

Rest, Re-creation, Relationships: A Maker's Retreat

Biblical Hospitality in the Book of Ruth

RETREAT MODULE INTRODUCTION

Dear Retreat Leader:

Thank you for your willingness to serve as a leader for this retreat at a camp and conference center. The hope and prayer is that this retreat module will provide an enriching experience for all participants as well as you and your leadership team. This module will provide the tools for you and other congregational leaders to put this retreat into action. It is designed to equip you and your team to host and lead a retreat at any of the amazing camp and conference centers for a wonderful retreat experience.

Purpose

The intent of this retreat module is for you as a congregational leader to have a tool that equips you and a team for retreat leadership. A variety of opportunities to explore and discover God's word in community abound at a camp and conference center. Without a lot of time and effort this module provides a model for a retreat that is flexible and can be adapted to your group.

Why Retreat

A retreat refreshes and revitalizes, taking us out of the daily grind of our normal lives and provides an enjoyable breathtaking experience. Retreats are important for our minds, bodies and souls. They provide a restful setting, experiences in the out-of-doors, time exploring God's Word, and activity that engages us in community - rekindling and deepening relationships with one another and with God.

Why Retreat at a Camp & Conference Center

The setting of a camp and conference center enhances the experience of God spiritually, mentally, and physically. The center lets us step away and encounter a place of wonder and discovery, rest and renewal. It opens up an opportunity for individuals and groups to be outdoors connecting with one another, creation, and the Creator.

Shared Leadership

Team leadership is ideal, spreading out the work load and sharing in the ministry. There is joy in hearing different voices and in equipping others to serve alongside one another. The community that is built can overflow into other ministries as well as into other retreats in the future. This model envisions the inclusion of members of a team with varying gifts.

Flexibility is the Key

Be flexible throughout your retreat, giving the Holy Spirit space to enter into the retreat experience and community being built. Activities are designed for both inside and outside (weather permitting) with opportunities to spend quality time in the environment of the camp and conference center especially outdoors.

What You Will Find

Here is what you will find in the module to assist in planning your retreat:

- List of supplies/resources
- Sample schedules
- Song suggestions
- Additional resources
- Options like adapting for various sized groups
- Spaces of free time to just relax or participate in some of the activities provided at the camp and conference center
- Scripture readings are provided for convenience - leaders may use other biblical versions and/or invite participants to bring their own Bibles

Planning a Retreat

1. Create a team to help plan, administer and lead the retreat:
 - Make reservations at the camp and conference center
 - Develop a registration form and process
 - Arrange travel for leadership and participants
 - Design a schedule with gatherings, activities, meals, and rest
 - Gather supplies needed
 - Consider any safety concerns especially for your group at this location
 - Invite leaders to assist before, during and after the retreat

2. Get the Word Out:

They say that the average person needs to hear and/or see something 7 times before it is ingrained in their memory. That means you need to share the invitation for your retreat in as many places as you can, in as many forms as you can.

- Identify your audience by determining who should be invited to participate
- Work backwards from your retreat date to calculate required deadlines for invitations, registrations, and advertisement prior to the retreat
- Use newsletters, flyers, bulletin inserts, bulletin boards to get the word out
- Include an informational flyer with the registration form
- Use email notices, social media and websites to advertise
- Follow-up as registration dates get close with reminders to register
- Confirm registrations and include a what to bring list
- Build excitement as you send a reminder closer to the retreat date

3. Retreat Schedule:

Begin with one of the provided sample schedules and adjust it to best meet the needs of your group. Don't forget to include meals and free time so there is rest in the midst of activities.

4. Evaluation:

Follow-up after the retreat, with a paper, electronic, or verbal evaluation. Ask what was most meaningful, least meaningful, what might be changed for a next retreat. This will provide you with an overall sense of how the retreat was received, as well as notes for any future events.

Use of Space

- Inside & outside – take advantage of the outside space as well as the various activities provided at the camp and conference center
- Safe space for your retreat- both physically in your location as well as for the conversations, interactions and experiences
- Worship space – remember that worship is a central part of our community; keep familiar rhythms while at the same time introducing new ways of worshipping in a different setting
- Small groups – create a safe and welcoming space for sharing; invite all voices to be heard; instill respect for various opinions to be voiced and heard

- Special needs – consider what hearing, sight, mobility etc. needs exists in your group; be inclusive with all of your spaces and adapt activities as needed

Gathering in Community

- Gather in circles when possible – around a table, standing or sitting, circles provide a sense of community; we can see one another's faces, listen to and hear one another better
- Music – select songs that are easy to sing, and have word sheets or music sheets available; introduce new songs by teaching them and listening to the music before singing.

Provide Hospitality

Hospitality is important for all participants to have a comfortable and grace-filled experience. Consider what simple things will make people feel welcome and comfortable.

- Hospitality area – provide water/beverages and snacks; find out whether the camp and conference center can provide this or whether you will need to bring them
- Locations – provide maps and information on where everything is located; consider a tour or scavenger hunt for your group to learn where to find locations for the retreat; good signage and clear directions can make a big difference
- Get acquainted – everyone may not know everyone else, so assume that you need name tags and activities to get to know one another
- Safety – bring first aid kits, safety equipment and instructions for any special activities
- Schedule – make copies available for those who wish to have a printed schedule of the retreat with meeting locations and times.
- Greeters – these welcoming faces are necessary for anyone who is unable to attend the entire retreat and coming for only part of it; be sure to have someone who will greet them and help them get settled in when they do arrive; also be sure to welcome them into the group and fill them in on what you are doing as they join the retreat in progress
- Participation – encourage everyone to fully participate and to share concerns with leadership if they are not comfortable with certain activities; most activities can be adapted to meet the needs of your group
- Be aware – there may need to be some adjustments made to include those with mobility, dietary, hearing, etc., for your particular group; ask the

questions during planning in order to address these to the best of your ability

Openings & Closings

The strength of your retreat is often determined by how you start and finish. Open strong with an organized plan for the retreat, including opportunities for everyone to get acquainted/re-acquainted and to build community.

Closing strong can wrap up the experiences of the retreat and encourage participants to take home what they have discovered to share with others. Shape your closing with a summary of the experiences you have shared and leave space for goodbyes.

Above all, have an amazing, fun-filled and God-filled experience playing in creation, exploring God's word, enjoying activities, sharing experiences and building community in the beauty of your camp and conference center.

Blessings on your retreat experience!

Biblical and Theological Introduction

Packing your suitcase, checking your itinerary, carefully selecting the perfect book; these are moments full of anticipation and joy as you prepare for a relaxing time away from the hurried pace of life. Does it seem like a luxury? An indulgence? Maybe you even feel guilty taking time off when the life you leave behind is so full of to-do lists, errands and deadlines. But resting, setting aside our work to be refreshed and renewed is how God designed us to function. In fact, God actually commands us to rest for our own good and for our enjoyment! Time away from normal routines and schedules provides space to focus on and listen to our Creator. So be assured, as you begin to plan a retreat, that you are in the center of God's will, moving in healthy and blessed paths.

The opening verse of the Bible identifies our God as Creator, making the universe and then filling it with abundant life. The writer of Psalm 19 reminds us that all of God's "handiwork" declares God's glory. Our world is a kaleidoscope of color, pattern and shape that inspires and energizes our imaginations. Is it any wonder that we, who are made in God's image, should also be creative? Using our creativity, creating with our own hands is more than a hobby, it can be an act of worship that draws us closer to the heart of our Creator. Our own acts of creation, in partnership with a God who loves and equips us, becomes part of our re-creation as we go deeper into relationship with the One who made us.

As God filled creation with good things, it became clear that something was missing. "It is not good for the man to be alone" Genesis 2:18. We are designed to be in relationship with God and with others. Carving out a time and place to be intentional about building and strengthening relationships is vital for our own well-being. Exploring your skills and talents together, as a group, kindles an excitement and energy to better know and be known by those around you. Working, creating and learning side by side is an opportunity to create bonds that are likely to be carried forward, beyond the dates of your retreat.

Our prayer for your retreat is that you will be refreshed by a time of rest, that exploring your God-given creativity will lead to a deeper relationship with your Creator and that you will experience joy and fellowship with one another as you create together.

Potential Uses

A Maker's Retreat presents some interesting challenges as well as opportunities for creativity and imagination. We recognize that different planning groups will have different budgeting needs, so we have tried to make project materials as affordable as possible. We encourage planners to use their creativity to expand or to simplify projects as best suits their individual needs. If you have access to a wide variety of materials, you may want to find ways to incorporate them. If you know your participants have certain skill sets, such as needle craft or woodworking, you may want to think of ways to put those skills to use. We would encourage you to have participants bring their own craft projects or journals to work on during free times. You may also want to plan to share individual projects if there is time and desire to do so.

The projects included in this retreat have been designed to be versatile, to reinforce the teaching and to build community. These images indicate the suggested use for each project, but please feel free to use them in any way you choose:



Made For Me

Individual projects can be brought home as a reminder of the retreat.



Made Together

Group projects are intended to build relationships during the retreat.



Made With Love

These projects could be given away as gifts or sold as a fundraiser.

Environment

Worship Center: This space should be arranged as a circle of seating with a central table. The table provides space for a decorative focal point, supplies for the session etc. Workspaces should be well lit. The spaces we use to hold a retreat can be as varied as the participants attending. When choosing a venue or setting up a session space there are a few things to remember:

- Facilities should allow participants to move quickly and easily from a large group setting to small discussion groups. Large and small groups could be accommodated in the same room.
- Spaces should allow access for those with limited mobility
- Spaces should be well lit
- Objects that obscure views of other participants, such as large center pieces, should be kept to a minimum
- Ambient noise should be minimized as much as possible

- Project materials should be within easy reach of all participants
- Larger, central tables provide more comfortable project workspace
- Hard backed chairs are more suitable for work on projects such as sewing

Guiding Principles

Choosing to do a Maker's Retreat may bring unique challenges. There may be wide variations in facilities, access to supplies and tools as well as skill levels of participants. However, a few principles can govern planning and procedure:

- We are each uniquely gifted by God
- Everyone has something to contribute
- Everyone has something to learn
- An emotionally safe environment is vital for creativity and connection
- The process of creating can be a form of worship
- The process of creating is more important than the product created

Keeping these principals in mind and being intentional when setting up your retreat spaces will allow you the freedom and peace of mind needed for a successful retreat.

Retreat Schedule Alternatives

The following retreat design includes an introduction to the theme of Biblical Hospitality, welcome activities, four sessions for Bible study and projects, four worship sessions, nature activities, additional craft activities and a list of suggested songs. Our Bible study and project sessions are designed to take approximately 60-90 minutes, however this may vary depending on individual groups. You may want to try out projects in advance to estimate how long they may take your group to complete. You can customize your retreat depending on your schedule. For a two day retreat, you may not want to incorporate the extra crafts or nature activities in order to make the most of your time.

Sample Two Day Retreat Schedule

Friday:

Registration and welcome activities - 5:00pm

Dinner - 6:30

Session One - 7:30

Worship One - 9:00

Saturday:

Breakfast - 8:30

Worship Two - 9:15

Session Two - 9:30

Break - 11:00

Session Three - 11:15

Lunch - 12:30

Session Four - 2:00

Worship Four - 3:45

Closing - 4:15

If you are planning a three day retreat, you may want to allow more time for personal reflection, group projects or rest.

Sample Three Day Retreat Schedule

Friday:

Registration and welcome activities - 5:00pm

Dinner - 6:30

Session One - 7:30

Worship One - 9:00

Saturday:

Breakfast - 8:30

Worship Two - 9:15

Session Two - 9:30

Break - 11:00

Nature Activity or Free Time - 11:15

Lunch - 12:30

Session Three - 2:00

Worship Three - 3:30

Craft Activity or Free Time - 4:00

Dinner - 6:00

Free Time - 7:00

Nature Activity or Fellowship - 8:30

Sunday:

Breakfast - 8:30

Session Four - 9:30

Worship Four - 11:00

Clean-up or Complete Projects - 11:30

Lunch or Closing- 12:30

Theme

Biblical Hospitality: From Foreigner to Family

The word hospitality often conjures images of beautifully set tables, sumptuous meals and charming decor, but hospitality as a Biblical theme is deeper, more vital and more radical than a modern magazine cover. It is a sacred practice, fundamental to Christian life. It is something the Bible regularly instructs us to engage in as well as something consistently demonstrated by Jesus. More than just playing host for an evening, Biblical hospitality means intentionally working toward truly knowing and being known by others. In other words, it means offering a loving, joyful space where strangers can become good friends.

Throughout scripture, God is explicit about the treatment of those who are strangers in our midst. Hospitality is seen as an extension of love for God. “When a foreigner resides among you in your land, do not mistreat them. The foreigner residing among you must be treated as your native-born. Love them as yourself, for you were foreigners in Egypt. I am the Lord your God.” Leviticus 19:33-34. These verses not only give God’s people a clear mandate to treat strangers with love, but explains the reason for doing so. Remembering that we too were once strangers, who were brought into community with God by love and grace, reinforces our commitment to loving both God and others. “Consequently, you are no longer foreigners and strangers, but fellow citizens with God’s people and also members of his household, built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone.” Ephesians 2:19-20

During his ministry, Jesus consistently drew close to people on the margins of society. In Matthew 8:5-13, Jesus is petitioned by a Roman Centurion seeking healing for his servant. Jesus offers to go to the Centurion’s home. Although the Centurion considers himself unworthy of Jesus’ visit, his faith prompts Jesus to comment that many people “from the east and the west” will join in the kingdom of heaven. After this, the servant is healed. Throughout his ministry, Jesus sought out those considered unclean due to social status, disease or affliction. He not only healed their bodies, he chose them as his witnesses in the world, giving them a seat at the table in God’s kingdom.

When we recognize Biblical hospitality as the transformation of a person who is a foreigner into a person who is family, we begin to see its critical place at the heart of scripture. In the gospel of Luke 10:1-16 Jesus gave his disciples explicit instructions when sending them to spread the gospel message. They were to leave everything behind, rely wholly on their host families for support and were to be grateful for what they received. Host families were expected to provide

food and lodging as well as protection and provisions for the guest's ongoing travel. As guests, fully reliant on their hosts for all their needs, the disciples were to share the good news of the kingdom and God's healing and blessing. This interdependent relationship helped form a deep and lasting bond with those they encountered. The practice of hospitality is used as a tool to spread the gospel message, God's blessing and to create loyal friendships within God's church.

Biblical Hospitality is woven through the Bible like a gleaming thread, but it truly sparkles in the touching story of Ruth. It is a story of broken families brought together through love and loyalty. Hardship and tragedy are transformed into joy and new life as strangers are united as family. As we encounter the people that inhabit this ancient world, the restoring, redeeming heart of Christ is revealed. So, let's gather to explore what hospitality really means and how it can bring with it the healing and blessing of God.

Recommended Personnel and Supplies

Staff:

- Individual prepared to lead the large group Bible Studies
- Individual familiar with and comfortable demonstrating each session project
- Designated small group leaders who have read the scriptures and handout questions prior to their session(s)
- Musician (with piano/guitar) or someone capable of leading the chosen music

Suggested Songs:

- "Praise Ye The Lord"
- "His Banner Over Me Is Love"
- "Shalom"
- "He's My Rock, My Sword, My Shield"
- "Deep and Wide"
- "Come, Thou Fount Of Every Blessing" Robert Robinson,
- "Jesus, Thank You" Music and words by Pat Sczebel © 2003 Sovereign Grace Worship/ASCAP
- "There is a Redeemer" Keith and Melody Green © 1982 Birdwing Music (ASCAP)/Ears to Hear Music (ASCAP)(both admin. by EMI CMG Publishing
- "And Can It Be That I Should Gain" Public Domain
- "I Have A Friend, Whose Faithful Love" Public Domain

Retreat Supplies:

Copies of the song sheet with the lyrics to songs selected for your group

Welcome Activities Supplies:

- Washer Necklaces
 - Washers in different sizes
 - Black jewelry cording
 - Variety of beads with large holes
 - Scissors
 - Fine line permanent black markers
 - Bronze, gold, and/or silver spray paint (optional)
- Tissue Paper Flowers
 - Tissue paper in a variety of colors
 - Pipe Cleaners in green
 - Vase (optional)
- Journals (optional)
 - Blank journals for participants
 - Variety of ink pens
- Nature Activities-Found Object Crosses
 - Scissors
 - String or twine
 - 1 x 48" wooden dowel or branch
- Session One
 - Session One: Biblical Hospitality Handout
 - Crafty Bingo Handout
 - Pens
 - Optional: Prizes for game
- Session Two
 - Bibles
 - Volunteer scripture readers
 - Session Two: Immigrants Handout
- Comfort Pad Project
 - 12 x 20" piece of cotton fabric (per participant)
 - Needle and thread (per participant)
 - Scissors (per 4 participants)
 - 3 cups of rice (per participant)
 - 3 tablespoons of dried lavender OR 2 tablespoons of whole cloves (per participant)
 - Funnel (per 4 participants)
 - Spoon/scoop (per 4 participants)
 - Table set up described in initial environment

- Session Three
 - Bibles
 - Volunteer scripture readers
 - Session Three: Gleanings Handout
- Macrame Project
 - Pre-cut 3.5 yards of 3 mm yellow or gold macramé cord (per participant)
 - Sharp scissors (per 4 participants)
 - Fine toothed combs (per 4 participants)
 - Optional: AV equipment to view macramé technique for this project: www.youtube.com/watch?v+dajlBPA
- Session Four
 - Bibles
 - Volunteer scripture readers
 - Session Four: Kinsman Redeemers Handouts
 - 6 copies of scripts for “Friendship Tea” (1 per reader)
- Friendship Tea Project
 - Quarter-pint (4 oz.) canning jars with lids (per participant)
 - Cotton fabric to make 6” circle (per participant)
 - Scissors (per 4 participants)
 - 1’ ribbon (per participant)
 - Craft paper gift bags (per participant)
 - Hole punch (per 4 participants)
 - Fine line permanent pen (per participant)
 - Large bowl
 - Large mixing spoon
 - 1 set of measuring cups and spoons
 - 1 cup of instant tea powder (per 10 participants)
 - 2 cups of instant lemonade (per 10 participants)
 - 2 cups of orange drink powder (per 10 participants)
 - 2 teaspoons of ground cinnamon (per 10 participants)
 - 1 teaspoon of ground clove (per 10 participants)
 - Either: a) a few copies of the drink instructions for participants to write on their craft bags or b) pre-printed labels with the instructions, for them to stick to their bags.

Instructions for making tea: Add 1-2 teaspoons of mix to 1 cup of boiling water.

Note on supplies and tools: Different congregations will naturally have access to different materials, tools and skill sets. We encourage you to leverage your uniquely gifted congregations to expand or simplify the retreat design to fit your own needs.

Optional Craft Ideas

- 1. Share Your Passion:** Allow time for participants to share and work on any projects they have brought to the retreat with them.
- 2. Journaling:** Encourage participants to keep a journal during the retreat. You may consider providing participants with a journal, or with supplies to make one, if your budget allows.

Optional Nature Activities



1. Found Object Crosses:

Resources: scissors; string or twine; 1 X 48 inch wooden dowel or branch (optional for creating a wall hanging or mobile)

Participants will join a partner for a walk in search of objects suitable for making small crosses. These could be used as a focal point for the worship space or to create a large cross mobile.

- Invite participants to choose a partner or small group for walking. Encourage them, if they are comfortable, to choose someone they don't already know. Be sure everyone is welcome and included, making any necessary accommodations for those with mobility issues.
- Give participants a brief description of the area around your retreat facility, suggesting walking paths that might be appropriate.
- Inform participants of how long they will have for their walks. About twenty minutes is recommended, however, you may choose to shorten or lengthen the time according to your schedule, the makeup of your group, and your location.
- Ask participants to search for small objects that might be suitable for making a cross. They might look for natural objects such as twigs, leaves or grasses or manmade items such as wire or plastic.
- When participants return from their walks, invite them to share the items they found and discuss why they chose each item.
- Use string or twine to create crosses with their found objects.
- You may allow participants to take their cross with them, gather them all together in a decorative bowl or hang them from a dowel or branch to create a wall hanging.



2. Raise Your Ebenezer:

Resources: An outdoor area where participants can stroll around and gather small stones.

The word Ebenezer means “stone of help”. These stones were used to mark a special place where fully relying on God was of great importance. Allow participants to go on individual prayer walks. Each one should bring back a stone with them appropriate for building a small stack of rocks or “cairn”. Divide into groups of five or six and have participants use their stones to build a cairn together in a carefully chosen location.

Welcome Activities

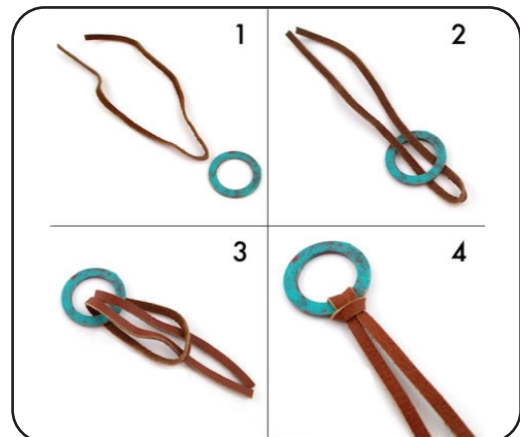


1. Name Tag Washer Necklaces:

Resources: washers in different sizes; black jewelry cording; scissor; variety of beads with large hole; fine line black permanent markers;

Optional- gold, bronze, and/or silver spray paint;

Optional- AV equipment and tutorial video link <https://www.youtube.com/watch?v=QRYLPOUZNXA>



Provide participants with materials to create a bead and washer necklace, inscribed with their name, to wear during the retreat. These can be used later to assign participants into groups or pairs.

- a) In advance, you may want to pre-cut lengths of jewelry cording and paint your washers with metallic paint. These steps are optional.
- b) Each participant should get a washer, a length of cord, a choice of beads and access to a fine line black permanent marker and scissors.
- c) Begin by folding the cord in half and slipping the folded end through the washer. Thread the free ends of the cord through the loop created by the folded end to make a knot. This knot is sometime called a “lark’s head” knot.
- d) Thread your choice of beads onto one or both of the loose ends of the cord and pull them down to the top of the washer.
- e) Adjust your necklace for length before tying a knot at the loose end.
- f) Use the permanent marker to clearly write your name on the washer. Enjoy!



2. Gathering Together: Tissue Paper Flowers

Resources: tissue paper in a variety of colors cut into 8 inch squares; green pipe cleaners; Optional-vase; Optional- AV equipment and tutorial video link <https://www.youtube.com/watch?v=hh9AjlXW8XI>

Work together to make very simple tissue paper flowers. Later place them in a vase or make a bouquet to put in your worship space or dining hall.

- a) Stack about 6 layers of tissue paper neatly in front of you. Feel free to use different colors.
- b) Accordion fold in 1 inch sections until you reach the end of the tissue paper. You should be left with a strip of folded tissue paper.
- c) Fold this strip in half lengthwise and wrap a pipe cleaner around the center. This will secure the tissue paper and become the flower's stem.
- d) You may want to use scissors to cut a scallop or chevron edge at each end of the tissue paper.
- e) Gently begin to separate the layers of tissue, pulling each one up without tearing them. Continue to pull the tissue paper up and arrange them as the petals of the flower.
- f) You can now make a bouquet to put in a vase, or put your flowers wherever you like.



Session One: Biblical Hospitality

Goal: To explore the definition of Biblical Hospitality

Expected Outcomes:

- To identify what hospitality is and why it is important
- To recall examples of Biblical Hospitality from scripture
- To recognize how God calls us to treat strangers

Preparation: You will then divide into small groups for discussion, followed by a large group for the game. Your facility will need to allow participants to move quickly between large and small groups.

1. Songs and Prayer

Resources: Music/Musician; Song sheets

Begin session one with worship together. You may want to choose from the songs listed above. Follow this with a prayer for your time together, for the participants, and for the leaders.

2. Introduction to the Theme

Resources: "Session One: Biblical Hospitality" handouts for each participant

Read aloud the introduction found on the "Session One: Biblical Hospitality" handout located in the appendix.

3. Small Groups

Resources: "Session One: Biblical Hospitality" handouts for each participant

Invite participants to form small groups of four to six people. Each small group should receive copies of the "Session One: Biblical Hospitality" handout. Instruct small groups to review the introduction, scripture and discuss the questions below. This handout can be found in the appendix. At the end of small group time, invite participants to rejoin the large group.

4. Community Building: "Crafty Bingo"

Resources: "Crafty Bingo" sheet for each participant (found in the appendix); pens; Optional-prizes for the game

This traditional game to get to know your neighbor involves asking strangers about things they love and are good at. You can find the "Crafty Bingo" handout in the appendix, complete with instructions on how to play. In advance, decide how you will award prizes for the game and let your group know how they will be awarded. Pass out copies of the bingo cards and pens. Allow participants to freely

mingle, asking the questions and getting each other's signatures.

As you wrap up the game ask who was able to:

- Get four in a row
- Fill the whole card
- Fill all four corners of their card
- Fill in any of the more difficult squares

5. Close the session by awarding prizes if you have chosen to do so.

6. Closing Worship

Resources: Worship in Appendix or one of your own creation.

Close the evening with worship together.

Session Two: Immigrants

Goal: To explore the book of Ruth chapter one

Expected Outcomes:

- Participants will become familiar with the cultural context of the story
- Participants will explore the impact of migrating out of and into a community
- Participants will gain insight into the role of friendship

Preparation: In advance of session two, assign readers for scripture. Choose a safe space where unfinished projects can be left for later.

1. Announcements:

Since our emphasis is on hospitality, be sure to introduce any latecomers to the retreat and see that they have been welcomed and given pertinent information.

2. Bible Study and Discussion

Resources: Bibles; "Session Two: Immigrants" handouts for each participant

- a) Begin by choosing a leader to pray for your group time.
- b) Then invite pre-assigned readers to read Ruth chapter 1 aloud to the group.
- c) Continue by reading aloud the introduction to small group discussions found in the "Session Two: Immigrants" handout in the appendix.
- d) Divide into small groups.
- e) Invite participants to divide into small discussion groups and review the questions on the handouts. When small groups are finished, ask them to rejoin the large group for instructions.



3. Project: Comfort Pads

Resources: Cotton fabric cut into 12 x 20 inch pieces for each participant; needle and thread for each participant; scissors; approximately 3 cups of rice or buckwheat for each participant; 3 Tablespoons of dried lavender OR 2 Tablespoons of whole cloves for each participant; a funnel (you may use the top of a drink bottle to create a funnel); a spoon or scoop; Tables set up as described in the initial environment; Optional- AV equipment and tutorial video link <https://www.youtube.com/watch?v=apOLVolbjYc>

After small groups have rejoined the large group space, remind participants that part of offering hospitality to those around us is walking alongside them, offering comfort during difficult times, just as Ruth chose to do for Naomi. Today's project is a comfort pad that can be heated in the microwave or cooled in the freezer and also has a calming, comforting scent. Invite the participants to get a piece of fabric, a needle and a thread.

- a) Fold the fabric in half lengthwise with right sides of the fabric facing each other.
- b) Using a small whip stitch or back stitch, sew around the outer edge, leaving a two inch opening on one side.
- c) Turn your fabric right side out so that the seams are on the inside. You now have a long bag.
- d) Using a funnel, fill the bag with about 3 cups of rice or buckwheat and either lavender or whole cloves. Don't fill the bag entirely full as you will need the pad to be fairly flexible.
- e) Fold the unfinished edges of fabric under and stitch the bag closed.

4. Closing

- a) Suggest to the group that they may choose to donate these bags to an organization, give them to a friend, or to keep them as a reminder of your time together.
- b) Pray together, praying for comfort and support for those who need it.

Session Three: Gleanings

Goal: To identify the process by which Ruth moves from being a stranger to being known

Expected Outcomes:

- Participants will explore the cultural context of the story
- Participants will examine the actions of different people in the story

- Participants will consider what implications this information has for their own behavior

Preparation: In advance of session three, assign readers for scripture. Be sure to have printed materials ready for the small group discussions. Have small group tables ready with craft supplies. You may want to cut 3.5 yard lengths of macrame cord for each participant in advance.



1. Project: Macrame Wheat Sheaves

Resources: Yellow or gold 3 mm macrame cord (approximately 3.5 yards per wheat sheaf); sharp scissors; fine toothed comb; Optional- AV equipment and tutorial link <https://www.youtube.com/watch?v=dajlBYfgBPA>

For session three we will begin with a project and then break into small groups for scripture reading and discussion. Participants may choose to continue working on their projects during the discussion time if they have not finished. Instruct participants to make these macrame wheat sheaves by doing the following:

- a) Cut one 12 inch length of cord and 14 8 inch lengths of cord.
- b) Fold the longer piece of cord in half and tie a knot at the folded end. This will create the spine of the wheat sheave with a loop at the top for hanging.
- c) Take one of the shorter pieces of cord, fold it in half and lay it under the spine, close to the top. The second piece of cord should be perpendicular to the first with the loop on the right side and the free ends of the left.
- d) Take a third piece of cord, fold it in half and insert the folded end through the loop of the second cord from right to left. Pull this third cord over the spine and lay it horizontally over the second cord.
- e) Pull the free ends of the second cord up through the loop of the third cord.
- f) Take the free ends of both the second and third cords and pull firmly. This should create a “reef knot” around the spine.
- g) Continue to use the remaining cords to make reef knots using two cords all the way down the spine.
- h) Be sure to pull each reef knot tight and push it snugly against the one above it.
- i) When you have attached all remaining cords, tie the two free ends of the spine into a small knot.
- j) Use scissors to roughly trim the cords into a leaf shape.
- k) Use a fine toothed come to begin separating the strands of macrame cord, creating a smooth fringe. Continue to comb through until the cord is soft and smooth.
- l) When the fringe has been completely combed out, use scissors to trim your leaf once again, into the proper shape. You may want to use the template provided in the appendix to cut against.

2. Bible Study and Discussion

Resources: Bibles; Session Three: Gleanings handout for each participant; Scripture readers

- a) As participants are finishing up their projects, gather them together.
- b) Begin with prayer for your session.
- c) Ask preassigned readers to read Ruth chapter 2 aloud for the entire group.
- d) Continue by reading aloud the introduction to small group discussions found in the *Session Three: Gleanings* handout found in the appendix.
- e) Invite participants to divide into small discussion groups and review the questions on the handouts. They may choose to continue to work on their projects as they discuss the questions.
- f) When small groups are done, ask them to rejoin the large group for any necessary instructions or let them self-dismiss when finished.

Session Four: Kinsman Redeemers

Goal: To explore the concept of the “redeemer” and its implications

Expected Outcomes:

- Participants will explore the cultural context of this passage
- Participants will make connections between ideas in this passage and God’s redeeming work
- Participants will consider the outcomes of Biblical hospitality

Preparation: Set up a central table for the large group project including tea ingredients, large bowl, spoons, measuring cups and copies of the “*Friendship Tea*” script.

1. Bible Study & Discussion

Resources: Bibles; “Session Four: Kinsman Redeemers” handouts for each participant; Assigned scripture readers; cotton fabric to make one six inch circle per participant; scissors; ribbon; craft paper gift tags; hole punch

- a) Have assigned readers to read Ruth chapter 3-4 and the introduction to the small group questions found in the handout. Allow participants to cut fabric into 6 inch circles as they listen, and to label the craft paper gift tags with the words “Friendship Tea.”
- b) Break into small groups for discussion questions. Review the introduction and spend a short amount of time discussing the questions.
- c) Join together, once again, in the large group to complete the group project.



2. Project and Worship: “Friendship Tea”

Resources: script for “Friendship Tea” printed out; volunteers to read the script; volunteers to measure and add ingredients as prompted by the script; quarter-pint canning jars with lids for each participant; pens for each participant; a large bowl; measuring cups and spoons; a large spoon; instant tea powder; instant lemonade powder*; instant orange drink powder*; ground cinnamon*; ground clove* (*Please check the recipe below for quantities of ingredients.)*

- a) As small groups come back together, introduce the project and show them the ingredients for the tea.
- b) As an act of worship, read the poem and mix the tea together as a group. This recipe makes enough Friendship Tea Mix to fill about 10 quarter-pint (4 oz.) jar. Adjust the quantity of ingredients based on the number of participants you have.
 - 1 cup instant tea mix
 - 2 cups instant lemonade
 - 2 cups instant orange drink
 - 2 teaspoons of ground cinnamon
 - 1 teaspoon of ground clove
- c) Read the script on the following page and mix tea.
- d) Pray together after you have mixed the tea. Pray for stronger, deeper friendships. Pray for strangers to feel welcome and to receive the help and service they need to become part of the community. Thank God for bringing His people together around His table, to share fellowship in Christ. Thank God for sending His only son as a sacrifice for many, so that we might be called God’s children.
- e) Invite participants to come forward and fill their jars with the tea mixture.
- f) They can decorate the jars with fabric circles, ribbon and craft paper tags.
- g) Have them add instructions for making the tea on the craft paper bags, using pre-printed labels or write them out by hand.

Instructions for making tea: Add 1-2 teaspoons of Friendship Tea to one cup of boiling water.

3. Retreat Closing Charge

- a) Have the whole group form a circle.
- b) Read the following prayer attributed to Teresa of Avilla (1550-1582):

“Christ has no body on earth now but yours, no hands but yours, no feet but yours; yours are the eyes through which he looks with compassion on the world; yours are the feet with which he walks to do good; yours are the hands with which he blesses all the world.”

Go now and be the body of Christ as you go back into the world! Amen.

Friendship Tea: A Poem and Recipe for Friendship

When mixing up a friendship,
it's always good to know
a heaping scoop of loyal-*tea*
will make it grow and grow.
(choose a volunteer to add the instant tea mix to the large bowl)

We want fruit of the spirit
to warm us through and through.
A cup for love and patience,
you'd better make it two!
(choose a volunteer to add the instant orange drink)

A little bit of courage,
you'll surly need a dash.
You might need to take some risks
to make a friendship last.
(choose a volunteer to add the ground clove)

For a stronger flavor,
add a bit of trust.
Remember when you add this spice
you can be generous!
(choose a volunteer to add the ground cinnamon)

Though life is sometimes sour,
it also can be sweet.
A big spoonful of grace can make
a good friendship complete.
(choose a volunteer to add the instant lemonade mix)

Our flavor will enhance
as we spend time together.
And every time we share a cup
we'll know each other better.
(choose a volunteer to come up and mix the tea well)

Appendix: Small Group Handouts

Session One: Biblical Hospitality

Review the introduction and discuss the questions below

Introduction:

Biblical Hospitality is much more than inviting a friend for dinner or greeting others with a handshake on a Sunday morning. It is a practice that God calls us to as an outward expression of our love and obedience. It creates space for those who are strangers to enter with love and joy, to become friends and even family. Leviticus 19:33-34 states:

“When an alien resides with you in your land, you shall not oppress the alien. The alien who resides with you shall be to you as the citizen among you; you shall love the alien as yourself, for you were aliens in the land of Egypt: I am the Lord your God.”

Jesus demonstrated this kind of hospitality, reaching out to those who were enemies and strangers. Remembering that we too were once strangers, who were brought into community with God by love and grace, reinforces our commitment to loving both God and others. Ephesians 2:17-20 says:

“So he came and proclaimed peace to you who were far off and peace to those who were near; for through him both of us have access in one Spirit to the Father. So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone.”

Questions:

1. Considering the above scripture, how would you define biblical hospitality?
2. Are there any instances of hospitality in the Bible that come to mind for you? What might these instances reveal about what hospitality should look like?
3. Why is it desirable to welcome others into our communities?
4. Reflect on emotions you have when you see a new-comer in your community.
5. Share a time when you felt like a stranger. What made you feel either welcome or unwelcome? What surprised you?

Session Two: Immigrants

Review the introduction and discuss the questions below.

Introduction:

Our story begins with a family, under the pressure of economic strife, choosing to look for a better life in another country. Surely, this scenario seems somewhat familiar to us. But to go a little deeper into the message of this passage, we need a clearer understanding of the culture during this time. Families in this age did not have retirement plans or savings accounts, instead, they had children. Their families, particularly male relatives were their security and protection in a dangerous and uncertain world. Naomi seeks a better life for herself and her family, but her gamble does not pay off and instead she is left with nothing. In a purely patriarchal society, where only men had access to power, her age and her gender prevent her from earning any kind of living for herself. Her future is most likely one of destitution.

Ruth, by contrast, has a chance to start over. She may go back to her family, under the protection of her father and other male relatives. She is young enough to marry and make a life for herself. Instead, however, she is willing to face poverty and even starvation to stay with Naomi. As a Moabite in Judea, Ruth would certainly be unwelcome by many. Moabites were seen as enemies of the Jewish people and were actually forbidden to join the assembly in the book of Deuteronomy. Rather than immigrating in search of a better life, Ruth sacrifices her own happiness and future for Naomi's sake.

Questions:

1. What are some typical reasons for people to move to a new community? What hopes and expectations do those who move normally have?
2. Why do you think Ruth chooses to go with Naomi? What is Ruth sacrificing for Naomi? Do you think close relationships always require some kind of sacrifice?
3. Where do you see God as work in this passage? With whom do you identify in this passage?
4. Consider new-comers in your community. What kinds of sacrifices have they made to immigrate? What kind of sacrifices might be needed in order to show them hospitality?

Session Three: Gleanings

Review the introduction and discuss the questions below

Introduction:

Ruth was a stranger in the land. She knew no one but Naomi, and no one knew her. Israel was a patriarchal society where women rarely owned land or held jobs. In order to assist those who were without means in supporting themselves, Israelites were commanded to leave parts of their fields unharvested. Those who were in need could pick up the left over kernels, or “glean behind the harvesters” to provide a minimal amount of food for themselves. As a newcomer, Ruth would not have known the Israelite rules regarding gleaning the fields. She would not be aware of who was related to whom or customs regarding food and drink. Yet, we see Ruth very quickly move from being a complete outsider to being a welcome member of the community.

This was made possible because someone took notice of her. Someone found out about her relationship with Naomi. Someone took the time to tell Boaz about her. Someone explained to her the rules about gleaning, when to rest and where to drink. Someone invited her to stay. Someone took time to notice and to care for her. These basic steps can act as a guide for us as we think about how we can engage in hospitality to those who are newcomers in our communities.

Questions:

1. What are the important points of connection for Ruth with those in her new community? What did Ruth need and who helped her get it?
2. As a stranger, what information was important for Ruth to find out? What information about Ruth was important for those in her new community to find out?
3. What information would be important for a newcomer in your community to know? What makes your community special?
4. What are some ways that we can be people who notice and care for those who are new to our community?

Session Four: Kinsman Redeemers

Review the introduction and discuss the questions below.

Introduction:

As we begin chapter three, Ruth and Naomi are stuck in a life of poverty, living a hand-to-mouth existence. Fortunately for them, their redeemer is at hand. In Hebrew the word translated as “kinsman redeemer” is Go’el HaDahm. This was a legal title for one who was obligated to protect or recover the property of a family member. By law, men were to act as kinsman redeemers for their brother’s widows, but could also choose to protect extended family as well. In other words, it would be honorable, but not legally required, for Boaz to become Ruth’s “kinsman redeemer”. The elaborate ritual that Ruth performs under Naomi’s guidance is a carefully crafted proposal to Boaz. By her actions, Ruth makes it clear that she is available for marriage and wishes Boaz to act as her protector.

Boaz happily accepts Ruth’s proposal, and goes to great lengths to be certain the marriage is in line with laws and customs. The joyous outcome of this union is a child, and by the end of our story Naomi is no longer bitter, but restored and redeemed. God was at work in the lives of these strangers who became a family. More than 1000 years later, from that family would come the ultimate “kinsman redeemer”. God used Ruth, a gentile woman, to build the family of Jesus Christ, through whom each of us can be protected, restored and redeemed.

Questions:

1. In our passage, who took risks?
2. What kinds of risks are needed when forming deeper relationships with others?
3. In what ways has God shown hospitality to you?
4. How does accepting Jesus as your redeemer change the way you engage with others?
5. How was God at work in these chapters? How might God be at work in the details of your own life?

Worship One

Gathering:

Leader: This evening we welcome each other in the presence of God. Peace be with you!

Participants: And also with you

Invite the participants to pass the peace.

Singing:

You may want to choose songs from the suggested song list, or choose your own. As this is the first worship session, you may want to choose songs that will be familiar to your participants.

Read Scripture:

Psalm 68:4-6a

“Sing to God, sing praises to his name; lift up a song to him who rides upon the clouds—his name is the Lord— be exultant before him.

Father of orphans and protector of widows is God in his holy habitation. God gives the desolate a home to live in; he leads out the prisoners to prosperity.”

Prayer:

Pray together with thanksgiving for your time of rest and renewal and make requests for those not at the retreat.

Benediction:

Numbers 6:24-26

Leader: The Lord bless you and keep you;
the Lord make his face to shine upon you, and be gracious to you;
the Lord lift up his countenance upon you, and give you peace.

Worship Two

Gathering:

Leader: Praise our God

Participants: Praise God!

Leader: All the heavens

Participants: Praise God!

Leader: The sun and the moon

Participants: Praise God!

Leader: The earth and the sea

Participants: Praise God

Leader: The young and the old

Participants: Praise God

Leader: Both far and near

Participants: Praise God!

Singing:

You may want to choose songs from the suggested song list, or choose your own. This worship session comes early in the day, so you may want to choose something that has some energy and movement in order to get energized for the day.

Read Scripture:

Matthew 25: 34-36

Then the king will say to those at his right hand, 'Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.'

Prayer:

Pray the Lord's Prayer in unison

Benediction:

Romans 15:5-6

Leader: May the God of steadfastness and encouragement grant you to live in harmony with one another, in accordance with Christ Jesus, so that together you may with one voice glorify the God and Father of our Lord Jesus Christ.

Worship Three

Gathering:

Leader: Let us pause in our busyness, our joy and fellowship to breathe deeply, remembering that our creator God is among us.

Pause for a moment of silence and breathe deeply together

Singing:

You may want to choose songs from the suggested song list, or choose your own.

Read Scripture:

Micah 6:6-8

With what shall I come before the Lord, and bow myself before God on high? Shall I come before him with burnt offerings, with calves a year old?

Will the Lord be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?"

He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

Prayer:

Pray together with thanksgiving for the blessings of the day and make requests for those not at the retreat.

Benediction:

Leader: To God be the glory, forever and ever!

Participants: Amen

Worship Four

Gathering:

Leader: Give thanks God, God is good

Participants: God's steadfast love endures forever

Leader: Give thanks to the God of Gods

Participants: God's steadfast love endures forever

Leader: Give thanks to the LORD of lords

Participants: God's steadfast love endures forever

Singing:

You may want to choose songs from the suggested song list, or choose your own. As this is the final worship session, you may want to repeat songs you enjoyed earlier or choose a few favorites.

Read Scripture:

John 15:9-10

As the Father has loved me, so I have loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love.

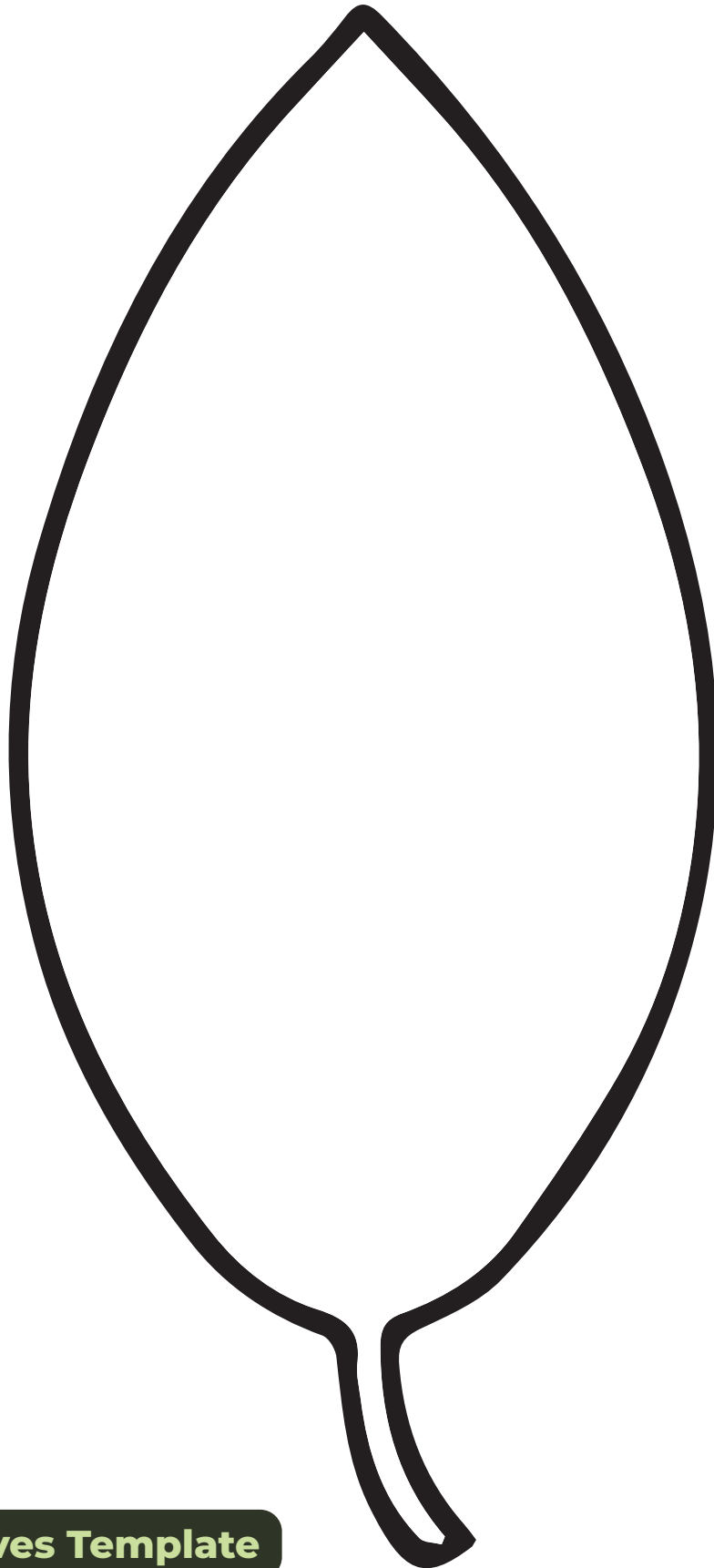
Prayer:

Pray together with thanksgiving for your time together and ask God to continue to draw you closer to Godself and others.

Benediction:

2 Corinthians 13:11

Finally, brothers and sisters, farewell. Put things in order, listen to my appeal, agree with one another, live in peace; and the God of love and peace will be with you.



Wheat Sheaves Template

CRAFTY BINGO

Let's make some strangers into friends by getting to know each other a little better. Find a person who fits the description of each comment below and have them write their name in the box. Can you get four in a row?

knows how to crochet	has their own dedicated craft or work room	can use a lathe	has sold a handmade item
owns a serger	knows how to spin wool	orders craft supplies online	can't draw a straight line
has worked in a hobby, craft or fabric store	free space	thinks of themselves as a "newbie"	has made soap or cosmetics
makes their own clothes	uses repurposed materials	has lost more than one pair of scissors	has access to a kiln

CRAFTY BINGO

Let's make some strangers into friends by getting to know each other a little better. Find a person who fits the description of each comment below and have them write their name in the box. Can you get four in a row?

makes their own clothes	knows how to spin wool	has made soap or cosmetics	can't draw a straight line
has sold a handmade item	orders craft supplies online	free space	can use a lathe
has worked in a hobby, craft or fabric store	knows how to crochet	thinks of themselves as a "newbie"	has lost more than one pair of scissors
has their own dedicated craft or work room	uses repurposed materials	has access to a kiln	owns a serger

CRAFTY BINGO

Let's make some strangers into friends by getting to know each other a little better. Find a person who fits the description of each comment below and have them write their name in the box. Can you get four in a row?

has made soap or cosmetics	has their own dedicated craft or work room	makes their own clothes	has sold a handmade item
owns a serger	knows how to spin wool	has access to a kiln	free space
has worked in a hobby, craft or fabric store	knows how to crochet	thinks of themselves as a "newbie"	can use a lathe
can't draw a straight line	uses repurposed materials	orders craft supplies online	has lost more than one pair of scissors

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uses repurposed materials	has access to a kiln	has worked in a hobby, craft or fabric store	has lost more than one pair of scissors

About the Author

Meghan Adrian is the Children's Ministry Director at Coquitlam Presbyterian Church. She is an avid knitter who lives in beautiful British Columbia. During her years working alongside children and families, Meghan has enjoyed watching the amazing love of God transform lives and bring hope and healing. When she's not in the church basement, warming up the glue guns, Meghan can be found rambling around the mountainside with her beagle, Lola.

PRESBYTERIAN CHURCH CAMP
AND CONFERENCE ASSOCIATION



Presbyterian Mission
**Office of Christian
Formation**

This retreat module was developed by Presbyterian Church Camp and Conference Association in collaboration with the Office of Christian Formation in the Presbyterian Mission Agency. The task force for this project was Molly DeWitt, Mandy Goff, Colleen Earp, Emily Hughes, and Joel Winchip.

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