

# A Time to Rest Women's Retreat FAQs

## March 22-23 at The Resort at Glade Springs

### **What is a women's retreat?**

Our Time to Rest Women's Retreat is designed just for that....to allow you much needed rest. Our hope is that by getting away and meeting with Jesus and by being with like-minded women, God will give you exactly what you need at this point in your life. This retreat will look different than past retreats. There will be worship and teaching, but it will not have a "conference" feel. We will have more time to listen and process what God is speaking in both small group and individual time.

### **Can I bring a friend?**

Absolutely! You will both need to register through our website. That's it! Come and enjoy!

<https://riverridge.ccbchurch.com/goto/forms/880/responses/new>

### **What's the retreat schedule?**

Registration will be from 6-8 on Friday night at one of the Chestnut Hill lodges where we will be staying. After everyone gets settled, we'll open up the living rooms in the lodges for different activities.....game night, craft night, spa night, etc. And don't worry....we'll have lots of snacks to enjoy!

We'll get started with breakfast on Saturday at 8, followed by our first session together with worship, teaching and table talk time. We'll have time before lunch for a prayer walk and time with Jesus. Lunch is at noon, and we'll begin our second session at 1 and end around 3.

### **What do I bring/pack?**

Come with the intention of relaxing. Wear and/or pack comfy clothes and shoes. Bring your Bible and your journal or whatever you prefer to take notes in/on.

If you are planning on staying overnight and participating in the post-retreat activities, make sure to wear/pack comfy shoes, as some of the activities may require walking.

### **What are the overnight accommodations?**

We will be staying in the 6-bedroom Chestnut Hill Lodges. In each lodge, there are 2 bedrooms with a king-sized bed, and 4 bedrooms with 2 queen sized beds. Each room has its own private bathroom. There is a spacious living room with a vaulted ceiling and cozy fireplace where we can spend time together. There is also a fully equipped kitchen and a half bath for the living room. River Ridge has reserved 4 of the lodges, and we believe staying together is one of the greatest blessings of the retreat!

### **What is the cost?**

Saturday- retreat only \$65

Friday night stay and retreat- single (king) \$170

Friday night stay and retreat- double (2 queens with own bed) \$110

Friday night stay and retreat- quad (2 queens with shared bed) \$90

Friday and Saturday night stay and retreat- single \$290

Friday and Saturday night stay and retreat- double \$170

Friday and Saturday night stay and retreat- quad \$120

### **What are the rooming arrangements? Can I have my own room in the Chestnut Hill Lodge? May I request to room with someone?**

We encourage you to stay in the Chestnut Hill Lodges and to room with friends! If you belong to a small group or have a group of friends coming together, please coordinate with your group and reserve your spots early to secure your preference. There is a space on the registration form to request your roommate(s).

You might also want some time to yourself! If that's the case, please consider staying in the king-sized bedroom in the Chestnut Hill Lodge. Should you wish to stay in the main lodge (The Inn), you must make your reservation directly with Glade Springs. Rooms in these areas are subject to availability and might come at a higher rate.

**What if I can only attend on Saturday?**

Wonderful! We'd love for you to join us for as long as you wish. Your cost will include breakfast and lunch. We will be enjoying some fun activities offered by Glade Springs, so plan on sticking around after the retreat if you are able to. This is a great time to discuss our takeaways from the retreat and enjoy time with friends. And possibly make some new ones!

**What if I have any food allergies/dietary concerns?**

Saturday breakfast and lunch are included in the cost of the retreat (menu TBD – please check back). Should you have dietary issues that require you to bring your own food, each Chestnut Hill Lodge house has a fully-stocked kitchen with full-size refrigerator in which to prepare and store your food.

**What are the activities on Saturday?**

We'd love for you stick around after the retreat ends and enjoy a variety of activities offered by Glade Springs. We will offer sign-ups for each activity, so be sure to join us for a great time! Activities offered include but are not limited to: bowling, geocaching (weather permitting), spa services, trail walking (weather permitting), a movie in the mini-theater, an escape room, and/or archery (weather permitting). Fees for activities are not included in the retreat cost, but if we have enough people interested in a particular thing, we can possibly get a group rate.

**What time is check out on Saturday? And if I'm staying Saturday night, what is Sunday's check out time?**

Check out is by 11 on Saturday and Sunday. For those ladies staying just Friday night, it would be best to pack up your stuff before breakfast on Saturday.

**We hope this answers any questions you might have, but if you have questions/concerns that were not addressed, please contact Stacy Santen at [stacysanten@gmail.com](mailto:stacysanten@gmail.com). We encourage and invite every woman to come away for A Time to Rest.**