

STEADFAST & SURRENDERED

DWGC
Ladies
RETREAT
●2021●

TIPS FOR RETREATING IN SOLITUDE

Whether retreating in solitude by choice or by medical necessity we have suggestions and ideas for how to make your experience wonderful. We encourage you to join one of our virtual small groups or create a group on your own.

You can make your own group discussion by inviting friends to meet up on your favorite virtual platform. You could host a Facebook group or FaceTime a group of women. If you participate in the retreat on February 6th, 2021 from 9am-3:15pm (CST) we are attempting to put together Zoom groups, so please let us know if you would be interested in being included. (womensministry@dwgc.org).

As you prepare, pray for someone with whom you can share you notes. Maybe they need the the hope in the teachings even more than you do!

Retreat Structure

The retreat will have 3 blocks of 1.5 hours. Each block will include a teaching and music followed by breakout sessions for personal reflection, activities, and group discussion activities.

Think About the When

Think about your schedule, when is it best for you to watch and digest the information. We are starting at 9am CST, but maybe this is too early in the day for you. Set aside time that works for your schedule. If you have young children, you may want to utilize nap time or the evening after bedtime. Consider asking someone to help watch your children. If you work on the weekend, you may need to schedule time on a Tuesday to watch the content from the retreat - this could be a great opportunity to invite a co-worker to participate with you!

Think About the Where

Look for a space in your home or outside where you can minimize distractions. Think about:

- Comfort
- Lighting
- Your own enjoyment of the space
- Access to technology and internet

Technology Tip

You can put your phone on do not disturb to prevent people from texting or calling you during the retreat. You can designate which calls can come through and which you can catch up on later.

