



AWidowsTale.com

How to Bring A Widow's Tale Half-Day Retreat to Your Community

Thank you for your interest in providing a healing retreat for the women of your community who are widows (**A Widow's Tale Retreat**).

The statistics on the number of women who need these retreats are staggering. Over 700,000 women are widowed in the US every year and the average age of an American widow is 57. (US Bureau of Census). Without help, these women become isolated, depressed and often physically ill. In fact, statistics show that 70% of widowed women either die or become chronically ill within 3 years of their spouse's death! Offering these healing retreats in your community is a way to support these women as they struggle to recover from the overwhelming experiences of widowhood and caregiving. (Many widows have been caregivers for their husbands for anywhere from a few months to years!)

The retreat is a half-day event, typically starting at 10 a.m and ending at noon. The event includes a light breakfast snack (coffee cake and coffee/tea) and snacks and a light lunch. The retreats are designed for women only.

RETREAT SPONSORSHIP

Your church or community group (Kiwanis, Rotary, Women's Club, etc.) fully sponsors this retreat as an outreach program to the women of your community and provides a \$500 honorarium plus expenses for the facilitator. However, the honorarium will be partially refunded by the women's nominal registration fee (\$10-\$20) to participate. ***It is important for the women to pay something to participate.*** It's an investment they make in their own healing!

Since death affects more than just your church or group, consider partnering with another church or civic group to sponsor the retreat. People in your community want to help! When volunteers are asked

to bring coffee, snacks and a light lunch, most churches are overwhelmed by the response they receive. It's something people want to help with, they just don't know how! It's very powerful, ecumenical, missional outreach.

As the sponsor, you provide A Widow's Tale with an honorarium of \$500 for the event (plus 2 nights overnight lodging and travel expenses, if required, see details below).

The sponsor also provides the following:

Have your women's groups or pastors personally call the widowed women to invite them to the event. Stepping forward into healing from death requires a lot of courage, the women NEED this personal invitation.

Promote the event additionally through posters and by contacting your local papers (A Widows Tale will provide the poster and press release pdfs for you to use).

Provide the space and janitorial services for the event.

Provide the food and drinks for the event.

A Widow's Tale provides retreat leadership and all the retreat materials for up to 30 participants.

Donna Marie Todd, retreat facilitator and founder of A Widows Tale.com and the Widow's Recovery System®, was widowed in 2011. She spent five years developing this program and system from the information she collected for her own recovery. Donna Marie was commissioned to her storytelling ministry in 2003 and has been producing magazines and retreats for women for over 20 years. She is a Certified Grief Recovery Specialist®.

Travel and Housing Details for Retreat Leader

If your location is further than 100 miles from the Asheville, NC area you will need to provide overnight lodging for the retreat leader for 2 nights. The retreat leader can be hosted in someone's home or you can provide a hotel room. If your event is further than 250 miles from the Asheville, NC area, travel expenses (mileage or air fare) will also be required.

To Learn More and Schedule A Retreat

To learn more about this program, why it was founded and what the retreats offer, visit **www.AWidowsTale.com**. To discuss how to bring a retreat to your area, secure a date for your retreat and plan your event details, please call A Widow's Tale founder Donna Marie Todd at 828.407.6023 or email retreatinfo@awidowstale.com. ***Thank you for caring so deeply about the women in your community!***

