



courageous[®]
girls ROOTED IN GRACE

CG RETREATS

The Why and How

Retreats can “feel” like a hassle during this season of life because it requires time, energy, and someone to organize a group of women and girls. One of the biggest struggles for families today is the hectic and hurried pace of life. So getting a group of moms and daughters to be in the same place at the same time is a miracle in today’s western culture! Thankfully, we are daughters of a miracle-working God!!

In all seriousness, taking time to pull away from the noise, the busy schedules, and the ins and outs of our daily lives, to just sink into time spent together with a smaller community is one of the greatest ways we can help develop a healthy stream of trust and relational depth between moms and daughters and between friends. Gathering once a month for a 2 hour meeting for Courageous Girls is valuable. It gives us much-needed intentional time to look our daughter in the eye, listen as she gives a voice to the things on her heart and mind, and practice the rhythms of talking about God, His Word, His Ways and the reality of what she will face in her life along the way. These precious monthly meetings are meant to be the main priority and CG has provided everything needed to show up and allow God to speak in and through us. We also get to grow along the way as we learn things our moms never spoke about. We get to show up and model to our daughters what it looks like to trust God with our design and gifts and allow Him to use us when it’s our turn to lead a monthly gathering. All this is so good and with a slow and steady drip of safe conversations, trust is being built between us, God and our daughters.

Retreats are the icing on the cake. Or rather, they are the egg in the batter of the cake. It’s what creates a more cohesive sense of community and allows all the newer relationships in the group to begin to gel. Courageous Girls is not meant to be the place we find our best friends for life. It’s meant to be about us and our daughters. It’s meant to be a safe place for us to learn how to live in community, navigate real relationships, practice healthy communication, comfort our big emotions, move through conflict, and let go of the comparison game.



Retreats are a special time to allow God to move in the margins of our time together. When we play together, wake up and start our days together, allow for spontaneous conversations, and press into extended Courageous Girls conversations, God speaks and helps women and daughters alike to start to find a unique place in the group. If the goal is for our groups to be together for more than a year (my oldest group made it 9 whole years!), then retreats are a vital part of the intentional ways we pursue our daughters and our CG community.

Start small with a day retreat. Or, go big with a 2 night retreat. Either way, extended time together is going to be a catalyst for deeper, more meaningful relationships. You might have to take my word for it before you try it. I have provided ideas for three different types of retreats (see below). Between fun activities and open times to play, eat, and be with each other, watch God move in ways we can't orchestrate ourselves.

Note: Conflict is a part of all relationships. Whether or not we move through it is what determines the health of the relationship. Notice that retreats provide a time for moms and daughters, daughters to daughters, and moms to moms, to practice moving through these tensions together. Moms often get triggered by their childhood wounds along the way (e.g.; middle school cliques, insecurity, etc). So, work hard to make these retreats a safe place for everyone to be included and help our CG girls do the same. This doesn't just happen. It requires us to guide and coach our girls.

Happy retreating!

Terra

Ideas for 1-day mom-daughter retreats:

Plan the day around a service project of some type. Meet in the morning at the beach, a park, or someone's home. Choose 1-2 lessons and an activity from the retreat outline for your year. Share the load and have everyone bring their favorite breakfast/brunch potluck dish (maybe something that is a family favorite and they can't wait to share with others) and pack a simple sack lunch for themselves. Eat breakfast/brunch together and do a lesson and activity. Then go serve in your community and get your hands dirty together. Have a picnic with your sack lunches and do another lesson and/or share reflections on what God is showing you. Then go play in the afternoon/evening (try bowling, swimming or some other fun activity). Head home for dinner or go out for a simple dinner together (pizza or burgers or whatever works for your group).



Ideas for 1-2 day retreats:

*Lean into your group's resources. Maybe someone in your group has a vacation home or knows someone with a retreat space. If not, rent an Airbnb or VRBO and split the cost. Make sure finances are not a barrier for any of your CG mamas.

*Divide the meals and lessons between moms and daughters so the load is light for everyone.

*All retreat outlines have suggested play and activities. Popular go-to activities include hikes, board game tournaments (Set up several board games, pair up moms and daughters, and rotate through stations until everyone has played all the games), and spa time (Have everyone bring their favorite nail polish and masks. Take time to do each other's hair and make up. This is especially fun for younger girls.) Be creative and have fun!

Ideas for mama retreats (AKA "Mamatreats"):

Getting away once a year with your CG mamas (without the girls) is a really important rhythm to build community, trust, and depth between the mamas. If you want unity and a sense of partnership in this group, taking time to be together as moms is a valuable way to invest your time (and resources.) Keep it simple. Start with an evening dinner or happy hour together. Consider taking one night away and have extended time of prayer for one another. If you are a newer group, try reading the book, *Courageous: Being Daughters Rooted in Grace*, prior to the retreat. Taking time to discuss the chapters together is a great way to go deeper and get to know one another's hearts and needs. If you have been together a while, try focusing on just one chapter in *Courageous* (choose a chapter that speaks to the current needs or desires of your group and go deep). Use the questions in the back of the book to help facilitate the conversation, but also allow the Spirit to lead.

