



Registration Office

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## God Spa for Women at Lutheranch

October 18-20, 2019

We are excited you are coming to Lutheranch for God Spa this Fall! Our team has put together a wonderful weekend of exploring the Word, pampering, relaxing, and soaking in the Spirit. There are many opportunities for personal growth, fellowship, relaxation and fun. We can't wait to immerse you in Holy Hospitality!

**Our tentative schedule is attached but here are some things you should know about our exciting weekend.**

- **Check-in begins at 3:00 PM, dinner is at 6:00, and our first session will begin at 7:15 PM.** You should plan to arrive by 6:00 PM in time for dinner.
- **Travel:** The GPS address for Lutheranch is 344 Salem Church Road, Tallapoosa, Georgia. Once you turn on Salem Church Road, you will see signs for Lutheranch. If you are delayed and will arrive after 7:30 PM, please let us know by contacting Debbie Lundell at 770-815-8918. *The safety of our guests is always our top priority. Please do not rush to be on time.*
- **Yoga** Gentle yoga classes will be offered Saturday and Sunday morning before breakfast. Yoga mats will be provided, and no previous experience is necessary.
- **Massages:** Massages will be offered in 30-minute blocks on Friday afternoon during our pre-gathering time as well as during free time on Saturday afternoon. The cost is \$40 to be paid directly to the massage therapist. Cash, check or check accepted. **To pre-schedule your massage, please contact Kristin Daggett at [spiritfilledkd@gmail.com](mailto:spiritfilledkd@gmail.com) or 770-906-2724.** Massages will also be scheduled at check-in on Friday as well, if spots are available.
- **Off site trips:** Saturday afternoon, you will have the option of many activities at Lutheranch. You may also choose to learn more about Holy Hospitality through a trip to the Biblical History Center in LaGrange, enjoy a trip to Trillium Vineyard in Bremen, or take a walking tour of Tallapoosa. These activities have additional costs and you must provide your own transportation. You will have the opportunity to sign up on Friday at check-in.
- **This weekend is all about YOU!** There will be activities available throughout the weekend for you to choose from. Do as much or as little as you choose. Do what helps you to rest, relax and rejuvenate!

### What should I bring with me to God Spa?

- Bible
- A copy of a favorite recipe on a notecard
- A bottle of nail polish that reflects YOU
- Snacks and libations for wine down
- Water bottle
- Comfortable clothing and layers in case you get hot or cold
- Close toed Shoes for walking around outside
- Slippers or comfortable shoes for inside
- Sweater / Jacket / Hat / Sunglasses
- Insect repellent
- FUN Pajamas you don't mind wearing to our "pajama party"

We are looking forward to seeing you at Lutheranch for God's Spa! Contact us if you have questions.

Debbie Lundell  
770-815-8918, [debrallundell@comcast.net](mailto:debrallundell@comcast.net)

Gretchen Ahrens, Lutheranch Program Director  
404-583-4591, [gahrens@novusway.org](mailto:gahrens@novusway.org)

# God's Spa for Women 2019 Schedule

## FRIDAY – October 18

3:00 – 6:00 PM Arrive & Check In

3:00 – 6:00 PM Pre-Gathering Time

- Prayer/Meditation Room
- Gathering Room w/light refreshments, puzzles, paper crafts, get to know you activities
- Explore the property
- Relax in your room
- Rock on the veranda
- Massages (scheduled in 30-minute blocks)

6:00 – 7:00 PM Dinner

7:15 PM Holy Hospitality Session 1: Hospitality in Bible (Feed my sheep!)

9:00 PM Vespers

9:30 PM Games and wine down

## SATURDAY – October 19

7:30 AM Yoga

8:30 AM Breakfast

9:15 AM Morning Watch

9:45 AM Holy Hospitality Session 2: Biblical Women we can learn from

11:30 AM Biblical lunch

12:30 PM Relaxation on and off the Ranch:

- Prayer/Meditation Room
- Gathering Room Activities (puzzle, board games, paper crafts, snacks, social time)
- Spa Activities (wax hands, manicures, make bath fizzies)
- Explore the property
- Relax in your room
- Rock on the veranda
- Jewelry making on the veranda
- Scheduled massages
- Canoe on the lake (12:30, 2:30 or 4:30))
- Hospitality prayer hikes (guided at 3:00, 4:00 and 5:00 or take a brochure and do on your own)
- Visit Tallapoosa (walking tour option) (depart at 2:00)
- Visit a local winery (depart at 1:00)
- Tour the Biblical History Center (depart at 1:00)
- Essential Oils (1:30 and 3:30)
- Hospitality service project

6:00 PM Southern comfort food dinner

7:15 PM Holy Hospitality Communion Service (offering to NovusWay scholarship fund)

8:30 PM Pajama Party!!! (Movies, facials, popcorn and wine down)

## SUNDAY – October 20

7:30 AM Morning Yoga

8:30 AM Breakfast

9:15 AM Holy Hospitality Session 3: Taking Holy Hospitality Home

10:30 AM Closing worship and Blessings

11:30 AM Evaluations, Journey Homeward