



# BENEATH HIS WINGS



# FALL WOMEN'S RETREAT

September 30-October 2, 2011



with speaker:  
**LIZ CURTIS HIGGS**

and music by:  
**ALANNA STORY**

# WEEKEND SCHEDULE

*\*\*Upon arrival to camp please get updated schedule\*\**

## Friday, Sept. 30th

- 6:00 - 7:45 pm Registration – New Frontiers Dining Hall  
Activity/Breakout/Lunch Sign Ups – NFDH  
Limit of 2 activities
- 6:30 – 7:30 Tram Tours – NFDH Walkway  
(Recommended for 1st Timers)
- 8:00 - 9:45 **General Session 1 – Olson Auditorium**  
**Liz Curtis Higgs – “A Woman’s Story” – Ruth 1:1-5**  
**Alanna Story – Worship**
- 9:45 pm Snack & Breakout Sign Ups - NFDH  
Registration – Welcome Center @ NFDH  
Activity Sign Ups (Limit of 2) – NFDH
- 10:00 pm Night Adventure – Outdoor Fireplace NFDH  
Night Zip – New Frontier Zip Line  
Indoor High Adventure - EC  
Bingo GR
- 11:30 – 6:00 am SHHH...Quiet Hours Please.

## Saturday, Oct. 1st

- 7:00 – 7:45 am Breakfast A NFDH  
7:45 – 8:00 am Morning Devo w/Alanna Story – Outdoor Fireplace NFDH  
7:45 – 8:30 am Breakfast B NFDH
- 7:30 – 8:00 am **Activities**  
New Frontiers Zipline NFZL  
Prayer Walk PR  
Tram Tour NFDH Walkway
- 7:45 – 8:45 am Late Registration – Welcome Center @ NFDH  
Activity Sign-Up (unlimited) – Welcome Center @ NFDH
- 8:00 – 8:30 am **Activities**  
New Frontiers Zipline NFZL  
Prayer Walk PR  
Tram Tour NFDH Walkway
- 8:45 – 10:15 am **General Session 2 – Olson Auditorium**  
**Liz Curtis Higgs – “A Journey of Faith” – Ruth 1:6-22**  
**Alanna Story – Worship**
- 10:30 – 11:15 am **Breakout Sessions**  
The One Thing SR  
Why Creationism Makes Sense CR  
Protect Your Kids OA  
Love Your Neighbor as Yourself PC
- 10:30 – 11:30 am **Activities**  
Prayer Walk PR  
Prayer Partner LI  
Horseback Trail Ride CRR  
New Frontiers High Ropes NFHR  
New Frontiers Zipline NFZL  
Craft -Tie Dye EC Gym

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## WEEKEND SCHEDULE (cont.)

- 11:45 am – 12:45 pm **Lunch A/Breakouts/Activities**  
 Momentary Glimpses OA  
 The Marriage Roller Coaster CR  
 Prayer Walk PR  
 Prayer Partner LI  
 Wagon Tour FHCD  
 New Fro Climbing Wall NFCW  
 Horseback Trail Ride CRR  
 Riflery RR  
 New Fro High Ropes  
 New Fro Zipline NFZL  
 Craft – Tie Dye EC Gym
- 1:00 – 2:00 pm **Lunch B/Breakouts/Activities**  
 Give It A Rest OA  
 Craft – Autumn Centerpieces LS  
 Prayer Walk PR  
 Prayer Partner LI  
 River Canoeing CD (3 HR)  
 Horseback Trail Ride CRR  
 NewFro Climbing Wall NFCW  
 NewFro High Ropes  
 Riflery RR  
 New Frontiers Zipline NFZL  
 Paintball PB
- 2:15 – 3:15 pm **Breakouts/Activities**  
 Momentary Glimpses OA  
 The One Thing SR  
 Craft – Autumn Centerpieces LS  
 Prayer Walk PR  
 Prayer Partner LI  
 NewFro High Ropes  
 Solo Challenge SC  
 River Canoeing (cont.2nd hr)  
 Horseback Trail Ride CRR  
 Paintball PB  
 Copper Country Zipline CCZL  
 Ping Pong Tournament GR
- 3:30 – 4:30 pm **Breakouts/Activities**  
 Why Creationism Makes Sense CR  
 Love Your Neighbor as Yourself PC  
 Prayer Partner LI  
 Prayer Walk PR  
 Craft – Autumn Centerpieces LS  
 Copper Country Zipline CCZL  
 Copper Country HighRopes CCHR (2 hr)  
 Solo Challenge S  
 Horseback Trail Ride CRR  
 NewFro Climbing Wall (2 hr.) NFCW  
 Trap Shooting TSR  
 River Canoeing (cont.3rd) CD
- 5:00 – 6:00 pm **Dinner A/Breakout/Activities**  
 Protect Your Kids OA  
 Copper Country HighRopes CCHR (2nd hr)  
 Copper Country Zipline CCZL  
 Prayer Walk PR  
 Prayer Partner LI  
 Tram Tour NFDH Walkway  
 Horseback Trail Ride CRR  
 Trap Shooting TSR  
 Craft – Tie Dye EC Gym

### MEETING PLACE KEY

CR	Catapult Room (upstairs EC)
CRR	Crossroads Ranch
CCHR	Copper Country High Ropes
CCZL	Copper Country Zipline
NFCW	New Frontiers Climbing Wall
NFDH	New Frontiers Dining Hall
EC	Endeavor Center (Gym)
FH	Freedom Hall
FHD	Founder's House Drive
FHG	Founder's House Gazebo
GR	Game Room (upstairs EC)
GS	Giant Swing
LI	Library
LS	Lillie Station
NFDH	New Frontiers Dining Hall
NFHR	New Frontiers High Ropes
NFZL	New Frontiers Zipline
OA	Olson Auditorium
OF	Outdoor Fireplace @ NFDH
PB	Paint Ball Field
PR	PineRidge
RR	Riflery Range
SR	Summit Room (upstairs EC)
TP	Trading Post
TSR	Trap Shooting
WC	Welcome Center @ NFDH

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## WEEKEND SCHEDULE (cont.)

*\*\*Upon arrival to camp please get updated schedule\*\**

6:15 – 7:15 pm

### **Dinner B/Breakouts/Activities**

Disappointment Hurts SR  
Copper Country Zipline CCZL  
Indoor Adventure EC Gym  
Giant Swing White Barn  
Prayer Walk PR  
Prayer Partner LI  
Craft -Tie Dye EC Gym

7:30 – 9:00 pm

### **General Session 3 – Olson Auditorium Liz Curtis Higgs – “A Providential Meeting” – Ruth 2:1-3:6 Alanna Story - Worship**

9:00 – 9:30 pm

Mini- Concert with Alanna Story OA

9:45 pm

Fall Dessert Frenzy NFDH

10:00 pm

Night Adventure Outdoor Fireplace NFDH  
Night Zip NFZL  
Indoor Adventure EC  
Campfires

11:30 pm – 6:00 am

Quiet Hours...SHHHH

## **Sunday, Oct. 12th**

7:00 – 7:45 am

Breakfast A NFDH

7:45 – 8:00 am

Morning Devo with Alanna Story – Outdoor Fireplace NFDH

7:45 – 8:30 am

Breakfast B NFDH

7:30 – 8:00 am

NewFro Zipline NFZL

8:00 – 8:30 am

Tram Tour CD  
NewFro Zipline NFZL  
Prayer Walk PR  
Prayer Partner LI

9:00 – 10:45 am

### **General Session 4 – Olson Auditorium Liz Curtis Higgs – “A Certain Redemption” Alanna Story - Worship**

11:00 – 11:45 am

### **Breakouts**

Give It a Rest OA  
The Marriage Roller Coaster CR  
Disappointment Hurts SR

11:15 – 12:15 am

### **Activities**

Prayer Walk PR  
Prayer Partner LI  
Craft – Tie Dye EC Gym  
Craft – Autumn Centerpieces LS  
Riflery RR  
New Frontiers Climbing Wall CW  
Indoor Adventure EC gym  
Giant Swing  
New Frontiers Zipline NFZL

11:30 am – 1:30 pm

Sunday Buffet - Come Anytime NFDH  
Please turn in evaluations. Have a safe trip home!

BENEATH HIS WINGS

## WHO'S HERE THIS WEEKEND?



### Liz Curtis Higgs

A veteran speaker, Liz has presented more than 1,600 encouraging programs for audiences in all 50 states and 11 foreign countries. Liz is also the best-selling author of 26 books, with three million copies in print. In 1995, she received the Council of Peers Award for Excellence from the National Speakers Association, becoming one of only 35 women in the world named to their CPAE-Speaker Hall of Fame. Her alma mater, Bellarmine University, presented her with a Distinguished Alumni Award in 2005, and she received an Honorary Doctorate from Georgetown College in 2010.



***“He will cover you with his feathers,  
and under his wings you will find refuge.”***

***Psalms 91:4***

Every woman shares the same deep longings, however unspoken: to know she is free from harm; to know she is not alone; to know her future is secure. When our lives seem far from safe and anything but sure, what a comfort to know where to turn.

***“Retreat beneath his wings and in his grace confide!”***  
William Cowper

### This weekend Liz will be teaching on:

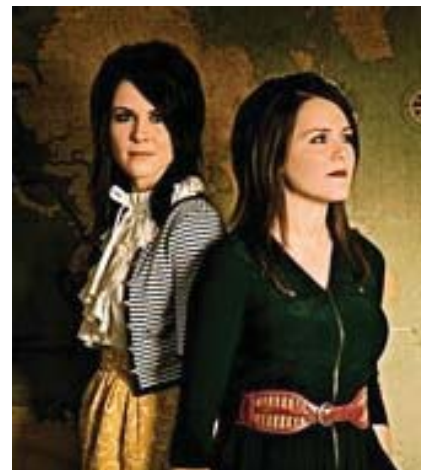
Best-selling author Liz Curtis Higgs explores the stories of two women in Scripture who sought shelter beneath God's comforting wings: Naomi, a widow embittered by loss, and Ruth, a foreigner emboldened by faith. In their struggles we'll see our own challenges addressed. In their discoveries we'll find our own needs met.

***“May you be richly rewarded by the Lord,  
the God of Israel, under whose wings you have come to take refuge.”***  
***Ruth 2:12***

Verse by verse, the book of Ruth reveals the depth of God's love for us—his generous, trustworthy, steadfast love. If you enjoy meaningful journeys and redemptive endings, shared with humor, honesty, and hope, you've come to the right place!

### Alanna Story

Having grown up with a family of deep faith and deep musical heritage, Anna & Ally Long were captivated by the musical arts from an early age. Both began their studies in piano and theory as kindergartners. Soon after came classical training in violin and guitar. Anderson University is where both of these sisters received their undergraduate degrees. They quickly became involved in the campus worship ministries and began serving across the country leading worship for retreats, rallies, and conventions. In 2008, Anna & Ally felt led to pursue their original music and gathered musicians with a similar passion for worship and a vision for awakening. It was then that Alanna Story was born...to love Jesus and lead other into the throne room of God.



# BREAKOUT SESSIONS

**THE MARRIAGE ROLLER COASTER;** Nikki Crooks – Marriage is a wild ride with ups and downs, and times you even feel like you are spinning. Have you had days when you're "I Do" turned to "I Don't Want to?" Come hear about a personal marriage journey and let God's Word encourage your heart. Experience how Nikki learned to believe in the power of HIS love.

**WHY CREATIONISM MAKES SENSE;** Kathy Agee - Can you define "creationism"? Are you confused about the creation vs. evolution debate? Come be encouraged by learning how scientific evidence supports creationism. This session is presented in an easy to understand format and a handout is provided for you to take home and explain to children.

**THE ONE THING;** Michael Perry – Are you looking for the one thing that will change your life? Look no further! Reading the Bible on a regular basis is that one thing. Walk through several different reading schedules and find the approach that will work for you. You will also be pointed to helpful resources to make your Bible reading a success.

**MOMENTARY GLIMPSES;** Jason Hoffer – All throughout scripture, God talks about his Kingdom come, and the assurance of what Christ brought from heaven to earth. Together, let's engage the scripture and listen to personal stories of how we are to catch momentary glimpses of God at work around us.

**LOVE YOUR NEIGHBOR AS YOURSELF;** Sherene McHenry - Are you living the life God desires for you or are you tired, overworked and burned out? Do you feel guilty when you aren't giving more? Come be empowered to live as God intends-- loving Him, loving yourself and loving others through a life of balance and boundaries. You'll walk away with strategies for loving yourself and others.

**GIVE IT A REST;** Kathy Long - Families today are certainly in the fast lane! Kids changing uniforms in the back seat while getting fast food. We desperately need to switch over to the slow lane...to find some down time...some alone time as a family. Take time to exhale and join Kathy as she provides helpful ideas to be a rested family in a fast-paced world.

**PROTECT YOUR KIDS;** Kevin Outland - The Internet is full of "the good", "the bad" and "the ugly". It is easy to get overwhelmed with technology that is second nature to kids. Catch up and learn how you can protect your family from "the ugly", get informed about "the bad" and learn about "the good" stuff that's available online and how to use it to connect to your kids.

**DISAPPOINTMENT HURTS;** Beth Weber - Disappointment comes in various shapes and sizes and injures our hearts in different ways. Unseen, open "wounds" become fertile ground for seeds of unforgiveness; a leading cause of chronic pain & crippling handicaps in our Christian walk. Learn the importance of meticulous "wound" care so we can persevere past our hurts.

## CRAFTS

Evergreen Autumn Centerpieces (\$5) – AnnMarie Krause (4 sessions of 20 each)

Tie Dye (\$10) – SpringHill Staff

Hair Clips (\$2) – SpringHill Staff

## REGISTER NOW FOR 2012 WOMEN'S RETREAT

**May 4-6, 2012**

Glenna Salisbury – Speaker

Jennifer Stanley – Worship

**October 5-7, 2012**

RoseAnne Coleman – Speaker

Sarah Scharbrough – Worship

*Registration forms are available in the Welcome Center*

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# ACTIVITY INFORMATION

There are a ton of activities to do at SpringHill! The options are wide open! The best part is - you will experience memorable moments that are unique to a weekend away at camp. To find the times when the following choice activities are available, please refer to your weekend schedule. You must sign up for activities unless noted otherwise & remember that you can only sign up for two activities on Friday.

**Climbing Wall** (\$5 charge) If the mountain calls your name or you just want to be like Spiderman, our climbing towers have 4 levels of difficulty ranging from beginner to expert. In case of inclement weather, test your skill on our 30' indoor tower located in the Endeavor Center.

**Campfires\*** (no charge) Join one of the three locations offered to sing, clap your hands, and hear a testimony of how Christ can change your life.

**Giant Swing** (\$5 charge) Trust your team to pull you up into the air. Pull the release and swing away! If you open your eyes, you can enjoy the beautiful view of the lake below.

**High Ropes\*** (\$10 charge) Choose to work New Fro or CoCo courses with a friend. Together you'll conquer challenges which require teamwork, balance, courage, and persistence... all while you're 20-30 feet in the air! See High Adventure specialist during sign-ups for details on both of these courses.

**Horseback Trail Ride\*** (\$10 charge) Explore the backlands of SpringHill on the back of a horse! We'll saddle them up and lead you on a 45- minute leisurely trail ride. Closed toe shoes and long pants please.

**Indoor Adventure** (\$10.00) Eurobungy, Giants Ladder, Climbing Wall, Rope Ladder, Centipede...come to the gym and experience all the high adventure you can under one roof...we dare ya!

**Night Adventure** (no charge, no sign-up) Offered both Friday & Saturday nights. Take a walk in the dark for a fun and adventurous way to end your day. You'll gaze at the stars and use your senses to explore the night woods at camp.

**Night Zip** (\$5.00) Experience the New Frontiers Zipline somewhat in the dark...light will guide you.

**Paintball\*** (\$10 charge \$5.00 ammo refill) Your next adrenaline rush is waiting for you...Gear up with a paintball gun and shoot moving targets (a.k.a. your friends)! Don't wear your Sunday best for this one!

**Prayer Walk** (no charge) Enjoy a walk in the woods while signage points the way and the Holy Spirit moves within while reading scripture, and being alone with God and creation. Begin at Pine Ridge.

**Prayer Partner** (no charge) If you are in need of prayer for yourself or a loved one, please stop by the library and you will have the opportunity to share that request and be prayed for individually.

**Riflery** (\$5) Ready, Aim, Fire! You get 20 shots with a .22 caliber rifle at the Rifle 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.

**Solo Challenge** (\$5 charge) Feeling like you need a challenge? Test your nerves and balance while climbing up a 20 foot pole, then jumping to a trapeze in mid-air!

**Trap Shooting\*** (\$5 charge) PULL! The clay pigeon is released, you aim, fire. This is a safe atmosphere to try out a 12 or 20 gauge shotgun. Located across from the main entrance.

**Tennis Courts** (no charge, no sign-up) Tennis anyone? Bring your racket along to play anytime on one of our three outdoor courts.

**Tram Tour** (no charge) Whether you're a first timer or a veteran to SpringHill you will not want to miss this opportunity to acquaint yourself with all SpringHill has to offer! Tours last 30 min.

**Zipline** (\$5 charge, no sign-up) Come experience one of the most anticipated activities at SpringHill! You're harnessed in for an exhilarating ride...choose New Fro which boasts 8 lines, 1000' long, 18 mph and 45 seconds of pure adrenaline. CoCo takes off and sails you 765' over Lake Jasper on its 6 lines.

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

# 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 New Frontiers Dining Hall. You will not be able to register until 6:00. Once you are registered you may drive to your housing area to get settled in for the weekend.

## ACTIVITY SIGN-UP/BREAKOUT SESSION SIGN-UP

There is so much to do at SpringHill! Unfortunately, you can't do it all in just one weekend. Think about which breakouts or activities are most important to you. Some activities require a sign-up or an additional fee. Other activities are just "show up". Breakout and Activity Sign-ups will be held in the New Frontiers Dining Hall (NFDH). Activities fill on a first come, first serve basis. However, there is a LIMIT of TWO activity sign-ups on Friday and 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. Activity descriptions and prices can be found on the next page. Please note that River Canoeing is a 3-hour time block.

## FRIDAY NIGHT SNACK

During breakout and activity sign-ups in the Endeavor Center, a lite snack is provided for you to enjoy. However, if you desire a full meal on Friday night you can find fast food just a few miles away. Evert is also the home to several local restaurants you can enjoy. A late night snack will be provided around 9:45 at camp as well. You will not walk away from the weekend feeling hungry!

## MEAL SIGN-UP

To have a great dining hall experience, you will have to sign up for your meal track. If you sign up for A, all your meals are with A and so on for B.

Breakfast A is 7:00 – 7:45 a.m.    Lunch A is 11:45 – 12:45    Dinner A is 5:00 – 6:00  
Breakfast B is 7:45 – 8:30 a.m.    Lunch B is 1:00 – 2:00    Dinner B is 6:15 – 7:15

## SMOKING

There are two designated smoking areas. The white gazebo near the outside amphitheater located across the New Frontiers Courtyard and the skating shed located on the New Frontiers Extreme Skating Park. Thank you for not smoking anywhere else on camp.

## WHAT SHOULD I PACK?

- |   |   |
|---|---|
| <input type="checkbox"/> Adult Liability Waiver                                   |   |
| <input type="checkbox"/> Bible  | <b>Optional Items</b>   |
| <input type="checkbox"/> Journal or Notebook                                      | <input type="checkbox"/> Tennis Racket                        |
| <input type="checkbox"/> Seasonally appropriate clothing                          | <input type="checkbox"/> Ear Plugs (yes...women snore too)    |
| <input type="checkbox"/> Bedding and a pillow                                     | <input type="checkbox"/> Fan (to drown out unfamiliar sounds) |
| <input type="checkbox"/> Raincoat   |   |
| <input type="checkbox"/> Toiletries   |   |
| <input type="checkbox"/> 2 pair of shoes (at least one pair of gym shoes)         |   |
| <input type="checkbox"/> Flashlight   |   |
| <input type="checkbox"/> Spending money (for some activities, trading post, etc.) |   |
| <input type="checkbox"/> A willingness to have F-U-N!                             |   |



# Adult Liability Waiver for Retreats

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Retreat Attending: Women's Fall Retreat Dates: September 30-October 2, 2011

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, and extreme sports, 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.

\_\_\_\_\_  
Group Name

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City State Zip

Cell 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)