

Country Living In The Last Days

Practical Skills for Independent Christian Living



Making Bread & Soy Milk



Growing A Garden

**Ointments
Tinctures
Herbs**



Home Hydrotherapy

Food Preservation



Construction Techniques

Installing Hardwood Floors

Do-It-Yourself Wiring

Finished Trim Work

Science of Drywall

Morning and Evening Devotionals: Living Through The Last Days

1. Leaving the Cities—When, Where, and How
2. Life After the Sunday Law
3. The Latter Rain
4. The Sealing and Close of Probation
5. Who Are the 144,000
6. Will the Church Survive the Shaking
7. Seven Last Plagues
8. Stability in a World of Abrupt Change
9. Signs Preceding The Second Coming
10. Heaven—Eternal Rest and Reunion
11. Dealing With Heresies
12. Preparation for Persecution

Where: Wildwood Health Retreat

When: May 16-23, 2010

Cost: \$249 (Includes room and vegan meals)

Contact: Lew Keith

Phone: 931-724-6706

email: lykeith@gmail.com

Country Living In The Last Days

Practical Skills for Independent Christian Living

	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath	Sunday	
7-8	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
8-9	Leaving the Cities	The Latter Rain	The 144,000	Seven Last Plagues	Signs: Second Coming	Worship Service Waynesboro SDA Church	Good-Bye!	
9-10	Bread Making	Food Preservation 1	Herbs 1	Herbs 2	Growing A Garden 4			
10-11			Food Preservation 3					
11-12	House Framing 1	Growing A Garden 1	House Framing 2	Growing A Garden 3	House Framing 3			
12-1								
1-3	Lunch	Lunch	Lunch	Lunch	Lunch			Lunch
3-4	Soy Milk	Granola, Tortillas, Flat Bread	Growing A Garden 2	Grafting Trees	Free Time			Nature Walk
4-5	Home Hydro. 1							
5-6	Home Hydro. 2	Food Preservation 2	Home Hydro. 2	Vegan Cooking Tips				
6-7	Supper	Supper	Supper	Supper	Supper	Supper		
7-8	The Sunday Law	Close of Probation	Survival In The Church	Stability	Heaven	Persecution		



Registration: Registration is by phone. The fee for the seminar is \$249 per person. Children under 12 receive a 50% discount. A deposit of \$75 per person is required to reserve a place in the Seminar, and is non-refundable. To register call Lew or Darlene Keith: W: 931-724-6706, H: 931-724-2443. You may pay the deposit online using a credit/debit card: Go to www.wildwoodhealthretreat.org and click on the "Pay Deposit" tab.

Arrival Time: We invite all participants to arrive Sunday afternoon (May 16) after 3:00 PM. We will provide a light supper (at 6:00 PM), and then begin our program Monday morning. We will end on Sunday (May 23) after breakfast.

What to bring: All seminar participants will need to bring their towels, pillow, blanket, laundry detergent, and other personal items. The Health Retreat will provide bed linens. We expect the weather to be ideal, so bring a light jacket and comfortable clothes. A pen and paper would come in handy for taking notes. Bring along some comfortable walking shoes—we have miles and miles of country roads that you might want to explore.

Housing & Food: All participants are provided housing on the Health Retreat campus. Families will be housed in the Health Center. Singles will probably have a roommate and will be housed in the Health Center or in a home adjacent to the Health Center. We serve an excellent vegetarian diet (no animal or dairy products). Two meals plus a light supper are provided each day.

Computers—Wireless internet access is available; access is limited to designated time periods.

Dress—We ask for your cooperation in helping us to maintain a modest, "minimum distraction" environment both in and outside of the classroom.

Laundry—Laundry facilities are available. Participants should bring their own laundry soap (as well as other personal hygiene items, including toothpaste, soap, etc.).

Telephones—Telephones in the Health Retreat Campus can be used for local calls only. If you desire to make long distance calls you must have a pre-paid phone card. Cell phones work, but reception is sporadic.

Alcohol & Tobacco—The Health Retreat doesn't allow alcohol, tobacco, caffeine, or other drugs. We desire to maintain the healthiest environment for our staff and our guests.

Work Contribution—In an effort to keep our prices low (while at the same providing opportunities for our guests to take part in our ministry), we invite all participants to share in housekeeping and clean-up after meals.

Credit Card Surcharge—When credit cards are used (except when making a seminar deposit), we add a 2% charge. This covers the cost of accepting credit cards, and helps us keep seminar prices affordable.