

Fall Women's Retreat

October 2-4, 2009

With Glenna Salsbury
and music by
Bonnie Keen

"Getting It Together"



WEEKEND SCHEDULE

Upon arrival to camp please get updated schedule

Friday, October 2nd, 2009

- 6:00 pm Registration – New Frontiers Dining Hall
Activity/Breakout Sign Ups – NFDH (limit of 2 activities)
- 6:45 Tram Tour – New Frontiers Dining Hall Walkway
(recommended for 1st timers)
- 7:15 Tram Tour – New Frontiers Dining Hall Walkway
(recommended for 1st timers)
- 8:00 – 9:45 **General Session 1 – Olson Auditorium**
Glenna Salsbury – Speaker
Bonnie Keen – Musician
- 10:00 pm Snack & Breakout Sign ups – New Frontiers Dining Hall
Registration – Welcome Center @ NFDH
Activity Sign Ups (limit of 2) – Trading Post
- 10:15 Night Adventure – Outdoor Fireplace @ NFDH
Indoor Pool is open
- 11:00 – 6:00 am Quiet Hours ...shhhh

Saturday, October 3rd

- 7:00 – 7:30 Lap Swim
- 7:00 – 8:30 **Break the Fast – NFDH**
(Breakfast)
- 7:30 – 8:00 30-Minute Water Aerobics – Pool
- 7:45 – 8:45 Late Registration – Welcome Center @ NFDH
Activity Sign Up (unlimited) – Trading Post
Prayer Labyrinth – LB
- 8:00 – 8:15 Morning Devotion w/Glenna – Outdoor Fireplace
- 8:00 – 8:30 Tram Tour – NFDH Walkway
Nature Walk - Flagpole @ NFDH
- 9:00 – 10:30 **General Session 2 – Olson Auditorium**
Glenna Salsbury – Speaker
Bonnie Keen – Musician
- 10:45 – 11:45 **Breakout Sessions**
Every Child CR
Respect for Husbands OA
God's Grace is Sufficient CH
Wait Training SR
- 11:30 – 1:30 **Lunch – NFDH**

MEETING PLACE KEY

AR	Archery Range
CH	Chapel
CR	Catapult Room (upstairs EC)
CRR	Crossroads Ranch
CCHR	CoCo High Ropes
CCZL	CoCo Zipline
CW	Climbing Wall
EC	Endeavor Center
FH	Freedom Hall
GR	Game Room (upstairs EC)
LS	Lillie Station
LB	Long Barn
NFDH	New Frontiers Dining Hall
NFHR	New Frontiers High Ropes
NFZL	New Frontiers Zipline
OA	Olson Auditorium
OF	Outdoor Fireplace
PB	Paint Ball Field
PC	Prayer Chapel
PO	Pool
RR	Riflery Range
SR	Summit Room (upstairs EC)
TP	Trading Post
TS	Trap Shooting
WCW	Welcome Center Walkway

WEEKEND SCHEDULE (cont.)

Upon arrival to camp please get updated schedule

Noon – 1:00

Breakout/Activities

God's Grace is Sufficient OA
Prayer Labyrinth LB
Prayer Partner LI
Archery
Tram Tour WCW
New Frontier Zipline NFZL

1:15 – 2:15

Breakout/Activities

Every Child OA
Prayer Labyrinth LB
Prayer Partner LI
Craft – Lavender Eye Pillows LS
Paintball PB
River Canoeing (3 hr) WCW
Horseback Trail Ride CRR
Riflery RR
New Frontier Zipline NFZL

2:30 – 3:30

Breakout/Activities

Devoted to God OA
Prayer Labyrinth LB
Prayer Partner LI
Afternoon Snack EC
Craft – Lavender Eye Pillows LS
Paintball PB
River Canoeing (cont)
High Ropes
Horseback Trail Ride CRR

3:45 – 4:45

Breakout/Activities

Dare to Believe OA
Prayer Partner LI
Prayer Labyrinth LB
Craft – Lavender Eye Pillows LS
Craft – Nifty Notebook FH
Copper Country Zipline CCZL
Horseback Riding CRR
River Canoeing (cont)
High Ropes
Water Aerobics

5:00 – 6:00

Breakout/Activities

Wait Training SR
Prayer Labyrinth LB
Craft – Nifty Notebook FH
Craft – Tie Dye EC
Copper Country Zipline CCZL
Tram Tour NFW

TRADING POST HOURS

Friday

6:00 pm - 8:00 pm
10:00 pm - 11:00 pm

Saturday

7:45 am - 9:00 am
10:45 am - 7:15 pm

Sunday

8:00 am - 9:00 am
10:45 am - 2:00 pm

WEEKEND SCHEDULE (cont.)

Upon arrival to camp please get updated schedule

5:00 – 7:00

Dinner - NFDH

6:00 – 7:00

Activities

Prayer Labyrinth LB
Prayer Walk OF @ NFDH
Craft -Tie Dye EC
Copper Country Zipline CCZL
Tram Tour NFW

7:30 – 9:30

General Session 3 – OA

Mini – Concert with Bonnie Keen

9:45

Snack – NFDH

10:15

Night Adventure Outdoor Fireplace
CampFires – per sign up

11:00 – 6:00 am

Quiet Hours...shhh

Sunday, Oct.4th

7:00 – 7:30 am

Lap Swim – Pool

7:00 – 8:30

Break the Fast – NFDH

8:00 – 8:15

Morning Devotional w/Glenna – Outdoor Fireplace

8:00 – 8:30

Tram Tour NFW
Nature Walk Flagpole @ NFDH

9:00 – 10:45

General Session 4 – OA

Glenna Salisbury – Speaker
Bonnie Keen – Music

11:00 – Noon

Breakouts

Dare to Believe OA
Devoted to God SR
Respect for Husbands CR
Prayer Walk OF @ NFDH

11:15 – 12:15

Activities

Prayer Labyrinth LB
Prayer Partner LB
Craft – Nifty Notebook FH
Riflery RR
Climbing Wall NFCW
New Fro Zipline NFZL

11:30 – 1:30

Buffet

SPRING WOMEN'S RETREATS

April 30 - May 2, 2010

Dr. Roseanne Coleman - Speaker

Jennifer Stanley – Music

WHO'S HERE THIS WEEKEND?



Glenna Salsbury

Glenna Salsbury is a professional speaker, author and consultant from Pleasant Valley, Arizona. She is a favorite at Christian conferences worldwide. Her humor mixed with her love of the Bible keeps audiences on the edge of their chairs.

This weekend Glenna will be teaching on: "Getting It Together"

Do you sometimes feel like your life is like a roller coaster ride? Some days you feel up and other days you feel down? Christ has promised us a resting place in His unchanging grace-filled love. Have you been experiencing His peace, grace and love in your daily life?

Discover the refreshing truths of the Lord's unfailing love. Glenna will be sharing her laughter and joy as she opens up the Word of God. You will gain renewed hope and fresh enthusiasm for living a joy-filled life.

Bonnie Keen

Bonnie Keen is a founding member of the critically acclaimed recording trio, First Call. Over a span of twenty plus years she has been awarded three Dove Awards, five Grammy nominations, and an Emmy nomination for her work as a recording artist, author and speaker.



BREAKOUT PRESENTER DESCRIPTIONS

Devoted to God - Michael Perry: Do you desire to deepen your walk with the Lord but do not know how to go about it? Are you a “veteran” of having a devotional time but are looking for “fresh fire”? Come glean new tools and insight that will surely excite your efforts as you make spending time with God a priority.

Respect for Husbands - Sue Osterink: Do your words treat your husband with respect? Come learn 8 practical ways that will help elevate your marriage relationship. You will be surprised how effective these proven simple steps by speaker Debbie Holly will impact your marriage for the better.

Every Child - April Gann: What do children want you to know about their big world? Gain insight & tools for connecting and engaging with the kids in your life. Understand better what children are thinking but not sharing with you. Come learn what they need so you can guide their emotional & spiritual development.

Wait Training - Beth Weber: Hear how God used her experience with a missing son to find that the key to waiting on the Lord is not asking “how long must I wait?” but asking “how do I wait?” Learn how to respond to divine delays so that we can persevere and endure through trials with courage and strength.

God’s Grace is Sufficient...Really it is - Jason Hoffer: Through 3 compelling stories, take a unique look at how God’s grace is sufficient for even the most unworthy. Grace is a topic that is talked about, but seldom believed. Come, and let these stories help propel you to face the weight and burdens of everyday life.

Dare to Believe - Bonnie Keen & Nan Gurley - Come hear about the grace of God in the seasons when HE says NO! Be encouraged that there is always a “YES!” coming. See this premiere scene from their new musical “Mothers, Sisters, Daughters of God...” where you will meet 2 women from the Bible who become unlikely friends & find common ground at the feet of Jesus.

CRAFTS

Nifty Notebook - Christine Ahlstedt – \$5.00

Lavender Eye Pillow – Kate Hust - \$5.00

Tie Dye – SpringHill Staff \$4 - \$12.00

ACTIVITY INFORMATION

CampFire* (\$0) 20-30 minute traditional SH experience offered at 2 fire pits. Sing, clap your hands, & hear a testimony of how Christ can change your life.

Climbing Wall (\$5) This NewFro tower has a challenge for everyone. If lightning strikes, test your skill on our 30' indoor tower located in the Endeavor Center.

High Ropes*(\$10) Together with friends you will conquer challenges which require teamwork, balance, courage, and persistence...all while 20' in the air!

Horseback Trail Ride*(\$15) Explore the backlands of SpringHill on the back of a horse! We'll saddle them up and lead you on a 45-minutes leisurely trail ride.

Indoor Pool (\$0) The pool will be open per the weekend schedule for your enjoyment with a friend. Lap swims are also noted in the schedule.

Morning Devotional (\$0) Grab a hot beverage and kick start your day with Glenna as she shares a Heavenly Treasure by the outdoor fireplace.

Nature Walk (\$0) Enjoy the beautiful grounds of SpringHill as you walk hidden pathways to seek out trees, birds, plants, and more of God's creation.

Night Adventure (\$0) Take a fun and adventurous walk in the dark. You'll gaze at the stars and use your senses to explore the night woods at camp.

Paintball* (\$10) Gear up for a different adventure in the woods with a paintball marker and moving targets (a.k.a. your friends)! Don't wear your Sunday best!

Prayer Labyrinth (\$0) Experience prayer in a whole new way. You will be blessed by this approach that has been powerful & effective to all who take the time.

Prayer Partner (\$0) – If you are in need of prayer for yourself or a loved one, stop by the ___ Room, inside the prayer labyrinth to share the request and be prayed for one-on-one.

Riflery (\$5) Ready, Aim Fire! Shoot 20 shots with a .22 caliber rifle at the range.

River Canoeing* (\$25 per canoe) Enjoy a peaceful journey down the Muskegon River in one of our canoes. You will be bused to and from the river. (3 hour block)

Tennis Courts (\$0) Tennis anyone? Bring your racquet along to play anytime on one of our three outdoor courts.

Tram Tour* (\$0) Whether you're a first timer or a veteran to SpringHill, you will not want to miss the opportunity to acquaint yourself with all camp has to offer.

Water Aerobics (\$0) Come be energized as you are led in a low-impact workout at the pool! You'll burn a few calories and have fun while at it!

Zipline (\$5) Come experience one of the most anticipated activities as camp. You're harnessed in for an exhilarating ride as you "zip" down a cable! Two to choose from... try them both!

***Sign up needed. All others, just show-up.**

PACKING/ARRIVAL INFORMATION

DIRECTIONS

SpringHill is located 85 miles north of Grand Rapids in Evert, Michigan. From Grand Rapids you travel north on 131 to Reed City (exit 153), then take US-10 east to Evert. From Lansing you travel north on 27 to US-10 west to Evert. From Traverse City, Evert can be reached by traveling south on 131 and then east on US-10. From Detroit, travel north on I-75 to US-10 west to Evert. Once you reach Evert via US-10, look for the only flashing yellow light at 95th Avenue. Turn north and travel for 1.8 miles. SpringHill has a lighted sign on your left-hand side.

REGISTRATION

After you pull into SpringHill's main entrance, veer right and park. Registration for the weekend takes place beginning at 6:00 in the Welcome Center at the New Frontiers Dining Hall. Once you are registered you may drive to your housing area to get settled for the weekend.

ACTIVITY/BREAKOUT SESSION SIGN-UP

There is so much to do at SpringHill! You will have many choices but limited time this weekend. Consider thinking about which breakouts or activities are most important to you! Some activities require a sign-up because of instruction and/or limited numbers. Some activities require an additional fee. Breakout and Activity Sign-ups will be held in the New Frontiers Dining Hall (NFDH). After you have moved into your housing areas on Friday night, you can sign up for activities and breakouts. Activities fill on a first come, first serve basis. However, there is a LIMIT of TWO activity sign-ups on Friday as well as ONE craft. This will assure open spots to people who are not able to arrive between 6:00-7:45pm. Sign-up for activities, crafts & specials will be unlimited beginning Saturday morning at 7:45am, and will be available through out the weekend in the Trading Post. Activity descriptions and prices can be found on the next page. Breakout sign-ups are available all weekend in the NFDH and are unlimited.

FRIDAY NIGHT SNACK

During breakout and activity sign-ups in the NFDH, snacks are provided for you to enjoy. However, if you desire a full meal on Friday night you can find restaurant chains like Mancino's, McDonald's, Subway, and BC Pizza just a few miles away. Evert is also the home of several local restaurants you can enjoy. A late night snack will be provided for you around 10:00 at camp as well. Please know that you will not walk away from the weekend feeling hungry!

WHAT SHOULD I PACK?

- ★ Adult Liability Waiver
- ★ Bible
- ★ Journal or Notebook
- ★ Seasonally appropriate clothing
- ★ Bedding and a pillow
- ★ Raincoat
- ★ Toiletries
- ★ 2 pair of shoes (at least one pair of gym shoes)
- ★ Flashlight
- ★ Swimsuit and towel
- ★ Spending money (for some activities, trading post, etc.)
- ★ A willingness to have F-U-N!

Optional Items

- ★ Tennis Racket
- ★ Ear Plugs (yes...women snore too)
- ★ Fan (to drown out unfamiliar sounds)



Adult/Sponsor Liability Waiver for Retreats

Retreat Attending: Women's Fall Retreat Dates October 2 - 4, 2009

I recognize that certain hazards and dangers are inherent in the SpringHill events and programs and particularly, but not limited to, the activities of horseback riding, swimming, high adventure areas, paintball, extreme sports, winter tubing, snowboarding, ice skating and cross-country skiing, and I acknowledge that although SpringHill has taken safety measures to minimize the risk of injury to participants, SpringHill cannot insure nor guarantee that the participants equipment, premises, and/or activities will be free from hazards, accidents, and/or injuries. I further recognize the importance of knowing and abiding by the camp's rules, regulations, and procedures for the safety of activity participants.

In consideration of SpringHill accepting and permitting me to attend camp and participate in the camp's activities, I agree that SpringHill, a non-profit corporation, its agents, officers, employees, trustees and volunteers will not be liable for any injury, death, damage and/or loss to me and/or anyone claiming on my behalf, and I further agree to hold harmless, indemnify and defend SpringHill, its officers, agents, employees, trustees and volunteers for and from any and all damage during the time of my attendance and participation at SpringHill, whether such injury, illness, or damage occurs on or off the camp's premises.

I certify that photographs or videotape pictures of myself participating in the SpringHill programs may be reproduced and utilized for promotional materials for the camp.

I am at least eighteen (18) years of age and I am under no mental or legal disability which would prevent me from signing and executing this agreement. I further represent that I have read (or have had read to me) and understood the terms of this agreement.

Name

Address

City State Zip

Home Phone () _____

Email

Signature

Date

Witness Signature

Date

Witness Address

Witness City, State, Zip

(Signature must be witnessed by a person over 18 yrs old, other than your immediate family)