

Join us for the 2026 Fall Women's Retreat!

## JUST KEEP SWIMMING

Speaker: Kirby Hughes Marks

Chaplain: Deb Murphy



Coordinators

Wende Barrett and Becki Whitaker

Sep. 25-27, 2026

Koronis Ministries Retreat Center  
Paynesville, MN

**What is Fall Retreat?** Join us for a weekend away from your everyday life! We learn, pray, sing, play, rest, and build relationships. We enjoy the beauty of the change of season on the shore of Lake Koronis. We are touched by each other's stories, and we might shed a tear or two and almost certainly will laugh a lot! We eat waaayyy too much - and let someone else make our meals. The Retreat is yours for what you need – activities, rest, learning, enjoying nature, reading, craft projects and being with other delightful women!

**What to expect:** We have a few sessions with a main speaker, this year it's our own Kirby! We have worship time and space, led this year by Deb Murphy. There are breakout sessions to choose from a variety of activities and topics. There is down time for relaxing, connecting with others, or whatever you want to make of it. There's a lot of food. We sleep in a hotel style building with a bathroom in each room. Things start at 7pm Friday night and run through lunch on Sunday. You can be present for as much or as little as you'd like. We also have an all-virtual option if you just want to observe!

### It's WHERE?

Koronis Ministries is located at 15752 Co Rd 181, Paynesville, MN 56362. It's a beautiful camp on a lovely lake, worth the drive!

## **Sounds awesome! How do I register?**

Registration happens online at [www.uppermidwestcc.org](http://www.uppermidwestcc.org)

Beth MacWhorter scholarship fund: We want everyone to be able to attend! For scholarship information, contact treasurer Becky Barkley, [beckydeals74@gmail.com](mailto:beckydeals74@gmail.com) or 515-577-5688.

Registration is due by Sep. 16, but you'll be entered in the early bird prize drawing if you register by Aug 18!

Please note, we are making an effort to grow our numbers at this retreat. There will be no single rooms available this year. Double rooms are not guaranteed, and will only be available as space allows on a first come, first served basis. If given the option to upgrade to a double room, an upgrade charge of \$25 each will apply. Rooms will primarily have 3 occupants, with a possible maximum of 4 occupants. Roommate requests are still welcomed. The best way to have more space is to bring more friends! If our numbers grow enough we can reserve another building!

Room rates:

\$250 for 3-4 people/room

\$275 for 2/room (limited availability)

## **Other things to know**

**PHOTO POLICY:**

Please be advised that photographs are allowed (and encouraged) at retreat. There will be one official retreat photo taken for documentation purposes, and some church areas choose to have a smaller group photo taken as well. These photos will be posted to the Women's Retreat Facebook page. You are welcome to opt out of these photos, but the retreat cannot control all of the candid photos taken during the weekend. You are welcome to decline photos and to make reasonable requests to be removed from photos you do not want to be included in, but the retreat holds no responsibility for candid photos taken.

**SUBSTANCE POLICY:**

Koronis Camp does not allow smoking, alcohol, tobacco, or THC products on their grounds. This is not a women's retreat policy, but the policy of the venue. Please do not bring or plan to use these substances during the retreat weekend, as violation will cause our group to be banned from future bookings. Thank you for your understanding and cooperation.