



NovusWay Registration Office

2049 Upper Laurel Drive, Arden, NC 28704

828-209-6329 ♦ fax 828-687-1600

registration@novusway.org

Women's Rest and Renewal (R&R) at the Ranch

October 22-24, 2021

Lutheranch Camp and Conference Center, Tallapoosa, GA

Are you ready for a get-away just for YOU? Join us at the Ranch for a weekend of meaningful Bible Study and worship, yoga, massages, a spa room, delicious home cooked meals and, most importantly, time to step away from the busyness of daily life and rest and be renewed. Together we will spend the weekend exploring what it means to be "Branded by God" and enjoying the peace and quiet of Lutheranch's idyllic western atmosphere. Wake up and enjoy your coffee on the rocking chair porch as you watch the sunrise over the lake, take a quiet hike through the woods or just enjoy an uninterrupted nap in the comfort of your room. End the day in fellowship with other women around an evening campfire.

What should I expect?

Expect to have time for renewal. Expect to take time for yourself. Expect to set aside your many responsibilities, your busyness, and your stress. Come prepared to have fun and make new friends as we grow in God's word together and enjoy life on the Ranch. There will be time for outdoor activities such as hiking and boating on the lake, and an optional horseback trail ride; however, this retreat is also appropriate for those with limited mobility or those who just want to relax and sit still. If you have mobility concerns, you can request a handicapped accessible room or a room on the first floor.

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 currently mandatory inside all buildings and outside when 6 feet of distance cannot be maintained. Group gathering size will be limited and seating at meals will be spaced out based on current health guidelines. Spa activities and massages will follow all current safety and sanitation guidelines according to the Georgia Department of Health. For the most current COVID-19 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 3:00-6:00 pm on Friday and our first official gathering is at 6:00 pm for dinner.** 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. Please share your roommate preference at time of registration. If you need a handicapped accessible room, or a room on the lower level, please request it when registering.
- **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.
- **Optional Retreat Add-ons:** Massages with a licensed massage therapist are available at an additional cost of \$50/half hour and can be booked at check-in. A trail ride will be offered on Saturday afternoon for \$55/person for two hours and can be booked at check-in.

What should I bring?

- Comfortable clothing (sweatpants are welcome at this retreat!)
- Slippers to wear in the retreat center
- A jacket, sunglasses, and a hat if you plan to do any outdoor activities
- Raincoat or poncho (just in case!)
- Flashlight or headlamp
- Notebook/journal and pen
- Bible
- Toiletries, medications
- Reusable water bottle and your favorite coffee mug
- Fun pajamas for our pajama party
- Snacks and your favorite beverage (alcoholic or non-alcoholic) for evening fellowship
- Your favorite pillow (we provide pillows, but most people prefer their own)
- Comfortable camp chair for sitting around the campfire (we have some, but if you have a favorite, we recommend you bring it!)
- Close toed shoes and long pants if you want to go on a trail ride
- Robe if you plan to have a massage
- Yoga mat (we will provide, but if you have a favorite, you should bring it)
- A picture of someone or something that is meaningful in your life
- Your favorite Bible verse copied onto three pieces of paper



About the Retreat Leader:

Gretchen Ahrens is the Lutheranch Program Director. She has over 15 years experience leading summer camps and programs. She LOVES to tell stories and find creative ways to help people worship and grow in their faith. She is a member of Grace Lutheran in Carrollton, Georgia where she enjoys singing in the choir.

We look forward to welcoming you to Lutheranch!

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

Retreat Schedule (tentative)



FRIDAY – October 22, 2021

3:00 – 6:00 pm Arrive & Check In

3:00 – 6:00 pm Pre-Gathering Time

- Prayer/Meditation Room
- Gathering Room w/light refreshments, puzzles, paper crafts, get to know you activities
- Explore the property
- Relax in your room
- Rock on the veranda
- Massages (scheduled in 30-minute blocks)

6:00 pm Dinner

7:15 pm Branded by God Session 1: What is a Brand?

9:00 pm Vespers

9:30 pm Wild West games and wine down

SATURDAY – October 23, 2021

7:30 am Yoga (option of chair yoga)

8:30 am Breakfast

9:15 am Morning Watch

9:45 am Branded by God Session 2: Biblical Women and their Brands

12:00 pm Chuckwagon BBQ lunch

12:30- 6:00 pm Rest and Renewal Time:

- Prayer/Meditation Room open
- Gathering Room activities (puzzles, board games, paper crafts, snacks, social time)
- Spa Room open (wax hands, manicures, make bath fizzies, facials)
- Explore the property
- Relax in your room
- Rock on the veranda
- Horseshoe nail jewelry making on the veranda
- Scheduled massages
- Option trail ride (2:30-4:30 pm)
- Canoe on the lake
- Self-guided prayer hike (pick up map and directions at front desk)
- Essential Oils (1:30pm and 3:30pm)
- Hospitality service project (bandana bags)

6:00 pm Good Old Fashioned Cowboy BBQ and Hoedown on the porch

8:30 pm Communion worship

9:30 pm Pajama Party!!! (western movie, popcorn, and wine down)

SUNDAY – October 24, 2021

7:30 am Morning Yoga (option of chair yoga)

8:30 am Breakfast

9:15 am Holy Hospitality Session 3: What's YOUR brand?

10:30 am Closing worship and branding blessings

11:30 am Evaluations, Journey Homeward