



**Covenant Presbyterian Church**  
**MEN'S RETREAT**  
**REGISTRATION FORM**

**October 2 – 4, 2026**

***Spruce Lake Retreat Center***  
***Canadensis, PA (in the Poconos)***

**“Humility: The Path to Strength,  
Honor, and Contentment”**

*Please complete this retreat registration form by September 20 and submit to Jeff Currier by mail (134 Ruth Road Harleysville, PA 19438) or return to the Currier church mailbox*

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

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: (     ) \_\_\_\_\_ Cell: (     ) \_\_\_\_\_

E-mail: \_\_\_\_\_

Emergency contact: Name: \_\_\_\_\_ Telephone: (     ) \_\_\_\_\_

Check all that apply: ☐ I am interested in carpooling information     ☐ I am a first-time participant (*see Discount below*)

If someone particularly encouraged you to come for the first time, indicate their name: \_\_\_\_\_

☐ I *may* be interested in the pre-retreat golf outing on Friday. (Check here and/or contact Dave Fenchel)

☐ I wish to attend the Friday night group dinner at The Pour House.

☐ I will **not** attend Friday night group dinner as I will head directly to Spruce Lake.

☐ Please list any allergies or medical considerations you wish to share: \_\_\_\_\_

**Regular Registration**

☐ \$200 Hotel Style room\*\*

☐ \$110 Camper

**First Timer Registration**

☐ \$150 Hotel Style room\*\*

☐ \$80 Camper

**Request Scholarship (confidential)**

☐ Full

☐ Partial Amount \_\_\_\_\_

\*\* Each room has 1 queen and two single beds. Standard room assignments are 3 to a room; Call Jeff Currier if you desire something specific.

Spruce Lake charges a package rate which includes 2 nights and 5 meals (3 Saturday + 2 Sunday) per person.

If you are only able to join us for one night, or even just for the day on Saturday, please speak with Jeff Currier about arrangements.

☐ I need special accommodations. Please specify: \_\_\_\_\_

Special request, you don't know if you don't ask: \_\_\_\_\_

Roommate preferences (you may want to talk with others first to help coordinate)

1) \_\_\_\_\_ required ☐ desired ☐ 2) \_\_\_\_\_ required ☐ desired ☐

**Scholarship Fund:** Enclosed is an additional donation to help cover the cost of scholarships.

☐ \$25     ☐ \$50     ☐ \$75     ☐ \$100     ☐ FULL=\$200     ☐ Other \$ \_\_\_\_\_

Please designate scholarship for the following individual(s) \_\_\_\_\_

**Note: Submit this page with registration fee. All other pages may be retained for your reference.**

**PAYMENT:** Check or money order, please, and made payable to **COVENANT PRESBYTERIAN CHURCH**

**Please return registration form with payment in one of the following ways:**

1. Mail to:  
Jeff Currier  
134 Ruth Road  
Harleysville, PA 19438  
Cell: (215) 872-7765
2. Place it in the Currier mailbox at church.

### **Cancellation and Refund Policy**

Cancellations received by September 20, 2026 are refundable.

### **A Note on Spruce Lake**

For more information about Spruce Lake, visit [www.sprucelake.org](http://www.sprucelake.org)

## **THE BOOK**

This year's retreat will include the book by Edward Welch titled "*The Humility Project for Men: The Way of Strength, Honor, and Contentment.*"

Humility might seem like the way of doormats and punching bags, but in reality it is the path of a resilient, bold, sturdy, strong, even-tempered, and confident Christian. In this book, Edward Welch uses 42 devotions to help men explore how to build lives that no longer teeter on fragile egos, but stand on something much firmer – the God who came to earth as the humble servant Jesus – our model and the source of humility.

Upon registration a copy of the book will be provided in your church mailbox.

## **SPECIAL PRE-RETREAT EVENTS**

**Golfing** – Some may golf on Friday before the retreat. Contact Dave Fenchel if interested.

**Friday night dinner** at The Pour House from 6:30–8:00 p.m. We will have a semi-private room and all sit together. Check out the menu and directions at the website provided below. This dinner is **not included in the registration fee** and is **optional but encouraged**. We will be ordering individually from the menu and paying one bill, so **cash is helpful**.

<https://www.pourhousepa.com/>  
1014 Route 390.  
Mountainhome, PA 18342  
570.595.3900

You may so enjoy dinner on the way to Spruce Lake with your carpool friends.

**Friday evening kick-off** – Join us for optional mini golf fun at 9:00 p.m. at Spruce Lake

# Retreat Agenda

## FRIDAY:

1. Optional daytime golf outing: Contact Dave Fenchel
2. Optional group dinner at The Pour House. 6:30–8:00 p.m.
3. Optional mini golf at 9:00 p.m. at Spruce Lake

## SATURDAY:

1. Breakfast - 8:00–9:00 a.m. (in Spruce Lodge Café)
2. Free Time - 9:00–9:30 a.m.
3. Session #1 - 9:30–11:30 a.m. (Covenant Man Cave, also called Lilac Room, Spruce Lodge)
4. Lunch - 12:00–1:00 p.m. (in Spruce Lodge Café)
5. Free Time - 1:00–5:00 p.m.
6. Dinner – 5:00–6:00 p.m. (in Spruce Lodge Café)
7. Free Time - 6:00–6:30 p.m.
8. Session #2 - 6:30–8:00 p.m. (Covenant Man Cave, also called Lilac Room, Spruce Lodge)
9. Volleyball, Campfire, & Free Time - 8:00–11:00 p.m.

## SUNDAY:

1. Breakfast - 8:00–9:00 a.m. (in Spruce Lodge Café)
2. Free Time - 9:00–10:00 a.m.
3. Session #3 - 10:00–11:30 a.m. (Covenant Man Cave, also called Lilac Room, Spruce Lodge)
4. Pack Up - 11:30 a.m.–12:00 p.m.
5. Lunch - 12:00 p.m. (in Spruce Lodge Café)
6. Departure before 2:00 p.m.

**Mealtimes may be subject to change by Spruce Lake.**

## General Information about the Retreat

- ◆ *New in 2025 was optional Pickleball.* If you have your own paddle, bring it!!
- ◆ If you get lost, the number for Spruce Lake is 800-822-7505 or 570-595-7505. Jeff Currier may be reached by cell at 215-872-7765.
- ◆ When arriving at Spruce Lake, go to the new Spruce Lodge, top floor.
- ◆ We have planned for up to three men per room.
  - ◆ Rooms are hotel style with private bath. Each room has one queen bed and two singles.
  - ◆ Towels, bed linens, blankets, pillow, and soap are provided. (Although soap is minimal, you may want your own)
- ◆ Dress is casual.
  - ◆ Bring warm clothing—weather may be chilly or cold.
  - ◆ Optional - hiking shoes, volleyball shoes
- ◆ Cash for dinner Friday night (so we can split the check) and a little cash if you want to hit the snack shack
- ◆ Meals will be provided Saturday breakfast through Sunday lunch.
- ◆ Bring a musical instrument if you want to play for the group.
- ◆ You may bring snacks or games to share with others. These will be in the Lilac Room.
- ◆ You may want to bring a camp chair if you wish to join the campfire near our campers. This year we will return to having our campfire at the camp site, not the center ring.
- ◆ If camping, you may bring your own tent or coordinate with other campers to share one if you prefer. Restrooms and showers are available for campers (and for those staying inside too).
- ◆ **Don't see your question here? Just ask Jeff**