

All Ministers of Word and Sacrament and CLPs  
from North Central Iowa and Prospect Hill Presbyteries are invited to attend

# Rest and Refreshment

A Retreat for Pastors and Spouses  
Presbyterian Camp on Okoboji  
October 25–27, 2009

## How to Lead an Interesting Private Life (When your public life is ministry)

**Mary Honstead, Ph.D., L.P.**

*Staff Psychologist*

Mary is a licensed psychologist having acquired her Ph.D. from the Educational Psychology program at the University of Minnesota. She is also an active United Methodist lay person with an abiding interest in the integration of the spiritual and psychological dimensions of life. Mary worked as a clinical psychologist in private practice, agencies and college counseling offices before coming to NCMDC.



### Housing and meals

- Retreat center \$115 for room and board (double occupancy) in the new Lakeview Lodge retreat center

Additional options

- \$85 to stay in the cabins (shared bathrooms and bring your own linens.)
- Stay in a nearby hotel and pay their rate plus \$54 for meals at the camp.

FOR REGISTRATION INFORMATION PLEASE CONTACT  
Kay Lenhart at [thehill@prospecthillpresby.org](mailto:thehill@prospecthillpresby.org)  
or telephone: 712-732-2097

### Retreat Schedule

#### Sunday, October 25th

- 3–6 p.m. Arrival
- 6:00 p.m. Dinner
- 7:00 p.m. Icebreakers (Jason McDuffie)
- 8:00 p.m. Worship (Rich King)

#### Monday, October 26th

- 7:30 a.m. Morning Prayer (Dave Feltman)
- 8:00 a.m. Breakfast
- 9:00 a.m. Labyrinth
- 10:00 a.m. Part I "How to Lead an Interesting Private Life...  
When Your Professional Life is Ministry"
- Noon Lunch
- Free Afternoon (boats and labyrinth available, help with a project  
around camp, meet privately with Dr. Honstead, or just relax)
- 5:30 p.m. Dinner
- 6:30 p.m. Part II "How to Lead an Interesting Private Life..."
- 8:00 p.m. Taize Worship Service (Marcia Rich)

#### Tuesday, October 27th

- 7:30 a.m. Morning Prayer (Jennifer Santer)
- 8:00 a.m. Breakfast
- 9:00 a.m. Part III "How to Lead an Interesting Private Life..."
- 11:00 a.m. Worship with Communion (Betty Weidert and Barb Votrobeck)
- Noon Lunch and leave for home.