

WOMAN IN LOVE
Mother Daughter Retreat
Leader Guide



KATIE HARTFIEL

Thank You!

Youth Ministers, Campus Ministers, Teachers, Volunteers and Moms ~

Thank you... thank you... thank you, from the depths of my heart for your openness to running the Woman In Love Mother/Daughter Retreat! This is truly one of my favorite youth ministry programs to facilitate and I am so blessed that you will be joining me in spreading this message to mothers and daughters across the globe. I have never made it through one of these events without tears and I hope you will soon discover why!

In the following pages you will find everything you need to run this retreat in your parish, school or personal basement. Whether you are the leader of a large youth group or are gathering a couple of friends and their daughters for a weekend away, this guide, DVD set and book combo will offer you all the resources you require for success!

This leader's guide includes outlines for engaging activities, meaningful discussions, powerful teachings and most importantly, prayerful encounters. In addition, I am confident that some of your favorite moments will be those where moms and daughters are given the opportunity to communicate in a safe and open environment. In our busy world, we are rarely given the opportunity to stop everything and place all our focus on one child for more than a small period of time. Some of the best feedback I have received from this program is the reaction of moms and teens, who finally have a chance to turn the world off and simply love, appreciate and share their hearts with one another.

Know that I will be praying for you in this journey. It is my hope that Jesus will capture your heart along with those you will be leading. God's plan for love, marriage and sexuality are worth fighting for. I am grateful that you have joined me in the battlefield!

Blessings!



Katie Hartfiel

The Retreat

SESSION ONE: WOMAN IN LOVE

1) GOAL

To explain that the “*why*” behind purity is really a “*Who.*”

2) LENGTH OF SESSION

1 hour 15 minutes

- Opening Game - 15 minutes
- Video - 30 minutes
- Discussion - 30 minutes

3) HOST NOTES

- Enthusiastically welcome the group and introduce yourself.
- Open with a prayer of gratitude. Invite the Holy Spirit into the room and into the entire retreat experience.
- Introduce any facility notables or ground rules for your location.
- Explain to the group that you know some breaking-of-the-ice might be necessary! Luckily we have just the thing:

4) OPENING GAME

SUPPLIES

- 7 pieces of white blank paper per girl
- Marker for each girl
- *Optional* Prize for mother/daughter pair who get the most right answers.

SET-UP

- Place sheets of paper and markers on tables before retreatants arrive. This will save you a few minutes in transition here.

GUIDELINES

- This game is similar to the old fashioned “Newlywed Game” and serves as a great not-too-embarrassing-but-just-embarrassing-enough-to-have-fun ice-breaker
- Ask all of the moms to leave the room
- Explain that the leader will ask the girls seven questions about their mom. They should write one answer per sheet of paper. Ask them to write large and clear. The questions are as follows:
 - » What is your mom’s shoe size
 - » If your mom could only eat one food item for every meal for the rest of her life what would it be?
 - » If your mom could get on a plane right now and fly anywhere where would she go?
 - » What is the best thing your mom cooks?
 - » What was your mom’s first job?
 - » What is your mom’s biggest pet peeve?
 - » Draw a picture of your mom doing her best dance move.
- When the teens are finished, ask them to arrange their answers face down in a pile in front of them. They should be in order so that when they pick up the first sheet in the pile and hold it up, they are revealing the answer to the first question.
- Invite the moms to reenter the room.
- Ask each question aloud one at a time. Pause between questions to have the mothers answer the question. After each mom answers, the daughter can reveal her answer to see if she is correct.
- For the final question, invite all moms to stand and demonstrate their dance move at the same time.
- *Optional* Award a prize to those who had the highest number of correct answers, keeping in mind that there may be more than one set of winners.

Q Best Practice: *If you have a larger group, have the mothers/daughters break out into small groups. The moms/daughters will then reveal their answers one at a time to their small group. If your retreat is hosting a smaller number of participants, you can have each mom and daughter answer publicly to the entire group.*

5) HOST NOTES

Tell the group:

- Every mother/daughter relationship is different and complex. We know a lot about one another, but there is one vital thing that we must understand in this relationship: That God chose you for one another for a single purpose - to get each other to Heaven. If we don't get this one right, it doesn't matter what else we do.
- This is a purity retreat, but for purity to make sense, we have to know why we want to be pure. Chastity for chastity's sake is a recipe for failure. We have to know that our reason isn't a "why" but a "Who."
- Katie Hartfiel will explain what this is all about in the video we are about to see here.

6) VIDEO

- Play DVD Session One: *Woman In Love*

7) HOST NOTES

Tell the group:

- It is time for personal discussion between mothers and daughters. Find a spot just for you, bring your pillow and sleeping bag too if you'd like.
- In your welcome packet you received a candle and some matches. Light the candle for each discussion throughout the weekend.
- Also in your packet you received a handout with your discussion questions for the weekend.
- You will have about 30 minutes for private conversation.

During this time of discussion, the host can gather any additional volunteers for your own prayer of intercession! Ask the Lord to be with these moms and daughters as they gather together in His name!

8) MOTHER/DAUGHTER DISCUSSION TIME

SUPPLIES

- Copies of Discussion Questions; pages 54-60
- Matchbook or lighter - one per family
- Candle - one per teen
 - » Remember - This candle will have significance in later discussions and will also be used after the retreat in further conversations.

SAMPLE

WOMAN IN LOVE

Mother Daughter Retreat

Shepherding young women on the path of purity, sexuality and chastity is a sacred trust of parents. Mothers, especially, yearn for effective strategies and answers.

THE WOMAN IN LOVE *Mother Daughter Retreat* helps you deliver God's remarkable good news about sexuality. Katie Hartfiel leads mothers and daughters (grades 8-12) on this remarkable journey that weaves engaging talks with powerful prayer and extraordinary fun to create an experience of a lifetime. This one-night experience uniquely supports church, school or home use.

THIS *Leader Guide* INCLUDES

- PREPARATION: step-by-step instructions, promotion and logistics
- TWO COMPLETE VERSIONS: retreat options for varied scheduling needs
- RETREAT LEADER GUIDES: detailed directions for each section of the retreat
- DISCUSSION QUESTIONS: questions to prompt helpful discussions throughout
- FORMS: ready-to-use printouts and handouts

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Mother Daughter Retreat

A PROGRAM OF

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ABOUT PARADISUS DEI

Founded in 2001, Paradisus Dei helps families discover the superabundance of God within marriage and family life. Current programming serves couples, men and youth in 41 states and five countries. Integrating the teachings of the faith with findings of modern science and the wisdom of the saints, these programs have been independently verified to be profoundly life transforming. Our goal is to encounter people wherever they are on their spiritual journey and help take them further. Paradisus Dei is an independent, lay Catholic ministry dedicated to marriage and family life. For more information, please visit www.paradisusdei.org.