able to do immeasurably more than we can ask or imagine, according to His power that is at work within us." What a name! He is able to heal the broken, cleanse the messy, comfort the hurting, and provide for the lacking in ways greater than we can fathom, according to His power that is at work within *us*. That's why we can *rest* in Him.

Pastor Kelly is excited to unpack that promise as we get to join in this pursuit of thriving in Jesus together at Retreat this year. We get to marvel in the wonder of the God who is able to do immeasurably more than we can imagine through those who rest in Him. And to wrestle with our own tendency to think we can accomplish more if we "do for Him" rather than rest in Him.

For those who like to know the particulars about their speaker: Rev. Kelly Legg, better known as Pastor Kelly, grew up in WV attending an ABC-USA church. She earned her undergraduate degree at Washington & Lee University and Master of Divinity from Gordon-Conwell Theological Seminary. It has been her privilege to serve within ABCOPAD for nearly 15 years, first as pastor of First Baptist Church of Norristown and now as the senior pastor of the West Shore Baptist Church. Additionally, Pastor Kelly has represented ABCOPAD on the ABCUSA Board of General Ministries, instructed in our ACTS ministry school, and serves the south-central portion of our region as a Geographic Pastoral Servant (GPS). You can find her on YouTube or at [www.wsb.org](http://www.wsb.org).

**ONLINE REGISTRATION and PAYMENT is available**



[AB Women's Ministries \(abcopad.org\)](http://abcopad.org)



Visit the ABCOPAD website and click link THRIVE RETREAT 2024 for information and online options

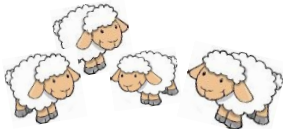
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**VISIT THE CAMP HEBRON WEBSITE TO SEE SYLVAN VIEW LODGING**

<https://www.camphebron.org/sylvan-view>

- SHEETS, PILLOWS & CASES, BLANKETS, TOWELS, WASHCLOTHS, HAND TOWELS **PROVIDED**
- LARGE SWIM TOWELS ARE NOT PROVIDED
- BRING PERSONAL TOILETRIES, HAIRDRYER, SWIM TOWEL

QUEEN BED SLEEPS 2		
TWIN BED SLEEPS 1		
TRUNDLE SLEEPS 1		



*The Lord is my shepherd; I shall not want. Psalm 23:1*

**The lodging spaces are SMALL but SUFFICIENT**

**SINGLE OCCUPANCY *will not be offered*** due to the limited rooms in Sylvan View. We want as many people as possible to be able to come and enjoy this new facility.

**TWO** to a room would be ideal – very roomy. (*'Arky Arky' option*)

**THREE** to a room is very doable – better option to allow more ladies to come. (*'Love Your Neighbor' option*)

**FOUR** to a room is doable, best option to allow the most ladies to attend. (*'Bear w/ One Another' option\**)

**SPACE IS LIMITED**

*Using the rooms to capacity will allow more ladies to attend the retreat*

**REGISTRATION WILL CLOSE IF/WHEN ALL LODGING IS BOOKED NON-REFUNDABLE DEPOSIT REQUIRED TO SECURE YOUR SPOT AT THE RETREAT**



**The meals are DELICIOUS**

Lining up for the buffet line we had fond memories of summer camp – Food was very plentiful and delicious. Camp Hebron handles all the known food issues I've dealt with in planning our ladies' events.

**The space is PERFECT**

Ladies may enjoy time together 'under one roof' as well as offering many 'out from under one roof' activities for those who would like to take advantage of them.



He leads me in paths of righteousness for His name's sake.

-Psalm 23:3b

**AS THE LORD'S PEOPLE, WE CAN HELP OTHERS BRING OTHERS INTO THE FOLD.**

**ONE OFFERING** WILL BE COLLECTED FRIDAY EVENING **AT THRIVE RETREAT** DURING THE GROUP SESSION. ENVELOPES TO DESIGNATE YOUR GIVING WILL BE AVAILABLE AT REGISTRATION. DESIGNATIONS WILL INCLUDE:

**REGION PROJECT** *each year a project is selected to focus our giving.*

**2023-2024 'FEED MY SHEEP, CARE FOR MY LAMBS'** helping global servants Bill & Ann Clemmer care for the children and people of Goma, Democratic Republic of the Congo (DRC) on the Congo Rwanda border. Full information in the flier linked here. [5 2023 2024 REGION PROJECT FLIER.pdf \(abcopad.org\)](https://www.abcopad.org/2023-2024-Region-Project-Flier.pdf)

**GENERAL FUND** *general support of American Baptist Women's Ministries of Pennsylvania and Delaware*

**OVER & ABOVE** *is the new offering for the ABCOPAD Women's Ministries. 100% of your giving dollars will remain with the ABCOPAD Women's Ministries, which means the decisions of how the funds are divided and used will be made by your Leadership Team and YOU!*



**CHECKS** written to 'ABWMOPAD' and designated 'Region Project' can be sent to:  
Treasurer Sally Breski, 1381 Butler Road, Worthington, PA 16262

**ONLINE GIVING LINK** <https://give.ministrylink.com/app/giving/abwmopad>

### **GIVING CHECKLIST FOR THRIVE RETREAT**

- RETREAT PROJECT – COLORFUL/PATTERNED DUCT TAPE, BRIGHT COLORED SHARPIE PENS, FRIENDSHIP BRACELET STRING, AAA BATTERIES, ENERGIZER BRAND HEADLAMPS (THEY TAKE AAA BATTERIES) BOXES OF BIC PENS
  - REGION PROJECT – SUPPORTING MISSIONS OFFERING
    - MISSION CRAFT PROJECT - \$5.00
  - OFFERING – DETAILS LISTED ABOVE ON THIS PAGE



**CAMP HEBRON, 957 CAMP HEBRON ROAD, HALIFAX, PA 17032**

**3PM - FRIDAY AUGUST 16, 2024 - REGISTRATION OPENS/5PM – EVENING MEAL AT SYLVAN VIEW LODGE**

**SATURDAY AUGUST 17, 2024 all day – SCHEDULED ACTIVITIES - OPTIONAL SESSIONS - FREE TIME**

**10AM – SUNDAY AUGUST 18, 2024 - ROOM CHECKOUT**

**10:30AM – CLOSING SESSION WORSHIP & COMMUNION**

# THRIVE RETREAT 2024 PROJECT

It has become a custom that as our ladies gather for events across PA or DE, we leave a generous footprint behind. Most notable are the larger gatherings where piles of bed linens, paper products, tee shirts, RIT dye or food stuffs might appear, but your leadership wants to encourage each group that gathers to find your unique way to be generous in the place and space in which you meet.

**Camp Hebron** has given their **2024 Wish List** to help us carry on this generous footprint custom. Let's help make some happy campers!

Duct Tape—Unique colors/designs



Sharpies—Unique colors



Friendship bracelet string  
(yes, embroidery floss!)



AAA Batteries



Energizer  
Headlamps



Boxes of BIC pens



**WE WILL HELP COLOR THEIR DAY AND LIGHT THEIR WAY!**

**Bring or send items to support the THRIVE Retreat 2024 Project.**

# 'FEED MY SHEEP, CARE FOR MY LAMBS'

## 2023-24 ABCOPAD WOMEN'S MINISTRIES REGION PROJECT

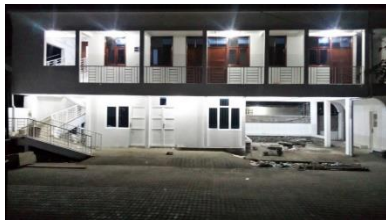


ANN and BILL CLEMMER reside in the Democratic Republic of the Congo (DRC) on the Congo-Rwanda border where they serve as regional consultants working with International Ministries partners, HEAL Africa and Interchurch Medical Assistance World Health, in the town of Goma.

Bill provides support to health care workers, hospitals, and clinics that provide life-saving maternal and child health services, while Ann supports educational and relief assistance to orphans and vulnerable children. You can read more about the Clemmers by visiting

<https://www.internationalministries.org/author/ab-clemmer/>

**REALITY 2021** - 2 million people lived in Goma, in the shadow of the deadliest volcano in the world, until late May 2021 when the eruptions began and hundreds of thousands of people fled to safety. Homes were destroyed, families were pulled apart, children orphaned. After the evacuation, 2000+ children were living in the streets of Goma, ages range from 5 to 17. Street children began arriving for Sunday School at HEAL Africa, a hospital in Goma – they come unwashed, wearing tattered clothing, and often had open sores or wounds. The Sunday School teachers had hearts for the children but only limited space and time to care for them. They began welcoming them Saturday mornings from 6am till 11am where they showered, got clean clothes, had access to counseling, could play in a safe environment, hear the Word of God, and be fed probably their only meal of the day – a large plate of rice and beans.



**RESPONSE 2022** – A letter from a couple in the U.S. asked, “If you had a dream, what would it be?” The volunteers who cared for the children one day a week responded unanimously, ‘A place where we could expand to full time ministry with these children.’ That couple responded by fully funding the dream of a facility where children could come daily for the care that was limited to just one day per week before the provision of a place.

**REALITY 2023** – Our ultimate goal is to find permanent homes for these children. It is heartwarming to see the changes in each child as the weeks pass. Our resources include the new building and large volunteer staff, including many teachers who give of their area of education, the adjoining hospital and clinic that cares for medical needs, the women in the church wash clothing and operational funding to last until October 2024. One of our biggest expenses is food...these children are chronically malnourished...and they need a healthy meal each day.

**RESPONSE 2023-2024** – You can help ensure continued care and feeding of these children. It costs 75 cents per day to feed a child. *Three shiny quarters* will provide the *daily food for a child!* How many quarters can you give?



**PROJECT BEGINS August 1, 2023 and ENDS July 31, 2024**

Questions? Contact Sally Perry, Mission & Service Coordinator [rasperryjelly@gmail.com](mailto:rasperryjelly@gmail.com)

Donations can be made to **REGIONAL MISSION PROJECT** online <https://give.ministrylinq.com/app/giving/abwmopad>

Donations by check written to 'ABWMOPAD' with '2024 REGIONAL PROJECT' in the memo line.

Mail checks to ABWMOPAD Treasurer: Sally Breski, 1381 Butler Road, Worthington, PA 16262





# SWEET LITTLE VARIETY SHOW

*Prepare something to share during THRIVE Retreat '24*

- *Individual or Group*
- *Music, Poetry, Skit, Skill*
- *Keep it fun*
- *Keep it clean*
- *Keep it under 3 minutes*



*Contact Jodie Vasbinder (814)845-2355 for more information and to sign up for*

***ABCOPAD'S GOT TALENT!***

# **TENTATIVE THRIVE RETREAT 2024 SCHEDULE**

*We are providing a **TENTATIVE** retreat schedule for use in planning our travel or for information if you would like to come as a day trip attendee.*

## **FRIDAY, AUGUST 16**

3:00-5:00pm Registration/Mission Craft

5:00-6:00pm Evening Meal

6:30pm Group Gathering w/ worship/2024 Mission Update/**Offering**

SPEAKER: PASTOR KELLY LEGG

8:30pm Campfire and Smores/Singing at the fire/Variety show *(if interest is shown)*

11:00pm Quiet & Lights out

## **SATURDAY, AUGUST 17**

8:00-9:00am Breakfast

9:15am Business Meeting/Coordinators *'5 minutes to spin it'*

9:45am Group Gathering/worship/devotion Susan Mahserjian-Smith

*Free time (pool open 11am-5pm)*

Noon-1:00pm Noon Meal

1:00pm Life Coach Kristi Young

1:00-5:00pm Activities of your choice. Sit in on the Life Coach session, walk the Psalm 23 path (available in print for those who choose to do the 'walking tour' inside), visit with friends, learn how to make a tee shirt, jump rope to add to Christmas Shoeboxes, Mission Crafts, swim, take a nap, hike to the summit (if you dare!), discover who 'WIM' are and what they do.

5:00-6:00pm Evening Meal

6:30pm Group Gathering w/ worship/2025 Region Project Announcement

SPEAKER: PASTOR KELLY LEGG

*Free time (pool open 7-9pm)*

8:30pm Campfire and Smores/Singing at the fire/Variety show *(if interest is shown)*

11:00pm Quiet & Lights out

## **SUNDAY, AUGUST 18**

8:00-9:00am Breakfast

9:00-9:45am Checkout of rooms

10:00am Group Gathering w/ message & communion

SPEAKER: PASTOR KELLY LEGG

**ABCOPAD**  
WWW.ABCOPAD.ORG



# RENEWAL FOR THE 21ST CENTURY CHURCH

*Biennial Leadership  
Conference*

**OCTOBER 17-19, 2024**



Keynote Speaker  
and Facilitator

**REV. DR.  
MICHAEL BECK**

**Blair County Convention Center**  
One Convention Center Blvd  
Altoona, PA 16602

**Scholarships  
Available**

**American Baptist Churches of  
Pennsylvania and Delaware  
Women's Ministries**

Pittsburgh Baptist Association  
159 N Bellefield Avenue  
Pittsburgh, PA 15213

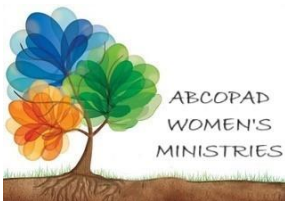
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AMERICAN BAPTIST CHURCHES OF PENNSYLVANIA AND DELAWARE WOMEN'S MINISTRIES

# THRIVE RETREAT

## AUGUST 16-18, 2024



CAMP HEBRON, 957 CAMP HEBRON ROAD  
HALIFAX, PA 17032 18 miles north of Harrisburg, PA



*The LORD is my Shepherd....I shall not want. Psalm 23:1*

\*\*\*\*\*

The purposeful design of this retreat is that we get away from the world and draw near to God and each other through quiet times, small groups, short group sessions, mission projects, planned activities and free time.

***The 3 days/2-night retreat fee is \$175 per person.***

The Retreat Fee includes lodging in newly-updated motel style rooms (2-4 per room), 5 meals, meeting spaces, and full use of many activities provided for guests as Camp Hebron, including the swimming pool, frisbee golf, MANY walking trails and much more of God's beautiful creation to explore. For some we know this will be a nostalgic stay, for some this will be a first time get away to this very special piece of heaven on earth.