

# CHCA Intercession 2022

January 3-14, 2022

Course Name: **Uniquely You**

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Instructor(s): **Emily Rempe and Karin Eppert**

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Course Type: **Local Day (Greater Cinti Area)**

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Service Hours: **10**

Maximum enrollment: **16**

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Minimum enrollment: **10**

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**Cost:** \$ 400

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**Overview:**

What makes you uniquely YOU? Girls will spend time resting and having fun in nature, receiving truth about themselves, reflecting on life experiences, and responding in service. We will spend time outdoors at the Cincinnati Nature Center, serve locally, and share wisdom learned with 7<sup>th</sup> and 8<sup>th</sup> grade girls at Founder's Campus. A portion of this intercession will be an overnight retreat at the Wilderness Ridge Retreat Center in Camden Ohio.

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Evaluate your life experiences to date, extract life lessons and learn how to leave any negative aspects behind.

Identify personal strengths and qualities.

Embrace how God created you.

**Course Goals:**

Enjoy God's creation through time outdoors.

Share stories and learn from others.

Learn how to develop and maintain lasting authentic friendships.

Serve others from a place of wholeness and thankfulness.

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*Selections from the following resources will be used during our time together:*

*Daring Greatly* by Brene Brown

*Purpose Driven Life* by Rick Warren

**Reading Component:** *Captivated* by John Eldredge and Stasi Eldredge

*Enneagram guide*

<https://womensministrytoolbox.com/teaching-women-to-read-the-bible/>

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**Writing Component:**

Writing component will be in the form of daily journaling and a final reflection paper.

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## Description:

**What makes you uniquely YOU? What strengths and gifts do you have to share with the world? How have your life experiences shaped your view of yourself and the world around you?** This Intercession will include three components: Receiving, Reflecting and Responding.

**Receive:** As you receive the truth about yourself -that you are beautiful, valuable, and loved, this gives you self-confidence! When you can see yourself as uniquely made by God, you make good decisions for yourself and can have healthy relationships.

**Reflect:** Your past life experiences shape the way you see yourself, others, and the world around you. Experiences can give us faulty schemas that we live out of, we believe lies about ourselves, and this affects how we interact with others.

**Respond:** Learn how to see yourself positively and uniquely created by God for specific purposes. How can you serve and share with others what you learn about yourself? What gifts and talents can you share with the world?

Girls will spend several days at the Cincinnati Nature Center. There will be a 3-day/2-night overnight retreat at Wilderness Ridge Retreat Center in Camden Ohio. The other days will be spent serving at off-site locations TBD. Drop off each morning and pick up each afternoon will be at the high school.

An example of our day on retreat:

8:45 - 9:00- Arrive at high school, bus to the Cincinnati Nature Center

9:30 - 10:00 Opening Prayer, Game, and Invitation/Challenge of the day

10:00 - 12:00 Life Experience Sharing

10:00 - 11:00 Solo hike/reflection time, Community Sharing.

12:00 - 1:00 Lunch and games.

1:00 - 2:00 Low Ropes Initiatives

2:30 Return to high school for pick up

An example of a service day:

8:45 - 9:00 Arrive at high school, Opening Prayer, Game, Challenge of the day, Sharing

10:00 Bus to offsite service opportunity

10:30 1:30pm Serve, eat lunch, reflect.

2:00 Pick up at high school.

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### This course is well suited to:

Girls who have an interest in developing self-awareness and self-growth. Girls who are open to developing new relationships and learning how to invest in and build the friendships they already have. Girls who enjoy being part of a team and being outdoors.

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### Cost:

\$ 400 This will include accommodations and all meals for overnight portion of the J term. This also covers reading materials, admission, and rental fees for the Cincinnati Nature Center and transportation costs.

### Additional costs:

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### Other Information:

Because each day of the Intercession experience builds on the one prior, participants must commit to being present for the entire time each day, no exceptions. The overnight retreat will be local. Most days students should plan to pack and bring their own lunch.