



HOLSTON RETREAT CENTER



RETREAT PLANNING GUIDE

AVAILABLE ONLINE AT
WWW.HOLSTONCAMP.ORG

INSIDE

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Holston Retreat Center



We welcome your group to Holston Retreat Center! Please let us know how we can help you plan an enjoyable visit to these beautiful mountains.

Mission

Holston Center is a place where people come to know Jesus Christ, grow in their faith in Christ, and build Christian community.

Meal Times

Breakfast: 8:00 am
Lunch: 12:00 pm
Supper: 6:00 pm

You will have a host!

Each group will have a person to assist them during their stay. Please contact your host by phone or in person if you have a question or need assistance. We're here for you!

Other activities offered:

Over 3 miles of hiking trails
Swimming/boating-requires a lifeguard
Rock climbing
Wall climb
Teambuilding course
A reasonable fee is required for climbing and teambuilding course instruction.

Wireless Internet is available!

Check with your host for the best locations.

Quiet hours are 11pm to 7am

Hospital

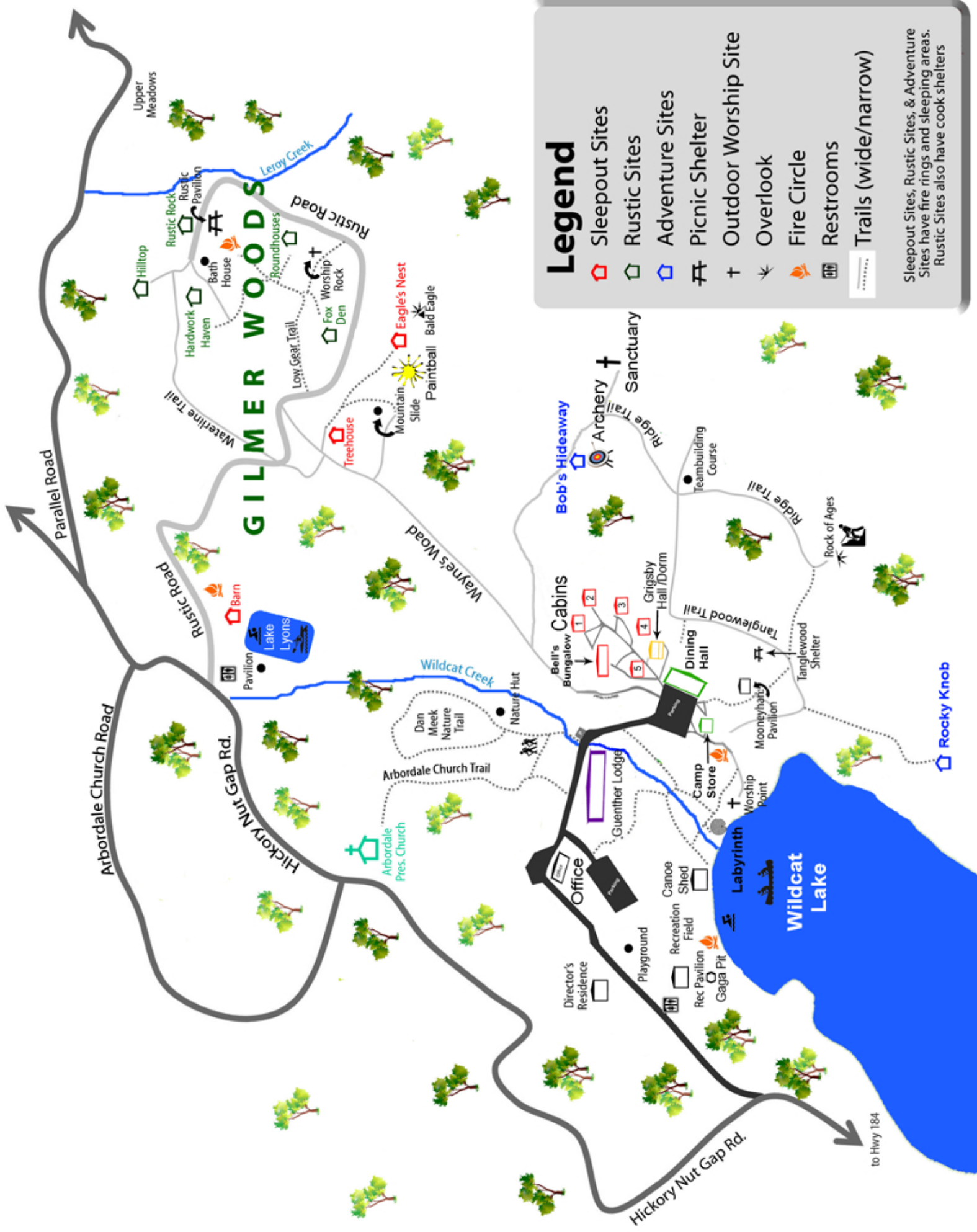
Cannon Memorial Hospital
434 Hospital Drive
Linville, NC 28646
828-737-7000

Hospital Directions

1. From the camp driveway, turn Left onto Hickory Nut Gap Road.
2. When the road ends (1.1 miles), turn Right onto Hwy. 184
3. Follow Hwy. 184 (3.7 miles). Turn Right at the first traffic light onto Hwy. 105.
5. Follow Hwy. 105 until the next traffic light (4.0 miles).
6. At this light, turn Right onto Hwy. 181/221. Stay on Hwy. 181 (pass through one traffic light) (0.8 mi.)
8. Make the next Left turn into the hospital driveway.

Camp Store

Provides clothing, games, books, toiletries, and much more.
Usually open after meals.



Legend

- Sleepout Sites
- Rustic Sites
- Adventure Sites
- Picnic Shelter
- Outdoor Worship Site
- Overlook
- Fire Circle
- Restrooms
- Trails (wide/narrow)

Sleepout Sites, Rustic Sites, & Adventure Sites have fire rings and sleeping areas. Rustic Sites also have cook shelters.

GILMER WOODS

Wildcat Lake

Parallel Road

Arbordale Church Road

Hickory Nut Gap Rd.

Rustic Road

Rustic Road

Wayne's Wood

Wildcat Creek

Hickory Nut Gap Rd.
to Hwy 184

Upper Meadows

Leroy Creek

Rustic Pavilion
Bath House
Hardwork Haven

Roundhouses
Fox Worship Den
Worship Rock

Low Gear Trail

Treehouse

Mountain Slide
Paintball
Bald Eagle

Eagle's Nest

Bell's Cabins
Bungalow

Grigsby Hall / Dorm

Dining Hall

Camp Store

Worship Point

Mooneyhart Pavilion

Tanglewood Shelter

Office

Director's Residence

Playground

Recreation Field

Rec Pavilion

Gaga Pit

Canoe Shed

Archery Sanctuary

Teambuilding Course

Ridge Trail

Tanglewood Trail

Rock of Ages

Rocky Knob

Arbordale Pres. Church

Dan Meek Nature Trail

Nature Hut

Bear's Bungalow

Bob's Hideaway

Waterline Trail

Watershed

Lyons Lake

Barn

Hilltop

SITES TO SEE

Around Holston Center

Sites	Description	Length of Walk (from Dining Hall)
Wildcat Lake	Swimming & canoe area <i>seasonal</i>	5 min
Rock of Ages	90 foot cliff, view of Beech Mountain, hike to top or bottom	5 min
Rustic Camp	<i>Be careful! Can be slick—watch children closely!</i> see cabins used by Rustic campers	25 min
Tree Pee	a regularly tested spring used by Rustic campers	25 min
Tree House	walk stairs or climb a ladder to enter	15 min
Mountain Slide	120' culvert on a mountain's side	15 min
Eagle's Nest	50 foot sandstone cliff, log cabin, hike to top or bottom, good view from very top	20 min
Lake Lyons	<i>Be careful! Can be slick—watch children closely!</i> Lake with zipline, kayaks, and tube slides! <i>seasonal</i>	25 min



FACILITIES

Guenther Lodge



Hotel-style lodge accommodates 46 guests with 14 rooms and 3 meeting areas.
9 private rooms with two double beds and a full bath.
5 semi-private rooms with two twin beds and two sets of hall baths.
Small kitchen
Linens provided

Grigsby Dorm



Dorm-style lodging with two wings. Accommodates 16 guests with 2 wings and meeting area.
2 wings that have 8 twin size beds, a restroom, shower and sink in each.
Small meeting area between the wings.
Linens: bring a sleeping bag (or sheets and blankets), pillow and towels. Or, for a nominal fee we can provide linens.

Cabins



Upgraded cabins with 4 rooms with built-in bunk beds sleeping a total of 16 guests.
Two showers and two restrooms are in these cabins.
Linens: bring a sleeping bag (or sheets and blankets), pillow and towels. Or, for a nominal fee we can provide linens.

Clemmer Dining Hall



Large dining facility provides all-you-can-eat buffet style meals. Seats over 135 people. The dining hall can be used for group gatherings too! It has restrooms, two fireplaces, and a large carpeted dining/meeting area.

Grigsby Hall

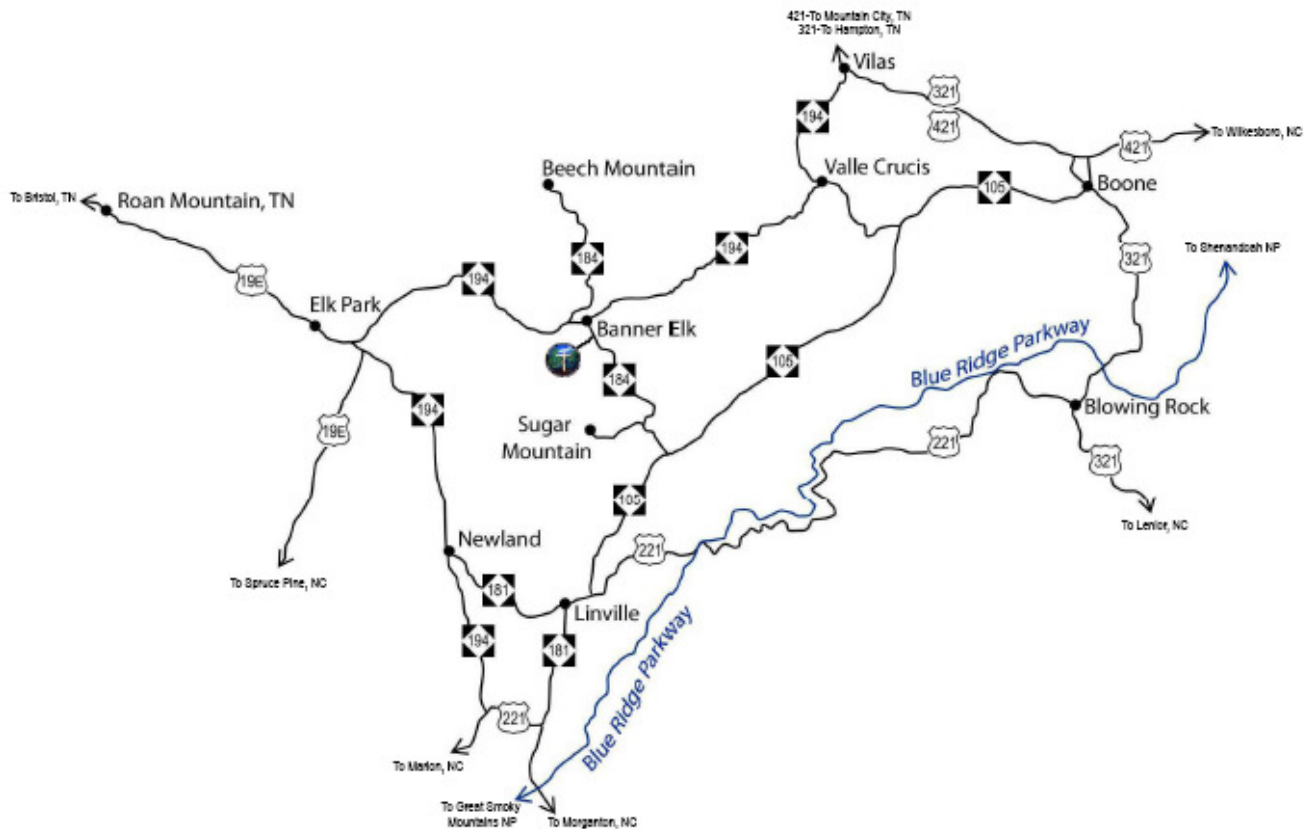


Meeting area provides space for up to 60 people. Includes a whiteboard, tv with dvd player, tables & chairs, and two restrooms.



Extended Grounds:

HIGH COUNTRY MAP



DIRECTIONS TO HOLSTON CENTER

Directions from Asheville

Estimated travel time of 2 hours or less

Take I-40 to Hwy 221 toward Linville. At the traffic light in Linville turn right and drive ½ mile to the light at the Hwy 105 intersection. Turn left and drive 4 miles to the next light at the Hwy 184 intersection. Turn left and drive 3.8 miles to Hickory Nut Gap Road on the left. Go 1 mile to the entrance of camp on the right.

Directions from Hickory

Estimated travel time of 1 ½ hours

Take Hwy 321 towards Blowing Rock. Stay on 321 until you come to the Hwy 105 intersection in Boone. Turn left and travel approx. 12 miles to the intersection of 105 and Hwy 184. Turn Right and drive 3.8 miles to Hickory Nut Gap Road. Turn left across the small bridge and drive 1 mile to the camp entrance on the right.

Directions from Knoxville

Estimated time of 3 hours

Take I-81 to I-26 (old 181) towards Johnson City. Exit towards Elizabethton. Drive through Elizabethton and turn right onto 19E/321 towards Roan Mountain. Travel through Hampton, Roan Mountain and Elk Park. 1 mile outside Elk Park turn left at Time Square Diner onto Hwy 194 and drive 7 miles to the light in Banner Elk. Turn right and drive ½ mile and turn right onto Hickory Nut Gap Road crossing a small bridge. Drive 1 mile to the camp entrance on the right.

Directions from Spartanburg

Estimated time of 2 ¼ hours

Take I-26 to Columbus, NC. Exit onto Hwy 74. Stay on this interstate road for about 15 miles until you come to Hwy 221. Exit towards Rutherfordton. Stay on 221 until you get to Linville traffic light. Turn right at the light and drive ½ mile to the light at Hwy 105 intersection. Turn left and drive 4 miles to the traffic light at Hwy 184 intersection. Turn left and drive 3.8 miles to Hickory Nut Gap Road. Turn left across the small bridge and drive 1 mile to the entrance of the camp on the right.

SITES TO SEE

In the local area

Let us know if you'd like more information on these sites such as directions!

Banner Elk <i>(and Nearby Areas)</i>	Grandfather Mountain State Park Sugar Mountain Ski Area Beech Mountain Ski Area
Valle Crucis	Mast General Store Valle Crucis Park
Foscoe	Family Billiards in Foscoe Greater Foscoe Mining Co. (April 15 - Nov)
Boone	Mast General Store Fun'n'Wheels (Easter - Oct) Hickory Ridge Homestead (May - Oct) Daniel Boone Native Gardens (May - Sept) Horn in the West Theater (Jun 19 - Aug 15) Magic Mountain Mini-Golf (Apr 15 - Oct)
Blowing Rock	Julian Price Park on the Blue Ridge Parkway The Blowing Rock (Apr - Dec) Moses Cone Manor on the Parkway (May - Oct 31) Mystery Hill Entertainment Complex (Hands-on Science Adventure, Appalachian Heritage Museum, & NC Military Museum) Tanger Outlets at Blowing Rock Tweetsie Railroad (May 1 through October 31)
Linville <i>(and Nearby Areas)</i>	Grandfather Mountain (mile high bridge, animal habitats, museum & gift shop) Brown Mountain Lights at Table Rock or Wiseman's View Blue Ridge Parkway Linville Falls (a very short walk) Linville Caverns The Weaving Room Museum in Crossnore YMCA facility nearby Cannon Hospital
West Jefferson	Ashe County Cheese Factory New River Family Canoeing
Spruce Pine	Mineral Museum just off Blue Ridge Parkway Pinebridge Center
Other Scenic Areas	Mt. Mitchell (highest peak east of Mississippi River) Roan Mountain (grassy balds for great views, rhododendron festival, and Appalachian Trail)



HIGH COUNTRY SKI INFORMATION



Stay with us and enjoy the nicest slopes in the southeast!

Local Ski Resorts



Sugar Mountain Resort 4 miles from Holston Camp
828-898-4521 • 1-800-SUGARMT • www.skisugar.com
1200 ft. vertical drop; 18 slopes; 7 lifts
Ski, Snowboard, & Tubing areas. Professional instructors.
Group Rates, Night Skiing & Ski Rental Equipment.



Ski Beech 9 miles from Holston Camp
828-387-2011 • www.skibeech.com
830 ft. vertical drop; 15 slopes; 7 chairlifts
Ski, Snowboard, & Ice Skating. Professional instructors.
Group Rates, Night Skiing, & Ski Rental Equipment.



Appalachian Ski Mountain 45 min. from Holston Camp
828-295-7828 • www.appskimtn.com
365 ft. vertical drop; 8 slopes; 3 chairlifts
Ski & Snowboard. Professional instructors.
Group Rates, Night Skiing, & Ski Rental Equipment.



Snow Tubing Only Areas

Hawksnest Resort: 828-963-6561 • www.hawksnest-resort.com

Jonas Ridge Snow Tube: 828-733-4155 • www.jonasridgesnowtube.com

Don't forget warm clothes, boots, hat, gloves, winter coats, ear muffs, bags for wet clothes, & sunscreen!

**WE'RE JUST MINUTES FROM THE SLOPES.
INQUIRE ABOUT SHUTTLES TO AND FROM CAMP!**

STEP BY STEP GUIDE TO PLANNING YOUR RETREAT

The following information is provided to assist you in planning your retreat at Holston Center. The information provided is very thorough, so some of it might not apply to your group's needs. Most of this material was used with permission from Jumonville Christian Camp & Retreat Center in Pennsylvania. We realize that no document can substitute for a conversation with a person, so feel free to give us a call if you have questions or need assistance.

You - the Retreat Coordinator

Retreat! The word is filled with emotions of excitement, adventure, relaxation and fun. But when "retreat" is coupled with "coordinator," the very sound of it strikes panic into the hearts of grown men and women! Unfortunately most retreat coordinators are "sweet talked" into their positions with tactics similar to these:

- It won't take much time - we've already picked the date.
- You won't have too much to do - you can delegate the work.
- We know you can do it. Here is all the information from last year. And here is a list of the troublemakers that we said couldn't come back.
- You gotta do it. No one else will and it's just two weeks away.
- The LORD has led our committee to ask YOU to do the job.

No matter what the committee might say, retreat planning is hard work. Individuals who accept the responsibility must take the task seriously and plan to spend ample time on the project. A poorly planned and executed retreat is worse than no retreat at all. Here is a guide to help you in planning your retreat.



WHY A RETREAT?

A good way to start answering that question is to ask “Who is this retreat for?”, “What are their needs, their wants, their interests?”

Often we assume we know the needs and wants of a particular group of people and then set about designing a program or retreat to meet the needs we think they have. Make sure the individuals in your group are interested in what you are offering in a retreat. If they are not, it is very likely that attendance will not be good. Ask questions. Talk to the people in your group. Use evaluations or questionnaires from other events or retreats that will give you the answers to these questions.

Try to think like the individuals in your group. If you have planned a retreat before, and the results were successful, ask “Why was it successful?” or, “Why not?” Repeat your winners, but stay on top of current issues, trends and interest when you are deciding goals and purpose. Very often, it can be a simple, but very worthwhile goal or purpose such as “Getting away in a beautiful environment to spend some time with God;” “Reevaluate goals with family in a relaxed setting;” “Spiritual refreshment and inspiration.” For youth, it can be “a time of growing close to others in a group while having fun!” This is an excellent opportunity for counselors and leaders to demonstrate Christ’s love in a practical, everyday way.

Or, your goals could be for a learning, educational experience combined with relaxation, refreshment and inspiration. Many times, the things you want to accomplish at a retreat or conference cannot be accomplished at church or at home.

There is something about taking time away in an atmosphere that stimulates people to listen, rest, talk and refresh. This kind of experience can be therapeutic for tired bodies and frazzled nerves.

The retreat setting means getting away from the everyday routine, telephones, television, and having the opportunity for uninterrupted fellowship...

These elements make a retreat a unique time for relaxation, inspiration, learning and just having fun with friends and family.

PLANNING THE PROGRAM

In planning your program, refer to the research done when you were identifying your purpose and goals. Whether you are planning a youth retreat, a women's retreat, men's retreat, or family retreat, it is important to make sure you are offering your group what fills their "wants and interests." Also be sure you are keeping up with current trends. Don't rely on the old, "This is the way we've always done it" routine.

Fresh ideas and subjects that relate to current issues and trends are a must if you want to keep your group interested. Know the people in your group and be sure your program is designed for them.

Speakers, Musicians, and Other Program People

The same principle applies to choosing a speaker and other program people. If your conference is depending on a key speaker as an attendance draw, make sure your speaker is well known and can talk about major issues that relate to the majority of your group. Often, the key speaker sets the tone of the whole conference. So it is important that speaker selection is done carefully and thoughtfully. Music should also be planned to fit into the rest of your program and complement the speaker. Many times, the person who does your special music will not or cannot lead group singing. This should be discussed up front so that your musicians know what is expected of them. Also, plan for an accompanist if necessary. It is unusual to find one person who can fill all three roles-special music, song leader and accompanist. For current, popular speakers and musicians, keep in touch with other groups who have done similar retreats for recommendations. You could appoint two or three people to research speakers and musicians. Suggest to them that they review speakers and musicians who have been successfully received at other current conferences. Ask for evaluations. Contact the program directors for these events. Most are willing to share information and ways to contact speakers and musicians. Word-of-mouth is usually the best way to find the speaker you want.

Some final suggestions in selecting speakers and program people:

- *Line up speakers well in advance. (For some well-known, popular speakers, a minimum of a one-year lead time is a general rule.)*
- *Do they agree with your purpose/doctrinal statement?*
- *Do they agree with your objectives for your retreat?*
- *Do you have good, valid recommendations? Or, have you read anything by this person or heard them speak?*

Schedule

In making the schedule, be sure that there is enough free time for the people in your group to enjoy the setting and some recreation if they wish. It is often frustrating for the participants if the schedule is so tightly planned that they don't have time to relax or enjoy available recreation. For this part of your program you could appoint one or two people who would be responsible for recreation and free time activities. Again, keep in mind the people in your group and their interests. Use every opportunity available at the retreat center for the people in your group to enjoy being outdoors or to do a variety of activities that they will enjoy.

Schedule activities which encourage letting go of formalities and having fun. These kinds of activities produce an atmosphere in which relationships are often strengthened and enhanced.

PROMOTING YOUR RETREAT

Once again refer to the research done when you were identifying your purpose and goals. If this research was done accurately and you are already zeroing in on what the people want, you have made your first step in successful promotion. The second step is communicating that purpose or goal to your group in an understandable and attractive way. It needs to be communicated in a way that will make people want to attend.

Personal Touch

You need people on your promotion team who are excited and enthusiastic about what this retreat is all about. Enthusiasm is contagious and sometimes your best way to get others interested. Select people who are willing to personally invite others to attend. The personal touch is usually the best way to promote.

Brochure

There are several things to consider when deciding how much money and effort you want to put into a brochure which describes your event. First, to whom are you going to distribute or send the brochure? How much are you depending on personal contacts for recruiting? What else are you doing to promote and what kind of response do you expect? What is your budget?

Before designing your brochure, refer again to your goals and purpose. Ask: "Who is this for?" "What are their needs, wants, interests?" "What is it going to do for them?" The answers will guide the work on your brochure. Determine what it is that you are offering (i.e., relaxation, comfort, fulfilling relationships, peace of mind, inspiration, etc.).

Remember that the purpose of the brochure is to:

1. Inform
2. Get them to come!

Keep it simple. Don't say anything that you don't have to say in the copy. Avoid clutter. The brochure will reflect the image of the event and the group sponsoring it, so make sure that it is

done well and tastefully even if it has to be inexpensive. There are three fundamental ingredients in publishing a brochure:

1. Information
2. Clearly stated
3. Uniquely presented - very simple and direct.

It is also good to publish the schedule, which should include departure time and when the event is over; travel information and directions to site; information about the speaker/s, musician/s, and other program people; a registration form; and things to bring (sleeping bag, towels, etc.)

EVALUATION

EVALUATION FORM

We would like to know how we have done as a planning committee in organizing this year's retreat. Please complete the following items and turn in to the registrar.

I attended this retreat because:

The most important thing I learned and/or did was:

As a speaker I thought (speaker's name) was:

What I liked most about (speaker's name) was:

I would like to recommend as a speaker for future retreats.

At next year's retreat I would like to hear about or attend a workshop on:

An area which could be improved in the future is:

<i>I felt the program was</i>	<i>Excellent</i>	<i>Very Good</i>	<i>Above average</i>	<i>Average</i>	<i>Needs improvement</i>
<i>The accommodations were</i>	<i>Excellent</i>	<i>Very Good</i>	<i>Above average</i>	<i>Average</i>	<i>Needs improvement</i>
<i>The food was</i>	<i>Excellent</i>	<i>Very Good</i>	<i>Above average</i>	<i>Average</i>	<i>Needs improvement</i>
<i>Overall my experience this weekend was</i>	<i>Excellent</i>	<i>Very Good</i>	<i>Above average</i>	<i>Average</i>	<i>Needs improvement</i>

Additional Comments:

Optional:

Name:

Phone:

E-mail:

Thanks for coming and for taking time to respond!

SAMPLE RETREAT SCHEDULES

WOMEN'S RETREAT SCHEDULE

(SAMPLE)

FRIDAY

7:00 Registration

8:00-9:00 Introducing Theme

Worship

Special Music

Speaker

9:30 Fellowship & Refreshments

SATURDAY

8:00 Breakfast

9:30-10:00 Meeting

Singing

Special Music

Speaker

10:15 Break

10:30-11:45 Workshop/Seminar

12:00 Lunch

1:00-5:45 Free Time

6:00-6:30 Dinner

7-8:00 Meeting

Singing

Special Music

Speaker

8:00-8:30 Break

8:30-10:00 Small Group Discussion

10:00 Night Owl Fellowship

SUNDAY

8:00 Breakfast

9:00-10:30 Worship & Message

11:00 Load Up and Head for Home

YOUTH RETREAT SCHEDULE

(SAMPLE)

FRIDAY

7:45 p.m. Get-acquainted games or activities

8:30 Group meetings

Worship

Speaker

9:45 Snacks

10:00 Head to Bed

10:30 Cabin group discussion

response to speaker

11:15 Lights Out

SATURDAY

7:30 Rise & Shine/personal devotions

8:00 Breakfast

9:00 Group meetings

Music & Singing & Speaker

10:15 Cabin group response time

10:45 Break - snacks

11:00 Games or activities

12:00 p.m. Lunch

12:45 Prepare Cabin Group skits

1:30 Free time

6:00 Dinner

7:00 Group Meeting

Music & Singing & Speaker

8:15 Cabin group response time

8:45 Break-snacks

9:15 Skit time

10:30 Short group meeting

10:45 Head to Bed/cabin group sharing time

11:45 Lights Out

SUNDAY

7:30 Rise & Shine and Pack up

8:00 Breakfast

9:15 Group meeting

Music & Singing & Speaker

Load up & head for home

SAMPLE RETREAT ANNOUNCEMENT

Fifth Annual First Church Men's Retreat

October 21-23

Theme: WHAT DO I BELIEVE?

Dear Friend(s):

We are so pleased you are going the retreat and we hope it will be a pleasant and rewarding experience. Reservations have been made there for you. We hope this will not be necessary, but if you must CANCEL for any reason, PLEASE call the church office as soon as possible as we must make final confirmation of reservations with Camp by Monday, October 17. It will be necessary for you to pay for any reservation made but not used. The following information may be helpful:

WHAT IS A MEN'S RETREAT?

This will be an informal time of sharing together in fellowship, inspiration, recreation, and spiritual growth. This can be a very fruitful weekend of not only relaxation but also for raising personal and group problems and sharing insights.

WHAT WILL WE DO?

The following schedule is very flexible and not meant to be a rigid routine we must follow all the time.

***FRIDAY:** Cars and drivers will leave at various times throughout the day. If you need a ride, contact the church office. When you get to Camp, go straight to the Lodge. Feel free to walk or explore as you wish. Here's a basic schedule:*

FRIDAY

8:00 - Communion

9:30 - Introduction to the theme, "What do I Believe?"

10:30 - Snack and Fellowship

SATURDAY:

8:00 - Breakfast

9:30 - Devotions

10:00 - WHAT DO I BELIEVE? (continued)

12:00 - Lunch

Afternoon free time (try exploring local attractions, hiking around camp, picture taking, napping, recreation....)

4:00 - WHAT DO I BELIEVE? (continued)

6:00 - Dinner

7:00 - Campfire, movie, more discussion, Devotions, Snack.

SUNDAY:

8:00 - Breakfast

9:30 - Personal time apart - Read and meditate on John 14:1-21

10:30 - Worship

In the afternoon you are welcome to stay as long as you wish to enjoy the grounds.

WHAT SHOULD I BRING?

1. Warm, informal clothes (NO formal clothes will be needed)

2. Sleeping bag or sheets and blankets, pillow, towels, soap

3. Hiking shoes, horseshoes, camera, or anything else you may want to use for recreation.

4. A flashlight

5. A Bible

6. Your registration fee

7. Any snack foods you may want

WHERE WILL WE BE?

Holston Retreat Center 6993 Hickory Nut Gap Road, Banner Elk, NC 28604

Visit www.holstoncamp.org for directions!

SAMPLE BUDGET WORKSHEET

Budget Worksheet

COSTS:

Program:

Speaker.....\$ _____
Musician.....\$ _____
Other.....\$ _____

Travel:

Speaker.....\$ _____
Musician.....\$ _____
Other.....\$ _____

Promotion:

Brochure.....\$ _____
Other.....\$ _____

Miscellaneous:

.....\$ _____
.....\$ _____

TOTAL \$ _____

Divide by Minimum Number of People expected \$ _____

*Add per person charge of Conference Center \$ _____

****Your total Charge per Person \$ _____**

* Find out from the retreat facility what is or is not covered in their per person charge. If you have to pay extra for any equipment or services you will want to figure this into your program charge.

** If you are concerned about keeping the cost so low so that everyone in your group can afford to attend, you might want to consider adding a couple of dollars to the total price for everyone who can afford it. Then use the extra money as a sponsorship fund to help those who really do need some financial assistance.

*If you have more people attend than your minimum estimate,
you will have some money left over for next year's deposit and promotion.*

SAMPLE RETREATS

YOUTH RETREAT: This retreat can be planned for any age of youth, but should not combine two very distant age groups (for example, 9 - 11 years should not have the same programming as 12 - 15 years). Designed for a specific age group, everything should be centered around that age, including the speaker's message, meals, activities, games, transportation and amount of free time. The foremost thrust of this retreat should be to minister to the very complex needs of youth through a total experience. Such a retreat should not be reserved for only the youth group attendees of the church.

PLANNING RETREAT: We all know how difficult it is to take a "chunk" of time and look ahead without getting a hundred phone calls. This type of retreat is perfect for small groups who all have the same purpose - to plan ahead. Using a retreat for this function is often surprisingly refreshing and invigorating to those who participate even though they have actually gone there to work.

FAMILY RETREAT: Planned right, this retreat can be one of the most successful. Excellent for family unity, it at the same time promotes church unity. In considering such a retreat, one must keep in mind speakers who will facilitate family interaction as opposed to passive listening, discussion groups and the effectiveness thereof, games that all ages can do, and the balance of programmed time to free time.

LEADERSHIP TRAINING RETREAT: For leaders in any vocation, this type of retreat can be very enjoyable while at the same time get a great deal of work accomplished. Good in a church for session meetings and church committee leaders, programming should include one special event - such as a speaker, concert or Christian video production.

MARRIAGE RETREAT: For this crucial retreat, the setting is very important. It should be away from everyday concerns, without television or telephone, yet not too primitive that normal functioning becomes difficult. The speaker should be qualified, dynamic and very sensitive to the needs of couples. Other programming should be diverse, offering as much input as possible. At the same time, however, there should be time programmed for small group discussion then leading into partner discussion, especially if a particularly sensitive issue has been covered.

SINGLES/YOUNG ADULT RETREAT: This retreat would meet needs in an area where churches have always struggled. The study of a book of the Bible is good for such a group. Programming should include outdoor events such as hikes, activities that involve teams and not individuals, discussion groups about topics specific to this group (i.e. "singleness", "workplace Christianity") and many good crowd breakers done by an enthusiastic leader.

TRAINING RETREAT: This type of retreat can be done with any subject, from parent-teen relationships to Bible study to dealing with a major social issue of the day. In a learning format, this retreat style is conducive to workshops, hands-on learning and lecture. Recreational activities can be interspersed to make it effective.

FILM RETREAT: Instead of getting a speaker, why not get a series or a number of films to watch? Especially good for youth, such a retreat can show them that there are good alternatives to some of their subject matter, and media today in general could make for some very enlightening conversation.

ART RETREAT: Centered around a certain skill or craft, such a retreat can expose unknown creativity in individuals. Emphasize in your programming appreciation of the different gifts God has given each of us. Reactions to each art form should be given.

HUNGER RETREAT: This is an excellent way to teach others the value of fasting. Study the Old and New Testament characters who fasted - when and why. Look at all of the Scriptures on fasting and pray during normally scheduled mealtimes. This can be programmed in a number of manners, but until they break the fast, activities should not be too strenuous.

MEDITATION RETREAT: Great for communing with God, this retreat can be good for all ages. Spend a day or an entire weekend in worship and meditation. Program in times for Bible study, devotional time, thinking, quiet time, reading, discussion, and anything else appropriate.

SCRIPTURE RETREAT: Instead of a speaker, have either a Bible expositor or any leader plan to teach on a designated book of the Bible. Covering the entire book in one weekend gives the members a sense of the unity of Scripture and a sense of accomplishment. Activities and meals should be planned around the themes in the chosen book.

MULTI-CHURCH RETREAT: Invite a number of other churches to join you for a retreat. Have each church responsible for one day. Needed, though, are activities designed for interaction between the groups and crowd breakers which will necessitate people meeting new people.

Seasons:

FALL RETREAT: Good time to have church members (youth or adults) get reacquainted with one another. Also an excellent way to begin a new church calendar year. Can involve many activities and fun programming times, using outdoor facilities.

WINTER RETREAT: Snow activities - sledding, snow sculpting - appeal to those of all ages as long as a warm fireplace is provided as well. A retreat at this time of year can pick up a group which has the winter "blahs" and be refreshing to those caught up in their schedules, be it school or the workplace.

SPRING RETREAT: A retreat at this time of year satisfies the eager desires of people to get outside. Themes of rebirth, new beginnings and the freshness and joy of salvation are appropriate here.

Time:

LONG RETREAT: With more time, not every minute needs to be programmed. It allows for a relaxed pace of open discussion and spontaneous activities. Helps, too, with time for personal devotions and Bible reading.

SHORT RETREAT: More realistic, this retreat should give maximum input balanced with time to process it all. As an outlet for all of the input and new learning, fun activities are a must.

Other types of retreats:

Blind Man's Bluff Retreat
Signs of Man Retreat
Make a Movie Retreat
Music Retreat

Plan-as-you-go Retreat
Wilderness Retreat
Work Project Retreat
Lock-in Retreat

(the above were taken from the "Group Retreat book")

RETREAT THEMES

A Book of the Bible
Faith
Parents & Family
A Chapter in the Bible
Fasting
Peace
A Character in the Bible
Forgiveness
Peer Pressure
Freedom & Law
Perfection
Alcoholism
Friendship
Persecution
Angels
Fruit of the Spirit
Personal Awareness
Anger
Future
Personal Problems
Assurance
Gifts of the Spirit
Personal Relationships
The Atonement
Giving
The Person of Christ
Being a Christian in a
Non-Christian World
God's Will
Phoniness
Gossip
Prayer
Blindness
Guilt & Forgiveness
Prioritization
Business World

Hate
Prophecy
Careers
The Holy Spirit
Putdowns
Capital Punishment
How to Study the Bible
Redemption
Celebration
Humor
Revolution
Cheating & Stealing
Identity
Rock Music
Christian Community
Intimacy
Role Playing
Christian Fellowship
Jealousy
Sacrifice
Christian Joy
Jesus
The Second Coming
Christian Liberation
Junk Food
Service
Christian Maturity
Kingdom of God
Sexuality
Christ & Politics
Lifestyle
The Church
Listening
Sin & Forgiveness
Cliques
Loneliness

Success
Clowning
Lordship
Suffering
Communication
Love
Suicide
Cults
Marriage
Television
Dating
Meditation
Temptation
Dealing With Authority
Mime
Togetherness
Death
Miracles
Unity
Depression
Morality
Wall Building
Devotional Life
Moral Development
Wealth
Discipleship
Music
Wisdom
Doubt
The Occult
Drugs
Parables