



## *Retreat Logistics*

As you plan for the retreat, here are a few things to think about:

- **Length:** Having a full weekend together is optimum. A typical weekend retreat would begin with dinner on Friday evening around 6pm, and end late morning on Sunday.
- **Meals:** There is a sample document provided—**Retreat Sign-Up Sheet**—to use with all the meals and basic information listed on it. Print it off and **you fill in the blanks:** Retreat Dates, Location Contact Info, Directions; **they'll fill in** the Meal Assignments and Riding Together sections. Ask each of the women to pick one meal she will be responsible for. If there are more women than meals, you can have two work together or whatever. Make the meals very easy. As the mentor, you could volunteer to do the Friday evening meal, since all the younger women will be focusing on taking care of their families in order to leave.
- **What to bring:** Remind the women to bring their Bible, mentoring notebook, current book they are reading, snacks and drinks to share, casual clothes and comfortable shoes, games they might want to play together, and anything else you think they should have.
- **Directions:** Make sure each woman has a copy of the directions and contact information to leave with her husband/ family.
- **Driving:** It is always preferred that no one drives alone, so encourage the women to arrange carpools together. Also, be mindful of Friday afternoon traffic.
- **Arrival time:** It is helpful for you, the mentor, to arrive earlier in the afternoon so you can have all your “ducks in a row.” You’ll be able to make sure the place you’re having the retreat is ready to welcome all the women. Arriving early also allows you to be ready to interact with them when they arrive. Also, if you are doing the dinner on Friday evening, the preparation can already be completed or in process.
- **Location:** If you’re using someone else’s place, have thank you cards for each of the women to write to the owners. Also, it may be helpful to have figured out sleeping arrangements and/or seating at meals so that everyone has a chance to mix and mingle.
- **Afternoon activities:** If possible, it’s a good idea to have some kind of activity in mind for free time on Saturday (not that you have to have all the time planned out, since some hangout time is good). A few activity suggestions include getting outdoors for a walk or hike, working on some arts and crafts project (prayer notebook/ scrapbook/ home-made cards/ etc.), or doing an exercise dvd together. You know your group better than anyone. Plan whatever you want to do together, then be ready to throw it out the window if they have another idea. It’s all about *being* with *them*.

## *Frequently Asked Questions*

*Are two nights required for the retreat?*

Not required, but strongly suggested. You'll find this weekend has the potential to really jump start your group in an incredible way. To shorten it could cause the weekend to have less impact by not having the quality time you would have together as a group. Just think about it. One meeting is three hours. One weekend is typically 25 hours together. That is equal to eight months of meeting together. You'll find that the result of the retreat will cause there to be true friendships that have begun, a transparency that will impact all your future meetings together, plus the impact of how the Lord works in each individual heart as they pull away from the busyness of life to focus on their relationship with the Lord. Also, you have the opportunity to have some great one-on-one time with each woman, and they will be more willing to share the deep issues of their lives with you.

*What if I cannot find a place to have the retreat?*

Make your home the retreat place. Send your husband off to be with friends or family, and turn your home into a B&B. The women will love being in your home, seeing how you've made your house a home, and hanging out with you and the memories that are all around your home.

*What if one of the women cannot stay the whole time?*

You want to encourage each woman to stay the whole time and every effort should be made for everyone to stay. If there is a situation that someone has no control over, missing one night would be acceptable. You would need to rearrange the schedule so she would not miss the personal story time or the time you would be having your normal group session time for that month. Make sure she understands she would be missing out on the time together, which is important in building community among the women.

One situation that actually happened: A death occurred with a close friend of one of the mentees. She was not able to get there until early Saturday morning because she felt she needed to be with her friend. So the schedule was adjusted so nothing critical was done that night. We played games and just had free time. Of course, that meant there was not as much free time on Saturday afternoon, but everyone was there for the important group times.

*What about retreat expenses?*

Ideally the retreat will be held at a location that has no/minimal cost. If you divide up the meals among the women and they carpool together, the expenses should be very low. By doing it this way, you do not have to collect money to cover the costs. It is totally up to you how you do the meals, but assigning meals is a great way to get some of the responsibility off of you and allow the women to share the load.

## *Retreat Sign-Up Sheet*

*Retreat Dates:* \_\_\_\_\_

### Meal Assignments:

Friday dinner – \_\_\_\_\_

Saturday & Sunday breakfasts– \_\_\_\_\_

Saturday lunch– \_\_\_\_\_

Saturday dinner– \_\_\_\_\_

### What to bring:

Bible

Notebook

Book

Journal

Snacks/ Drinks to share

Toiletries

Comfy Shoes and Clothes

Expectant Hearts

### Location Contact Info:

### Riding Together:

### Directions:

Please let me know what time you'll be leaving, so I'll know when to expect you. Looking forward to our time together!