

FOR IMMEDIATE RELEASE:

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Sweet Life Café: Satisfy Your Craving for a Deeper Faith and Meaningful Relationships

Group Publishing Releases a Creative Retreat Kit for Busy Women



(Denver, CO) With the overwhelming number of expected commitments to spouses, children, careers, churches, and more, it's evident that many women struggle with finding time for themselves or to build close friendships. "In our hectic lives, women don't find enough time to develop authentic friendships with other women or time to grow deeper in their spiritual lives," says Amy Nappa, executive editor of Women's Ministry at Group Publishing. Nappa led the team that created the *Sweet Life Café*, a spiritual retreat based on John 6:35, where Jesus says, "I am the bread of life," and developed for women of all ages and spiritual growth levels.

"This easy-to-implement retreat is created for women who want to take a short time away from their busy schedules, slow down, and savor time with God and other women," says Nappa. The *Sweet Life Café* retreat is flexible and can work with a variety of church sizes and schedules. A speaker is not required, allowing anyone to lead the sessions with the easy-to-follow guides.

The *Sweet Life Café* Starter Kit (Group Publishing, \$99.99, item number: 9780764438769) includes a director manual and CD-ROM, a worship leader guide, suggested preparation information, 3 large-group leader guides, 3 breakout leader guides, a promo and training DVD, and a publicity poster. It also includes samples of these individual participant items: journal, prayer devotion, charm, music CD, and tote bag.

All women who participate in the *Sweet Life Café* will experience three Bible-based sessions that allow women to see Jesus as the bread of life and understand what it means to be nourished by him and to share that fulfillment with others. Session topics include:

1. *Food for the Heart: Session 1*—Women dig into 1 Kings 16-17 and discuss what it means to lean on God completely, as they delve into the story where Elijah meets a weary, heartbroken widow.
2. *Sweet Talk*—Women gather in smaller groups to play a game that encourages questions and laughter while getting to know each other.
3. *Food for the Heart: Session 2*—Women participate in a bread-tasting experience to understand the nourishment that comes from a relationship with Jesus, as they read John 6.
4. *Savory Moments*—A devotion box packed with Bible scriptures and a devotion guide help women take time alone with God, savoring their relationship with him through reflection and prayer.
5. *Food for the Heart: Session 3*—Women are challenged to make a difference and become passionate about serving others, based on Acts 2. Group has created an experience where women taste authentic porridge used to feed the hungry in third world countries. Through partnership with World Vision, a Christian service organization, women are given a chance to make a long-term commitment to helping people in need after the retreat is over.
6. *Spicy Service*—Women take time to create a simple food gift for hungry people in their community. Women are reminded of the blessings in their life, including food, while providing a small meal to those in need.
7. *Sweet Send-off*—Time together is concluded with a final session that includes a time of worship, sharing, and celebration.

The *Sweet Life Café* provides all the resources to host a women's ministry retreat of any size that will leave women feeling completely nourished in their friendships with God and others. Women will stay engaged and experience a deeper sense of community and personal time with God. More information is available at group.com/sweetlife.

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Sample Interview Questions for Sweet Life Café

- 1) Why did Group decide to develop a women's ministry retreat kit?
- 2) What type of women do you envision this event reaching?
- 3) Most women's retreats feature a speaker. Why did you decide to develop a retreat where no speaker is required, and how does this affect the retreat experience?
- 4) What type of time commitment, expense, and planning will be involved for those leading the retreat?
- 5) How will women benefit from participating?
- 6) This retreat also involves some acts of service to others in the community and in the world. Could you describe what those involve?
- 7) Group has released several other women's ministry retreat kits in the past; why release another one now?
- 8) Have there been any changes with this new retreat kit?
- 9) Why did Group choose the Sweet Life Café theme?
- 10) What other ministry retreat themes are available through Group?
- 11) How can this retreat benefit a church's women's ministry program?
- 12) Are there outreach aspects to this women's retreat?