



Lighthouse Lingo

RETREAT TERMS YOU WILL WANT TO KNOW

Retreat Attendees:

RETREAT FAMILY

Families living through childhood cancer who we are serving during the week away from the chaos of cancer to experience rest, joy, restoration, and hope. On our Sunrise retreats, our families have lost a child to cancer.

FAMILY PARTNER

What we call our Lighthouse volunteers who come alongside our Retreat Families to help ease the everyday burden of childhood cancer, providing them an opportunity to rest, reconnect, experience joy, and find hope! Family Partner is not just a title, but an attitude of the heart, a posture of service as we come together to give families a sense of peace and a retreat away.

Retreat Environments:

LOGISTICS MEETING

Meeting for all Family Partners held in person on retreat to go over the details of serving on retreat.

BULLET POINTS & BREAKFAST

Morning logistics meetings for all Family Partners are held in person each day on retreat to discuss the details of that day.

HOPE JARS

Each Retreat Family takes home a special jar at the end of the retreat filled with notes of encouragement and special memories made on retreat. You will be filling these jars throughout the retreat with strips of memories, bible verses, and prayers for your Retreat Family.

MORNING TIDY UP

Each morning, you will tidy up your Retreat Family's unit, so that having to clean their unit is the last thing on their mind!

- You will receive supplies to tidy up the units at the retreat. You will:
 - Make beds
 - Empty all trash cans and take out trash
 - Wipe down counters
 - Sweep floors as needed if sandy
 - Load/unload Dishwasher
 - Start a load of laundry and change it out as needed throughout the morning/day

COMMON GROUND

A unique and special time for the Retreat Family parents to connect over the common bond of living through childhood cancer. During Common Ground, the parents have an opportunity to share their story with people who are on "Common Ground" with them.

- Common Ground provides a place of restoration and relationship building.
- Common Ground is sometimes referred to as the "heartbeat" of the retreat

FLIP FLOP OR WILDLIFE GROUPS

Every morning on retreat, you will spend time traveling to different stations with the group you are assigned to and engage in crafts, swim, play games, have fun, and build relationships. Each day in your group, you will also complete an intentional craft based on the theme of the day on retreat.

- Children and students will be grouped by age and gender.
- This happens while the parents attend Common Ground.
- This time is called "Flip Flop" on our weeklong retreats and "Wildlife" on our weekend retreats.

CONCHED OUT (WEEKLONG RETREATS ONLY)

Much like its name, this is a time where you get to take a little break. Conched Out is for the Retreat Families, the Family Partners and Leadership.

- Do whatever refuels and recharges you.
- Be sure to check in with your leaders to make sure there are no "last minute" things that need your help or attention.
- We don't offer to keep Retreat Family kids during this time. If there is a special circumstance or request to do so, please touch base and ask the Family Partner Lead first.

EVENING TURNDOWN

A few evenings on retreat, we prepare the Retreat Family's units to be a warm and pleasant place to return to at the end of the day. We will also sometimes decorate their unit to indicate what will happen the following day.

REFUEL

Throughout the retreat we will participate in an environment for the Family Partners to "take a deep breath", be encouraged, and most importantly, worship our Father in Heaven.

- If you have little ones who are just too tired to make it to Refuel, it's okay if one parent takes the little one to sleep, while at least one family member representative is at the meeting.

UNBIRTHDAY PARTY OR FAMILY NIGHT

On our weeklong retreats we get to celebrate birthdays for all the kids on retreat while the parents are gone for the night at Parent's Night Out. We will sing, dance, eat ice cream and have LOTS of fun!

On our weekend retreats we host a Family Night filled with music, dancing, sweet treats, and LOTS of fun!

SEE YA LATER!

At Lighthouse we never say "good-bye", we say, "see ya later!" See ya later's take place on the last day of retreat. You will arrive at your Retreat Family's unit before see ya later's begin, to help them pack up their car.

- Make sure that your unit, as well as your Retreat Family's unit, is ready to be checked out.
- Please make plans to stay at the retreat until you are dismissed by the Lighthouse Staff.
- You will feel very connected to the families you've served. However, be careful not to make promises to the families you can't keep – even well intended ones.