Singles 2015 Spring Retreat
April 17-19, 2015
Mt Aetna Retreat Center

Theme: Choosing to Live a Full Life with Purpose

Brochure/Registration Form

Dr. Katia Reinert, PhD, CRNP, FNP-BC, PHCNS-BC, FCN, is a Family Nurse Practitioner and Public Health Clinical Nurse Specialist with training in depression treatment and the integration of faith and health. Prior to accepting the call to serve as the Health Ministry Director for the Adventist Church in North America she was the Health Ministry Clinical Supervisor and Faith Community Nurse Coordinator for Adventist HealthCare.

Dr. Reinert also serves as the Director for Adventist Recovery Ministries for North America and is passionate about assisting people in Recovery. She has a special interest in Lifestyle and Preventive Medicine in the treatment of physical and mental/emotional disorders.

Originally from Brazil, Dr. Reinert enjoys traveling and exploring the world while doing medical missionary work. Her dream is that all of God’s children—regardless of race or country, age or gender, or whatever challenges they face – may experience restoration and an abundant life through God's
love and grace, reaching their full potential for service to God and a world in need.

Program

**Friday, April 17, 2015**

4:30 PM  Registration
6:00 - 6:45 PM  Supper
7:30 PM  Welcome and Announcements
7:45 PM  Katia Reinert:  
*Choose to Cultivate Healthy Relationships*

**Sabbath, April 18, 2015**

8:00 - 8:45 AM  Breakfast
9:30 - 10:45 AM  Sabbath School
10:45 - 11:00 AM  Break
11:00 - 12:00  Katia Reinert:  
*Choose to Focus on What is True and Worthy of Praise, Cultivating Forgiveness and a Spirit of Gratitude – Part 1*

NOON

Lunch

1:30 - 4:00 PM  Afternoon Activities
4:00 - 5:30 PM  Katia Reinert:  
*Choose to Focus on What is True and Worthy of Praise, Cultivating Forgiveness and a Spirit of Gratitude – Part 2*

6:00 - 6:45 PM  Supper
7:30 - 8:30 PM  Katia Reinert:  
*Choose to Exercise Regularly, Eat a Healthy Diet and Make Time for Rest*

9:00 PM  Bonfire, weather permitting

**Sunday, April 19, 2015**

8:00 - 8:45 AM  Breakfast
9:00 AM  Announcements
9:15 AM  Katia Reinert:  
*Choose to Spend More Time Alone with God and Engage in Unselfish Service*

10:30 AM  Friendship Circle

**What to Bring**

- Bedding for a single bed
- Towel and washcloth, toiletries
- Casual & dress clothes
- Camera, flashlight
- Musical instrument
- Bible
- Walking shoes for hiking
- Bottled water
- Insect repellent
- Umbrella

**Who Should Attend**
Adventist Adult Single Ministries activities are for singles of all ages. Most of the group consists of people middle aged and older; however, we encourage and welcome younger singles and singles of any age, as well as those who are not Seventh-day Adventists to attend. Alumni are always welcome!

**Special Appreciation**
We are able to keep our retreat costs down thanks to generous contributions from one of our singles.

**Location**
Mt. Aetna Retreat Center
21905 Mt. Aetna Road
Hagerstown, Maryland 21742
301-824-6045

**Directions from Frederick**
Highway 70 West to Route 66 (Exit 35)
Right on 66 North toward Smithsburg
Go 1.4 miles to traffic circle
Go right on Mt. Aetna Road
Go 1 mile and right at entrance sign

**Costs**
- Sabbath only $10/Meal
- Cabin Weekend $70
- Lodge Room $95

**Deadline**
April 14, 2015

**For additional information contact**
Fred Thomas: Fmthomas1950@yahoo.com / 410-992-9731
Howard Bankes: 410-531-3192