

 younglife.



Unplug. Unwind. Unleash.



WEEKEND FOR WOMEN


RockRidge Canyon

YL younglife.



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Welcome to Young Life's Weekend For Women

Be prepared to... Unplug. Unwind. Unleash.

Whether your house is tidy or messy, your life orderly or chaotic; whether you've been overwhelmingly busy or at loose ends, feeling frazzled or calm... this is the weekend for you!

Whether you choose to immerse yourself in the plethora of activities or put your feet up and relax with old friends or new, we hope you will be blessed by God's beauty all around and the warmth and love from our Planning Team and Camp Staff. You are worth the love and effort poured into this weekend! You are a special treasure, a priceless pearl and we are so glad you have come!

In Young Life fashion, we have been working to create a weekend that is welcoming to the faith curious (our evening sessions will be high energy with fun games and both popular songs and thoughtful songs of faith) and encouraging to the faith filled (with optional morning worship and Bible studies for those who wish to go deeper).

Please take time to look through this booklet with all the information about our Weekend. You'll find a detailed schedule, workshop presenters and workshop information as well as a map to find where to go. There is room for notes as well as questions to ponder with our 'Cabin Groups' after the evening sessions. Cabin groups will be made up of those you share a dorm room with and for Wolfe Creek Lodge, they will be assigned on the first night after the evening session. Friday arrivals will be assigned groups after arrival.

Our Planning Team and Staff are available for your practical as well as faith-related questions. We hope you will have a SPECTACULAR weekend!

With love from your Planning Team!

What is Young Life?

Since 1954, Young Life of Canada has been reaching teens with the good news of Jesus Christ. Seventy- one years later, we are still going after and sharing life with teens who do not yet know Jesus. 90% of the time, we do this nonverbally in the context of friendships. But 10% of the time, we proclaim who He is verbally... giving the reason for the hope that we have. Our prayer is that teens are so compelled by Jesus, that they choose to follow Him. We love to help them get rooted in their faith and begin to live a life where being with Jesus, becoming like Jesus, and learning to do what He did becomes central.

The YL mission has many volunteers and a small number of paid staff who love teens in their world (coaching sports teams, mentoring etc..) and encourage them to know Jesus. We invite teens to join our weekly "Club" gatherings and to get away for adventures, particularly a week at Rockridge Canyon in the summer. You will have a taste of their Camp experience this weekend! We hope to give you a "Club" experience in our evening sessions, complete with fun songs, games, laughter as well as songs of faith. Our speaker, Paige Kirk, will share from her life as well as God's Word in an authentic, relational way, just as we do in our club and camp settings.

If you'd like to hear more about Young Life and how you can become involved, please come to our "How To Get Involved With Young Life" session with Paige Kirk on Saturday after lunch at the Rose Room in The Rock lower level.

SCHEDULE

Thursday May 21	Events	Location
6:30 pm	Welcome! Registration & Snacks	Pinnacle Dining Hall
8:00 pm	Club (Music, Games & Speaker)	The Rock – Jimmy's Club Room
9:30 pm	Cabin Time (Assigned Cabin Groups)	In Dorms and Various Locations
11:00 pm	Good night! Sleep well	
Friday May 22	Events	Location
7:00 am	Gourmet Coffee & Snack	Canyon Coffee – the Loft in Pinnacle
7:00 am	Pinnacle Hike – advanced fast pace	Meet @ Basketball Court
7:00 am	Morning Exercise Class – Amy Chapoton	The Rock Lobby (mats & towels req)
7:30 am	Power Boats & Tower (by sign up)	See map
7:30 am	Beach Hut	See map
8:00 am	Morning Bible Study – Carola Meerkerk	Copper Room
9:00 am	Breakfast	Pinnacle Dining Hall
10:00 am	Workshops (until 11:30 am)	Details on Page ...
	Mind-Body Connection – Carrie DeJong	Club Room – the Rock
	Healthy Relationships – Marika & Amy	Copper Room – Pinnacle
	Stress – Shonah Nykiforuk	Okanagan A (Bsmt WCL)
	Treasures in Trials – Cori Wensley	Summit Room
	Paint-Along – Dawn Thomas	Louie Room – the Rock
	Bath Bombs – Kelly Frampton	Rose Room – the Rock
	Creative Earrings – Shenae Meerkerk	Scoops Snack Bar booths – Pinnacle
	Baking Cookies – Carola Meerkerk	Wolfe Creek Lodge RimRock Lounge
12:30 pm	Lunch	Pinnacle Dining Room
1:30 pm	Spiritual Direction (by sign up) Thomasina	Summit Room
1:30 pm	Free Time Activities	
1:30 pm	Bikes, Kayaks, Canoes, Paddleboards, Frisbee, Disc Golf	Beach Hut
	Pickleball, Corn hole	Pinnacle
	Swimming (AquaFit @ 3 pm)	Pool
	Pampering Parlour & DIY Cardmaking	The Loft – Pinnacle
	The Ridge, Scoops & Canyon Coffee	Pinnacle Building
	Power Boats (by sign up) water skiing, wakeboards, etc	Boat Dock
1:30 pm	Tour Guide Group with Jen	Pinnacle Entrance
1:30-3:30	Zipline (by sign up)	Trail by WCL Road
2 & 3 pm	Party Barge Tour across Inspiration Lake	Boat Dock
2:00 pm	Second Registration	Pinnacle Entry
3:00 pm	Pinnacle Hike – moderate pace	Meet @ Basketball Court
3:00 pm	Lake Walk	Meet @ The Rock entrance
3:30 pm	AquaFit Class	Swimming Pool
3:45 pm	High Ropes (by sign up)	High Ropes Course
5:00 pm	Free Time Activities finish	
6:00 pm	Dinner	Pinnacle Dining Hall
7:30 pm	Club (Music, Games & Speaker)	The Rock– Jimmy's Club Room
9:00 pm	Cabin Time with Cabin Leaders	Various Locations
10:00 pm	Karaoke	Copper Room
	Indoor Games	Games Room (next to Copper Rm)
	Table Games	Scoops Snack Bar booths
11:00 pm	Good night! Sleep well.	

SCHEDULE

Saturday May 23	Events	Location
7:00 am	Gourmet Coffee & Snack	Canyon Coffee – the Loft in Pinnacle
7:00 am	Pinnacle Hike – advanced fast pace	Meet @ Basketball Court
7:00 am	Morning Exercise Class – Amy Chapoton	The Rock Foyer (mats & towels req)
7:30 am	Power Boats & Tower (by sign up)	See map
7:30 am	Beach Hut	See map
8:00 am	Morning Bible Study – Carlee Turner	Copper Room
9:00 am	Breakfast	Pinnacle Dining Hall
10:00 am	Workshops (until 11:30 am)	See WORKSHOPS page for details
	Mind-Body Connection – Carrie DeJong	Club Room – the Rock
	Healthy Relationships – Marika & Amy	Copper Room – Pinnacle
	Saying No with No Guilt – Linda Mott	Summit Room
	Purposeful Singleness – Marella Ironside	Okanagan A (Bsmt WCL)
	Paint-Along – Dawn Thomas	Louie Room – the Rock
	Bath Bombs – Kelly Frampton	Rose Room – the Rock
	Creative Earrings – Shenaë Meerkerk	Scoops Snack Bar booths – Pinnacle
	Baking Cookies – Carola Meerkerk	Wolfe Creek Lodge RimRock Lounge
12:30 pm	Lunch	Pinnacle Dining Room
1:20 pm	How to get involved with Young Life - Paige	Rose Room – The Rock
1:20 pm	Homeschooling Discussion – Marnie Lam	Louie Room – The Rock
1:30 pm	Spiritual Direction (sign up only) Kelly Thakkar	Summit Room
1:30 pm	Free Time Activities:	
1:30 pm	Bikes, Kayaks, Canoes, Paddleboards, Frisbee, Disc Golf	Beach Hut
	Pickleball, Corn hole	Pinnacle
	Swimming (AquaFit @ 3 pm)	Pool
	Pampering Parlour & DIY Cardmaking	The Loft – Pinnacle
	The Ridge, Scoops & Canyon Coffee	Pinnacle Building
	Archery	See map
	Power Boats (by sign up) water skiing, wake-boards, etc	Boat Dock
1:30 pm	Tour Guide Group with Jen	Pinnacle Entrance
1:30-3:30	Zipline (by sign up)	Trail by WCL Road
2 & 3 pm	Party Barge Tour across Inspiration Lake	Boat Dock
2:30 pm	Pinnacle Hike – moderate pace	Meet @ Basketball Court
2:30 pm	Lake Walk	Meet @ The Rock entrance
3:00 pm	The Art of Afternoon Tea Workshop with Rita Siebert	Copper Room
3:30 pm	AquaFit Class	Swimming Pool
3:45 pm	High Ropes (by sign up)	High Ropes Course
4:30 pm	Free Time finished – time to dress up!	
5:00 pm	Pre Dinner Appies and Fun!	Plaza beside the Pool
6:00 pm	Unplug Unwind Unleash Banquet	Pinnacle Dining Hall
7:30 pm	Club (Music, Games & Speaker)	The Rock– Jimmy's Club Room
9:00 pm	Cabin Time with Cabin Leaders	Various Locations
10:00 pm	Late Night Talent Night	Copper Room
11:00 pm	Good night! Sleep well.	

SCHEDULE

Sunday May 24	Events	Location
7:00 am	Gourmet Coffee & Snack	Canyon Coffee – the Loft in Pinnacle
7:00 am	Beach Hut	See map
7:00 am	Early Birds, pack up before Bible Study	
7:30 am	Morning Bible Study (Carlee Turner)	Copper Room
7:30 am	Everyone packs up before Breakfast	
8:30 am	Breakfast	Pinnacle Dining Hall
10:00 am	Club (Music, Games & Speaker)	The Rock – Jimmy's Club Room
11:30 am	Weekend for Women Video	Club Room
11:40 am	Optional Prayer with Prayer Team	Club Room
11:40 am	Optional Christianity Q&A	Louie Room downstairs
12:30 pm	Picnic Lunch with To-Go Option	Pinnacle Dining Hall Entry
1:00 pm	Farewell! Have a great trip home.	

Youversion App: <https://www.bible.com/app>

Built to help people create daily spiritual rhythms, the Bible App brings Scripture to life on any device, in thousands of languages. All completely free. Whether it's a verse before school, a devotional with friends, or a shared prayer in a church group, this is more than an app. It's a community of people staying connected to God through His Word.

Daily Bread Evening Meditation App

https://play.google.com/store/apps/details?id=org.rbc.odb&pcampaignid=web_share

Short, uplifting evening meditations from God's Word to help you refocus your heart on the Lord at the end of each day. Experience His peace as you "lie down and sleep" with the assurance that "you alone, Lord, make me dwell in safety" (Psalm 4:8).

Grace Course

"God's grace is all around us, but often we fall back into well-worn paths of discouragement, trying harder, or thinking that we've failed as Christians. The key to a fruitful Christian life lies in the life-changing, heart-changing power of God's grace. It's time to experience it at a deeper level – and bear more fruit than you thought possible! The Grace Course is a powerful, eight-week study from internationally respected ministry Freedom in Christ that will equip you to: deal with the false motivators of guilt, shame, fear and pride; - overcome striving and performing; - remain secure in God's love; - become an agent of reconciliation and healing in the world." See graceandfreedomproject.com

Sign up with womensweekend@younglife.ca for an 8 week study on zoom, starting with an introduction on Monday June 15. Daytime or evening possibilities. Please email to find out more info.

Affirmation Board

Don't forget to visit the Affirmation Board in the Pinnacle Dining Hall. We encourage you to pause, reflect and write a note to those who are pouring into you this weekend. Your words are a powerful gift and will be shared with them in a thank you message when our Weekend for Women is over.

Regular Coffee and Tea is available in the back of Pinnacle Dining Room from 8:00 am onwards.

ANNOUNCEMENTS

In case of Emergency:

- If you hear a continuous horn, immediately gather at the Basketball Court and await instructions from staff.
- If you need MEDICAL attention, see RRC staff or one of our Planning Team.

Horns: 10 minute call before Meals, and shutdown for Free Time.

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 outside Wolfe Creek Lodge.

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: Lake is not open for swimming but boats are available for water sports when scheduled.

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

Coffee: Specialty Coffee and Tea is available 7:00 am each morning at the Canyon Coffee at the Pinnacle Loft with complementary muffins and fruit. Pinnacle Dining Hall has regular coffee and tea available after 8:00 am at the back of the tables.

Rockridge Property

- This is a rural property with small and large wildlife. Please keep all 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 in buildings but poor cell service. However, if needed, turn on wifi calling on your phone. There is a courtesy phone in Scoops for outgoing calls.

Lost & Found: Main Street box or the Camp Office.



WIFI NETWORK: Guest
PASSWORD: rockridge

**WEEKEND
EVALUATION
FORM**
Scan with phone
camera



WORKSHOPS



Carrie DeJong

Listening In: Understanding the Mind - Body Connection

Jimmy's Club Room at The Rock (Friday & Saturday)

We are fearfully and wonderfully made—yet we often overlook the quiet signals our bodies send. Interoception is the sense that helps us notice and interpret what's happening within us, including changes in breath, heartbeat, muscle tension, and gut sensations. This introduction explores how our internal experience shapes our emotional, mental, and relational health. At times, we may miss what our body is telling us, worry about certain sensations, or find them confusing or uncomfortable. This informative and interactive session invites a closer look at these inner experiences—and how interoception can play a role in anxiety, depression, disordered eating, and health concerns such as IBS and chronic pain.

Carrie DeJong is a therapist, author, and former Young Life staff member whose work has always been rooted in relationships. With nearly thirty years of experience in trauma and addiction, she integrates neuroscience and somatic approaches with a faith-informed understanding of healing. She believes that our capacity for healing is grounded in how we have been created by God. Her upcoming book, *Listening In*, explores interoception and how listening to the body can support emotional and mental well-being.



**Marika Morley
Amy Chapoton**

The Hidden Work of Healthy Relationships

(Finding freedom through offense in marriage and every close relationship)
Copper Room in the Pinnacle (Friday & Saturday)

What if the tension in your relationships isn't the problem - but the invitation? The Hidden Work of Healthy Relationships looks at the internal work behind offense and how it can lead to real freedom, deeper connection, and lasting change. Our goal is to move you from the question "Why do relationships get hard?" to "What is happening inside me, and how do I grow through it?". We will dig into this question, with hands-on tools that you can take with you, to continue growing in healthy relationships.

Marika and Amy are passionate about building strong, honest, and life-giving relationships, starting with the ones they live every day. Between them, they bring 24 years of marriage experience (17 and 7 years respectively), along with plenty of real-life lessons in communication, growth, and learning how to show up your best. You can find them chatting about life and faith on the Cultivate Connection Podcast. Outside of the studio, you'll likely find them coaching or training CrossFit, spending time with friends and family, or enjoying good coffee and the outdoors. They don't claim to have it all figured out—but they care deeply about helping people take ownership of themselves, show up with intention, and build relationships that are both healthy and deeply fulfilling.



Cori Wensley

Treasures in Trials

Summit Room (Friday)

As Cori's family has walked through some difficult, painful seasons, their faith was shaken and their hearts were crushed. Yet, over time, hope was renewed and faith restored as they began to see the beauty and hidden treasures within their trials. Come and be encouraged - with God, "all things work together for good."

Cori has been part of Young Life since her teen years, when her faith first began to grow at Malibu camp. The greatest joy to Cori and her husband, Mark, are their two married children, their spouses, and three active, awesome grandsons. Cori and Mark enjoy cruising the BC Coast on their boat, as Cori captures the beauty of creation through water-colour paintings.

Creating spontaneous family memories and teatime visits with friends reminds her to live life - on purpose.



**Shonah
Nykiforuk**

Supporting the Stressed; and Tools for Self Discovery

Okanagan A - Basement, Wolfe Creek Lodge (Friday)

Shonah's workshop offers a practical and insightful look at stress—how it shows up in ourselves and others, and how we can respond with greater awareness and care. Drawing from a counselling perspective, we will explore how to recognize signs of overwhelm, understand what may be escalating stress beneath the surface, and how to expand our "window of tolerance" to navigate challenges more effectively. Participants will gain a deeper understanding of common coping patterns, and learn how fight, flight, and freeze can actually present in high stress situations. With a focus on intentional growth, this session also highlights how building resilience and increasing our capacity for stress often involves stepping into manageable discomfort. You will leave with greater self-awareness and practical tools to support others with empathy, clarity, and confidence.

Shonah Nykiforuk is a Registered Professional Counsellor who is passionate about starting meaningful conversations that spark curiosity about ourselves and inspire growth. She provides online counselling in areas such as anxiety, depression, life transitions, relationships, and addiction, using evidence-based approaches like CBT, DBT, and motivational interviewing, while still creating a personal touch and genuine connection with clients. Grounded in both professional training and personal experience, Shonah views counselling as "cultivating our humanity"—helping individuals and couples build self-awareness, navigate emotions and conflict with confidence, as well as break negative cycles to create healthier, more resilient lives. Outside of her counselling practice, she is the Retail Supervisor at RockRidge Canyon, overseeing all your coffee, ice cream and appeal needs! She is also actively creative, currently combining her love of thrifting and sewing, turning out one of a kind creations like fabulous winter coats made from pre-loved wool blankets, or sun dresses made from floral table cloths.

WORKSHOPS



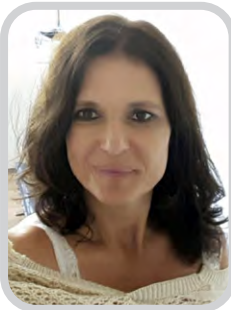
Linda Mott

Learning to Say No Without Feeling Guilty

Summit Room (Saturday)

Many women say “yes” out of guilt, obligation, or fear of disappointing others — even when it drains us of our time and energy. This session explores why saying no feels so hard and offers practical tools to set boundaries with confidence and kindness. You’ll learn how to let go of guilt, honor your limits, and choose what truly supports your well-being.

Linda is a wife and mom of two grown kids who has somehow survived years of sports practices, volunteer meetings, and “Mom, can you...?” requests — which might explain why she is so passionate about healthy boundaries. Over the years she has worn lots of hats: chair of the Medical Committee for the National Special Olympics, longtime speaker at the Rotary Youth Leadership Awards, organizer of Paddle for Kids, raising over \$75,000 each year for BC Children’s Hospital. She has coached ringette and soccer, served on her church’s missions, drama, and youth teams, created amazing videos for the Firefighters Burncamp for kids, and helped plan this very women’s camp — along with many other volunteer roles over the years. After a lifetime of saying yes to just about everything, she has learned (sometimes the hard way) the power of a well-placed no — and she loves helping other women discover that same freedom.



Marella Ironside

Seasons of Singleness, Seeds of Purpose

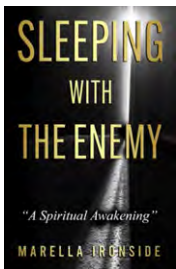
(Delighting in God’s promises as we discover our divine purposes).

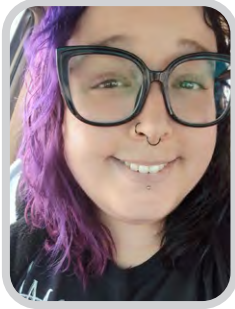
Okanagan A - Bsmt Wolfe Creek Lodge (Saturday)

Marella’s story is both powerful and deeply relatable for anyone walking through a season of loneliness, brokenness or singleness. She looks forward to sharing her journey and trusts that your time together will open hearts and minds to the greater plans and purposes that God has for each one of us. If you are struggling with broken relationships or being single, you will find hope and encouragement as you join this workshop.

Marella was born in a small town in southern Alberta in 1968, the daughter of a pastor and a music teacher. She married at 21 and soon welcomed three beautiful children - Chantelle, Brendan, and Alisha. Faith and family have always been her foundation, but she also finds joy in sports, the outdoors, writing, podcasting, and photography.

Life eventually led Marella back on the road of singleness, raising her children and later grandchildren. Her journey has become a source of hope for those walking through loneliness, brokenness, and darkness. Alongside a few close friends she helped launch “Real Life Ministries,” speaking at women’s conferences for several years. Marella now lives in Penticton, BC, where she enjoys being close to family in such a beautiful setting. She recently completed her long-awaited book, “Sleeping with the Enemy – A Spiritual Awakening,” based on her life’s experiences that were not only painfully personal but deeply spiritual. Copies will be available at her workshop for a special price of \$7.99 and she will also be drawing a couple of names to receive a free copy.





Kelly Frampton

Keep Calm & Bath Bomb On

Rose Room in The Rock (Friday and Saturday)

In this workshop, Kelly will provide you with a kit to make your very own batch of bath bombs! You can choose your colours and scent, making it a fun experience tailored to your preferences! She will guide you through the process, ensuring your bath bombs turn out just right, and you will get to take home several small bath bombs. Come enjoy this creative venture!

Kelly Frampton was born in Newfoundland, and cherishes the memories of traveling across Canada in a motorhome with her parents and big brother. From the time she was three until she turned eleven, their family made the cross country trip, sparking her lifelong love of creativity and adventure.

A creative soul from the start, - she began sewing at just four years of age - Kelly's passion for crafting only grew once her family settled in Cranbrook BC. She picked up new hobbies constantly, often a different one each week. In high school, she began experimenting with bath bombs, a process that proved far from simple. After years of trial and error, Kelly finally landed on a workable recipe in 2011, and finally perfected it in 2022. She makes and sells hundreds of bath bombs each year, and she's proud to say she has never had a single complaint!



Dawn Thomas

Funky Chicken Paint-Along

Louie Room in The Rock (Friday and Saturday)

Enjoy a quick and easy paint-along - no experience needed! Come have fun creating your own funky chicken painting! We'll provide all the supplies along with simple, step by step instructions that anyone can follow. Dawn will also have some of her beautiful paintings for sale, as well as prints (\$50+) and cards (\$5).

Dawn grew up in Vancouver and Burnaby and was very involved in the South Burnaby Young Life group as a teenager. She recalls fond memories of times at Malibu and Beyond Malibu (our other Young Life Camp).

Dawn and her husband, Ed, are in their 50th year of marriage - and still in love! They have 2 children and 6 grandchildren. For many years they were in the Christian Camping ministry, at Camp Sagitawa in the Peace River district, and at Camp Kawkawa in Hope, where they still live. Although they have been retired for a number of years, they are busier than ever. They both love to paint and attend a weekly painting group. Dawn serves as Treasurer on the Hospital Auxiliary and takes part in Communities in Bloom. She is also on the committee organizing the 4th Biannual Hope Art Crawl, which will take place August 15-16.



An Evening in Amsterdam

Original acrylic painting
(For sale)

A Place To Be
Original oil painting



RockRidge Canyon

Space for everyone

1 The Pinnacle Dining Room

UPPER

- Canyon Coffee Espresso Bar
- Summit Meeting Room

MAIN

- Dining Room SERVING 400
- LOWER
- The Ridge Trading Co RETAIL
- Scoops Snack Shop
- Games Room
- Copper Room 200 SEATS, STAGE
- Property Office
- Club Med SUMMER ONLY

2 Wolfe Creek Lodge

Luxury Guest Rooms 45 ROOMS

- Dining Room SERVING 70
- 3 Lounges w/ kitchenettes
- 2 Meeting Rooms
- Cove View Patio
- Board/Conference Room
- Commercial Kitchen

3 The Rock Theatre

Jimmy's Club Room 325+ SEATS

- Event Reception
- 2 Breakout Rooms

4 Dorm Lodges

Similkameen 100 BEDS

- Tulameen 100 BEDS
- Nicola 100 BEDS

5 Beach Hut

- Paddle Boards • Canoes • Kayaks
- Mountain Bikes • Dragon Boats
- Sports Equipment

6 Pool House

- Change rooms
- Showers

7 Ashnola Leadership Lodge

- Guest Rooms Sleeps up to 64
- CREW + Intern Programs



So much more to

Explore

RockRidge Canyon is a wild place, surrounded by nature. Please be aware and take care to avoid interaction with wildlife. This is their home too.

See your group's event schedule for available activities.

Thank you for visiting!



SHARE YOUR EXPERIENCE

#rockridgecanyon



RockRidgeCanyon.com

WORKSHOPS



**Carola
Meerkerk**

Scrumptious Cookies

Wolfe Creek Lodge Rimrock Lounge (Friday and Saturday)

The key to truly great cookies isn't just the ingredients, it's knowing how long to bake them! In this workshop, you'll get to choose from a couple of delicious varieties then mix, make and bake your cookies completely from scratch. You'll also receive a handout with tried and true recipes of cookies that produce melt-in-your-mouth results every time. We hope to bake enough cookies for all our campers to enjoy.

Carola has been married to Vern for almost 40 years and together they have 4 adult children. A couple of them are married and one of those couples has three young daughters - precious grandgirls that give "Grammy" great joy. Carola grew up baking alongside her mom, a tradition she has carried on with her own children and now her grandchildren.



**Marella
Meerkerk**

Creative Earrings

Scoops Snack Shop Booths (Friday and Saturday)

During this workshop, you will have a chance to make beautiful and creative leather earrings.

You can customize the color, shape, size and decorate it in a variety of ways, using your own creativity.

Shenae is an artist from Burnaby. She has just completed a Bachelor's degree in Business and Music. She enjoys trying new crafts, making functional projects. She has taught crafts and music at Summer Day Camps for years. She has also spent three years as a University Teaching Assistant at SFU. Her other hobbies include biking, crocheting and baking gluten free desserts.



Create Leather Earrings



Rita Siebert

The Art of Afternoon Tea

(Copper Room - Saturday at 3 pm)

Rita will give you a guided experience exploring the history, artistry, and refined details of Afternoon Tea. She shares the distinctions between Afternoon Tea and High Tea, along with practical insight into etiquette, table setting, and the natural rhythm of service.

You will see how thoughtful preparation of an Afternoon Tea creates calm and relaxation. It offers a natural pause to unplug, unwind, and unleash.

Rita Siebert is a woman of faith, wife, mother, and Oma (grandmother) who deeply values family, friendship, meaningful connection, and hospitality. Rita lives on a farm raising cows and sheep in Langley with her husband, Ferdinand, of 43 years. She loves learning, reading, music, creativity, cooking, baking, fitness, walking, dance, nature, gardening and visiting new places. She is also the founder of Signature Experience Events and serves as an Event Design Strategist, Consultant, and Host, bringing over 30 years of experience in hospitality, event planning, and thoughtful gathering design. Her work is shaped by both lived experience and a heartfelt desire to bless others, and create elegant, memorable experiences that reflect presence, poise and purpose.



Marnie Lam

Homeschooling

A Family Adventure of Lifelong Learning

Saturday at 1:20 pm Louie Room in The Rock

Please come and be encouraged as Marnie facilitates a time where we can share our experiences, questions, and ideas as we support one another in our homeschooling adventure during this interactive time together. Those who are interested in exploring homeschooling are welcome to attend as well.

Marnie has experienced the wonderful blessing of teaching her own children, other homeschool children in co-op settings, and students in “brick and mortar” schools. Her UBC Education Degree, specializing in ELL and elementary education has been enriched through her experiences with numerous children in these various settings. She taught in Christian education for 8 years, first teaching Grade Two and then as a Resource Teacher, working with learners from Grades K to 7. In order to help these children, Marnie went on to receive training in Dyslexia and Orton-Gillingham which later was a blessing when she had her own children.

Marnie and her husband, Eugene, have two sons: Evan is graduating in June and her other son, Carson, is completing Grade 10. Both sons have learning challenges (dyslexia and apraxia) and through the support of their family, other homeschool families, and online schools are thriving.

WORKSHOPS



**Thomasina
Murdock**

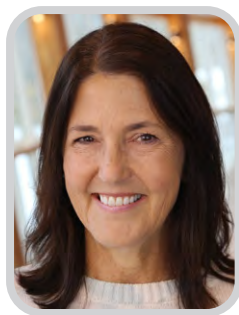
Spiritual Direction A Ministry of Holy Listening

(Friday afternoon - sessions by sign up only)

Spiritual Direction is paying attention to the movement of the Spirit in your life in the presence of a trusted guide. The goal of this work is to become increasingly aware of the presence of God, become responsive to His voice and open up to an ever deepening relationship with the Father, Son and Spirit.

Thomasina was born and raised in Northern Ontario in a large family. As a young girl she was interested in the ways of God, particularly the stories from the Old Testament. She raised her family in Scandinavia and crossed the culture bridge many times. Moving back to Canada, she found work with an inner-city mission focusing on community development, which was both rewarding and challenging. Her expertise is in working with post psychiatric people.

Thomasina seriously entered Spiritual Direction for herself while working for the Ministry of Children and Families in Vancouver. She was looking to discern where God was in her life and in the lives of their foster daughters. She entered her three-year training as a Spiritual Director to learn how to create a space where the directee, the Holy Spirit, and her listening self could companion people in the hard places of their lives. We have much to be grateful for. The way of love moves us from the renewing of our mind to deepening our heart relationship with the Divine.



**Kelly
Thakkar**

Spiritual Direction A Ministry of Holy Listening

(Saturday afternoon - sessions by sign up only)

As a trained spiritual director, Kelly's desire is to help you move from restlessness to rest and from striving to freedom in Christ. She often describes this journey as Ember & Wind—abiding in the steady flame of God's presence and living in the freedom and power of His Spirit. In your time together, you'll attend to your story – your joys and sorrows, disappointments and hopes – trusting that everyday life is the very place where belief becomes an encounter with God.

Kelly's journey has been shaped by over 30 years of ministry with Young Life, walking alongside teenagers as they discover the love of Jesus. In recent years, she has focused on developing and discipling leaders in ministry and life. She holds a BA in Psychology from Whitman College and has done graduate work in Theology at Fuller Seminary and Regent College. She has three grown sons and shares life with her amazing husband. She finds God's delight in the mountains and on a bike. Though she grew up playing every conceivable sport, today prayer has become her favourite one!

MEET OUR TEAM



Paige Kirk

Our Speaker

Paige Kirk lives in Brentwood Bay on Vancouver Island with her husband, Jamie, and their two young daughters, Quinn and Harper. Her experience with Young Life began at 14 as a Young Life teen in Victoria. After 10 years on staff, Paige now serves as the Regional Trainer for the Coastal Region. Over the years, she has worked in Area and Regional Administration, served as a Regional Associate, and since 2019, has supported and developed Staff Associates in her current role. Paige was a volunteer leader and team leader for 11 years in Greater Victoria and now continues to serve on the local committee. Outside of work, Paige enjoys spending time with her family, playing games, doing puzzles, getting outside to enjoy the Island's beauty, and sharing good food and meaningful conversations with friends.

Paige is passionate about encouraging and equipping people to grow in confidence and embrace who they are. She's inspired by the theme "Unplug, Unwind, Unleash," and looks forward to creating space for women to slow down, recharge, and reconnect, rediscovering what brings them joy, purpose, and strength.



Our Program Team

Marika and Joh are both on staff with Young Life in Victoria on Vancouver Island. This fun duo has worked together to give joy and laughter to many teens and this is their second time to lead us in fun and laughter at our Weekend for Women.

**Marika Morley
Johanna Va'a**



Sophia Brassett

Our Band

Sophia, Joh and Marika and the band will lead us in some fun songs and some faith songs. Their love and joy is contagious - just wait and see!

MEET OUR TEAM



Amy Chapoton

Morning Exercises

(Rock Lobby on Friday and Saturday morning 7 am)

Amy is a movement coach who helps women slow down, release tension, and reconnect with their bodies. Her stretching sessions are simple and accessible, designed to improve mobility while creating space to breathe, reflect, and reset.



Carlee Turner

Morning Bible Study

(Copper Room)

Carola Meerkerk and Carlee Turner will be “Diving Deeper” in our Morning Bible Study on Friday at 8 am (with Carola) Saturday at 8 am and Sunday at 7:30 am (with Carlee). We will be focusing on women in the Bible who have been “unleashed” in their courage and in their identity in Jesus.

Carlee is a parent, spouse, spiritual director and pastor passionate about Jesus, the church and baked goods. She’s been shaped by a diverse background across Anglican, Lutheran, and Evangelical traditions, and brings a deep appreciation for both contemplative practices and vibrant community life. She has been volunteering with Young Life since 2003, and loves this mission! She loves helping people encounter God in meaningful ways, guiding them toward wholeness, healing, and a deeper understanding of who they are created to be. I’m excited to get to study God’s word with women!

Planning Team

Carola Meerkerk (Co-Manager/Coordinator), Sarah Marriott (Co-Manager & Program Coordinator), Linda Mott (Food Coordinator), Sharon Stevenson (Music Coordinator), Renée Justesen & Joanne Wright (Work Staff Coordinators), Bev Crozier, Brenda Spode, Cori Wensley, Linda Mott (Decor), Rita Siebert (Gift Coordinator), Jen Mitchell (Prayer Coordinator), Tylar Kirkland (Welcome Coordinator), Daisy Shipley (Camp Registrar, Guest Services Coordinator).

CABIN TIME

Night 1 | Thursday

1. What's something you loved doing as a child that brought you joy?
2. How is childlikeness different from childishness?
3. If you could do one "childlike" thing without worrying what anyone thought, what would it be?
4. How do you think God parents you uniquely, knowing your specific personality and story?
5. What could being childlike with God look like to you?

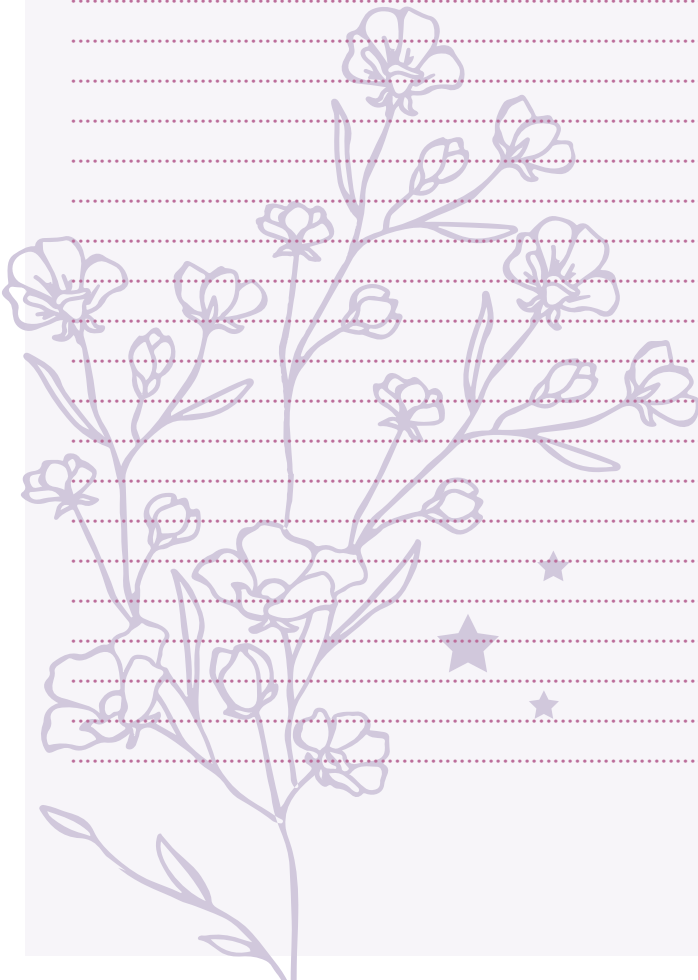
Night 2 | Friday

1. Who was someone you looked up to when you were younger? What made them stand out?
2. Do you have someone ahead of you who is mentoring you, tell us about that relationship. If not, what would you want that relationship to look like and who would you want to ask?
3. What area of your life do you think you are being called to grow or be stretched in?
4. What would it mean to you to "follow in the footsteps of Jesus"?

Night 3 | Saturday

1. Who in your life has been a great deep friend?
2. What does "doing life together" look like for you right now? What would you like it to look like?
3. Who is someone you want to come alongside more intentionally right now? What steps can you take to deepen that relationship?
4. How could you deepen your relationship with God and walk alongside the Holy Spirit?
5. Day 4 (Sunday)
6. Tell about a time you thought something was one way but in reality it was totally different?
7. How has God been different then you expected?
8. What is one way you leaned into childlike this week?
9. What are you excited to bring home with you after this weekend?

NOTES



NOTES

A series of horizontal dotted lines for writing notes.

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

SERVE



GROW



PLAY



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

Wolfe Creek Lodge

RIMROCK LOUNGE

Baking sessions

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

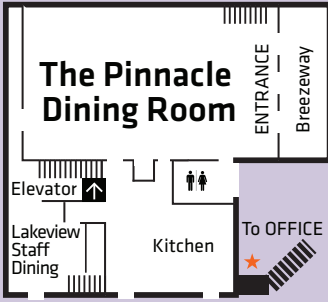
For bikes, paddleboards, kayaks and canoes.

BOAT DOCK

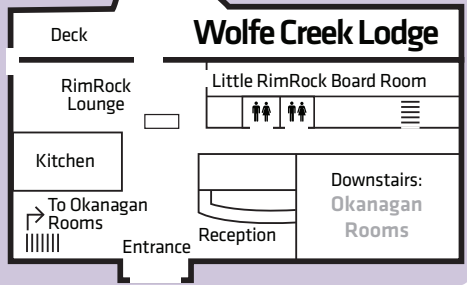
For tubing and boarding.



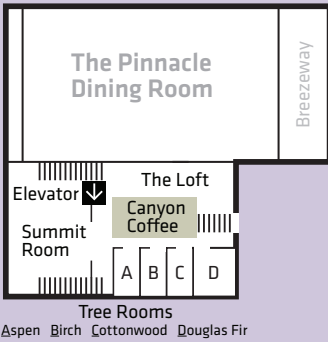
MAIN FLOOR



1ST FLOOR

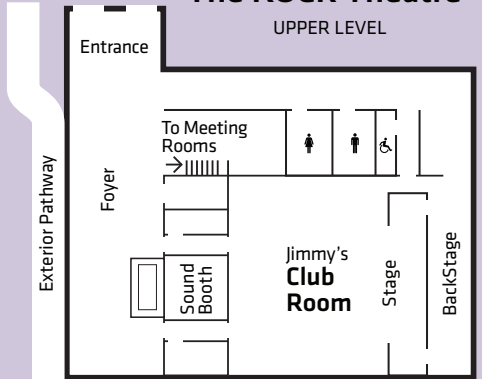


UPPER LEVEL

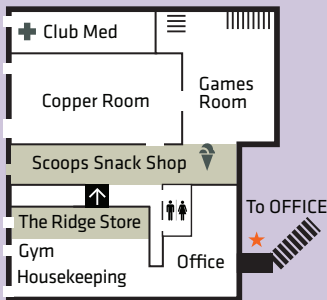


The ROCK Theatre

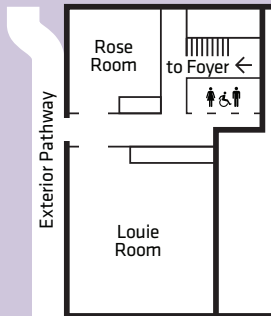
UPPER LEVEL



LOWER LEVEL



LOWER LEVEL



FRESH

Canyon Coffee

7am
In The Loft
Chai & Specialty
Beverages

 younglife.



Unplug. Unwind. Unleash.



WEEKEND FOR WOMEN



younglife.

RockRidge Canyon