

Metigoshe Ministries is Adventure Anchored in Christ where people experience and celebrate the gifts of God in a life together.

# Metigoshe

monthly update



May 2018

## Moments for Mom New Retreat

7 pm Friday, June 8 to 11 am Sunday, June 10

Cost: \$145

Enjoy some well-deserved time away from the hustle and bustle of your daily life with a retreat in the beautiful Turtle Mountains. Metigoshe Ministries has created a new retreat where moms can come and have some “you” time...relax in God’s beautiful creation with a retreat that allows you to set your own schedule. You can fill your day with hiking the trails and enjoying the outdoors, reading a favorite book, journaling, tackling a craft that you have been neglecting, yoga, high ropes or conversations with other busy moms. A time for worship will also be available, as well as a massage therapist (for a small additional fee.) As always, this retreat will include delicious meals and comfortable accommodations.

This retreat would make a perfect Mother’s Day gift for that special lady in your life. If you would like more information, please call Laura at 701-263-4788. Register online at [www.MetigosheMinistries.com](http://www.MetigosheMinistries.com).

## HIGHER THAN THE MOUNTAINS HIGH ROPES COURSE

## 10th ANNIVERSARY CELEBRATION!

Help us celebrate Jenna’s birthday and ring in a new decade of climbing adventures!

birthday cupcakes, snacks, games, music, balloon release, climbing & zipping

*\*climbing/ziping for 13 years-old and older\**

**4-6 pm, Sunday, May 6  
@ Camp Metigoshe**

2051 105th St. NE, Bottineau, ND 58318

## Other Events to Attend

June 2: Camp Work Day      June 23: Quilt Auction  
June 18-20: Camp Scrap-A-Lotta and Quilt-A-Mucha

## UNDER THE NORTHERN LIGHTS

Come join us on this journey through the Arctic Scandinavian Northern lights. We will bring you through the seasons from the long polar night to the glow of the midnight sun. We will treat you with beloved songs, fun facts and stories of the Norse, Kven and Sami people.

**Sunday, April 29**

**Metigoshe Ministries  
Lakeside Christian Center  
165 Lake Loop Road  
Bottineau, ND 58318**

3:00 - Children’s Concert and Story Telling  
(Adults invited, too)

4:00 - Children’s Craft Project

5:00 - Authentic Norwegian Meal  
includes appetizers and dessert

6:30 - Evening Performance for both children and adults

## Shape Up The Shop

More Ways to Help Camp Metigoshe

*Shape Up the Shop!* has been instrumental in getting our camp shop “up to speed”. We are thankful for the long list of items already provided – and hope you’ll share something from our list again.

Our list spans a range from small and simple to large and expensive. Whatever you can provide to help will be appreciated!

You can bring your items to Camp or the Christian Center, or you can call the office so we can find a way to get your gift up to us.

tape measures	brush mower/tow behind	peg board hooks
drill bits	utility vehicle (like a Gator)	floor jack
work gloves	air compressor (60 gallon)	garden tractor
garden carts	circular saw blades	utility knives
golf cart	extension cords	pliers
chain saws		

## Mother The Camp

Help us fill our pantry by “mothering our camp.” Any of the items listed below are items we use a lot of at camp. Your donations add up to a significant cost savings. Drop off your groceries at the Christian Center, summer camp at Pelican Lake, or at your church in May.

breakfast cereal	chocolate chips	napkins	napkins
tomato sauce	peanut butter	paper towels	oatmeal
canned vegetables	jelly	paper cups	brown sugar
powdered sugar	pancake syrup	paper plates	honey
white sugar	mayonnaise	toilet paper	pickles
flour	Hershey Kisses®	hand sanitizer	dish soap
sunscreen	drink mix	pasta	mosquito spray

Please go to [www.MetigosheMinistries.com](http://www.MetigosheMinistries.com) or call 701.263.4788 to register for a retreat.