



**LIVE.  
MOVE.  
BE.** 

# SPRING WOMEN'S RETREAT

April 15-17, 2011



with speaker:  
**JULIE BARNHILL**

and music by:  
**SUSAN GRAY**

**SpringHill!**  
Camps 

[springhillcamps.com](http://springhillcamps.com)

# WEEKEND SCHEDULE

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

## FRIDAY, APRIL 15th

- 6:00 pm Registration – New Frontiers Dining Hall (NFDH)  
Activity, Breakout Session, Craft Sign Ups – NFDH  
(limit of 2 activities and 1 craft)
- 6:30 – 7:30 Tram Tours – New Frontiers Dining Hall Walkway  
(Recommended for 1st timers)  
Prayer Labyrinth – Long Barn (open till 11:30 pm)
- 8:00 – 9:45** **General Session 1 – Olson Auditorium**  
Julie Barnhill – Speaker *“Time to Lighten Up”* Ecclesiastes 3:4  
Susan Gray – Musician
- 10:00 Snack – New Frontiers Dining Hall  
Activity/Breakout Session/Craft Sign Ups – New Frontiers Dining Hall  
Indoor Pool Open/Trading Post Open
- 10:15 Psalm Night Walk – Outdoor Fireplace @ New Frontiers Dining Hall  
Bingo – Game Room (Endeavor Center upstairs)
- 11:30 – 6:00 a.m. Quiet Hours

## SATURDAY, APRIL 16th

- 7:00 a.m. – 8:30 Breakfast Buffet – New Frontiers Dining Hall
- 7:00 – 7:30 Pool is open for Lap Swim  
Prayer Labyrinth – Open until 11:30 pm
- 7:30 – 8:00 “Wake Me Up” Water Aerobics – Pool
- 7:45 – 8:45 Registration – Welcome Center @ New Frontiers Dining Hall  
Activity/Craft Sign Up – Welcome Center @ New Frontiers Dining Hall
- 8:00 – 8:15 Fireside Morning Devotion with Julie Barnhill – Outdoor Fireplace
- 9:00 – 10:30** **General Session 2 – Olson Auditorium**  
Julie Barnhill - *“Stretch, Woman, Stretch”* Colossians 2:6-8  
Susan Gray – Musician
- 10:45 – 11:45 Breakout Sessions  
Momentary Glimpses – Olson Auditorium  
Why Creationism Makes Sense – Catapult Room (upstairs Endeavor Center)  
The One Thing – Summit Room (upstairs Endeavor Center)
- 11:30 – 1:00 Lunch Buffet – New Frontiers Dining Hall

\*Sign Up Needed

BE!  
MOVE!  
LIVE!

# WEEKEND SCHEDULE (cont.)

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

12:30 – 1:00	Tram Tour – New Frontiers Dining Hall Walkway New Frontiers Zipline
1:00 – 2:00	<u>Breakout Sessions/Activities</u> Why Creationism Makes Sense – Catapult Room (upstairs Endeavor Center) The One Thing - Summit Room (upstairs Endeavor Center) Prayer Labyrinth – Long Barn Prayer Partner – Library New Frontiers Zipline New Frontiers Tandem High Ropes* Crafts – Tie Dye, Luggage Tags & Hairclips – Gym Craft Room Craft – Silk Scarves – Gym* Horseback Trail Ride – Crossroads Ranch*
2:00 – 3:00	Paintball – Paintball Range*
2:15 – 3:15	<u>Breakout Sessions/Activities</u> The Marriage Roller Coaster – Catapult Room (upstairs Endeavor Center) Dulcimer Celebration - Lillie Station Prayer Labyrinth – Long Barn Prayer Partner – Library New Frontiers Zipline New Frontiers Tandem High Ropes* Crafts – Tie Dye, Luggage Tags & Hairclips – Gym Craft Room Craft – Silk Scarves – Gym* Craft – Beaded Bracelets – Gym* Horseback Trail Ride – Crossroads Ranch*
3:00 – 4:00	Ping Pong Tournament – Endeavor Center Upstairs Game Room
3:30 – 4:30	<u>Breakout Session/Activities</u> Momentary Glimpses - Olson Auditorium Prayer Labyrinth – Long Barn Prayer Partner – Library Crafts – Tie Dye, Luggage Tags & Hairclips – Gym Craft Room Craft – Silk Scarves – Gym* Craft – Beaded Bracelets – Gym* Horseback Trail Ride – Crossroads Ranch* New Frontiers High Ropes*
4:45 – 5:45	<u>Breakout Session/Activities</u> Give It a Rest – Olson Auditorium Prayer Labyrinth – Long Barn Prayer Partner – Library Crafts – Tie Dye, Luggage Tags & Hairclips – Gym Graft Room Craft – Silk Scarves – Gym* Craft – Beaded Bracelets – Gym* Horseback Trail Ride – Crossroads Ranch* New Frontiers High Ropes*

\*Sign Up Needed

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# WEEKEND SCHEDULE (cont.)

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

- 4:00 – 5:00 Water Aerobics – Endeavor Center Pool
- 6:00 – 7:00 Breakout Session/Activities  
A Holy Dwelling – Chapel  
Dulcimer Celebration – Lillie Station  
Prayer Labyrinth – Long Barn  
New Frontiers Climbing Wall\*
- 5:00 – 6:30 Dinner Buffet – New Frontiers Dining Hall
- 8:00 – 9:30** **General Session 3 - Olson Auditorium**  
Julie Barnhill - *“It’s time to Stop Playing Games with Holiness”* - Amos 3:5  
Susan Gray - Musician
- 9:45 – 10:15 Coffee House with Susan Gray in the Game Room
- 9:45 – 10:15 Snack – New Frontiers Dining Hall
- 10:15 Psalm Night Walk – Outdoor Fireplace  
Campfires – Peaks or Craft House\*
- 11:30 – 6:00 a.m. Quiet Hours

## SUNDAY, APRIL 17th

- 7:00 a.m. – 8:30 Breakfast Buffet – New Frontiers Dining Hall
- 7:00 – 7:30 Pool is open for Lap Swim  
Prayer Labyrinth – Open until 1:30 pm
- 7:30 – 8:00 “Wake Me Up” Water Aerobics – Pool
- 8:00 – 8:15 Fireside Morning Devotion with Julie Barnhill – Outdoor Fireplace
- 9:00 – 10:45** **General Session 4 – Olson Auditorium**  
Julie Barnhill – *“Grandma & the Blessed Hope”* Titus 2:13  
Susan Gray - Musician
- 11:00 – 11:45 Breakout Sessions  
A Holy Dwelling - Chapel  
Give it a Rest – Olson Auditorium  
The Marriage Roller Coaster – Catapult Room (upstairs Endeavor Center)
- 11:00 – 1:00 Activities  
Prayer Labyrinth – Long Barn  
Prayer Partner – Library  
Copper Country Zipline  
Archery – Archery Range  
Riflery – Rifle Range
- 11:15 – 12:15 Craft – Beaded Bracelets – Gym\*
- 11:30 – 1:00 Buffet Lunch – New Frontiers Dining Hall

\*Sign Up Needed

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## WHO'S HERE THIS WEEKEND?



### Julie Barnhill

Speaking and writing with a seasoned confidence and gravitas shaped by years of following after Jesus and tripping, tumbling, wiping out, and being compelled to get back up again in the pursuit of what is eternal. "I have enough years between me and initial salvation to know what matters, what remains, and Who is worthy of our passionate spiritual pursuit."

Julie's bold yet friendly kick-in-the-pants speaking delivery and writing style challenges audiences everywhere to go (much) broader and deeper in their life with Christ to get serious about truly loving Him with all their heart and soul and mind and strength.

If you're wrestling with a holy discontent, ambitious for a deeper spiritual life and hungry for more of Jesus, Julie Barnhill urges you to "go for it" as she equips her audience with the knowledge, inspiration, and spiritual truths to live a life of passionate discipleship in the totality of everyday life.

### This weekend Julie will be teaching on:

"In God, we live and move and have our being" Acts 17:28

This weekend, Julie will be teaching and encouraging us in several areas of our lives. She wants each of us to know that God really sees us individually and is interested in the totality of your life. When we abide in Christ, we can be HIS Aroma of Life (2 Corinthians 2:16). Being the fragrance of Christ draws others to HIS light. So how do we "abide"? Julie will share about being rooted and established in our faith (Ephesians 3:17). She will teach us about the character of God. After this weekend, you will see how we as women should enjoy Christ and apply HIS reality in ALL areas of our life and not leave Him at church, bible study or at SpringHill!

### Susan Gray

Blessed with a genuine & compassionate spirit, Susan Gray seeks to lead women in worship that brings them into the presence of God. She has performed throughout the country and has been the opening act for the contemporary Christian singing trio, Sierra. Susan has a passion for foster children due to her personal experience of living in six different foster homes during her childhood. Music was God's gift to Susan which pulled her through those difficult years of being "raised by the system". She has started "Unwritten Dreams" a non-profit to assist foster children with mentorships, internships & scholarships so they have "family" walking thru the journey after graduating from high-school. Susan is married to her best-friend, Jim and they are honored to be raising Sydney, Jayden & Silas... all teenagers!



# BREAKOUT DESCRIPTIONS

**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 and believe in the power of HIS love.

**WHY CREATIONISM MAKES SENSE;** Kathy Agee - Could 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 all around and in us.

**A HOLY DWELLING;** Ann Dorries – Do you ever wonder where God is when bad or hard events happen in our life? Come be encouraged by the life applications found in Jeremiah 24 and 29. You will learn to dwell IN our troubles and not ON them. God has answers for our "how and why" questions. He truly desires to prosper and not harm.

**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.

## **SPECIAL OFFERING:**

**DULCIMER CELEBRATION;** AnneMarie Krause & Friends – If you play any acoustic instrument, bring it along and celebrate the joy of folk music. Learn about the Dulcimer Festival held right here in Evert! Mountain Dulcimers will be available for \$5 which is a comfortable way to learn how to strum along and feel the beat. Singers and Listeners are also welcome!

## **CRAFTS**

Beaded Bracelets – Tracy Fair & Friends	\$8.00
Silk Scarves – Kate Hust & SpringHill Staff	\$10.00
Tie Dye, Luggage Tags & Hairclips	\$2.00 - \$10.00

## **FALL WOMEN'S RETREAT**

September 30 - October 2, 2011

Liz Curtis Higgs - Speaker  
lizcurtishiggs.com

Alanna Story - Music  
alannastory.com

# ACTIVITY INFORMATION

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

**Archery** (no charge) Robin Hood could shoot an arrow so straight he could hit the same spot twice! Can you? Release your inner Olympian and see if you can get a bull's eye!

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

**Climbing Wall** (\$5) With various levels of difficulty ranging from the beginner to the expert, this New Frontiers tower has a challenge for everyone. In the case of inclement weather, test your skill on our 30' indoor tower located in the Endeavor Center Gym.

**High Ropes**\* (\$10) Work this course with a few friends. Together you will conquer challenges which require teamwork, balance, courage, and persistence...all while 20' in the air! (2 hour block)

**Horseback Trail Ride**\* (\$10) 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.

**Indoor Pool** (no charge) The pool will be open per the weekend schedule and staffed with a life guard. Lap swim times are also noted in the schedule.

**Lake Canoeing/Kayaking** (no charge) Grab a friend and enjoy a quiet ride across the peaceful waters of Lake Jasper in one of our kayaks or canoes. Please wear a life jacket.

**Night Hike** (no charge) 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. Offered both Friday & Saturday night.

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

**Prayer Partner** (no charge) If you are in need of prayer for yourself or a loved one, stop by the library to share the request and be prayed for in a comfortable environment one-on-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.

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

**Tennis Courts** (no charge) Tennis anyone? Bring your racquet 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 the opportunity to acquaint yourself with all SpringHill has to offer.

**Water Aerobics** (no charge) Come be energized as you're led in a low-impact workout at the pool! You'll burn a few calories and have fun while you're 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 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. Activity descriptions and prices can be found on the previous page. 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) Friday night. 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 and crafts will be unlimited beginning Saturday morning at 7:45am in the Trading Post. Activity descriptions and prices can be found on the previous 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 Liability Waiver for Retreats

Retreat Attending: Women's Spring Retreat Dates: April 15-17, 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 ( ) \_\_\_\_\_

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Email

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Signature

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Date

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Witness Signature

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Date

\_\_\_\_\_  
Witness Address

\_\_\_\_\_  
Witness City, State, Zip

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

