



NovusWay Registration Office

2049 Upper Laurel Drive, Arden, NC 28704

828-209-6329 ♦ fax 828-687-1600

registration@novusway.org

Women of the Range

March 20-22, 2020

Lutheranch Camp and Conference Center, Tallapoosa, GA

Welcome to the Wild West! (West Georgia that is...) Dust off your boots, pull out your cowboy hat and get ready to join us for a women's weekend you won't forget! Whether you've never ridden a horse before, or you have been waiting to get back in the saddle, this weekend promises to be full of adventure, fun, laughter and fellowship. We'll go on trail rides, cook cowboy breakfasts over the campfire, study the "Code of the West" together, learn about cattle and horse care from the experts and enjoy some cowboy poetry and tall tales.

What should I expect?

Expect to have fun. Expect to learn new skills. Expect to be challenged to try something new with the support and encouragement of your new friends. Our experienced barn staff, volunteers and horses will take good care of you. We'll guide you and teach you each step of the way. Your safety is our number one priority and our horses have been carefully chosen with YOU in mind! Expect to be a bit sore as riding may activate muscles you haven't used in awhile. No previous riding experience is required for this retreat, but moderate physical ability is strongly recommended.

Here are some logistical details you should know about the retreat:

- **Check-in is from 5:00-6:00 p.m. Friday and the fun begins at the barn at 6:00 p.m.** If you will arrive after 6:00 pm, please call Gretchen at 404-583-4591 to let her know. The retreat will wrap up at 11:30 am on Sunday.
- **Travel:** Lutheranch has two addresses. Please use the address for 342 McGinnis Road, Tallapoosa, GA 30176. On highway 100, if you are coming from Tallapoosa, you will pass Lutheranch signs directing you to turn on Salem Church Road. Ignore these signs because you are headed to the barn entrance, where all the cowgirls go. Once you turn in the gate for Lutheranch, turn left and follow the signs for Holy Trinity House. If you are delayed and will arrive after 6:00 pm, please contact Gretchen Ahrens at 404-583-4591.
- **Lodging:** We will be staying in the Holy Trinity House. All linens (including towels) are provided. You will be sharing a room and bathroom with one or two other participants and staying on a bunkbed, just like a real cowboy. (Don't worry, we have enough bottom bunks that no one will need to stay on a top bunk, unless you want to).



- **Meals:** All meals are included in the retreat cost, from dinner on Friday through breakfast on Sunday. Dietary restrictions can be accommodated if we are notified at least 2 weeks in advance. Some of our meals will be prepared over the campfire together, others will be served buffet style.
- **Your challenge, your choice:** All activities are designed to meet you where you are at. We want you to grow and learn, but we want you to feel safe and empowered to make your own decisions. We will help you learn to ride and care for horses at the level you are able. If you need someone to lead your horse to feel comfortable on the trail, we will make that happen. If you are a more experienced rider, we will find ways to challenge you and allow you the freedom to ride at your level. If you want to sleep under the stars around the campfire on Saturday night, we are looking forward to that, but if you want to stay inside in the comfort of your bunkbed, we welcome you to do that as well!
- **Plan to be a part of community:** Like the cowboys on the range, we will be living and working in community during our weekend together. We will share in ranch “chores” from cooking to caring for the horses. We will share lodging in the Holy Trinity House (you will have your own bunk bed, but rooms and restrooms will be shared) and we will grow in faith and fellowship together.

What should I bring?

Rain or shine, most of our activities will be outside so please plan accordingly.

- Jeans or breeches for riding
- Closed toe shoes (we recommend boots with a heel, cowboy or paddock boots)
- Comfortable walking shoes or rubber boots that you don't mind getting dirty
- Layers: t-shirts, long sleeve shirts, light jacket
- Raincoat or poncho (just in case!)
- Warm jacket for cool evenings
- Flashlight or headlamp
- Notebook/journal and pen
- Bible (if you have a favorite translation)
- Toiletries, medications
- Guitar or other musical instrument for campfire time (optional)
- Reusable water bottle
- Comfortable warm pajamas
- Sleeping bag and pad if you want to sleep under the stars Saturday night (optional)
- Your favorite pillow (we provide pillows but most people prefer their own)
- Helmet for riding if you have your own (we have ones you can use)
- A story or favorite poem to share

About the retreat leader:



Gretchen Ahrens is the Lutheranch Program Director, responsible for leading summer camps and the new Lutheranch Equestrian Program. She is an Advanced Level Therapeutic Riding Instructor with PATH (Professional Association for Therapeutic Horsemanship) International and holds Full Instructor Certification with the American Association for Horsemanship Safety. Gretchen loves outdoor cooking and can't wait to share it with you!

We look forward to welcoming you to Lutheranch!

Gretchen Ahrens, Lutheranch Program Director (gahrens@novusway.org, 404-583-4591)

Retreat Schedule (tentative)



Friday, March 20, 2020

- 5:00-6:00 pm Arrival, welcome, settle in
- 6:00-7:00 pm Get to know you activity with the horses
- 7:00 pm BBQ dinner
- 8:00 pm Cowboy poetry, s'mores and worship around the campfire

Saturday, March 21, 2020

- 7:00 am Coffee on, continental breakfast
- 8:00 am Morning devotion at the barn
- 8:30-11:30 am Trail ride/learn how to groom and tack horses (split into two groups and rotate)
- 11:30 am Cookout brunch at campfire
- 1:30 pm Learning from farrier
- 3:00 pm Afternoon snack
- 3:30 pm Roping lesson and cattle work
- 5:30 pm Buffet dinner (roast and potatoes)
- 6:30 pm Barn chores or personal time - rest, hike, shower
- 7:30 pm Tall tales around the campfire, pie iron pies
- 8:30 pm Worship
- 9:30 pm Bedtime or stargazing, optional sleepout under the stars

Sunday, March 22, 2020

- 7:00 am Coffee on, optional sunrise trail ride
- 8:30 am Breakfast and pack up
- 9:30 am Barn chores
- 10:30 am Cowboy church at the barn
- 11:30 am Group photo, say goodbye to horses, departure