

## Different possible formats of FW101 for congregations

### A. 2-Day Weekend Retreat

- a. This is the most widely used format for NY FWC
  - i. Hosted at a retreat/conference center as two-day retreat with one-night stay
  - ii. This isn't necessarily the most cost effective format, but it is able to live into the learning principles of FW while keeping the cost low for participants
  - iii. We have had to add the option of arriving the evening prior (at extra cost to the participant) to allow for those coming from a distance
- b. Either a Friday/Saturday or a Saturday/Sunday work best
- c. If Sunday is the second day, worship can be scheduled in prior to the 9am morning session
- d. The times below are an idea of a schedule, times can be adjusted either way by 15-30 minutes depending on what is needed

<u>Day 1</u>	<u>Day 2</u>
8:00am - orientation for SGL	9am - large group from session 4 and review
9:00 - welcome and orientation	9:15 - session 5 (Vows)
9:45 - session 1 (Call to Transformation)	9:45 - solitude
10:30 - solitude	10:15 - movie
11:15 - small group	12:00pm - lunch with movie debrief
12:00pm - large group	12:30 - solitude
12:15 - lunch	1:00 - small group
12:45 - session 2 (Value of Integrity)	1:30 - large group
1:30 - solitude	1:45 - ministry time
2:15 - small group	2:30 - mapping the way forward
3:00 - break	3:00 - dismissal
3:15 - large group	
3:30 - session 3 (Call to Radical Obedience)	
4:15 - solitude	
5:00 - small group	
5:45 - large group	
6:00 - dinner	
6:45 - session 4 (Value of Authenticity)	
7:30 - solitude	
8:15 - small group	
9:00 - dismissal	

- e. Pros of weekend retreat
  - i. All the content is delivered in short amount of time without anyone missing any portion
  - ii. With short amount of time, each part of the content is clearly connected to all the other content

- iii. High expectations in giving two *full* days
- iv. Small group and large group build authentic community fast
- f. Cons of weekend retreat
  - i. High expectation in giving two *full* days, this time might not be available to everyone
  - ii. The cost to host this at a retreat center with lodging and meals might not make this accessible to everyone
  - iii. Content is delivered in rapid succession (“Like drinking from a firehose”) but this makes sure the content is all connected together
  - iv. Participants (especially pastors) might have to miss Sunday morning worship if this is over a Sunday

**B. 3-Day Retreat (morning start)**

- a. This format was used for NY Ridder pastors’ retreat
  - i. Hosted at a retreat/conference center as three-day retreat with a three-night stay
  - ii. Arrival the evening before, with retreat starting early the next morning
  - iii. Depart after lunch on the third day
- b. Either a Thursday/Friday/Saturday or a Friday/Saturday/Sunday
- c. The times below are an idea of a schedule, times can be adjusted either way by 15-30 minutes depending on what is needed

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>
8:00am - orientation for SGL	9am - review and session 4 (Value of Authenticity)	9am - review and recap session 5
9:00 - welcome and orientation	9:45 - solitude	9:30 - small group
9:45 - session 1 (Call to Transformation)	10:30 - small group	10:15 - ministry time
10:30 - solitude	11:15 - large group	11:00 - mapping the way forward
11:15 - small group	11:30 - break	12:00pm - dismissal
12:00pm - large group	12:00pm - lunch	
12:15 - lunch	12:45 - session 5 (Vows)	
12:45 - session 2 (Value of Integrity)	1:30 - solitude	
1:30 - solitude	2:15 - movie	
2:15 - small group	4:00 - debrief	
3:00 - break	4:15 - solitude	
3:15 - large group	4:45 - break til dinner	
3:30 - session 3 (Call to Radical Obedience)	6:00 - dinner, then free	
4:15 - solitude		
5:00 - small group		
5:45 - large group		
6:00 - dinner, then free		

- d. Pros of 3-day retreat
  - i. All the content is delivered in short amount of time without anyone missing any portion
  - ii. It's a lot of content, but the schedule is more relaxed (not drinking from a fire hose) with more down time to relax with others
  - iii. With short amount of time, each part of the content is clearly connected to all the other parts
  - iv. High expectations in giving three days
- e. Cons of 3-day retreat
  - i. High expectation in giving three days (plus travel the day before), giving this much time might not be feasible to most people
  - ii. The cost to host this at a retreat center with lodging and meals might not make this accessible to everyone
  - iii. Participants (especially pastors) might have to miss Sunday morning worship if this is over a Sunday

**C. 3-Day Retreat (evening start)**

- a. Potential format for Fowler retreat in May 2018
- b. Could be Thursday/Friday/Saturday or Friday/Saturday/Sunday or Sunday/Monday/Tuesday
- c. The times below are an idea of a schedule, times can be adjusted either way by 15-30 minutes depending on what is needed

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>
5:00pm - orientation for SGL and dinner	9:00am - large group from evening before	9:00am - session 5 (vows)
6:00 - welcome and orientation	9:15 - session 2 (Value of Integrity)	9:30 - solitude
6:45 - session 1 (Call to Transformation)	10:00 - solitude	10:15 - movie
7:30 - solitude	10:45 - break	12:00pm - debrief and lunch
8:15 - small group	11:00 - small group	12:30 - recap session 5
9:00 - free evening	11:45 - large group	12:45 - solitude
	12:00 - lunch	1:15 - small group
	12:30 - session 3 (Call to Radical Obedience)	2:00 - large group
	1:15 - solitude	2:15 - ministry time
	2:00 - small group	3:00 - mapping our way forward
	2:45 - large group	4:00 - dismissal
	3:00 - break	
	3:15 - session 4 (Value of Authenticity)	
	4:00 - solitude	
	4:45 - small group	
	5:30 - large group	
	6:00 - dinner, then free	

- d. Pros of 3-day (evening start) retreat
  - i. All the content is delivered in short amount of time without anyone missing any portion
  - ii. The group gets right into it with session 1 the first evening, and the schedule on day 2 and 3 is more relaxed
  - iii. Each part of the content is clearly connected to all the other parts, yet the schedule is relaxed
  - iv. High expectations in giving three days
  - v. Ample time for travel prior to and right after
  - vi. Travel prior to retreat beginning, so participants get dinner on the way to the retreat... or dinner can be provided for everyone before starting
- e. Cons of 3-day retreat
  - i. High expectation in giving three days (plus travel to and from), giving this much time might not be feasible to most people
  - ii. The cost to host this at a retreat center with lodging and meals might not make this accessible to everyone
  - iii. Participants (especially pastors) might have to miss Sunday morning worship if this is over a Sunday
  - iv.

**D. 2 Saturdays (long days, morning into early evening)**

- a. Two consecutive Saturdays, start at 9am, end by 6pm
- b. Can be hosted either at a retreat center as a day retreat or in-house
- c. The times below are an idea of a schedule, times can be adjusted either way by 15-30 minutes depending on what is needed

<u>Saturday 1</u>	<u>Saturday 2</u>
8:00am - orientation for SGL	9am - review and session 4 (Value of Authenticity)
9:00 - welcome and orientation	9:45 - solitude
9:20 - small group intros	10:30 - small group
9:45 - session 1 (Call to Transformation)	11:15 - large group
10:30 - solitude	11:30 - session 5 (Vows)
11:15 - small group	12:00pm - movie with lunch
12:00pm - large group	1:45 - debrief movie
12:15 - lunch	2:00 - solitude
12:45 - session 2 (Value of Integrity)	2:45 - small group
1:30 - solitude	3:30 - large group
2:15 - small group	3:45 - ministry time
3:00 - break	4:30 - mapping the way forward
3:15 - large group	5:30 - dismissal
3:30 - session 3 (Call to Radical Obedience)	
4:15 - solitude	
5:00 - small group	
5:45 - large group	

6:00 - dismissal or dinner together	
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- d. Pros to 2 Saturdays
  - i. Can be hosted in-house or at another location
  - ii. If a day retreat at a retreat/conf center, costs can be reduced without having to have lodging and so many meals
  - iii. As a day retreat at a church campus, costs can be further reduced
  - iv. Most working people can give 2 Saturdays
  - v. Eating together is always good (potluck to reduce cost, or cater)
- e. Cons to 2 Saturdays
  - i. These are two *long* Saturdays though, so will people want to give half their weekend away to this?
  - ii. Content from day 1 could be disconnected from day 2, but this can be mitigated with a good review
  - iii. Importance of getting everyone to commit to *both* days, and making sure they attend both days... if they don't do both, they don't "get credit"

**E. 3 Saturdays (shorter days, morning into early afternoon)**

- a. 3 consecutive Saturdays, start at 9am, end by 3pm
- b. Can be hosted in-house at a church or at another location
- c. The times below are an idea of a schedule, times can be adjusted either way by 15-30 minutes depending on what is needed

<u>Saturday 1</u>	<u>Saturday 2</u>	<u>Saturday 3</u>
8:00am - orientation for SGL	9:00am - review and session 3 (Call to Radical Obedience)	9:00am - review and session 5 (Vows)
9:00 - welcome and orientation	10:00 - solitude	9:30 - solitude
9:30 - session 1 (Call to Transformation)	10:45 - small group	10:00 - movie (105 min)
10:15 - solitude	11:30 - large group	11:45 - debrief movie
11:00 - small group	12:00pm - lunch	12:00pm - lunch as solitude
11:45 - large group	12:30 - session 4 (Value of Authenticity)	12:30 - small group
12:00pm - lunch	1:15 - solitude	1:00 - large group
12:30 - session 2 (Value of Integrity)	2:00 - small group	1:30 - ministry time
1:15 - solitude	2:45 - large group	2:15 - mapping the way forward
2:00 - small group	3:00 - dismissal	3:00 - dismissal
2:45 - large group		
3:00 - dismissal		

- d. Pros to 3 Saturdays
  - i. Can be hosted in-house to reduce costs
  - ii. As a short day retreat at a retreat/conf center, costs can be reduced without having lodging and so many meals

- iii. Most working people can give a few Saturdays
- iv. Eating together is always good (potluck to reduce cost, or cater)
- e. Cons to 3 Saturdays
  - i. These are three Saturdays in a row though, so will people want to give half their weekend away to this for three weeks?
  - ii. Content from the ays could be disconnected, but this can be mitigated with a good review each subsequent day
  - iii. Importance of getting everyone to commit to *all three days*, and attend all three days... if they don't attend all the sessions, they don't "get credit"

**F. 6 Evenings**

- a. 6 evenings in any format
  - i. for instance: every Wednesday for 6 weeks... or every Sunday evening for 6 week... or every Tuesday and Thursday evening for 3 weeks in a row
- b. Can be hosted in-house at a church or at another location
- c. The times below are an idea of a schedule, times can be adjusted either way by 15-30 minutes depending on what is needed

<p><b>Evening 1</b>            5:45pm - orientation for SGL            6:30 - welcome and orientation            7:00 - session 1 (Call to Transformation)            7:40 - solitude            8:10 - small group            8:50 - large group            9:00 - dismissal</p>	<p><b>Evening 2</b>            6:30 - review and session 2 (Value of Integrity)            7:15 - solitude            7:45 - small group            8:15 - large group            8:30 - dismissal</p>	<p><b>Evening 3</b>            6:30 - review and session 3 (Call to Radical Obedience)            7:15 - solitude            7:45 - small group            8:15 - large group            8:30 - dismissal</p>
<p><b>Evening 4</b>            6:30 - review and session 4 (Value of Authenticity)            7:15 - solitude            7:45 - small group            8:15 - large group            8:30 - dismissal</p>	<p><b>Evening 5</b>            6:30 - review and session 5 (Vows)            6:45 - movie            8:30 - large group            8:45 - dismissal with solitude homework</p>	<p><b>Evening 6</b>            6:30 - session 5 wrap up (Vows)            7:00 - solitude            7:30 - small group            8:00 - large group            8:20 - prayer in small groups            8:30 - mapping the way forward            8:45 - dismissal</p>

- d. Pros to 6 evenings
  - i. Works well for working people who don't want to give up weekends
  - ii. Most congregants are used to giving a weeknight to a bible study or a book club (though we don't want FW to feel like just another thing to add to one's weekly schedule)
  - iii. Each evening is a session to itself

- iv. Could incorporate dinner together prior (5:30-6:30) to make it more community oriented
- e. Cons to 6 weeknights
  - i. Extended over such a long period could make content disjointed
  - ii. Everything is more compressed (shortened) than with other options, which decreases the value of practicing/experiencing solitude, small group, large group, etc
  - iii. Might feel rushed on some evenings to get done on time
  - iv. Important to get everyone to commit to *all six days*, and attend all six days... if they don't attend all the sessions, they don't "get credit"