

Our Leaders



Rev. Carol Topping

Carol is an ordained Elder in the East Ohio Conference of The United Methodist Church. She is co-founder of Hope Springs: Ministries for the Journey, which provides spiritual life retreats, individual spiritual direction, health and wholeness ministries, and labyrinth walks. Carol trained in retreat leadership in 1997 through The Upper Room, and is an experienced spiritual director, trained through The Shalem Institute in Bethesda, MD. She received her Master of Divinity from The Methodist Theological School in Ohio with a specialization in spiritual formation. Carol is a trained Veriditas Labyrinth Facilitator.



Debbie Baker

Debbie is the Coordinator of Connecting Ministries at Gay Street United Methodist Church in Mount Vernon, Ohio. She is an experienced spiritual director, with formal training through the Dominican Center at Marywood, Grand Rapids, Michigan and a graduate of the Pecos Benedictine School for Spiritual Direction. Debbie has been in retreat leadership since 1980, is a Christian educator, a graduate of Asbury College, and is recognized as a retreat leader through the East Ohio Conference of The United Methodist Church. Debbie is also a trained Veriditas Labyrinth Facilitator. She is co-founder of *Hope Springs: Ministries for the Journey*.

"Sweet Surrenders" is a Christian Spiritual Retreat



The mission/vision of Hope Springs is to provide healing and wholeness ministries through personal Christian guidance, spiritual nurture and formation in order to support refreshment in the Spirit, to equip with practical spiritual tools, and to help persons awaken to the fullness of the Christian life.

The purpose of *Hope Springs: Ministries for the Journey* is to provide paths of refreshing spiritual renewal and companionship.

Please visit our web site: www.hsprings.org

Visit our sponsor: Gay Street United Methodist Church on the web at www.gaystreetumc.org

Reservation Contact:

Debbie Baker

Church Office:

740-392-6626

E-mail:

connectingministries@gmail.com



**PUT this "Sweet Retreat" On
Your CHRISTMAS WISH LIST!**

"Sweet" Retreat Package

- 2 nights (double occupancy)
- 5 meals
- All retreat expenses—3 days at the Inn for only \$249



Early Bird DISCOUNT!!!

Deposit early and SAVE!

If you deposit \$125 by January 15, 2010 for the Early Bird Discount, your total cost is only \$249.

1) Reserve your space NOW by contacting Debbie

2) Registration:

After January 15 full retreat payment of \$300 is due by February 1, 2010.

REGISTER ASAP - SPACE IS LIMITED!!!

See separate sheet for registration form. Contact Debbie Baker for more information.



Mail registration form today!!!

Questions? Contact Debbie Baker

Gay Street UMC

740 392-6626

Email: connectingministries@gmail.com



HopeSprings: Ministries for the Journey
Gay Street United Methodist Church
18 North Gay Street
Mount Vernon, OH 43050
www.hsprings.org

"Sweet Surrenders"



A Lenten Pilgrimage

2010 Women's Spring Retreat

March 5-7, 2010

The Inn at Honey Run

Millersburg, Ohio

Join us as we prepare for our Lenten journey. . .

"Lent is our chance for a fresh start, a new page. We consciously let down our defenses against the grace of God..."

~Emilie Griffin

"Small Surrenders: A Lenten Journey"

❑ Come away for a time of intentional community in which we examine and experience the ways of how and why we observe a holy Lent, as we build friendships and spiritual support.

❑ Come to make a deliberate return to God in prayer, Scripture reading, private journaling, personal self-examination, healing, walking a labyrinth, sharing in learning and discussion of our spiritual depths and needs. As we examine the how's and why's of the Lenten season, we also consider the 'big questions' of life. As we surrender our needs and burdens to the Lord, we find that we are freed.

❑ Come and be nourished –by deepening through the Word, shared Sacrament and silence as well as by song, rhythm, creativity, celebration and communion. As we journey through these few Lenten days together, we intend that this time will prepare you to regain a deeper spiritual experience of the love of God in Jesus Christ.



The Inn at Honey Run



www.innathoneyrun.com

The Inn at Honey Run is nestled within a lush hardwood forest of oaks, maples and hickories in the rolling hills of the Ohio Amish Country. During your retreat stay, you can relax and enjoy the outdoors as you walk nature trails along streams, hilltops and woodlands. Relax in the common areas of our contemporary lodge by a wood-burning fireplace underneath soaring ceilings.

Each of the 24 guest rooms in The Main Lodge are uniquely decorated and feature a private bath, television, telephone, queen size or split king sized beds, and a CD/clock radio. The first two levels feature window walls facing bird feeders and nature. Our retreat offering includes a shared room. (one other person).

**Note: By special arrangement with The Inn and additional cost, a private room may be obtained.*

The delicious aromas and tastes of gourmet dining will be provided by one of the finest restaurants in the Holmes County and Ohio Amish country area. Executive Chef Thomas Hunt makes every effort to utilize locally grown, fresh vegetables and meats to offer you a "big city meal in the country side".

On Friday or Saturday afternoon, you may wish to schedule and enjoy a massage at The Spa at Honey Run. For SPA reservations and information, please call The Inn & Spa at Honey Run at 1-800-708-9394. This is separately arranged and charged – an additional cost beyond your cost for the retreat.

Directions see <http://www.theinnathoneyrun.com/directions>



The Inn at Honey Run is located in the heart of the Ohio Amish Country, in Holmes County near the villages of Millersburg and Berlin. The Inn halfway between Columbus and Cleveland, and it is a short drive to many major cities.



Hike to the top of the Honey Run Knoll for this great vista.

Retreat Schedule



Friday:

Arrival in afternoon anytime after 4 p.m.
6:00 p.m. Dinner Buffet
7:00 p.m. Session 1
11:00 p.m. Quiet time

Saturday:

8:00 a.m. Continental Breakfast
9:15 a.m. Morning Devotionals
Session 2
12 Noon Lunch
1:15 p.m. Session 3
2:00 p.m. Quiet Time to walk, journal, read
3:30–5:15 p.m. Free time to rest & socialize
6:00 p.m. Dinner
7:30 p.m. Session 4
11:00 p.m. Quiet time

Sunday:

(Checkout time is 12 Noon. Please have your bags out and room ready.)

9:15 a.m. Morning Worship
Closing Session
Evaluations
10:30 a.m.–12 N Brunch
2:00 p.m. Homeward Bound



Registration Form



"Sweet Surrenders"
A Lenten Pilgrimage
March 5-7, 2010
The Inn at Honey Run
Millersburg, Ohio

Payment options: ___Cash ___Check

Signature _____

Name _____

Address _____

E-mail Address _____

Phone _____

Roommate Name _____

Offered by:
Hope Springs: Ministries for the Journey
Debbie Baker & Carol Topping
www.HSprings.org

Sponsored by:
Gay Street United Methodist Church

Mail all registrations to:
Debbie Baker
18 North Gay Street
Mount Vernon, Ohio 43050

Questions: Debbie
Phone: 740-392-6626
E-mail: connectingministries@gmail.com

Lenten Retreat Location:
The Inn at Honey Run
6920 C.R. 203, Millersburg, OH 44654
www.innathoneyrun.com
1-800-708-9394

Don't Miss This Lenten Experience

Great Christmas Gift Idea . . .

- Send a friend to the retreat
- Send a relative
- Send YOURSELF!



Go Green!
No Wrapping Needed!

Reserve space now by
contacting Debbie!

Early Bird Discount!

Deposit early and SAVE! If you
deposit \$125 by January 15, 2010
for the Early Bird Discount, your
total retreat cost is only \$249.



Your Room: Cozy, comfortable
rooms designed with window
walls and bird feeders outside to
bring nature up close.

Registration:
After January 15, 2010, full
retreat payment of \$300 is
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