

## Registration Form

Name: \_\_\_\_\_

First time? [ ] YES

Full mailing address:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Name of church you attend: \_\_\_\_\_

\_\_\_\_\_

May we add your info to our retreat directory  
for retreat attendees? [ ] YES [ ] NO

Would you like to share your talent at retreat  
this year? [ ] YES If so please explain.

\_\_\_\_\_

Emergency Contact Name and Phone:

\_\_\_\_\_

## Saturday Activity Sign up

[ ] 1:15 – 3pm Painting on Canvas Class (\$7)

Add to registration fee

[ ] 3:30pm Rock Climbing (\$10)

Add to registration. Fee

[ ] 3:00 pm Wagon Ride (free)

[ ] 30 min Upper Body Massage:

\$30 cash/ \$35 card (pay at retreat)

Please make checks payable to:

### Mid-Atlantic Region WMI North

Mail form and check to :

**Robin Sostak Vine and Branch Church**  
**PO Box 528 Liberty, NY 12754**

Questions? Email Robin at  
[vineandbranchchurch@gmail.com](mailto:vineandbranchchurch@gmail.com)

Or call (845)292-5227

Full Payment must accompany the  
registration form.

You may cancel before April 7<sup>th</sup>, for a refund  
of all except \$25. *No refunds after April 7<sup>th</sup>*

Please email any Health needs or limitations  
or food allergies to Robin at the above  
address

## 2020 Free Methodist Women's Ministry Retreat

Fri, April 24 - Sun, April 26, 2020

Spruce Lake Retreat Center



*"For the Joy Set Before Him He Endured the Cross" Hebrews 12:2.*

**Speaker: Margie Newton** (co-  
Pastor and founder of the National  
Prayer Ministry of the Free Methodist  
Church)

Spruce Lake Retreat Center  
5389 Route 447  
Canadensis, PA 18525

We are all looking forward to the 2020 Women's Retreat. We will once again return to Spruce Lake Retreat Center. This year we will have our worship times in the Founder's Lodge ( No steps or hills, and plenty of windows). We think you will really like it! It's a great space!

In addition, to the regular rooms in the retreat center, we have reserved a few deluxe rooms in the Main Lodge where the meals are held. These rooms do cost a little more, but we think some of you will enjoy that building.

Our theme for this year is the Joy of Perseverance. It's a word that brings hard work to mind. Drudgery. Challenges. ... persevering is just hard. So how can we have joy during these challenges as we follow Jesus? Join us as our speaker, Margie Newton, uncovers Biblical cues for having joy during times when we are called to persevere.

There is so much planned for Saturday afternoon! Check out the schedule for classes and activities. Try out their new rock-climbing wall, paint a picture on canvas, have a relaxing massage by a licensed massage therapist, hike one of the trails, jump on the wagon ride, or catch up with old friends to just relax. We need to know ahead for some of these, so please note the signup on the registration form.

We know God will use this weekend to bless you and encourage you. We look forward to seeing you there!

Feel free to bring a Friend!

## Schedule of Events

### Friday, April 26<sup>th</sup>

5:00 – 6:30 p.m. Welcome and Room

Assignments: **Founders Lodge**

(Grab dinner on the way or on campus at the Snack Shack)

7:00pm Worship Begins (**Founders Lodge**)

### Saturday, April 27<sup>th</sup>

Morning worship and small groups

#### **Afternoon Options: (1-5pm)**

(Some have an additional charge-

**Please sign up on registration form)**

#### **Classes and Activities:**

- 1:15 -2pm "Consider the Cost" (Jen Cohen)
- 1:15 -3pm Painting on Canvas with Cyndi (**\$7**)
- 2:15 – 3pm "Lessons from Israel" (Robin Sostak)
- 3:00 Wagon Ride (sign up on the Reg Form)
- 3:30 Rock Climbing (**\$10**)
- Individual Massage times- to be scheduled (\$30 cash/ \$35 card)- pay at retreat
- 1 to 1 Prayer time (sign up at the retreat)
- Walking Trails
- Science Center
- Basketball/ Volleyball/ Exercise Room
- Relax or Sleep

5:00 Dinner

6:30 Worship

9-10 Campfire & Smores

### Sunday, April 28<sup>th</sup>

Morning Worship & small groups

**Check out & Dinner: 12 noon**

## Accommodation Options

(Earliest registrations get first preference)

Check room selection and list roommates

### **Regular Rooms: (2 nights 5 meals) (\$215)**

(Before Mar 26) (\$240 Mar 27 – Apr 7)

(Check room desired)

- [ ] Triple with a bunk
  - [ ] \$15 Top Bunk Discount
- [ ] Triple without a bunk (2 rooms available)
- [ ] Double Rooms (only 11 available)
- [ ] Queen & 2 Bunks (5-6 people) (only 1 room)
- [ ] 2 Bunks ( only 1 room)
- [ ] Options to fit more in a room- (\$15 share a bed discount)
- [ ] Single room (available for those with highest need. Only 2 available)

### **Spruce Lodge Rooms: (2 nights 5 meals)**

**(\$240) (Before Mar 26) (\$265 Mar 27 – Apr 7)**

- [ ] Double (Queen & Single) (4 rooms)
- [ ] Queen & 2 singles ( 2 rooms)

### **Roommates** (List who will be in your room)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Please email Robin Sostak with questions about availability.**

[vineandbranchchurch@gmail.com](mailto:vineandbranchchurch@gmail.com)

### **Saturday Only (Lunch & Dinner Included)**

- [ ] \$60 (Before March 26)
- [ ] \$85 (March 27 – April 7)