

SeaSide  
ESCAPE

# Director Guide



**Your step-by-step guide**  
to planning, leading, and  
implementing this refreshingly  
successful women's ministry retreat.





# SeaSide ESCAPE<sup>™</sup>



DIRECTOR GUIDE



Loveland, Colorado  
[group.com/womensretreats](http://group.com/womensretreats)

**Group**  
Real. Bold. Love.



# Contents

|  |    |
|--|----|
| Welcome to SeaSide Escape . . . . .          | 4  |
| SeaSide Escape Basics. . . . .               | 8  |
| Planning Your Retreat. . . . .               | 12 |
| SeaSide Escape Schedules . . . . .           | 18 |
| Step-by-Step Through SeaSide Escape. . . . . | 21 |
| SeaSide Escape Service Opportunity . . . . . | 27 |
| Recruiting for SeaSide Escape . . . . .      | 28 |
| SeaSide Escape Training Session. . . . .     | 30 |
| Promoting SeaSide Escape . . . . .           | 35 |
| Registration. . . . .                        | 37 |
| Decorating Ideas . . . . .                   | 41 |
| Follow-Up After SeaSide Escape . . . . .     | 43 |
| Master Supply List . . . . .                 | 45 |



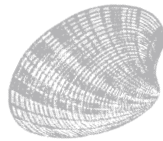
# Welcome to SeaSide Escape!

Are you in need of a day at the beach? A day to slow down, wiggle your toes in the sand, and just bask in the warmth of the sun? Every woman longs for a day like this—even those who live hundreds of miles from the nearest coastline! That's why we created SeaSide Escape.

SeaSide Escape is a retreat where women slow down and enjoy time with other women and with God. It's an in-depth Bible study, an unforgettable worship experience, and an open invitation for women to draw closer together, to be still in God's presence, and to sun themselves in his love.

This guide will take you through all the steps of pulling together SeaSide Escape. It's fun and easy!

## An Overview of SeaSide Escape



SeaSide Escape is a complete retreat for women of all ages. It includes worship, Bible study, beach-themed activities, and more. No speaker is needed—it's super easy for you and your leadership team to do this retreat yourselves!

You can do this retreat at your church, at a hotel, at a retreat center, or even in someone's home. The beach theme will work no matter what your location is. It's flexible and easy. SeaSide Escape is created as a 24-hour or overnight retreat, but you'll find tips later in this guide on how to shorten or lengthen it to fit the needs of your group.

During SeaSide Escape, women use seven items typically found at the beach as metaphors for what they're learning. (So you'll have a total of seven sessions.) Most sessions include worship and Bible study, and all also allow time for laughter with new friends or personal time with God.

This Director Guide contains everything you need to plan a successful retreat, including finding volunteers, publicizing your event, and following up after SeaSide Escape comes to an end.





Take a stroll  
along the beach...

Welcome

## How SeaSide Escape Works

### Session 1: Beach Bag

We usually pack our bags full of things we might need for a day at the beach. During this session we take a lighthearted look at what happens when we pack those bags too full. Carrying a lot of luggage around doesn't make for a restful day!



We tie this concept to the story of Sarai from the book of Genesis, focusing on chapter 12 for this session. Sarai had some “baggage” herself, and it made it hard for her to trust God. During this session women are challenged to consider what baggage they have that's making it hard for *them* to trust God.

### Session 2: Sunshine

In the second session, we use the warmth of the sunshine to remind us of the warmth of friendship. Instead of rushing through conversations, women are encouraged to take their time, slow down, ask each other questions, and enjoy talking together.



### Session 3: Sand

Sand is messy and hard to control. Through this session, women discover that when we try to take things into our own hands, we make a mess of it—just like Sarai did in the Bible. Exploring Genesis 16 and discussing what God did in the lives of Sarai and her servant, Hagar, helps women apply this to their own lives today.



### Session 4: Waves

Don't you love the sound of the waves? We want SeaSide Escape to be a restful retreat. Our theme verse is Psalm 46:10, which says, “Be still, and know that I am God!” So in this session we put that verse into action...with stillness. Women are guided in a powerful experience that includes stillness, music, and reflection.



### Session 5: Pearl

Pearls are so valuable—and women are even more valuable than pearls. This session includes a special time where women affirm each other. They also read portions of Genesis 17, see how God changed Sarai's name, and explore what that change means and how it's relevant in their own lives. God is always changing us and forming us into something more beautiful and valuable than we could imagine!



### Session 6: Starfish

These amazing creatures have the ability to regrow their arms after they've been damaged. What a perfect illustration of the healing God can do in our lives! In this session we look more closely at Hagar (Genesis 16) and the pain of her life.



Then women move into a time of service and prayer, where they create beautiful bead bracelets for women who, like Hagar, are going through difficult and painful life situations.

### Session 7: Message in a Bottle

Throughout this session, women are guided in both reflecting on the lessons of SeaSide Escape and rejoicing in God's love and faithfulness as they create a message-in-a-bottle keepsake. Women return to the Bible and learn about the legacy of Sarah's life. They consider what their own legacy may be and write this as a prayer.



### It's a Shore Thing!

Yes, we've actually tried this whole retreat with women just like you and your friends. Women of all ages and stages of life joined us. They offered their feedback, and we listened. Throughout this guide, you'll find tip boxes that clue you in to what worked great—and what didn't!



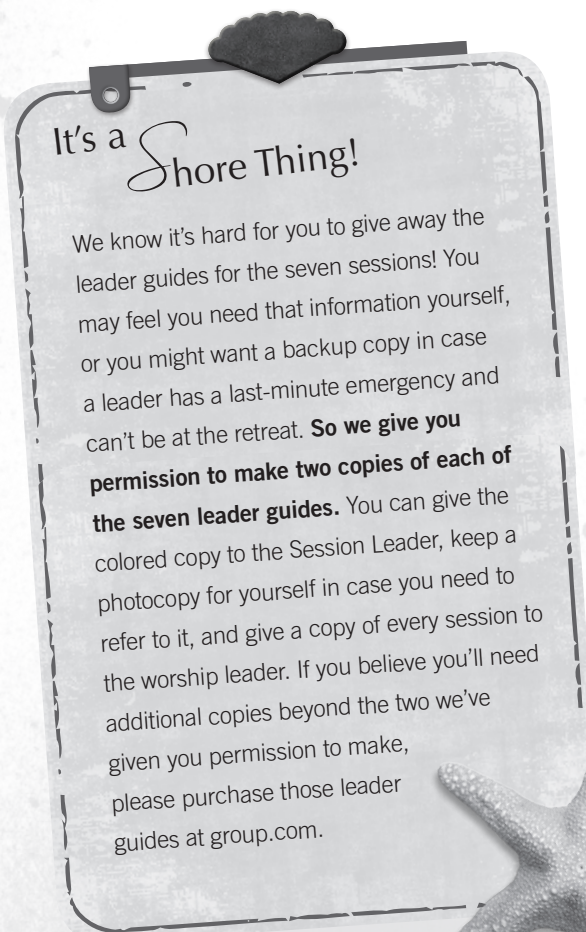


## Looking Inside Your SeaSide Escape Director's Kit!

Before you begin, inspect your kit to make sure it contains all of the following items. If any items are missing or damaged, contact Group Publishing (group.com or 800.447.1070) or your local church resource supplier for prompt replacement. If you checked off everything on this list, you're ready to experience time with God and your girlfriends at SeaSide Escape!

### ❖ SeaSide Escape Director Guide

(You're reading it now!) This is your guide to directing SeaSide Escape. It includes everything you need to plan, staff, and promote this memorable retreat. In it you'll find schedules, supply lists, instructions for a training session, and more.



### ❖ Samples of these special SeaSide Escape items:

#### • Sun & Sand Tote Bag

This exclusive tote will hold a Bible, water bottle, pens, lip balm—all the necessities women like to have on hand. Plus, it's reusable and makes a great lunch bag.

#### • SeaSide Escape Participant Guide

Women use this beautiful Participant Guide during each of the sessions. It provides all the Scriptures, discussion questions, song lyrics, and other information guests use during the retreat. You'll need one for each woman.

#### • Sand Dollar Scripture Pendant

A custom-designed pendant shaped like a sand dollar and engraved with Psalm 46:10, this gift reminds women to take time alone with God. It's a special way for women to celebrate the message and memories of SeaSide Escape and includes a cord so it's easy to wear immediately!

#### • Music of SeaSide Escape CD

Here's the incredible music you'll use during the retreat. Your Worship Leader and several of the Session Leaders will use this, so you may want to get a few extra copies.

#### • Message in a Bottle Kit

Women will be adding tiny items to a bottle to create a keepsake that will remind them of the experiences and lessons from SeaSide Escape. This kit pulls all the hard-to-find items together for you so it's a breeze.



## \* SeaSide Escape Worship Leader Guide

This guide provides directions for leading each worship session at the retreat.

## \* Splash! Pen

This custom-imprinted pen is fun and practical—perfect for taking notes during the retreat.

## \* Seven Leader Guides

These guides provide what's needed to lead the seven sessions of the retreat. Each session uses a different beach-themed metaphor to help guests go deeper in relating Bible truths to their own lives. These guides make it easy for your volunteers to lead women through the studies and experiences of each session.

## \* Made With Love Bracelet Kit Sample

In the Starfish session, women make a bead bracelet as a service project. It uses specific colors of beads to represent different promises from God. This kit provides all the beads, charms, and wire needed to make 10 bracelets. It makes it easier for you—without any hassles!

## \* SeaSide Escape Media Pack

This pack contains three discs:

### • Training & Promo DVD

This DVD contains a wealth of information. You'll find a training session for you and your leadership team that walks through the retreat step by step and promotional commercials you can show during church services or Bible studies to let women know about SeaSide Escape.

### • Graphics & Other Goodies CD

This CD is packed with promotional materials, photocopyable forms, job descriptions, colorful additions to the sessions, and other items to make your job easier. Everything on this disc is printable and reproducible.

### • Worship Instrumental CD

This disc includes instrumental tracks of all the songs for SeaSide Escape. Use this as background music or as an accompaniment track if your Worship Leader would like to lead music this way. Please note that this CD is *not* reproducible.



## Ocean Options

If you prefer to purchase only the essential items women will need at the retreat and forgo the gift items, you have the option of buying the Essentials Value Pack. It includes the Participant Guide, Scripture Pendant, and Message in a Bottle Kit.



# SeaSide Escape Basics

## Why SeaSide Escape Works

It seems that just about every church or women's group has an annual retreat where women gather for a few meals and listen to a speaker. It's a standard formula that's worked for a long time, so why change it?

### We've got what women want.

Year after year we ask women what they really want to do (and *not* do) at retreats, and over and over we hear the same comments. Women want to talk, laugh, and interact with one another. They're interested in relationships with others and with God, not in sitting and listening for hours on end. So we took that information and created SeaSide Escape, where women get to share with each other, dig into the Bible, and *experience* God instead of just listening.

### It doesn't require a speaker.

At SeaSide Escape, you don't need a speaker. We know (because you told us!) that speakers are hard to find, can be expensive, and aren't always as interesting as you'd hoped. Plus, when you have a speaker, everyone is forced to listen to only her experiences, and they don't have the opportunity to be part of the discovery and application process. Women love to share their own stories, dig into the Bible themselves, and really discuss what they're learning. We make sure that happens.

You or other women from your church can lead any of the sessions at SeaSide Escape. Each guide explains in an easy-to-follow format what supplies to gather, what women will learn, and what to say. And because you don't have to spend money on a speaker, you'll be able to pamper and delight your women with small gifts.



### It's a Shore Thing!

Many leaders are skeptical about a retreat without a speaker—after all, that's all they've ever known. But when our SeaSide Escape retreat was over, every woman there expressed how excited she was to try this retreat in her own church. Trust us! They'll love it!





### **It includes service.**

We talk to women a lot and know that women today long for opportunities to make a difference in the lives of others. So we've incorporated service as a part of SeaSide Escape. In the Starfish session, guests make beautiful Made With Love Bracelets. These use colors from the seaside and relate them to Bible promises that apply to women today. Women will create the bracelets and write a note of encouragement to someone going through a difficult time in life, and your group will donate these. We give more information on how this works later in this guide. Making service a part of SeaSide Escape lets women put God's love into action right away!



### **It's fun for women of all ages.**

Our research shows that 96% of women's ministry leaders say reaching younger women is important to them. We know you want to reach women of *all* ages through your ministry, so we included both young and old at our own SeaSide Escape retreat. High school girls joined with grandmothers in laughing and sharing. Several women brought their daughters, and they shared later that this was a great experience for them. (The daughters said the same thing—not just the moms!)

We've used this with women who don't consider themselves frilly and with those who do. We tried it with ladies who seem more comfortable in dresses or business suits and with those who prefer jeans. And you know what? Everyone loved it! Women formed friendships across age and interest areas. No one balked at participating.

### **Everyone gets involved.**

SeaSide Escape is so easy to lead that the leaders don't have to miss out on anything themselves. Everyone—even the people who share in the responsibility of leading the retreat—gets to participate in every step of the adventure and fun. No one has to miss out on a second of the journey.



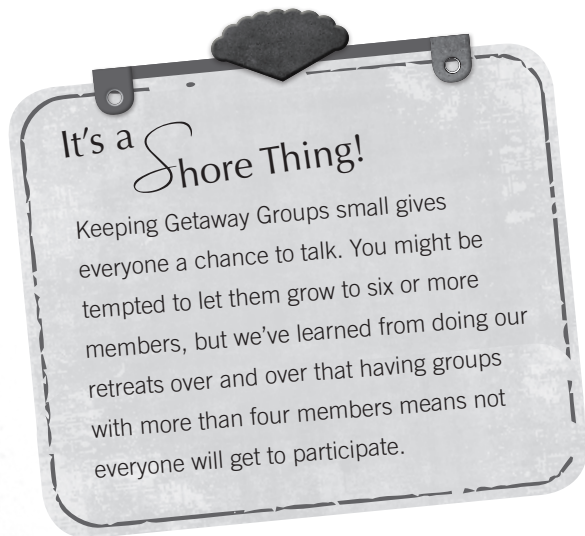


# Connecting the Women at SeaSide Escape

## What are Getaway Groups?

At SeaSide Escape, guests join into small groups of four. They'll sit with these groups during the sessions so they get to know each other better and become comfortable enough to share more openly.

Women get into these groups in a fun way—we'll explain it later—and have a chance to really belong and go deep with each other. About halfway through the retreat, they'll switch to a new group so they have the chance to meet more women and make more friends. They'll still get to interact with other women at meals, during free time, and at other activities.



## Do I need to adapt SeaSide Escape to fit a large or small group?

This retreat works great with groups of all sizes. It could happen with a few girlfriends who rent a cabin for the weekend or a huge gathering of women from several churches. It's easy to hold this retreat in one room, ideally with women sitting around small tables. They can move to another room for meals or other activities if you like, but you won't need breakout rooms or additional space—just enough room for everyone to sit comfortably together.

## Who should come to SeaSide Escape?

You can invite all the women of your church to SeaSide Escape—from high school on up. Or this might be a fun mother-daughter event. Perhaps you're a parent or youth leader who wants to do this with a group of high school or college girls—it would work great with them! Maybe you have a group of friends you get together with for coffee; rent a cabin and do the activities all together!

And this retreat doesn't require any previous Bible knowledge, so you can invite women from your community who might not have heard about Jesus. In fact, your guests don't even have to own a Bible—all the Scripture passages are provided in the SeaSide Escape Participant Guide. The relaxed and welcoming atmosphere makes this a great place to invite friends and neighbors you've wanted to introduce to God.

Women love to connect with other women and long to slow down and have meaningful time with God. SeaSide Escape gives them the opportunity to do both!





# SeaSide Escape Resources

## What are SeaSide Escape Participant Guides?

Each woman who attends your retreat will need her own SeaSide Escape Participant Guide. This is her personal guide to the experiences at the retreat. Inside this guide are all the Bible passages used during the retreat, discussion questions, instructions for the activities, song lyrics, and more. The content in these is not legally photocopyable, so plan to order one for each woman. These guides are also available in Spanish.





# Planning Your SeaSide Escape Retreat

Ideally you'll have months to plan your retreat. But sometimes the opportunity arises and you only have a few weeks. That's why we're giving you two different planning guide options. The first one will take you start to finish in as few as four weeks. The second option allows you a little more breathing room. Choose the one that works for you and your team.

## Speedy Retreat Planner

### ► Today

#### **Pray.**

It's always a good idea to get God involved from the very beginning!

#### **Set a date.**

You can have a great retreat in just a few weeks. Choose a date about four weeks from today.

#### **Choose a location.**

To have a retreat in just a few weeks, it's likely you'll have it at your church or at a nearby hotel—or maybe you have access to a cabin that will accommodate 10 or 20 women. You can do your retreat as a one-day event at any of these locations, or have it as an overnight if you want. This may mean women stay overnight in their own homes and come back to your location following morning or just make it a huge slumber party! It's up to you!

#### **Get a couple of women to help you.**

You can lead the entire retreat yourself, but it's more fun if you have even one more person doing it with you! Together watch the promo segment on the *Training & Promo* DVD in the SeaSide Escape Media Pack. Decide who will do what (who is going to spread the word, who is going to lead the sessions, who is going to gather supplies—stuff like that), and you're ready to get started!

### ► Tomorrow

Start spreading the word and getting women signed up! Check out the ideas in the Director Guide, and use the *Graphics & Other Goodies* CD from the Media Pack. Get women excited about spending a day or two away from home and with other women. It's gonna be so fun and relaxing!

### ► Three Weeks Before Your Retreat

#### **Order SeaSide Escape materials.**

A photocopyable master supply list is provided in this Director Guide. You can also use the catalog included in the kit to help you.

### ► One Week Before Your Retreat

#### **Gather the rest of your supplies.**

Make sure the other items you'll need are borrowed or purchased.

#### **Prepare check-in items.**

Instructions for check-in items are in the registration section of this Director Guide.

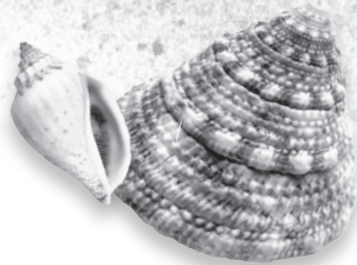
### ► The Day of Your Retreat

Go have fun! You deserve it!





# SeaSide Escape Schedules



SeaSide Escape is created as a 24-hour retreat that begins with an evening meal and ends just before the evening meal on the next day. For example, it could begin on a Friday afternoon and end on Saturday afternoon. However, it can be adapted to be a shorter or longer event. Use these schedules as samples for your own getaway.

Note that each session generally takes about 45 minutes to complete. However, we like to “pad” the schedule a little to allow extra time for talking. If you’re doing the retreat in one day, you’ll have to keep things moving. But if you have a one-night or two-night retreat, you’ll notice we’ve allowed more time in those schedules simply because there’s no reason to rush. Let women linger longer and spend refreshing time with each other and with God!

## Sample Schedule for One-Day Retreat

### Saturday

|             |  |
|-------------|--|
| 8:30–9:00   | Women arrive and check in                        |
| 9:00–10:30  | <b>Sessions:</b> Beach Bag, followed by Sunshine |
| 10:30–11:00 | Break  |
| 11:00–11:45 | <b>Session:</b> Sand                             |
| 12:00–12:45 | Lunch  |
| 1:00–1:45   | <b>Session:</b> Waves                            |
| 2:00–3:30   | <b>Sessions:</b> Pearl, followed by Starfish     |
| 3:30–3:45   | Break  |
| 3:45–4:15   | <b>Session:</b> Message in a Bottle              |
| 4:15        | Finish, clean up, and go home                    |





# Sample Schedule for One-Night Retreat

## Friday

|           |  |
|-----------|--|
| 2:00      | Leadership team arrives to check in, decorate, and set up                |
| 4:00      | Women begin to arrive—Begin registration and room check-in               |
| 5:00–6:30 | Dinner is available  |
| 7:00–9:00 | <b>Sessions:</b> Beach Bag, followed by Sunshine                         |
| 9:00–??   | Free time for snacks, board games, jigsaw puzzles, talking, and laughing |

## Saturday

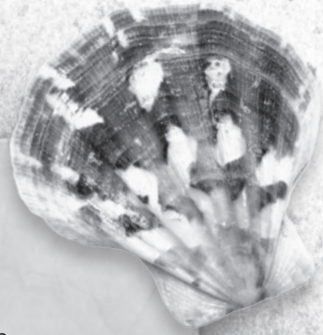
|             |  |
|-------------|--|
| 7:30–9:00   | Breakfast                                    |
| 9:00–11:00  | <b>Sessions:</b> Sand, followed by Waves     |
| 11:00–12:00 | Free time                                    |
| 12:00–1:00  | Lunch  |
| 1:00–3:00   | <b>Sessions:</b> Pearl, followed by Starfish |
| 3:00–3:30   | <b>Session:</b> Message in a Bottle          |
| 3:30        | Finish, clean up, and go home                |

Schedules





# Sample Schedule for Two-Night Retreat



## Friday

|           |  |
|-----------|--|
| 2:00      | Leadership team arrives to check in, decorate, and set up                |
| 4:00      | Women begin to arrive—Begin registration and room check-in               |
| 5:00–6:30 | Dinner is available  |
| 7:00–9:00 | <b>Sessions:</b> Beach Bag, followed by Sunshine                         |
| 9:00–??   | Free time for snacks, board games, jigsaw puzzles, talking, and laughing |

## Saturday

|             |  |
|-------------|--|
| 8:00–9:00   | Breakfast  |
| 9:00–11:00  | <b>Sessions:</b> Sand, followed by Waves                                 |
| 11:00–12:00 | Free time  |
| 12:00–1:00  | Lunch  |
| 1:00–5:00   | Free time  |
| 5:00–6:00   | Dinner   |
| 6:00–8:00   | <b>Sessions:</b> Pearl, followed by Starfish                             |
| 8:00–??     | Free time for snacks, board games, jigsaw puzzles, talking, and laughing |

## Sunday

|            |                                     |
|------------|-------------------------------------|
| 8:30–9:30  | Breakfast                           |
| 9:30–10:00 | <b>Session:</b> Message in a Bottle |
| 10:00      | Finish, clean up, and go home       |



# Recruiting for SeaSide Escape

Since you're reading this book, we know you have a heart for helping women grow closer to others and to God. But putting together a retreat is a lot of work, and you might be feeling a little worried about recruiting all the right volunteers to create a memorable getaway. Well, we're here to help you!

Recruiting doesn't have to be a headache. It can actually be a fun, energizing opportunity to connect with people who have a passion for women's ministry...people just like you! We're here to help you find all the leaders you need for SeaSide Escape. Use the following recruiting ideas, and print the job descriptions from the *Graphics & Other Goodies* CD to give to women you'd like to join your team.

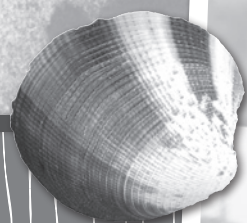
## Finding Your SeaSide Escape Leaders

### To get started, pray!

Ask God to direct you to the women he wants involved. Then make a list of women you think might want to be involved in leading with you. Finally, talk to them. There's no substitute for a personal touch. If you truly believe someone will be a wonderful Supplies Coordinator, tell her! Share the vision for SeaSide Escape, explain why you think she'd be great on the team, and give her time to pray and make a decision. Assure her that she won't be in this alone, as you and others on the team can work together to get each task completed. And promise her she'll have adequate training. Treat women with respect if they decline, and pray about who God might have you ask next.

### Begin with your core leadership team.

Your core leadership team consists of a Facility Coordinator, a Registration Coordinator, a Publicity Coordinator, and a Supplies Coordinator. Once you have these women alongside you, they can help recruit others. We encourage you to look beyond your "regular" church women's ministry team and invite new ladies to join in getting SeaSide Escape started. And if you have a large number of people attending SeaSide Escape, those on your leadership team may want to ask others to assist them in their roles.





### **I've got my team...now what?**

Gather with these women right at the beginning of your planning process, and go over the steps described in the planning section. Talk about how team members can support one another. Determine how often you'll meet to check in and report back on what's been accomplished and what the next steps are.

### **Recruit additional leaders.**

When you're ready to recruit leaders for the sessions and to lead worship, talk with your team about whom they suggest for the various roles, and then share the responsibility of inviting women to lead in these areas. As you did with your core leadership team, pray first and then extend the invitation to lead. Use the job descriptions that can be printed from the *Graphics & Other Goodies* CD as a guide for recruiting. When these people are on board, your team will be complete, and you can schedule a training session.



# SeaSide Escape Training Session

## Prep and Props

### Invite all leaders.

Invite all your leaders to this meeting, including your core leadership team, the Worship Leader, and the Session Leaders. This training will ensure that each of these key leaders knows what her responsibilities are. It will help all the leaders know what's expected of them and what they can expect from others. The training will take about an hour.

### Round up supplies.

You'll need the following supplies:

- \* SeaSide Escape Participant Guides,\* 1 for each leader
- \* CD player
- \* TV and DVD player
- \* copies of your SeaSide Escape schedule
- \* name tags
- \* pens
- \* a snack (we recommend Sand Dollar cookies!)

Things you'll use from your SeaSide Escape Kit:

- \* *SeaSide Escape Media Pack*
- \* *Music of SeaSide Escape* CD
- \* All of the SeaSide Escape leader guides

### Get ready for the training session.

Here's what you'll do before the meeting:

- \* Set up a TV and a DVD player in your meeting room. Insert the *Training & Promo* DVD. Make sure there are enough chairs and that everyone will be able to see the television screen easily.
- \* Print copies of "It's In the Bag!" from the *Graphics & Other Goodies* CD, and cut these apart so each woman can have one.
- \* To create a more welcoming atmosphere and help your leaders get a taste of SeaSide Escape, decorate your room. Try using a few ideas from the "Decorating for SeaSide Escape" section.



\*available from Group Publishing  
(group.com or 1-800-447-1070) or your  
local church resource supplier



# Promoting SeaSide Escape

## Publicity Resources

In this section, you'll find ideas for spreading the word about your SeaSide Escape retreat. Many of the ideas make use of the *Graphics & Other Goodies* CD you'll find in the Media Pack in your Director's Kit. Use this in your computer (or get one of your tech-savvy friends or a handy teenager to help you) to create fun travel-themed publicity materials.

Work with your Publicity Coordinator to determine which of these ideas you'll use and who will make sure they happen.

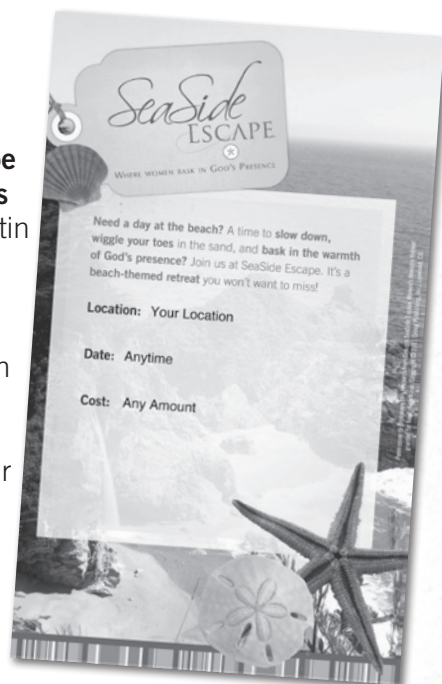
### Get the word out with these resources.

#### SeaSide Escape Clip Art

Use the reproducible clip art on the *Graphics & Other Goodies* CD to create your own custom promotional materials. Breeze through it all with the beach theme as you make your own letterhead, memos, media slides, and more!

#### SeaSide Escape Bulletin Inserts

You'll find bulletin inserts on the *Graphics & Other Goodies* CD that you can customize with dates, location, and cost of your retreat. Print these inserts, and slip the copies into your church bulletins.

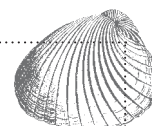


#### Community Flyers

Complete and then print the flyer from the *Graphics & Other Goodies* CD. Post copies in public places such as local libraries, restaurants, beauty salons, self-service laundries, banks, and shopping malls. Be sure to get permission before posting the flyers. You may also want to check with church members who own businesses in your community. They may be willing to post flyers at their businesses.



## Shiny!



Use SeaSide Escape art on invitation letters, envelopes, and anything else you can think of to generate excitement! These colorful and beautiful graphics get women to take a second look at your promotional materials!

# Registration for SeaSide Escape

Women have heard about SeaSide Escape through the efforts of your Publicity Coordinator. Now what? How do they get registered and ready to relax “at the beach”?

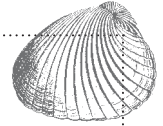
## Registration Table

About two months before SeaSide Escape, begin registering women in your church. This may seem too early, but with busy schedules, it's good to get this event on women's calendars as soon as possible.

Make copies of the SeaSide Escape registration form (use the printable version on the *Graphics & Other Goodies* CD), and have ladies fill them out. You and your leadership team will need to decide if guests can register now and pay later or if they need to pay for the getaway at the time of registration. Save the completed registration forms for your records.



## Cruise Control



We've heard from several churches that the best way to ensure women who sign up will actually attend is to have them pay at the time of registration. Or some churches opt to have a nonrefundable deposit of about one-third of the entire registration cost paid in order to hold a place at the retreat. Consider what will work best for your team, based on when you'll need to have money paid to the retreat facility or when you'll need a final count for rooms and meals.

You'll also want to have copies of SeaSide Escape gift certificates available for purchase at your registration table. These are also on the *Graphics & Other Goodies* CD. Men or women can purchase these from you for the price of your retreat and give them to special people—a prepaid vacation! Men might want to give these to their wives, sisters, mothers, or daughters. Women can give them to any girlfriend they'd love to see attend or as a way to help out a friend who wants to go to the retreat but can't afford it.





# Decorating for SeaSide Escape

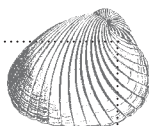


## Creating a Beach Atmosphere

Adding creative touches can establish a warm and welcoming atmosphere for your retreat. Choose as many ideas as you'd like from this section to make SeaSide Escape as inviting and comfortable as possible. Check out the decorating segment on the *SeaSide Escape Training & Promo DVD*. This shows you some of the fun ideas we incorporated when we did our own retreat.

### SeaSide Star

If you decide to go all out with your decorating, you might want to recruit one creative person to coordinate all your efforts.



### Use these basic ideas.

#### Incorporate color to brighten rooms.

The theme colors for SeaSide Escape are ocean blue and aqua, with sandy beige and splashes of hot pink and coral. Use these colors as often as possible! One way to stir color into a room is by using bolts of fabric. Lengths of solid colors topped with printed fabric runners add vibrancy to any surface.

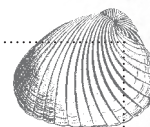
#### Scent your rooms with candles.

Aromas are a powerful part of decorating. We used coconut-scented candles at our SeaSide Escape but also considered those of flowers from tropical locations. Choose one scent and stick with that so you don't have "competition" between the aromas. Or use one scent for the morning and a different one in the afternoon.

We put small blue candles in glass bowls that were filled with white sand and a few small shells. Then we created centerpieces by using bright blue placemats and putting the bowls of candles on top—and seashells around these. Very easy, and very inexpensive!

### Buried Treasure!

Remember, you'll be burying the Scripture Pendants in the middle of your centerpieces, under the candles. Women will discover these as they're guided to dig in the sand of the centerpieces during the Waves session. Be sure you coordinate with the leader of that session so this important detail is not overlooked!



# Follow-up After SeaSide Escape

What about after the retreat is over? How can you keep in touch with everyone, especially new women and those who made decisions to begin a relationship with Jesus?

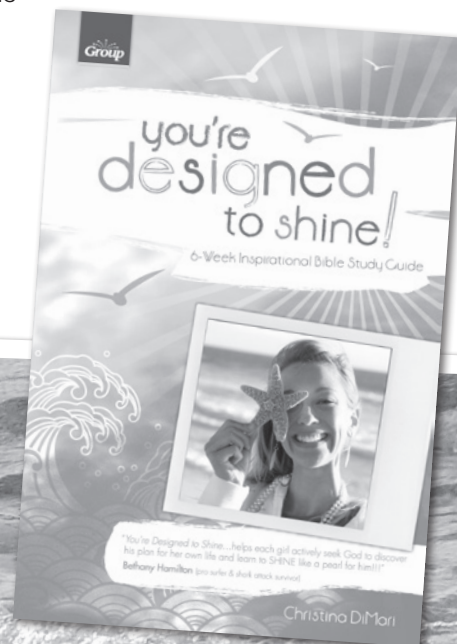
*Try* these practical follow-up ideas.

## Keep relationships growing with a Bible study.

During SeaSide Escape, women form small groups (Getaway Groups) and are encouraged to plan to meet again after the retreat for a 6-week Bible study. We suggest they use *You're Designed to Shine*, which is an easy-to-lead beach-themed Bible study that continues some of the concepts women have begun to explore at SeaSide Escape.

*You're Designed to Shine* is great for groups of 4 to 12 women to do in a home. The study guide that each study group member needs is available at [group.com](http://group.com) or through your favorite Christian resource provider.

Invite every woman to participate to keep the friendships with each other growing—and their friendship with Jesus growing, too!





# SeaSide Escape Master Supply List

Photocopy this list for your Supplies Coordinator. She can work with the various leaders to determine who will gather supplies for each area. She might also put out notices in your church bulletin to see if some items can be borrowed. (But do be sure they're labeled so they can be returned!)

The supply lists in each leader guide have detailed information regarding specific sizes, amounts, and where to find items. One copy or sample of each item that has an asterisk (\*) beside it is included in the SeaSide Escape Director's Kit, and additional ones are available from Group Publishing (group.com) or your church resource supplier.

*Be sure to talk to each Session Leader before you purchase supplies!*



Master Supply List



# Master Supply List



## Beach Bag (Session 1)

- \* large, colorful beach bag
- \* tube or bottle of sunscreen
- \* pair of shorts
- \* several bottles or cans of the Session Leader's favorite beverage
- \* a few pieces of fresh fruit
- \* 2 rolls of toilet paper

## General Supplies

- \* **SeaSide Escape Participant Guides,\* 1 per woman**  
Each woman will need her own Participant Guide. Note: The guides contain copyrighted material and cannot legally be photocopied, so be sure to order enough.
- \* **water bottle labels, 1 per woman**  
Remember, you don't have to buy these—simply print them from the *Graphics & Other Goodies* CD.\*
- \* **water bottles, 1 per woman**  
Just the kind you find at the grocery store—nothing fancy!
- \* **name tags**  
There is a template on the *Graphics & Other Goodies* CD\* for printing these, but you'll need additional supplies to turn those pieces of paper into name tags.
- \* **Music of SeaSide Escape CD\***
- \* **CD player or sound system**
- \* **noisemaker**  
This helps the leader get the attention of guests without raising her voice. A bell, tiny gong, whistle with a funny sound, maraca, or other item will work!

- \* **Doubter's Dilemma cards**  
These are found on the *Graphics & Other Goodies* CD.\* Each woman will need 6 cards, and there are 6 cards on a page, so copy 1 page for each person attending. These are easy to cut on a paper cutter!



- \* **tape, 1 roll for every 4 women**
- \* **paper clips**



# Master Supply List



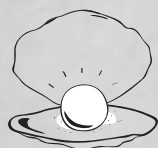
## Sunshine (Session 2)

- \* **no supplies needed**  
Women will need to bring the labeled water bottles that they received at the beginning of the retreat.



## Sand (Session 3)

- \* **sand**  
Choose clean, white sand that is very dry. Sand that is damp and clumpy will not work well.
- \* **small disposable plates, 1 per woman**  
We suggest you keep with the beach theme by using blue ones.
- \* **disposable spoons, 1 per woman**
- \* **watch with a second hand**
- \* **timer that has sand in it, such as an egg timer or one used for board games**



## Waves (Session 4)



- \* **Sand Dollar Scripture Pendants, 1 per woman**  
Remove the cords from the pendants, and set these aside to be given to women later.
- \* **sand-filled centerpieces, 1 per Getaway Group**  
Work with the leader of this session and your decorating team, as these are used in a specific way during the session.

## Pearl (Session 5)

- \* **water bottle labels**  
Have women bring the water bottle labels they've saved from previous sessions.
- \* **1 strand of pearls (can be fake!)**
- \* **plates of sand**  
Women used this in Sand (Session 3), and they should still be handy!
- \* **several baby names books that tell the meanings of names**  
You can find these at the library and check out a bunch so you don't have to buy them. Get as many as possible so women don't have to wait a long time to have access to them.



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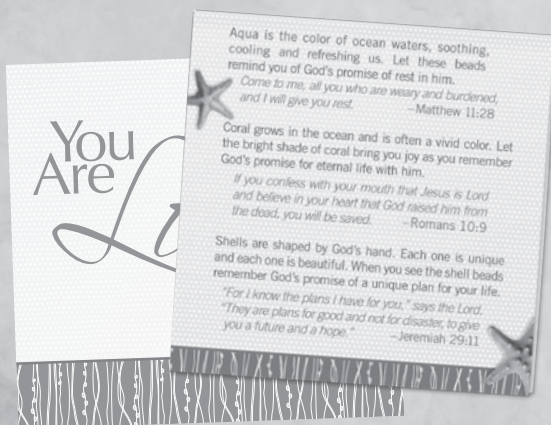


# Master Supply List



## Starfish (Session 6)

- \* **1 sea star or starfish (optional)**  
These can be found in various sizes at craft and hobby stores.
- \* **Made With Love Bracelet Kits,\***  
**1 for every 10 women**  
If you don't purchase the kits, you'll need to purchase the following supplies: memory wire, 6mm blue beads, 6mm coral-colored beads, 6mm tan or sand-colored beads, and "You Are Loved" charms\* (1 charm per bracelet)
- \* **wire cutters**
- \* **small organza bags, 1 per bracelet**
- \* **Made With Love Cards printed from the *Graphics & Other Goodies* CD,\***  
**1 per bracelet**



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## Message in a Bottle (Session 7)

- \* **Message in a Bottle Kits,\***  
**1 per woman**
- \* **sand**  
You can use what is on the tables from previous sessions.
- \* **sheets of paper cut to 8½ x 5½ inches**  
**(1 per woman)**
- \* **lengths of ribbon or raffia, approximately**  
**10 inches per woman**
- \* **photocopies of the "SeaSide Escape Evaluation" form (from the *Graphics & Other Goodies* CD\*), 1 per woman**

You may also wish to order these items to make your retreat more delightful for the women who attend:

- \* **Sun & Sand Tote Bags\***
- \* **Music of SeaSide Escape CDs\***
- \* **Starfish Tumbler\***
- \* **Splash! Pen\***

\*available from Group  
(group.com or 1-800-447-1070)  
or your church resource supplier

Master Supply List

