



Lighthouse

FAMILY RETREAT

LIGHTHOUSE WEEKEND RETREAT FREQUENTLY ASKED QUESTIONS

WHAT IS A LIGHTHOUSE FAMILY RETREAT?

Lighthouse Family Retreat is a faith-based non-profit that serves families living through childhood cancer. We host restorative retreats and develop helpful resources for these families. Our goal is to create environments where retreat families can be served and experience rest, restoration, joy and find hope beyond a cure... a hope in God.

WHAT WILL I DO SERVING AT LIGHTHOUSE FAMILY RETREAT?

Retreats are hosted and facilitated by volunteers (who we call Family Partners) and are highly relational environments for Retreat Families to connect, have fun and find rest together. Here are some of the things that volunteers do:

- Facilitate daily children's and student activities while parents are in small group
- Daily logistical set up and tear down for different programs and activities
- Serve families during meals (refilling drinks, throwing out trash, etc.)
- Serve Retreat Families by cleaning and decorating their rooms, doing laundry (at certain locations), and other daily chores (great opportunity for all ages to serve)

WHERE WILL I BE STAYING?

TRAIL WEST LODGE - Buena Vista, Colorado - 18800 Trail West Dr. Buena Vista, CO 81211

Lighthouse is partnering with Trail West, a Young Life resort-style family camp. Each family has their own hotel style room and bathroom. Married adults have their own bed and children, teens, or young adults coming with their parents will be in bunks in a room with their parents. The Retreat Families we are serving will have their own unit that is not shared with volunteers.

WHAT WILL I EAT?

All meals (breakfast, lunch and dinner) are provided by Lighthouse, with the exception of dinner on the day you arrive. You will need to eat prior to arriving on retreat. We recommend bringing heavy snacks such as: protein bars, jerky, trail mix, fruit etc. for in between meals. If you have dietary restrictions, we recommend bringing additional food in case you are not able to eat all the food provided. Please note that Lighthouse can only accommodate dairy, gluten, nut, and shellfish medical food allergies if you make us aware ahead of time.

HOW MUCH DOES IT COST? WILL I NEED TO FUNDRAISE?

Lighthouse Family Retreat is a domestic mission trip where volunteers fundraise not only for their cost, but also to cover the program costs and costs of the Retreat Families which allows them to come for free. There is a non-refundable \$100 deposit due two weeks after registration that will go directly towards your overall retreat fundraising.

- **FUNDRAISING MINIMUMS**

- These are the minimum amounts that must be raised or personally provided in order to attend the retreat:
- \$650 per adult 18 and over, \$275/per child under 17

- **FUNDRAISING GOALS**

- On average, the minimums raised leave a \$10,000 gap in the cost of each weekend retreat. We know everyone's fundraising capacity is different. Therefore, if you are able, we invite you to help us bridge this gap by setting a goal above your minimum. This helps make it possible for us to continue serving all families living through childhood cancer on retreat at no cost to them. (Suggested amount - \$500 - \$1,000 or more above your minimum to help us bridge the gap).

WHAT DOES THE COST COVER?

The retreat cost covers all team lodging, meals, program, and supply cost, as well as all food, welcome kits, family fun night, etc. for retreat families and volunteers. All fundraising support goes to costs associated with putting on a retreat. It does not include travel expenses to and from retreat.

HOW WILL I BE PREPARED TO SERVE?

You do not have to have any specialized skills to serve on a retreat... just a heart and willingness to serve! You will have a volunteer leader over your retreat who will host trainings and connect with you before retreat. You will also receive emails and training videos to equip you to serve in the different environments on retreat.

HOW OLD DO I HAVE TO BE TO SERVE BY MYSELF?

Adults 18 years or older can attend a retreat by themselves without an adult present. Exceptions are made for student groups, which require a 3:1 student to adult (over 21 years of age) ratio.

HOW WILL I KNOW WHOM I WILL BE SERVING?

Volunteers are paired with Retreat Families to serve. You will receive the information about what family you will be serving on the first day of orientation at the retreat. Volunteers will also be divided into teams to prepare meals, facilitate children's groups, and logistical set up.

TRAVEL DETAILS:

You can fly into Denver or Colorado Springs airports. You will need to provide your own transportation from the airport to Buena Vista. Please note each airport is about 2.5 hours from retreat. When planning your departure flight please note that when flying from Denver it is recommended that you leave 5 hours prior to your flight due to high traffic volume on the roads and at the airport.

