



## **The reTREAT Overview**

**SMORE for Women** is a Spiritual Ministry Offering ReTREATs and Encouragement especially for single mothers.

Our retreats are small and intimate. There are no more guests than hostesses. If the reTREAT is in a home all guests should be able to be seated together at the dining table.

Each reTREAT offers a day of “treats” for each mom. The day begins after introductions with breakfast. After breakfast the single mom guests disperse to various stations such as a hot tub or pool, make-up and wardrobe consultation, prayer/music room, massage, patio or garden meditation time and visiting with hostesses. The guests rotate to another station every twenty minutes. By noon each guest has experienced all the ‘treats.’

A nice lunch is provided. Afterwards the guests regroup for a simple program on the theme. Community groups or organizations might send representatives for the program depending on which one of the themes is used.

## **Treats**

Throughout the day the guests receive gifts, which are usually donations. For example at our Job Jump Starts reTREAT gifts included a bright green plastic file crate, a resume kit donated by Manning’s, a local school and business supply store, a Jason’s Deli gift certificate, monogrammed pillowcase, lotions, make-up samples, calendar book. And all the guests received a bag of groceries.

## **Guide Book**

A guide book, *Encouraging Single Mothers to Grow Their Strengths*, provides detailed step-by-step guidance for planning and hosting a retreat. Three planning meetings and all of the roles and responsibilities are included.

## **Seeds of Guidance Packet**

Each mom receives a booklet we call a *Seed Packet* which is a specially created collection of stories and articles pertaining to the retreat theme.

Gail Showalter is available to facilitate your first reTREAT with no fee if scheduled before the end of 2008. Contact [singlemoms@smoreforwomen.org](mailto:singlemoms@smoreforwomen.org) for the details.