

Blessed is the one who trusts in the LORD,
whose confidence is in him.
They will be like a tree planted by the water
that sends out its roots by the stream.
It does not fear when heat comes;
its leaves are always green.
It has no worries in a year of drought and never
fails to bear fruit.

Jeremiah 17: 7-8

Upcoming!

Walking in Wisdom, OCT 6-8, 2025 FOR 55+

Featuring **Frances Drost**, worship & concert + **Charlie Ness**, speaker

CrossGen, JAN 2-4 2026

Featuring Speaker Noel Santiago

Couples Retreat, FEB 6-8 2026

Featuring Speakers Dr Crawford & Karen Loritts

**We hope to see
you next year!**

sprucelake.org

**Instagram:
sprucelakeretreat**

Women's Retreat

September 12-14 2025



**Jennifer
Shaw**
Speaker



**Emily
Donlan**
Worship



Women's Retreat

September 12-14 2025

Friday Evening SEPT 12

- 4:00-7:00 **Check-in @ Spruce Lodge** 4th Floor Lobby, Spruce Lodge
- 4:00-7:00 **Massage & Activity SIGNUPS** 4th Floor Lobby, Spruce Lodge
- There is a \$45 charge for a massage session.
- 6:00 **Dinner** Dining Room, 2nd Floor, Spruce Lodge
- 7:15 **Session 1 - Lakeview Program Center**
- After session - Center Circle campfire + snack shop is open
- 8:30 **Board Games** Sunroom
- 8:30 Wagon Rides
- 8:30 Campfire at Center Circle

Saturday SEPT 13

- 8:00 **Breakfast** Dining Room
- 8:30-9:15 **Zipline Sign-ups** Lakeview Program Center
- 9:15 **Session 2 - Lakeview Program Center**
- 10:30 **Morning break**
- 10:45 **Session 3 - Lakeview Program Center**
- 12:00 **Lunch** Dining Room
- 1:00-5:00 **Afternoon Activities & Recreation**
- 1:00-5:00 **Massage Sessions**
 - 1:00-5:00 **Scented Pomander Craft** Lakeview Program Center
 - 1:30-4:00 **Guided Hike To Overlook** Front Desk Spruce Lodge
 - 1:30, 2:15, **Zip Line** Lower Parking Lot
 - 2:30 to 3:15
- 5:00 **Dinner**
- 7:00 **Brain Show**
- 8:30 **Coffeehouse** Dining Room
- 8:30 Campfire at Center Circle

Sunday SEPT 14

- 8:00 **Breakfast**
- 10:00 **Session 4 - Lakeview Program Center**
- 12:00 **Lunch**

Room checkout 7 AM - NOON Sunday

Presenters



Jennifer Shaw Speaker

Jennifer Shaw is a Telly Award-winning speaker, Amazon best-selling author, singer, songwriter and five-time Top 40 Billboard artist. Her ministry has been featured by Joni and Friends, Compassion International, Insight For Living, and many more.



Emily Donlan Worship & Coffeehouse

Emily Donlan, a former Front Desk team member at Spruce Lake, leads worship at her local church, First Baptist of East Stroudsburg, and is becoming a familiar presence at Spruce Lake's worship events. She is passionate about encouraging believers to praise God together!

Hours

GIFT SHOP:

Sat. 12:00 p.m. - 5:00 p.m.
Sun. 12:00 p.m. - 3:00 p.m.

SNACK SHOP:

Fri. 8:00 p.m. - 10:00 p.m.
Sat. 2:00 p.m. - 4:00 p.m.

NATURE CENTER:

Sat. 3:00 p.m. - 5:00 p.m.

BOATS & KAYAKS:

Sat. 1:00 p.m. - 3:00 p.m.