



NovusWay Registration Office

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Women of the Range

March 5-7, 2021

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, enjoy food prepared in the outdoor chuckwagon kitchen, study what it means to be "Branded by God" 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.

What changes have been made related to COVID-19?

New COVID-19 procedures have been put in place to minimize your risk during your stay. Temperature checks and completion of a COVID-19 Health Disclosure is required upon arrival. Masks are mandatory inside all buildings and outside when 6 feet of distance cannot be maintained. Weather permitting, meals will be eaten outside, and meals (including our signature Women of the Range cookouts) will be prepared and served in compliance with current CDC and state department of health guidelines. Group gathering size will be limited and seating at meals will be spaced out based on current health guidelines. You may request a private room at an additional cost. Almost all activities for this retreat are held outdoors. For a complete listing of our new procedures for all events, download the "Lutheranch COVID-19 Operating Procedures" document from our website (lutheranch.org).

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

- **Check-in is from 5:00-6:00 pm Friday and the fun begins on the McKanna-Sandrock porch at 6:00 pm.** 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:** The GPS address for Lutheranch is 440 Salem Church Road, Tallapoosa, Georgia. Once you turn on Salem Church Road, you will see signs for Lutheranch. If you are delayed and will arrive after 6:00 pm, please contact Gretchen Ahrens at 404-583-4591.
- **Lodging:** Guest accommodations will be provided in the McKanna-Sandrock Retreat Center. All rooms are hotel style with 2 queen beds and private bathrooms. A private room may be requested at an additional cost.



- **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.
- **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. While carefully maintaining appropriate social distance and keeping health and safety as the number one priority, we will share in ranch “chores” such as caring for the horses and caring for our community. Together, we will learn what it means to be a part of the bigger community of children, branded by God.

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)
- Story or favorite poem to share
- Slippers or fuzzy socks to wear while lounging in the retreat center
- Extra changes of clothes for when you are not at the barn
- Comfortable camp chair for sitting around the campfire (we have some, but if you have a favorite, we recommend you bring it!)

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 horses and how they can help us grow in our faith and cannot wait to share 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 5, 2021

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| 5:00-6:00 pm | Arrival, welcome, settle in |
| 6:00-7:00 pm | Get to know you activity with the horses |
| 7:30 pm | BBQ dinner |
| 8:30 pm | Cowboy poetry, s'mores and worship around the campfire |

Saturday, March 6, 2021

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| 7:00 am | Coffee on, continental breakfast available |
| 8:30 am | Morning devotion at the barn |
| 9:00-noon | Trail ride/learn how to groom and tack horses/barn chores (split into groups and rotate) |
| 12:30 pm | Signature Cowboy cookout on McKanna Sandrock porch |
| 2:00 pm | Forging and shoeing demonstration from the farrier |
| 3:30 pm | Afternoon snack available |
| 3:30 pm | Rest and relaxation: self-guided horsehair bracelet craft, walk the labyrinth, enjoy a nap, go for a hike, or go boating at the lake |
| 6:00 pm | Chuckwagon dinner at the picnic tables |
| 6:45 pm | Branded by God Bible Study (outdoors, weather permitting) |
| 8:00 pm | Tall tales around the campfire, pie iron pies, worship |
| 9:30 pm | Bedtime or stargazing, optional sleep-out under the stars |

Sunday, March 7, 2021

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| 7:00 am | Coffee on, optional sunrise trail ride at 7:30 am |
| 9:00 am | Breakfast and pack up |
| 10:00 am | Barn chores, individual pictures with horses |
| 10:30 am | Cowboy Church at the barn |
| 11:30 am | Departure |

