

# Spruce Hill

## Christian Retreat Center

"Jesus departed again into a mountain Himself alone."

"Some walk through the woods, and some walk through the Word."



**GOD changes  
lives at  
Spruce Hill!**

**"SOMETIMES TO ADVANCE, YOU MUST FIRST RETREAT."**

Most of us race through life never feeling a sense of accomplishment or to ever cross a finish line. We go at such a great speed that we become deaf and blind to our surroundings and all that God has placed within our heart and soul.

**NO ONE CAN GO FULL SPEED ALL THE TIME.**

It simply wears you out. Even race cars need to make a pit stop to get tuned up and refueled. And aren't you more valuable than a race car? Just blindly rushing ahead can prove to be very dangerous.

**SOMETIMES YOU JUST HAVE TO STOP,  
GET YOUR BEARINGS AND RETREAT.**

A retreat offers time to stop and rest, turn off a little so you can turn on again. It is a time to return to the basics: basic attitudes, basic beliefs, and the basic balance of life. Above all, a retreat is a rest in God, in whom "we live and move and have our being"

**Retreat into God's Word. Renew your strength.  
Remember His promises. Refresh your spirit.  
Reconnect with God.**

These retreats, sponsored by our partner, **BibleWalk** are meant to help guide you spiritually in getting closer to our Lord Jesus and discovering His perfect will for your life. In times when you are facing challenges, and your world seems too crowded, remember that God is in control, & withdraw so you can better see and hear Him.

### Royal Retreat

This retreat will not only meet the needs of each woman but will instill a hope in each heart to press on for the prize of her high calling. Each session is designed to take an in-depth look into the emotional, spiritual and physical needs of each woman. Individual counseling is available upon request.

### Becoming Mary in a Martha World

This retreat is intended for the woman who lives her life taking care of others, often forgetting to take care of herself. Together, we will discover renewal of both body and soul, and learn how it is possible, even essential, to make time in our busy lives to spend in the Lord's presence, like Mary. This retreat will include the choice of a body spa treatment, a cleansing facial, or a relaxation massage; tour of BibleWalk; and an optional dinner theatre, "Dinner With Grace."

### Youth Retreat

Are we leaving our children "A World Without God?" Maybe so...now is the time to help them make God their world through Jesus Christ. A tour through BibleWalk, skits, music and workshops will help prepare your teen for what's coming upon this world.

### Heads You Win, Tails You Lose

"I just can't lose this weight..." Every time we think those words, they imprison us even further. We begin to believe in what we cannot do, and that becomes as burdensome as the excess pounds. This retreat will include facilitators who have experienced mental and emotional bondages, and understand what it takes to break them. You will leave the retreat with information about nutrition, exercise, and metabolism - on your way to becoming a winning loser.

### Walking Through the Valley

None of us are exempt from experiencing loss - whether it be through illness, unemployment, divorce, separation, or death. Grief is the reaction to loss - and can manifest emotionally, psychologically, spiritually, and physically. Together we will explore avenues toward healing and realize that although our journey is personal, we are not alone.

### Marriage Retreat

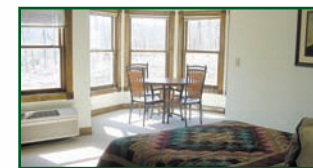
Learn how to celebrate not only your own marriage, but also relish in the tranquility, joy, and ecstasy of being surrounded by like-minded Christian couples who all hold true the same values, ideals, and goals that you have. This retreat can bring back the spark and energy to your marriage that as you get closer to God, you will in turn get closer to each other.

### Parent-Child Retreat

If you're looking for a way to connect with your child, a Parent-Child Retreat could be more important than you ever imagined. Worship, play and care. Embrace God with your child. Challenge yourself and encourage each other. Enjoy fun and playful opportunities that create relaxing and meaningful moments through special one-on-one exercises and You'll build your relationship with your child and with God.

### Pastors Retreat

Step away from the demands of your calling & step into a special place where you can more clearly feel God's presence & respond to His call. Self-directed, Christ-centered retreat, no classes & no schedules, just a time for rest, reflection, & recreation. For each pastor & ministry couple, the process is unique, but the outcome is the same - you leave the retreat refreshed, renewed, & more deeply in love with the God you serve.



**WHY TODAY? THERE IS ALWAYS TOMORROW.**

And for you that tomorrow will never come because there is always something or someone more important. You are important, & today has become your tomorrow.

**CALL for dates, rates and availability.**

Amenities for your retreat can include tours of BibleWalk, Dinner With Grace, Worship Service at Diamond Hill Cathedral, individual spa body treatments.

**LET US HELP YOU**

For scheduling or more information please call **BibleWalk at 419-524-0139 or 1-800-222-0139.** You can reach us online at [www.biblewalk.us](http://www.biblewalk.us) You may also contact Spruce Hill Inn & Cottages: **419-756-2200 or [www.sprucehillinn.com](http://www.sprucehillinn.com)**