



*Clearwater Chrysalis*  
***Speaker – Jill Emery***  
*February 23 – 25, 2024*

*Each of us has the ability to make full use of the life God has given us. We can be energized, feel good, have fun and be a blessing to others. Join us as we analyze physical, mental, social, and spiritual health and examine how we can thrive in a world where so many are content to just exist.*

Jill Emery is a lay pastor and Health and Physical Education teacher who longs to live in a place where every backyard has a rollercoaster, zipline, exercise trails and a reading nook. She finds peace and fulfillment in music and nature and treasures faith, family, friends, and fun. Jill has completed the Commissioned Ruling Elder Program classes through the Presbyterian Synod of Lakes and Prairies, has earned a Bachelor of Science in Health Education and a B.S. in Physical Education from Saint Cloud State University, and a Master of Education from Saint Mary's University. She's excited to be at Clearwater Forest with you and hopes to be a bright star on your journey through life.

## Our Mission

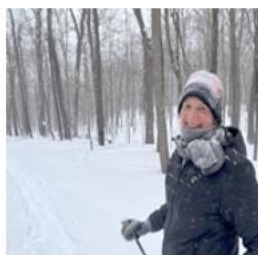
Clearwater Chrysalis is a balanced, faith-building Christian program of Clearwater Forest. We welcome adult women from all beliefs. Our vision



is to nourish and support the body, mind, and spirit in community with other women.

### Workshops

Tea Party                  Native American Culture  
Book Discussion        Nature Walk  
Soap Making              Muscles & Immunity



### Exercise, Free Time & Fun Stuff!

Snowshoeing              Massage Therapists  
Drop In Crafts.        Stretch & Praise  
\*\*\*Still looking for a yoga instructor! 😊

## Fees, Registration, General Info

Registration will be open by **January 1, 2024**.

Check the Clearwater Chrysalis webpage at:

<https://clearwaterforest.org/retreats/>



**Fees** for Chrysalis cover two nights of housing, speaker presentations, meals, most workshops and more. Cost: \$225 for a double lodge room, \$325 for a single lodge room. A \$75 deposit is required. All fees paid, minus the \$75 deposit, are refundable if a cancellation occurs at least 10 days prior to camp.

**First Time Campers** are eligible for a \$50 discount.

**Scholarship funds** are available through the Chrysalis Steering Committee. Contact the camp office.

### Save the Date!

Summer Chrysalis

**August 15 – 18, 2024**

(Optional Service Day August 14<sup>th</sup>)



Clearwater Forest is a regional program, retreat, and conference center of the Presbyterian Church (USA). This beautiful setting near Brainerd, Minnesota, covers more than 1,000 acres of forest and includes 3 ½ miles of lakefront, 10 miles of wooded trails, and majestic stone buildings.

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