

Weekend Plus Six – Using “Forgiven and Set Free”

An old cliché says, “Necessity is the mother of invention.” Meet one inventor -- Carol Klekota, formerly of Cornerstone Pregnancy Services in Elyria, Ohio. It was May and Carol had a full group who needed to address this pain soon. Yet she knew from other post-abortion leaders that it summer groups are particularly difficult to commit to because of intermittent vacation schedules. If she could somehow condense the class to a six week session, and begin right away, there might be a chance for a successful group.

Carol prayed and came up with the idea of a weekend format combined with several weekly meetings. Her plan was simple – host a Friday session from 6:00 to 10:00 p.m. and then allow the women to go home to sleep. The next day they would meet at 9:00 a.m. and finish off thirteen hours later at 10 p.m. Over the following six weeks, they would meet from 7 to 8:30 p.m. The retreat end of this class would cut out at least four weeks of the schedule!

As she moved in this direction, she discovered that there were additional details that she hadn’t considered. A location with comfortable chairs and a secluded setting was needed – along with areas for the women to do their personal work. Volunteers offered to provide the Friday and Saturday meals and the center would compensate them for the cost of the food. While it would have been wonderful to have a place where the women could sleep on-site, these facilities weren’t available in Carol’s area. So she selected a large city building in a separate part of town.

Her next step was to build a schedule that would allow her to condense four weeks into the two-day period. Carol set up the following schedule and planned times for attendees to complete homework assignments.

Friday Evening

Introduction:

- 6:00 p.m. Welcome
- 6:15 – 6:30 Introduction of members
- 6:30 – 6:45 Introduction of co-leaders
- 6:45 – 6:55 Group purpose and task areas
- 6:55 – 7:00 Disclaimer/Review, sign and turn in to leaders

Structure/Rules:

- 7:00 – 7:20 Group rules and rules of the facility
- 7:20 – 7:30 Housekeeping details: bring own snack for tomorrow afternoon – ask them not to leave the grounds. Bring journal and dress comfortably.
- 7:30 – 8:00 Break

Chapter One: Forgiven and Set Free: How Do I Know Where I need Healing?

- 8:00 – 8:20 Review p. 15-17 on grief process – complete pg. 17-20
- 8:20 Discussion

8:30 Song
8:40 – 9:40 General group work on healing

Saturday Session:

Morning:

9:00 Song/Prayer/Praise and Worship
9:15 Together, go through pg. 23-25 of the study (up to El Roi)
10:15 – 10:45 Hagar – 30 minutes – together
10:45 - 11:15 BREAK
11:15 – 11:30 Jehovah Shammah – first part together
11:30 – 11:45 His attributes – Song: “Strong Arm”
11:45 – 12:30 Work through p. 30 on own – meet back for lunch at 12:30

Afternoon:

12:30 – 1:30 LUNCH
1:30 Song/Review 15 minutes
1:45 – 2:00 Assign p. 31 to top of p. 43 on your own – welcome to take break
anytime Ask them to be back at 3:45
4:00 – 5:00 Discussion of homework
5:00 – 6:00 DINNER

Evening:

6:00 – 6:20 Women as Nurturer – together
6:20 Facing Facts – on own but in same general area
6:40 Your Role – on own but in same general area
7:00 The Decision – on own but in same general area
7:30 – 7:45 BREAK
7:45 – 9:15 Discussion of work
9:15 – 9:40 Wrap-up with discussion
9:40 Song/Closing Prayer
10:00 Out the door

Carol’s relays, “The weekend format allowed for more informal talk together. They were able to get to know one another in a broader way. Interjection of music really helped and brought each woman closer to the Lord. With four less weeks, the commitment time was shortened and no one dropped out. Each time the volunteers came in with food, the women felt nurtured and grew closer by sharing meals together. It was a great experience!”