

## WWLT Expectations for the Cabin Track

As we have planned and prayed about WWLT, we have determined there are several key elements that make WWLT a meaningful experience.

1. Simplicity – our motto is “We seek simplicity to find intimacy.”
2. Time in God’s creation – when we hike there will be room for solitude while on the trail together.
3. Spiritual Disciplines – we will fast for one day and provide various times of silence and solitude.
4. Refreshment – each woman will have their own bed, access to a whirlpool tub and even a Jacuzzi for the start and end of our trip.
5. Fellowship – we will share nutritious meals together and have times of corporate worship and prayer.

### The Schedule:

- Monday – each woman should make plans to arrive at the cabin by 3pm. Our first evening together will be very low key. Bring a swimsuit for the Jacuzzi and plan to just unwind. We will have some time with the camping track before they leave in the morning. (*Check out [www.bluesmokecabins.com](http://www.bluesmokecabins.com) for more on our cabin. Mapquest the address at the site. We are staying in the Wind Rider Lodge at the top of the hill.*)
- Tuesday – everyone gets to sleep in as long as they need and the day will be relaxed with only a few scheduled elements surrounding the meals. We will spend the day in the vicinity of the cabin. The camping track will leave early in the morning.
- Wednesday – will be an all day hike. We will get up early, pack lunch and hit the trail. There is a beautiful waterfall hike that is somewhat challenging, but is well worth it. We will spend the better part of the day at the site in solitude.
- Thursday – Our focus all day will be silence, solitude and fasting. On Wednesday you will receive a schedule of check in times to hit for safety reasons, but then you are on your own for the day. The fast will start Wed night at midnight and end on Thurs at midnight.
- Friday – The morning will be relaxed and then just after lunch we will do another hike. Friday night the camping track will return and we will have a steak dinner and dessert and reflect on what God has taught us over the week. We end our time with worship, prayer and a little more time in the Jacuzzi.
- Saturday – We will pack up and head out by noon due to some travel schedules.

### Our heart for the time:

Simplicity is very important to us. Not many women we know have the chance to just turn it all off, and we do mean all of it. We are asking each of you to not bring the curling irons and make up. Limit the number of books or music you bring to only a couple items. This time is about you and the Lord and His Word. We strongly encourage you to read “Hinds feet in High places” as we will refer to it at times when we are together. When you arrive, we will ask that all

cell phones be turned off. If absolutely necessary, you may check them once a day for emergencies, but we would really rather you not. Voicemail is one of the things we are trying to turn off for the week. We will have a satellite phone for emergency reasons and we can give out the phone number of the cabin to husbands if need be. However the satellite phone is only for us to call out. We will not give out that number. When we are hiking, we cannot be reached.

When we are alone in God's creation we have a chance to commune with the Lord. A pen, journal and the Word are your best tools. One of the trip facilitators has been trained in wilderness first aid and we have a satellite phone in case of emergency. Safety measures will be put in place that each woman is required to abide by for the sake of everyone's safety. If you are dependent on your cell phone for keeping time, please bring a watch instead. Part of our safety protocol is check in times, so everyone will need to keep the time. We expect you to be challenged, but not overwhelmed by our hiking. Sore muscles are good.

The spiritual disciplines are difficult to fit into our everyday lives. Here we will schedule times of silence, solitude, prayer, worship and fasting. Before we proceed into each of these areas, we will take a little time to talk about how to get the most out of each and any safety issues concerning them. If you are not able to fast from food for an entire day for health reasons, please let a trip facilitator know and arrangements can be made to accommodate you. We will also provide juice if you have blood sugar problems. Plan to have a headache if you do not fast regularly.

Refreshment is so important for women. Often we carry the weight of the world on our backs and God wants to do it for us. Sleep, long baths, sitting around the fire, going to bed at a decent time, etc will help you get refreshed. You will be amazed at how good it feels to just not have to listen for your phone. We want to help you turn it all off. If you need a nap, we can probably make that work; a long bath in the middle of the day, no problem. We all need to pitch in with food prep but the cabin even has a dishwasher for us. A trip facilitator will handle the bulk of the cooking, so even meals won't be a big deal. Our cabin is also equipped with towels, washcloths, pillows and beautiful linens for the beds.

Finally, we all need fellowship. God has things in store for each of us and He wants to use all of us. Being prayed over is a good thing. Big bear hugs and praising the Lord together nourishes the soul. We will also be eating healthy; high protein, lots of fruit and vegetables. The night before our big hike we will carb up with some pasta, but in general we will eat nutritiously. Please break your caffeine addictions before you come and start drinking 6-8 glasses of water a day. Most of us live on caffeine and we want to let your body feel what its like to be properly hydrated for at least a week. It will help you hike and help your body recover more quickly after hiking. We will not have coffee, although we will provide decaf tea.

We are really looking forward to our time together. As trip facilitators, we are already praying for you and asking God to meet you in a personal way. Our hope for WWLT is that it changes how you view God and deepens your understanding of how much he loves you.

Your sisters,  
Sarah and Andrea