



BATTLE FOR THE HEART
LIVE TRANSFORMED

Battle for Women's Hearts Event and Facility Information

Schedule

*The event facility is on Central Time. The event begins with **registration from 1:00 to 2:00 CT** on Thursday afternoon. Mark your calendar now to arrive at the Alabama 4-H Conference Center as early as possible to allow time to settle into your room, decompress from what is usually a challenging week, and review your guidebook. **The first meeting is at 2:15 CT** and is an important preparation for and overview of the weekend.*

The event builds throughout the weekend and Sunday morning is a special time of sharing with your team, communion, closure, and commissioning. Plan to stay through **Sunday morning which ends at 12:15 CT**. Lunch is provided in boxes so that you may take them and leave immediately. *It is vitally important that you be fully present from start to finish so if you are not able to commit to that, please let us know. We may recommend that you wait until another time when you can commit to being present the entire time.*

What to bring

- Personal toiletries.
- Comfortable clothing.
- Jacket and/or lap blanket (the meeting room is typically cold).
- Bible.
- Clock or watch to tell time (to avoid distraction, we recommend that you turn off your cell phone, therefore it is best to have an alternate time source).
- Folding chair to relax in during reflection times (you may want to sit out on the grounds of the facility).
- Ear plugs (if you are in a room with someone else).
- Snacks and drinks. (Meals and some snacks are provided, but most people like to bring snacks.)

***If you would like to request a refrigerator in your room, there is an additional charge of \$15. Please contact Heather Leigh heatherb@wellspringgroup.org for more information.

Activities

During times of reflection and free times you may want to sit out on or walk around the grounds as the weather allows. You may want to bring clothes and shoes suitable for outdoor walking.

Communications to home and work

In order to give you the opportunity for a transformational experience with God and other women, it is important that you retreat from the ordinary responsibilities of life as much as possible. In light of that we ask that you ***arrange not to call in to work or check email during the retreat***. We realize this is very difficult for many of you, but being able to focus on what God wants to do in your life during this retreat is critical.

We have also found that it is best if you do not call home during the event if at all possible. If you have a family, they will greatly benefit from your dedicating yourself to the purposes of the Battle for Your Heart event.

Privacy

One of our goals for the Battle for Your Heart event is that participants experience a place of safety so they can engage with God, the material and their small groups from a place of authentic, appropriate vulnerability. To aid in this process we ask the following:

- *Please do not ask others about their job or share what you do for a living.* This allows participants to relate to one another without the protective strategies we often employ when discussing our jobs/career.
- *Please do not Tweet, Facebook or share via phone, e-mail or other social media the names of other participants* unless they are part of the group you are attending with and have given specific permission. As a participant in a Battle for Your Heart event, we ask that you honor the work the Lord is doing in the lives of your fellow participants by respecting their privacy.
- Please do not take or ask to take photos of any participants who did not attend as part of your group.

Directions

You can check out the facility at <http://www.alabama4hcenter.org/> along with directions. When you arrive, go to the lobby of the lodge for registration.

Emergency information

The emergency number for Alabama 4H Center is (205) 669-4241 until 10 PM. After 10 PM family members may call that number and enter extension 302 for the retreat administrator. She will have all room assignments and can find you in the case of an emergency.