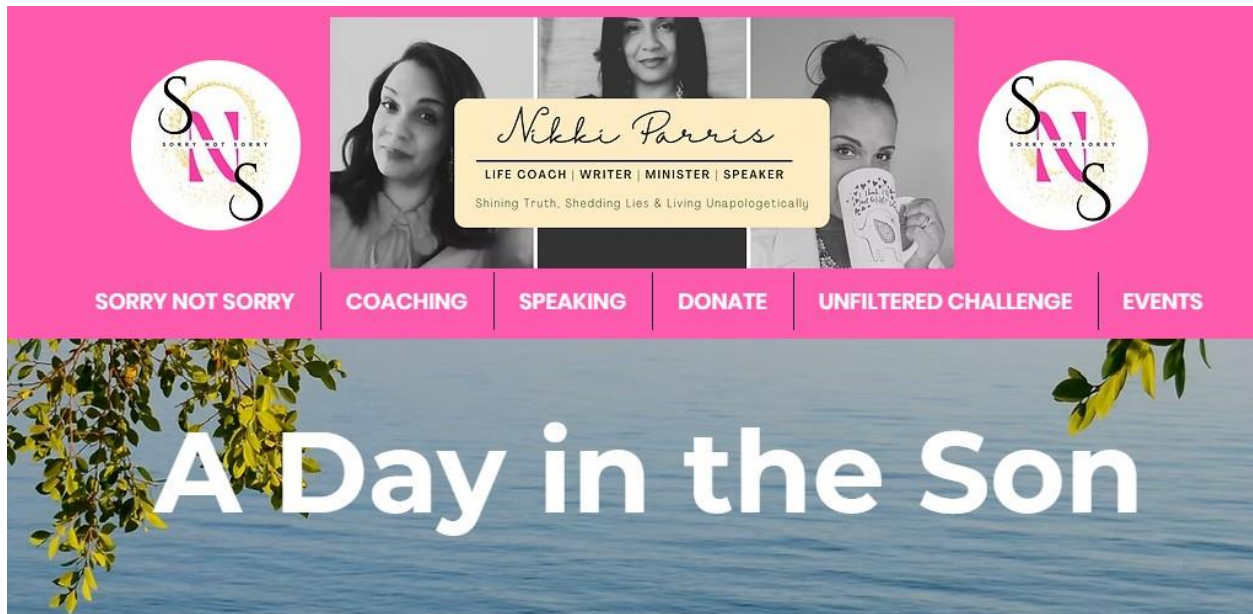


A Day in the Son — Frequently Asked Questions

A Sorry Not Sorry™ Christian Retreat Finger Lakes, NY | July 24–26, 2026 Vitality Faith & Life Coaching | www.nikkiparris.com



There's power in the pause.

A retreat for those who are ready to reconnect with the voice of God AND rebuild for the next wave of life.

Have a question not answered here? Email us at info@nikkiparris.com and we will get back to you within 48 hours.

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ABOUT THE RETREAT

What is A Day in the Son?

A Day in the Son is an intimate outdoor Christian retreat held **Friday, July 24th - Sunday, July 26th**. It's nestled in the Finger Lakes region of New York. It is a weekend intentionally designed for those who want to step away from the noise of everyday life, breathe fresh air, and regain strength from God, in community with others who are on the same journey.

While we do have a little Sorry Not Sorry™ workshop built-in, this is not a conference. There is no pressure to perform, arrive polished, or have everything figured out. It is a held space —

waterfront, Spirit-led, and built for rest, worship, real connection, and the kind of conversations that only happen when women finally slow down enough to have them.

Who is this retreat for?

Anyone who wants to be unshakeable — and is ready to rest their way there.

Resilience isn't built by doing more. Physiologically and spiritually, restoration is where strength is forged. All are welcome. No prerequisites. Just show up.

Can men attend A Day in the Son?

Yes — men are warmly welcome to join us for the **Saturday Commuter experience**. Overnights are for women only, so we are not able to accommodate men for overnight stays. But if there is a husband, father, brother, or friend who wants to soak in a little Son too on Saturday — please come along for the day!

For men attending as Saturday Commuters who need overnight accommodations nearby. See the [Lodging and Logistics Section](#) of this document.

What is the retreat theme?

“Power in the Pause” It’s that simple.

Our anchor scripture is *“And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you.”* — **1 Peter 5:10**

Everything about this weekend — the sessions, the worship, the conversations, and the free time by the water — is built around this promise.

Who hosts and leads this retreat?

A Day in the Son is a **Sorry Not Sorry** event hosted and led by **Nikki Parris**. Nikki is an ordained gospel minister and bible teacher. She’s an author, speaker and a Certified Coach leading faith formation and personal development as Founder of [Vitality Faith & Life Coaching](#). Nikki is Coaches teams and Executives in leadership roles as Team Performance Coach with [Andrea Holland Coaching](#).

Sessions will also be led by Sarah-Elizabeth Pilato of [FaithSparks](#) & H.U.G., with worship, small group time, and space for God to move in the ways only He can.

How big is this retreat?

Intentionally small. We cap attendance @ 20-25 people total — with only 15 of those being Weekender guests (overnight spots). This is not a large conference. Every woman is known, seen, and cared for by name.

Is this retreat only for those who already know Sorry Not Sorry?

Absolutely not. Many people encounter Sorry Not Sorry for the very first time at A Day in the Son — and it is a beautiful place to start. No prior knowledge needed. Just come.

THE OUTDOOR EXPERIENCE


Is this really an outdoor retreat?


Yes — genuinely and intentionally. We gather outside for the majority of our time together including worship, teaching, prayer, fellowship, and free time by the water. Meals will be served indoors. Some sessions move indoors for breaks and cooler moments. You will always have access to indoor space, bathrooms, and shelter.


The Finger Lakes setting is not just a backdrop — it is part of the experience. We chose it on purpose.


What should I know about the outdoor environment before I come?


We want every person to arrive informed and comfortable:

 Sun exposure is significant. Sunscreen, a wide-brimmed hat, and sunglasses are strongly encouraged. Plan to reapply throughout the day.

 Mornings and evenings near the water can be cool even in late July. Layers matter — bring a light jacket or wrap.

 The grounds include natural outdoor elements — grass, trees, lakeside paths, and open fields. Wear comfortable shoes you don't mind getting a little dirty.

 Insects are part of the outdoors. Bug spray is recommended. If you carry an EpiPen for insect allergies please bring it and let our team know at check-in.

 Pollen and grass allergens may be present. If you have seasonal allergies bring your medication and note it in your Retreat Profile after registering.

What if I have a health condition that affects my ability to be outdoors?

Please tell us. There is a dedicated section for outdoor health considerations in your Retreat Profile — the short form you complete after registration. The more you share the better we can serve and prepare for you. No detail is too small.

What is the weather typically like in the Finger Lakes in late July?

Late July in the Finger Lakes is generally warm and beautiful — daytime highs typically in the upper 70s to mid 80s°F. Mornings and evenings near the water can be noticeably cooler. Afternoon thunderstorms are possible. We monitor the forecast closely and have indoor contingency plans for all outdoor activities.


Will there be shade and seating outdoors?


Yes and no. There are shaded gathering areas on the grounds; some sessions are intentionally placed in the Sunshine while others are in the shade. You are also welcome to bring a personal blanket, lawn chair, or cushion if you prefer to sit on the ground during worship or free time.

REGISTRATION & TICKETS


What are my options for attending?


We offer two ways to experience A Day in the Son:

 **Weekender — \$349** The full retreat from Friday evening through Sunday morning. Includes Friday dinner, all day Saturday, two nights of lodging, Sunday breakfast, and our closing session. Limited to 15 guests.

 **Commuter — \$119** Join us for the heart of the retreat on Saturday only. Includes all Saturday sessions, breakfast, and lunch. No overnight stay.

What add-ons are available?

 **VIP Coaching Café — \$49** A small-group intimate coaching experience on Saturday. Very limited seats. Come with one real question or challenge — leave with clarity and prayer spoken over you personally.

 **Retreat Bundle — \$20** Your official A Day in the Son keepsake merch bundle. Full reveal at the retreat — we think you are going to love it.

How do I register?

Visit the event landing page at www.nikkiparris.com/day-in-the-son and click the Register Now button. Select your ticket type, add any add-ons, and complete payment. Your spot is not confirmed until payment is received.

Is payment due in full at registration?

Yes. Full payment is due at the time of registration and is what confirms and holds your spot. In order to honor our commitments with vendors, host facilities, presenters, etc. SNS/Vitality cannot offer partial payments or scholarships for this event. [Check our website](#) and payment details for other events where payment options may apply. Check out the [SNS Accelerator Course](#) this Fall, or [the Well-Watered Woman](#) in Jan. of 2027.

What is the refund policy?

- Cancellations before **June 11** — full refund minus a \$25 processing fee. When you purchase your tickets online, the fine print will state “no refunds”; however, we will honor a refund per this notice up to June 9th.
- Cancellations after **June 11** — no refund, but your ticket is transferable to another attendee
- Add-ons are non-refundable once purchased

To transfer your ticket please email us at info@nikkiparris.com before **July 15**.

What if it sells out before I register?

Email us at info@nikkiparris.com. If a spot opens we contact the waitlist in order. We recommend registering early — this retreat is small by design and fills up.

I registered but haven't received a confirmation email. What do I do?

Check your spam or promotions folder first. If it's not there, email us at info@nikkiparris.com with your full name and we will resend your confirmation within 24 hours.

FOOD & MEALS

What meals are included?

Weekender guests receive:

- Friday dinner
- Saturday breakfast
- Saturday lunch
- Saturday dinner
- Sunday breakfast

Commuter guests receive:

- Saturday breakfast

- Saturday lunch

Can you accommodate dietary restrictions and food allergies?

Yes — and this matters to us deeply. When you complete your Retreat Profile after registration please list any dietary needs, allergies, or food sensitivities in detail. We plan every meal around the needs of our guests. Common accommodations we plan for include vegetarian, vegan, gluten-free, dairy-free, and common allergens. The more specific you are the better we can serve you.

What if I forgot to share my dietary needs?

Tell us as early as possible — ideally by **June 25** when retreat profiles are due. Email us at info@nikkiparris.com if you missed the deadline and we will do our best.

Will there be snacks available between meals?

Yes. Light snacks and water will be available throughout the day. Weekender guests are welcome to bring personal snacks for evening fellowship.

LODGING & LOGISTICS

Where is the retreat located?

The full venue name and address will be revealed to registered guests on **June 1**. We will send it directly to your inbox with directions and parking details. What we can tell you now — it is on the water, it is beautiful, and it is exactly the kind of place where God shows up.

What are the accommodations like for Weekender guests?

Accommodations are comfortable, clean, and purposefully simple. This is a retreat, not a luxury resort — and that is intentional. Expect cozy shared lodging with beds (twin-sized), linens, and bathroom access. More details are shared when your retreat profile is submitted after registration.

What about men who attend Saturday but cannot stay overnight at Asbury?

We're so glad to host space for men to rest and rebuild during the Saturday sessions. Unfortunately, we cannot accommodate our brothers overnight on the campus. Here are a few nearby in case you need to remain in the rest-state before returning home:

Microtel Inn & Suites by Wyndham — Warsaw, NY A newly built 67-room hotel about 7 miles from Silver Lake in Warsaw, the Wyoming County seat. Free WiFi, fitness center, flat-screen TVs, microwave, and fridge in every room. Clean, modern, and budget-friendly. 📍 Warsaw, NY | Book at wyndhamhotels.com

Country Inn & Suites by Radisson — Mount Morris, NY A well-reviewed 3-star hotel about 10 miles from Silver Lake. Highly rated with 731 reviews and a 4.4 on TripAdvisor. A comfortable, reliable mid-range option. 📍 Mount Morris, NY | Book at [radissonhotels.com](https://www.radissonhotels.com)

Glen Iris Inn — Castile, NY A charming historic inn set right inside Letchworth State Park — about 7 miles from Silver Lake. Perfect for anyone who wants a scenic, memorable stay near the gorge. Book early — it fills up fast in July. 📍 Castile, NY | Search [glenirisiinn.com](https://www.glenirisiinn.com)

BrickInn — Perry, NY A beautifully rated boutique option (5.0 stars, 228 reviews on TripAdvisor) right in the village of Perry — less than 2 miles from Silver Lake. Starting around \$327/night — the most upscale nearby option. 📍 Perry, NY | Book at TripAdvisor or direct

All of these properties are within 10 miles of Asbury Retreat Center on Silver Lake. We recommend booking early — July weekends in the Silver Lake and Letchworth area fill up quickly!

Can I request to room with a specific woman?

Yes. Note your preference in your Retreat Profile and we will do our best to honor it. Rooming assignments are finalized by July 11.

What time is check-in and checkout?

🕒 **Check-in:** Friday July 25 beginning at 4:00 PM 📺 **First meal:** Friday dinner at 5:30 PM — plan to arrive by 5:15 at the latest 🏠 **Checkout:** Sunday July 27 by 11:00 AM

I'm a Commuter — what time should I arrive Saturday?

Commuter arrival time is **9:45AM**. Full details will be in your Final Reminder email on July 22.

Is there parking on site?

Yes. Parking details are shared in an early June email.

What if I need to arrive late or leave early?

Life happens. Email us at info@nikkiparris.com so we can plan for your arrival or departure and make sure you don't miss what matters most to you.

SORRY NOT SORRY

What is Sorry Not Sorry?


Sorry Not Sorry is a Christian brand and movement founded by Nikki Parris built around one conviction — that we were created to live **fully, freely, and unapologetically** in our God-given identity. (Matthew 5:14-16)


Too many Christians have spent too long shrinking, performing, people-pleasing, and apologizing for simply taking up space. Sorry Not Sorry exists to call that out, break it down, and replace it with something far more solid — a deep, rooted, unshakeable knowing of who God says you are.

It's identity work; grounded in Godfidence. Authenticity. Resilience., rooted in Scripture and neuroscience, and lived out in community.

What does Sorry Not Sorry offer?

Sorry Not Sorry reaches people in two primary ways:

 **Live Workshops & Bible Studies** Facilitated in-person experiences led by Nikki Parris that take participants through the core Sorry Not Sorry curriculum in community. High-energy, Spirit-led, deeply personal sessions designed to move you from stuck to free.

 **Virtual Coursework** The [Sorry Not Sorry Accelerator Course](#) is also available this September and October as online coursework you can move through from anywhere.

What is the biblical framework for A Day in the Son?

At the heart of this event is Sorry Not Sorry's **Rhythm of Creation** — a 7-phase framework drawn directly from the Creation Account in Genesis that maps the journey each of us walks on the way from emptiness to establishment.

The seven phases are: The Nothing, The Hovering, The Speaking, The Seeing, The Separating, The Labeling, and **The Resting**. That last one, is where this event lives.

Sound like something you need? A Day in the Son is where this framework comes alive.

Do I need to have done Sorry Not Sorry work before attending the retreat?

No. This retreat is a beautiful entry point. You will leave with a taste of the framework and a clear path forward if you want to go deeper.

Where can I learn more about Sorry Not Sorry or (host) Nikki Parris?

 **Website:** www.nikiparris.com  **Instagram:** [vitalityfaithlifecoaching](https://www.instagram.com/vitalityfaithlifecoaching)

 **Facebook:** [snsthivehouse](https://www.facebook.com/snsthivehouse)  **LinkedIn:** [nikki-parris-b85b834/](https://www.linkedin.com/in/nikki-parris-b85b834/)

 **STILL HAVE QUESTIONS?**

I didn't find my answer here. How do I reach you?

✉ **Email:** info@nikkiparris.com 🌐 **Website:** www.nikiparris.com 📱 **Follow us on Socials**

We respond to all inquiries within **48 hours** Monday through Friday.

How do I stay connected and hear about future events?

✉ Email us at info@nikkiparris.com or follow our socials. See “[Where can I learn more about Sorry Not Sorry or \(host\) Nikki Parris?](#)” above.

We cannot wait to see you at the lake. ❤️ — Nikki Parris & the A Day in the Son / VitaliTeam