



RockRidge Canyon



YL younglife.
WEEKEND FOR WOMEN

ROOTED



ROOTED



Welcome To

YOUNG LIFE'S WEEKEND FOR WOMEN!

You've made it! You're here – take a long, deep breath, then slowly let it out. Take a long panoramic view of God's beautiful creation all around you. Then either jump for joy, or relax your whole body and let all the stress of everyday life flow off your shoulders.

We have a few gifts for you to open this weekend: the gifts of laughter, friendship, and a deeper relationship with Jesus Christ. We invite you to explore with us on life's journey of faith. We are all at different stages in this journey and no matter where we may be, the aim of this weekend is to help you grow and flourish. May the experiences of this weekend, water and nourish your soul as well as your body.

There are a lot of options this weekend, and you can choose to engage in as many or as little of these activities as you choose. Whether you choose many or just a few, please do read about your options in the following pages and plan ahead.

Our volunteer Planning Team have been working all year to make this weekend your BEST ONE ever! We hope you will enjoy the zany comedic duo, Linda and Renee, their fun games adding to our Young Life style of songs in "Jimmy's Club Room" in The Rock. We try to give you a taste of what our teens experience when they come for camp in the summer. This is not your usual "Ladies Retreat"... this is an AMAZING Weekend for Women, like none other! We hope that when you go home, you will be inspired, know that you are dearly loved and treasured, and that you will look forward to coming again and most of all that you will



Let your roots *grow* down into Him, and let your *lives* be built on Him. Then your faith will *grow* strong in the truth you were taught, and you will *overflow* with thankfulness.

COLOSSIANS 2:7



With love from our Planning Team,

Carola Meerkerk

Planning Team Manager



Schedule

Friday *Welcome, Relax and Unwind!*

- 1:00 Registration and Snacks (Pinnacle Dining Hall)
- 2:00-5:30 Free Time Options (see next page)
- 6:30 Dinner, A Culinary Delight (Pinnacle Dining Hall)
- 8:00 Club (Fun, Music and Speaker at The Rock)
- 9:15 Cabin Time
- 10:00 Free Time (Late Night Karaoke - Copper Room)
- 11:30 Lights out! Sleep well.

Saturday *Learn & Grow!*

- 7:00 Coffee & Snack (Canyon Coffee) & Pinnacle Hike
- 7:30 Free Time Options (see next page)
- 8:00 Morning Bible Study - Mariah McCleary (Copper Room)
- 9:15 Breakfast (Pinnacle Dining Room)
- 10:15 Workshops Session 1 (See Pages 4-5, 11-13)
- 11:15 Coffee Break (The Rock Lobby)
- 11:30 Workshops Session 2 (See Pages 4-5, 11-13)
- 1:00 Lunch (Pinnacle Dining Hall)
- 2:00 Free Time Options (see next page)
- 5:30 Appetizers and Photo Op (Plaza)
- 6:30 *The Green Gala and Gastronomic Delights* (Pinnacle Dining Hall)
- 8:00 Club (The Rock)
- 9:15 Cabin Time
- 10:00 Fireside Camp Songs (Main Street Gazebo)
- 11:30 Lights out! Sleep well.

Sunday *Rooted & Flourishing*

- 7:00 Coffee & Snack (Canyon Coffee)
- 8:00 Morning Bible Study - Sarah MacIntosh (Copper Rm) & Free Time Option
- 9:15 Breakfast (Pinnacle Dining Hall)
- 10:15 Club (The Rock)
- 11:45 Optional Sessions - See Page 11
- 12:15 Picnic Lunch (Pinnacle Dining Hall) with To-Go Option
- 1:00 Free Time Options (see pg 6) to 3 pm - Farewell!

Free Time

Friday Afternoon

- 2:00 Pool Open & Beach Hut: Bikes, Kayaks, Canoes, Paddleboards
- 2:00 The Loft: DIY Pampering Parlour, Mani-Pedi
- 2:00 Scoops Snack Bar: Ice Cream and more!
- 2:00 The Ridge Trading Company & Canyon Coffee
- 3:00 Waterfront: Waterskiing, Wakeboards, Spinner etc (ends 5 pm)
- 3:00 Zipline Open (ends 5 pm)
- 4:00 Pinnacle Hike : Meet at Basketball Court. Moderate speed.
- 4:00 Plaza by the Pool: Hip Hop Exercise Class
- 5:30 Free Time is over.

Saturday Morning

- 7:00 Pinnacle Hike : Meet at Basketball Court. Faster paced speed.
- 7:15 Morning Stretch & Activation Class @ The Rock Lobby
- 7:30 Waterfront (by sign up) for Water Sports
- 7:30 Beach Hut: Bikes, Kayaks, Canoes, Paddleboards, Frisbees
- 8:00 Tower of Terror (by sign up) ends @ 8:45 am

Saturday Afternoon

- 2:00 Beach Hut: Basketball, Mountain Bikes etc.
- 2:00 Basketballs, Volleyballs, Soccer Balls, Pickle Ball by Courts
- 2:00 Waterfront: Waterskiing, Wakeboards, Spinner, etc.
- 2:00 The Loft: DIY Pampering Parlour, Mani-Pedi
- 2:00 Rose Room in The Rock: DIY Garden Craft
- 2:00 Scoops Snack Bar; The Ridge Trading Co; Canyon Coffee
- 2:00 Zipline (by sign up - ends at 3:30)
- 2:00 Swimming Pool
- 2:00 pm Pickleball introduction with Tracy Fortune (Pickleball Court)
- 2:00 Party Barge Tour: Sign up for 2, 3 or 4:00 pm
- 3:00 Pinnacle Hike or Fun Hike : Meet at Basketball Court.
- 3:00 Plaza by the Pool: Hip Hop Exercise Class
- 3:45 High Ropes (by sign up)
- 5:00 Free Time Activities Close. Get ready for the GALA!

Sunday

- 7:15 Morning Stretch & Activation Class @ The Rock Lobby
- 8:00 Zipline until 8:45 am
- 8:00 Beach Hut: Bikes, Kayaks, Canoes, Paddleboards, etc.
- 1:00 Ridge, Pool, Zipline, Waterfront, Beach Hut until 3 pm

Announcements

In case of Emergency

If you hear a continuous horn, immediately gather at the Basketball Court and await instructions from staff.

Medical Attention: See RRC staff or go to Club Med.

Horns: Call to Meals, first for work staff, then for campers.

Alcohol or Cannabis: No alcohol or drugs allowed at Camp.

Smoking: Designated smoking areas only. The Gazebo's for smoking are on Main Street and Wolfe Creek Lodge parking lot.

Parking: Designated parking by the soccer field and down the hill from Wolfe Creek Lodge.

Pool Towels: Outdoor towels are available at the Pool. Please leave room towels in the room.

Waterfront: The lake is not open for swimming but boats are available for watersports.

Meals: If you have noted dietary needs upon registration, please go through the regular buffet line and then see our Food Services Staff for dietary substitutions.

Coffee/Tea: Available 7:00 am each morning at the Pinnacle Dining Hall. You can buy a specialty coffee or chai in Canyon Coffee. Complementary early-riser snacks in the Loft area.

Rockridge Property: This is a rural property with small and large wildlife. Please keep Lodge doors closed. Stay within camp boundaries after dark (not across bridge or past the lower field).

Devices: We encourage you to be device free this weekend. We have great wifi but poor cell service. However, if needed, turn on wifi calling on your phone.

Lost & Found: Main Street box or the Camp Office

Guided Prayer Room available all weekend in the VIP room at the left side entrance of Jimmy's Club Room

 **WIFI PASSWORD**
rockridge

Digital Booklet
Use phone camera
to scan QR code



Workshops Session 1

10:15 am – 11:15 am

Parenting Panel

Mariah McCleary, Jenny Williams, Marnie Marques (Club)

From these seasoned and experienced moms some of whom work professionally with children, you will glean treasure stores of information to apply and add to your parenting tool kit. They will be answering your questions, given a few weeks ahead. At lunchtime, you can sit with any of our workshop leaders to learn more!

Rooted in Freedom

Carola Meerkerk (Copper Room)

Through tragic times, hormonal lows and the challenge of raising four children and dealing with her daughter's chronic disease and depression, Carola searched for the freedom that was promised to Christ followers. She found the steps to freedom in the Bible and the "Freedom in Christ" resources and is living it out daily. Carola is a trained and experienced Freedom Sessions Facilitator. Do you struggle daily? Are you suffering from anxiety or depression or negative thought patterns or self-denigrating thoughts? Or perhaps you have someone close to you who is struggling. Come take the steps to being rooted in freedom.

Finding Your Inner Artist

Teresa Hall (Louis Room – limit 15)

If you hear a voice within you say "you cannot paint," then by all means paint, and that voice will be silenced.

~Vincent Van Gogh

Ever had dreams of drawing, painting, singing or playing an instrument, but keep hearing a voice in your head saying, "I'm not an artist?" "I can't paint, draw, sing, perform." Join Teresa in this step by step workshop where you will paint a picture (even if you think you can't paint), and find your inner artist by digging up your buried roots of creativity.



Scones anyone?

Sharon Stevenson (Wolf Creek Lodge – limit 12)

Baking is fast becoming a dying art. Sharon will resurrect your desire to bake and enjoy some scrumptious scones with a variety of savory and sweet results.

Listening to God creatively

Jodi Mosogau (Rose Room – limit 12)

Jodi will be running a listening prayer exercise which includes cutting out pictures and making a collage from the heart. Quite often God will speak to us through other people and this is a great way to see what else He might have to say to us. Laughs will be had and tears may be shed! Minimal crafting skills necessary!



Hip Hop Exercise Classes

Charlotte is an energizing and fun dance instructor. She was a professional dancer, has worked with some well known artists and danced on stage with others. She loves sharing her passion for dance (and rap), and has gone from being a hard-core street dancer to now using her talents to express her faith in God.



Morning Stretch & Activation Class

Rassamee Ling (Rock Lobby – Bring Pilates Mats)

Rassamee is a doctor who embraces the need for taking care of your physical body through exercise and stretching. She was on the Canadian Karate team for 10 years and Chief Instructor at the Delta Karate School. These experiences have given her a great foundation for the sessions this weekend.

Sunday Late Morning Optional Sessions

@ 11:45 am

How to Get Involved with Young Life: with Carol O’Leary (Rose Room)

Christianity 101 Q&A: with Carola Meerkerk (Louie Room)

Prayer with Prayer Team: Jimmy’s Club Room

Early Departure? “To Go” Lunch will be ready at the Pinnacle

Workshops Session 2

11:30 am – 12:30 pm

Communication for Connection

Jodie Smith (Club Room)

Ever found yourself passionately expressing your views, only to realize it's not achieving your desired outcome? Explore the impact of emotions on conversation and equip yourself with valuable insights to foster meaningful connections. Learn the art of engaging dialogue while avoiding common pitfalls. Discover communication strategies tailored for interactions with children and/or adults and gain the skills to navigate conflicts with grace and understanding. This workshop offers tools to deal with anxiety-provoking situations and deepen your relationships!

Conquering Chaos

Jenny Williams (Copper Room)

This workshop focuses on transforming lives from being overwhelmed by clutter and chaos, to a state of greater calm and order, rooted in Christ's unconditional acceptance and love. The workshop addresses the barriers that hinder us from achieving an organized life, while offering practical strategies to overcome these obstacles and build greater organizational habits that stick.

Button & Clay Flower Garden Craft

Marnie Marques (Rose Room – limit 12)

Enjoy creating a flower garden out of wood, wire and buttons and all sorts of trinkets and treasures. Each creation will be unique and creatively yours! If you can't attend this class, there will be enough supplies for another 12 women in our afternoon free time to create your own flower garden.



Finding Your Inner Artist

Teresa Hall (Louis Room – limit 15)

See Session 1 for more information

Scones anyone?

Sharon Stevenson (Wolf Creek Lodge – limit 12)

See Session 1 for more information

Camp Tour

Accommodations

Wolfe Creek Lodge, Nicola, Tulameen and Similkameen Dorms

Pinnacle Building

TOP LEVEL

Loft Corral, Canyon Coffee, Summit Room.

MAIN LEVEL

Dining Area (closed outside of meals except for coffee/tea by sound booth).

Covered area outside Dining Room is called the "Breezeway".

LOWER LEVEL

Games Room, Scoops Snack Bar, Copper Room, Ridge Trading Company, Fitness Room and Club Med (First Aid).

MAIN STREET

Outside walkway facing the beach

THE PLAZA

The area outside of the pool

The Rock

JIMMY'S CLUB ROOM

For our Club fun, songs and talks.

LOWER LEVEL

The Rose Room and Louis Room for Workshops

Waterfront

BEACH HUT

For bikes, paddleboards, kayaks and canoes.

BOAT DOCK

For tubing and boarding.



FRESH

Canyon
Coffee

7am

In The Loft.
Chai and Specialty
Beverages

Explore

ROCKRIDGE CANYON

There's space for everyone

RockRidge Canyon

RETREAT & CONFERENCE CENTRE



Pinnacle Lodge

Dining Room

*UPSTAIRS, IN THE LOFT
Canyon Coffee*

MAINSTREET LEVEL

Ridge Trading Co

Games Room

Scoops Snack Shop

Lake House

Boat Dock

Walk to Dam

Similkameen Lodge

The Rock Theatre

Tulameen Lodge

Beach Hut

Volleyball

Smoke Gazebo

Office

Nicola Lodge

Zipline Launch

Pinnacle Dining Room

Wolfe Creek Lodge

Wolfe Creek Guest Parking

Pool

Rink

Dorm Lodges Guest Parking

Leadership Lodge

Start Nature Trail Tour

Archery

Road to RV park

@rockridgecanyon



Meet Our Team

OUR PLANNING TEAM

Carola Meerkerk (Manager), Shelley Austin (Manager Asst), Liz Becker (Prayer Coordinator), Linda Mott (Program Coordinator), Renee Justesen (Program), Marnie Marques (Craft Coordinator), Ruth Chan & Jodi Mosogau (Work Crew Coordinators), Sharon Stevenson (Food & Music Coordinator), Harjit Bains (Welcome Hostess), Christy Keillor (Activity Coordinator), Jodi, Bev Crozier, Brenda Spode (Decor) Daisy Shipley (Registrar) Curtis Cottrell (web design), Allan Mailloux (Guest Services Mgr), Carolyn Mortensen (Camp Mgr).



OUR SPEAKER

Mariah McCleary



Scan me for my devotional book.

This year we are excited to welcome Mariah McCleary as our featured speaker during Club. Mariah connects authentically through humor and humility. She has lived in both poverty and abundance, in rural and urban communities, as a single mother and loving wife, and she found the roots of her faith in Jesus through her turbulent times. Her passion is to empower people to be rooted, bold, brave and genuine. Her heartfelt messages connect with audiences of all backgrounds, using laughter to bring down walls that have been built about hopes held hostage and fears needing to be set free. To spend time with Mariah is to feel seen, heard, encouraged and energized.

OUR PROGRAM TEAM

Linda has a minor in theater from SFU and used to lead the drama team at Willingdon Church and Gracepoint Community Church. She is married to Darrell (volunteering this weekend in the kitchen) and has two adult children. Her son is taking photos of our amazing time here at Rockridge and her daughter is adventuring in a van in Australia.

Renee works with Linda at BC Hydro and they are a fun duo. Their antics will keep us in stitches! Renee is an individual and team coach and is married to JR (who is also volunteering in the kitchen this weekend). She has three adult sons and is going to be a grandma for the first time. She is enjoying the new experience of buying cute pink baby girl clothes. She is an experienced facilitator and uses those skills to create humor, laughter and understanding.





Teresa Hall

Teresa lives in Qualicum Beach near her creative roots - the ocean. She loves to paint the ocean, flowers and sea life. Another passion of hers is real estate and she has been Realtor for 19 years. In her late 30's she pursued a dream of playing the electric guitar and began taking singing and guitar lessons. In her late 40's, a friend dragged her to a painting class and she accidentally discovered her hidden talent to paint. Since then she's played in a band, been commissioned to paint, taught painting classes and is passionate about helping others find their hidden artist.



Sarah gave her heart to Jesus at the age of 3 and has been following him ever since. She graduated from Washington State University with a bachelor's degree in Humanities and then did further studies at Regent College, after immigrating with her family to Canada. She married Tim MacIntosh and together they have 4 amazing adult children. Currently she is serving as an Academic Coach at Trinity Western University. In her spare time you can find her hiking, biking, and digging deeply in dirt, dough, and paint! Most importantly, she loves plunging into the never-ending love of Jesus, who never disappoints!



Sarah MacIntosh

Sunday Morning "Digging Deeper" Bible Study Leader



Marnie Marques

Marnie lives in Port Coquitlam with her husband and 3 adult children. Marnie has worked with vulnerable children and families for over three decades starting overseas in Brazil with street children and the past 25 years as a foster parent to over 30 children. She also works as a registered nurse caring for women with substance use disorder as they journey through pregnancy and delivery. Raising 8 kids and homeschooling her 3 bio kids has provided numerous opportunities to discover parenting techniques that work and a very long list of ones that do not. She has walked alongside children with complex trauma and varying degrees of physical challenges and neurodiversities as they navigate difficult life events. She recently discovered running & kayaking and loves dabbling in card making, painting, and buying craft supplies.



Carola Meerkerk

Carola and her husband have four children ages 34 to 21, and two grand-daughters under the age of two, one just born in February. She is a gifted speaker and recording artist with 3 CD's. (search Carola Bethea on youtube or soundcloud) She also leads the Women's Ministry at her church and coordinates Young Life's Weekend for Women and is on a Board for a Women's Shelter (WINGS). She has a heart for women to live rooted, abundant lives, in knowing the deep, deep love of Jesus.

Jodi is a daughter, sister, wife and mum of three kids (aged 9-14yrs). She grew up in New Zealand and Australia before moving to Canada and returned to NZ to do her nursing degree as a young adult. Jodi was a registered nurse for 18 years in pediatrics and the neonatal ICU. She's also been a lactation consultant working privately in the community for the last 9.5 years. Jodi was on staff with Young Life for two years helping run the middle school program for youth in Abbotsford/Mission in 2022/2023. Jodi is very passionate about women and children of all ages and loves spending quality time with them in her different roles professionally and socially. She also loves the outdoors, gardening, baking, crafting, sports and anything to do with water!



Jodi Mosogau

Jodie is passionate about the broken-hearted and enjoys spending her time with people going through difficult situations. She has a master's degree in Old Testament from Regent College and a master's in Counselling from UNBC. She is a Registered Clinical Counsellor working in private practise. She lives in Nanaimo with her husband Wes, teenaged daughter Synova, 9 year old son Malachi and Goldendoodle.



Jodie Smith

Sharon is a wife to Ron, mom of four, and a grandma of 7. She loves to make jams, do canning, and bake up a storm. She has lots of great recipe's to share! She is a longtime volunteer at Young Life and our Weekend for Women.



Sharon Stevenson

Jenny lives with her husband in Abbotsford, B.C. and is the mother of two adult children and grandmother of three grandchildren. Jenny and her husband are members of the East Fraser Young Life Committee, with Jenny being the committee chair. She has recently retired as director of student support services, supporting 35 Christian schools in B.C. Jenny continues to do contract work with the B.C. Ministry of Education and Childcare and conduct professional development workshops with independent schools and school districts. She is deeply committed to enhancing the well-being of women, young adults, and children, focusing on both practical needs and spiritual growth.



Jenny Williams

Sunday End of Weekend Evaluation QR Code

Use phone camera to scan QR code



RockRidge Canyon



Great Retreats
start here
ROCKRIDGE CANYON

4 Season
Retreat
Destination



Come back year round, as a guest, volunteer or staff. Now taking applications and retreat bookings

Cabin Time

Friday Evening

Best part of the day?

What is one thing that surprised you about Jesus?

Saturday Evening

Best part of the day?

If Jesus could heal one thing in your life what would you want it to be?

Sunday Morning

What is one thing you want to take home?

One thing you want to leave here?

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