

Diet and Comfort Considerations

Please answer the following questions and return this form to us so we can prepare for your retreat.

FOOD

To help us plan for meals and snacks, it'd be helpful to know the following (please be very specific as we do meal planning weeks in advance):

1. Are there any foods that you prefer to avoid?
2. Do you have any food allergies or dietary restrictions?
3. What snacks or drinks do you particularly enjoy?
4. On a scale of 1-5 how spicy do you like your food?
5. Are you a coffee or tea drinker? If so, what kind of coffee/tea do you like and what do you like to add to it?

COMFORT

1. Do you have any physical comfort needs or limitations that we need to be aware of? (e.g., sitting is difficult)

We look forward to being with you and are confident God has great plans for our time together. Let us know if you have any questions.

Blessings,

Phil and Vicky Wright
Co-Founders

What to Wear/Bring

1. Your pre-work journaling and letter to each other from the pre-work
2. A journal or notebook
3. Your Bible or Bible app
4. Casual clothes (We will sit outside in cooler parts of the day so please dress for your comfort)