

# Plymouth Women Adventure Groups

...adventures for the mind, body and spirit!

**What is a Plymouth Women Adventure Group (PWAG)?** An adventure group is comprised of eight women who commit for one year to meet together two times a season (autumn, winter, spring, and summer) to experience safe, liberating adventures that enhance the mind, body, or spirit. Participants are grouped based on their self-selected activity and monetary comfort levels as entered on their enrollment forms. Women of **all ages**, life stages and interests are encouraged to participate! We've had women in their 20's and 80's enjoy PWAG.

In addition, groups engage in acts of kindness related to their adventures as tangible expressions of God's grace.

## Goals of an Adventure Group:

- Cultivate friendships with other Plymouth women who are eager to learn, love and grow.
- Go on adventures that keep the spirit of wonder and learning alive.
- Discover acts of kindness that enhance the adventure itself and remind us that opportunities for spreading God's grace surround us all the time.

**What is an "Adventure"?** Adventures come in many forms. They can be large or small, short or long, playful or serious. The important thing is that they somehow enhance the mind, body or spirit. Adventures can be divided into categories (such as the examples listed below) – and each Adventure Group will brainstorm for their own ideas. Groups select activities that they've always wanted to experience.

## Adventure examples:

### Entertainment

-DM Metro Opera, Broadway show, rodeo, theater, car racing

### Sports/Physical Fitness

-Biking, kayaking, hula hooping, yoga, horseback riding, belly dancing

### Creative

-Pottery, stained glass, weaving, woodworking, cooking

### Charitable

-Read stories to children at the Library, serve a meal at a shelter

### Educational

-Visit Salisbury House, beekeeping, learn sign language

### Spirit-enhancing

-Learn about another religion; visit a cultural center, learn meditation

**What an “Adventure” is not:** Adventure Groups and adventures are not “fear factor” groups. Adventures should not be dangerous or risky activities - use common sense.

**What would be my commitment to the group?** There will be 8 adventures throughout the year (2 per season). Most adventures take place during a single meeting. Adventurers will be placed in groups of 8 participants according to self-selected activity and monetary comfort levels. Group members will use a rotating schedule that will allow each member to organize an adventure for their group. Each group will select a communication “point person” who will commit to contacting the group to keep adventures on schedule.

**Special Events:** Does participation in an Adventure Group sound fun, but you’re not sure if you can commit the time right now? Keep your eyes open for a variety of activities planned by the Board of Plymouth Women that will allow you to try new things in fellowship with other women, but when your interests and schedule allow. Look for these opportunities advertised in the church bulletin/newsletter. Attend when you can.

**Kick-Off Meeting:** All PWAG participants will meet for a kick-off event Tuesday, October 4th, 7pm, in Waveland Hall. During the kick-off, you will have an opportunity to meet your fellow Adventurers, have an initial brainstorming session, and assign members a slot to plan an adventure on the schedule.

**How do I sign up?** Fill out a registration form answering a few questions about your adventure group preferences. This will allow us to place you in an appropriate group.

You may register in any of the following ways:

- Register on-line from the church website by clicking on *Register for Events*.
- Pick up forms at the church office, mail to Tracy Codel (address listed on form)
- Print enrollment forms off the church website at: [www.plymouthchurch.com](http://www.plymouthchurch.com) by following the links: Education and Fellowship, Plymouth Women, Fellowship and Study Groups, PWAG (mail to Tracy)

**What if I have questions?** Contact Tracy Codel, [tcodel@mchsi.com](mailto:tcodel@mchsi.com), 225.7729.

**When do we start?**

**Enroll:** Now through Wed, September 28, 2011. See ‘How do I sign up?’ above.

**Kick Off:** All Adventure Groups should attend the kick-off event Tuesday, October 4th, 7pm, in Waveland Hall at Plymouth Church. Detailed information about that meeting will be sent to participants. See general description of kick-off above.

**First Adventure Date:** will be determined by your group at kick-off time.