



Lighthouse

FAMILY RETREAT

Frequently Asked Questions

HOW IS LIGHTHOUSE RESPONDING TO COVID-19?

Safety and security of families living through childhood cancer and our volunteers continue to be our top priority as an organization. For the most up to date information on COVID-19 and serving on retreat please see our COVID-19 Guidelines and Retreat Updates document on our website.

WHAT IS LIGHTHOUSE FAMILY RETREAT?

Lighthouse Family Retreat is a faith-based nonprofit that strengthens families living through childhood cancer. We provide week-long domestic mission trips that serve these families living through childhood cancer. Seaside retreats create environments where Retreat Families (the families we serve) can experience rest, joy, restoration, 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. The retreats 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 (divided by age/gender groups) while parents are in small group
- Daily logistical set up and tear down for different programs and activities
- Prepare and serve meals, including set up and clean up (this is great environment for younger kids to serve)
- Serve Retreat Families by cleaning and decorating their condo, doing laundry, and other daily chores (great opportunity for all ages to serve)
- Host party for children one evening to enable parents to have a date night

WHERE WILL I BE STAYING?

Lighthouse retreats are hosted in resort and vacation communities along the Gulf Coast in Florida and just south of the Outer Banks in North Carolina. These communities are vacation homes or condos. Volunteers stay in condos or houses with other volunteer families. Adults have their own room/ bed but children are not guaranteed a bed and may sleep on a floor. We ask you bring sleeping bags and/or air mattresses for children/students. Every family will have access to their own bathroom, and the common areas will be shared by other families. Retreat Families we are serving will have their own unit.

WHAT WILL I EAT?

All meals (breakfast, lunch and dinner) are provided by Lighthouse, except one lunch on the first day, and one free night on retreat where you will have dinner on your own. You will need to bring additional money for those two meals only. We recommend bringing heavy snacks, like protein bars, jerky, trail mix, fruit etc. for in between meals or if you have particular dietary restrictions.

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 \$250 deposit due two weeks after registration that will go towards your retreat. The following are minimums required to attend and goals we ask you to aim for:

- **FUNDRAISING MINIMUMS:**
 - These are the minimum amounts that must be raised or personally provided in order to attend the retreat.
 - \$1200/per adult, \$750/per teenager, \$250/per child under 13
- **FUNDRAISING GOALS:**
 - These are the goals we ask you to aim for in order to help with the overall cost of the retreat.
 - \$2000/individual, \$5000/family

For example, a family of four, with kids ages 8 and 11, would raise a minimum of \$2,900 and have a goal of \$5,000. We will provide a fundraising tool kit with resources and messaging to assist families in achieving their goal. This includes the cost to bring up to 14 families living through childhood cancer (Retreat Families), along with the volunteers cost as well (lodging, food, supplies, etc.).

WHAT DOES THE COST COVER?

The retreat cost covers all lodging, meals, program, and supply cost - for all our Retreat Families we are serving and for our volunteers. It does not include travel expenses to and from retreat, 2 on-your-own meals during the retreat, and \$25 of optional 'Favorite Things' gift items for the family you serve.

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 receive a manual with everything from the mission and vision to the details of a packing list. You will also receive training videos to equip you to serve in the different environments on retreat. Your retreat team will also host training meetings before you go.

HOW WILL I KNOW WHOM I WILL BE SERVING?

You will receive the information about what family you will be serving at the first day of orientation on retreat.

WHEN AND HOW CAN I APPLY TO SERVE?

Visit our website at lighthousefamilyretreat.org and select "serve" in the top menu bar.

FOR MORE INFORMATION, CONTACT US AT

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