

# TAKING THE TRAIL LESS TRAVELED

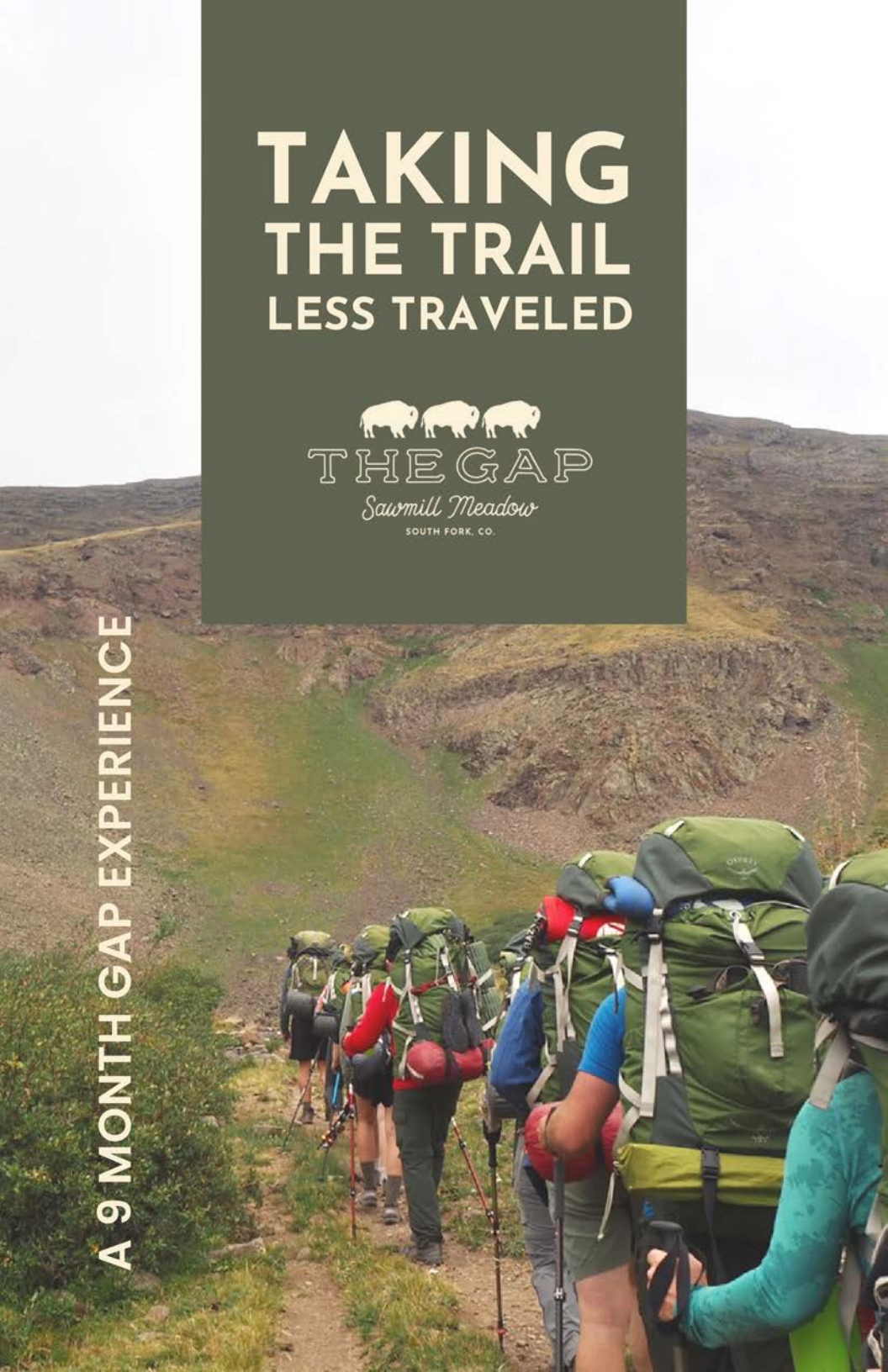


THE GAP

*Sawmill Meadow*

SOUTH FORK, CO.

A 9 MONTH GAP EXPERIENCE





Abby • Adrian • Allie • Allison & Kevin • Aly Jo • Amber & Austin • Amy Kathleen • Andrew Joseph • Anita • Anna • Ashley & Darryl • Barbara • Becca & James • Beth & Janet • Bill & Susan • Bob & Ann • Brenda • Brenda & Fred • Brett & Shawn • Brian • Brian • Brian • Brian & Kaci • Brittany • Bud & Jill • C12 North Texas Fund • Camille & Matt • Camille • Camp Well • Candace • Candice & Kevin • Catherine • Cece • Chapel of the South Fork • Charity & Jeff • Cheryl & Brett • Chris & Lindsey • Christian & Tori • Christy & Mark • Cindy • Colleen • Communities Foundation of Texas • Danielle • David • David • David & Julia • David & Julie • Dillon • Don • Drew • Drew • Drew & Amy • Drew & Shelby • Dylan • Ed & Vickie • Ellis • Emily • Emily • Emma • First Baptist Richardson • For Parents Podcast • Fran & Jim • Gary & Lea • Gaylan • Gene • Holy Grill • Irv & Ginette • Ivy & Drew • Jamie • Jan • Jan • Jan & Tommy • Janae • Jason & Carrie • Jay • Jay • Jean & Jim • Jeanette & Bruce • Jen • Jenn • Jennifer & Kevin • Joanna & Tim • Joanne • John Jonathan • Jonathan & Mauren • Josiah • Julie • Julie & Matt • Jun • Karis • Kate • Kathy & Jeff • Kathy & John • Katy • Kendall • Kim • Kim • Kim & DJ • Kim & Keith • Kristin • Ladonna • Lake Buzz Candles • Larry & Kinetite • Laura • Laura & Jack • Lauri & Allen • Life After 12th • Lindsey & John • Living for Zachary • Logan • Madison • Mark • Mark & Stephanie • Mason • Matt & Tammy • Meg • Meredith • Michele & Bill • Michelle • Middleman Ministries • Millie • Nana5Cookies • Nancy • Nancy & Niel • Nashville Sweets • New Hope Community Church • Paula & Kevin • Peyton • Phil and Cindy • Randy & Michelle • Rebecca • Rhonda & Chuck • Rich • Rick & Joanne • Rob • Rob & Terri • Bob and Ann • Ron • Rusty & Andrea • Sabrina & Aaron • Sam • Sara • Sarah • Sarah • Shelley & Brooks • Skip & Diane • South Fork Fire & Rescue • Spiars Engineering • Spindletop Oil & Gas Co. • Stacey & John • Stephanie • Steve & Susan • Sybil • Tammy • Tate Healthcare Consulting Solutions • Terri • The Blackbaud Giving Fund • The Collective Podcast • The Tucker Family Fund • Tim • Tim Tiny Timbers Resort & Coffee Bistro • Tod Bush Leadership Center • Todd & Erin • Tom • Tom & Gerri • Tom & Christina • Tova • Town of South Fork • Tsz Hei • Uncle Bob • Vanessa & Mac • Vicki & Jon • Waco McLennan County Aggie Moms Club • WayForward Adventures • Wesley • Will • Women's Nonprofit Alliance • You Can Mentor • Zach & Emma • Zack

**Just as important as guiding the ambitions of Gen Z is building healthy communities that practice rejuvenating rhythms to cultivate enduring faith.**

Source: Impact 360 Institute + Barna  
*Gen Z Vol 2 | Caring for Young Souls & Cultivating Resilience*

**WayForward Adventures**  
**August 2023**





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*The Gap matters because when a young adult is feeling lost, alone, confused, and like they have no idea what to do next, God provides programs like this. A place where they can learn, mature, and grow in their relationship with God surrounded by people who are believing in them and fighting for them.*

*Acts 2:42 says, "They were continually and faithfully devoting themselves to the instruction of the apostles, and to fellowship, to eating meals together and to prayers."*

*The Gap at Sawmill Meadow holds all these values in hand as they play a part in encouraging and bringing up these young adults.*

## From the Executive Director

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Thank you for being curious about The Gap at Sawmill Meadow! My husband, Matt, and I cofounded The Gap after watching our oldest son step away from college during his senior year for almost 2 years. While his “detour” wasn’t planned, the time away from college life to reconnect with a church community and to learn and practice “adulting” skills set him on a path to become a thriving adult where he was better positioned to make decisions about his next steps. And the more we began sharing about this experience as a family, the more we realized that his experience and need to step away, or press pause, from the path he was on was not unique.



Time at The Gap is time to press pause from the path you are on – the “expected” or traditional path. It is fun and beautiful. It is hard and real. It is intentional and purposeful. And if you come, it will grow and stretch you into a life of purpose.

Are you ready to lean in and take the trail less traveled?

*Tammy*



## MISSION

Cultivate wholeness in new adults so they launch thriving in purpose and responsibility.

## VISION

Changing generations by launching a community of people committed to loving God and others daily.

## VALUES

Presence  
Humility  
Curiosity  
Generosity  
Commitment  
Authenticity



Soaring Adventure  
September 2023



## SAMPLE "WEEK IN THE LIFE" OF A GAPPER

|              |  |
|--------------|--|
| <b>SUN</b>   | Church   Group Study   **Explore Colorado   Chef of the Week   Family Dinner                         |
| <b>MON</b>   | Personal Quiet Time   *Employment Responsibilities   Chef of the Week Family Meeting   Family Dinner |
| <b>TUES</b>  | Personal Quiet Time   Meal Plan/Shop for Groceries   *Meet with Mentor *Employment Responsibilities  |
| <b>WED</b>   | Personal Quiet Time   *Employment Responsibilities   Group Study   Chef of the Week Family Dinner    |
| <b>THURS</b> | Personal Quiet Time   Weekly Lodge Chores   Chef of the Week   Family Dinner                         |
| <b>FRI</b>   | Personal Quiet Time   *Employment Responsibilities   **Explore Colorado                              |
| <b>SAT</b>   | Personal Quiet Time   Adventure, Volunteer Commitments, or Seminar Saturday                          |

*\*Mentor meeting times and employment vary based on each Gapper*

*\*\*Gappers are encouraged to explore Colorado throughout their week*



*The times I grow most in my relationship with the Lord are when people ask me questions I haven't thought about, and I have time and space to think & explore those.*

 **TJ T.**  
Current Gapper



*I really had a hard time going against the flow and doing what nobody else was risking to do.*

 **Eve K.**  
Current Gapper





## SEMINAR SATURDAY

Once a month, experts “from the field” spend a day with The Herd teaching and facilitating discussion around the curriculum topics below.

### HOT TOPICS

**Guest Speakers:** **John Barnard – Waco, Texas**  
Founder/Executive Director, Middleman Ministries  
Pastor, Author, Mentor

**Drew Doss – Dallas, Texas**  
Pastoral Advisor  
COO, Harp & Sling

### EMBRACING IDENTITY

**Guest Speakers:** **Mark Bowlin – Dallas, Texas**  
Culture Index Executive Advisor, Professional Speaker  
Serial Entrepreneur, Worship Leader

**Camille Holland – Lewisville, Texas**  
Board of Directors, Pastoral Advisor  
Young Adults Pastor, Irving Bible Church

### FINANCIAL WELLNESS

**Guest Speaker:** **Vanessa McElwrath, CPA, CFP – Austin, Texas**  
Board of Directors, The Gap at Sawmill Meadow  
Partner at ML&R Wealth Management

### HABITS & ADDICTIONS

**Guest Speaker:** **Jeanette Cantrell, LPC – Rockwall, Texas**  
Board of Directors, The Gap at Sawmill Meadow  
Owner and Counselor of Serenity Springs Wellness

### STUDY OF EPHESIANS

**Guest Speaker:** **Dr. Jun Harada – Colorado Springs, Colorado**  
Pastor, Online Instruction Support at  
The Institute for Worship Studies

### ANATOMY OF A CAREER

**Guest Speaker:** **Jay DuSold, M.Div. – York, Pennsylvania**  
Founder, Life after 12th (Teen Career Guide)  
Motivational Youth Speaker, Pastor



Great Sand Dunes National Park  
October 2023

## SMALL GROUP STUDIES

Gappers participate in group and personal spiritual formation and life skills studies throughout the program that were written and/or facilitated by the volunteers, guests or content experts noted below.

### LIVING IN COMMUNITY

Chris Wheeler - Fayetteville, Arkansas  
Pastoral Advisor | Business Advisor Coach | Author

Terri & Rob Caruso - South Fork, Colorado  
Host Couple and Mentors, The Gap at Sawmill Meadow

- Finding community
- Conflict resolution
- Accountability
- Love your neighbor as yourself

| SPIRITUAL FORMATION | LIFE SKILL |
|---------------------|------------|
| X                   | X          |
| X                   | X          |
| X                   | X          |
| X                   | X          |

### FEAR

John Barnard - Waco, Texas  
Founder/Executive Director, Middleman Ministries  
Pastor, Author, Mentor

- Worldly fear
- Shining the light on fear
- Righteous fear

| SPIRITUAL FORMATION | LIFE SKILL |
|---------------------|------------|
| X                   |            |
| X                   |            |
| X                   |            |

### BIBLE FOUNDATIONS

Camille Holland - Lewisville, Texas  
Board of Directors/Pastoral Advisor, The Gap at Sawmill Meadow  
Young Adults Pastor, Irving Bible Church

Matt Holland with his uncle Jim - Lewisville, Texas  
Dean of Students, Coram Deo Academy, Flower Mound, Texas

Tammy Dorsett - Plano, Texas and South Fork, Colorado  
Founder/Executive Director, The Gap at Sawmill Meadow

- Laying the foundation
- Practice Bible reading
- Observation, interpretation, and application

| SPIRITUAL FORMATION | LIFE SKILL |
|---------------------|------------|
| X                   |            |
| X                   |            |
| X                   |            |



## MINDING THE TEMPLE

Janae Naranjo – Monte Vista, Colorado  
Family and Consumer Science Extension Agent,  
Colorado State University

SPIRITUAL  
FORMATION

LIFE  
SKILL

- Healthy choices of food, time, activity and sleep

X

## IDENTITY AND CALLING

PracticingtheWay.org

Allison Bennett – Richardson, Texas  
Masters Level Student in Counseling, Hebert Counseling

Mark Bowlin – Dallas, TX  
Culture Index Executive Advisor | Professional Speaker | Serial Entrepreneur

Camille Holland – Lewisville, Texas  
Board of Directors/Pastoral Advisor | Young Adults Pastor, Irving Bible Church

Jay DuSold M.Div. – York, Pennsylvania  
Founder, Life after 12th | Motivational Youth Speaker | Pastor

SPIRITUAL  
FORMATION

LIFE  
SKILL

- Identity in Christ
- Statements of identity
- Vocation – calling vs. assignment
- Developing and understanding personal mission statement, values and habits

X

X

X

X

X

X

## FINANCIAL LITERACY

Vanessa McElwath, CPA, CFP – Austin, Texas  
Board of Directors | Partner at ML&R Wealth Management

SPIRITUAL  
FORMATION

LIFE  
SKILL

- Cost of living on your own
- S.M.A.R.T. financial goals
- Budget 50/30/20 rule of monthly budgeting and alignment of personal values

X

X

X

X

## PRAYER

PracticingtheWay.org

SPIRITUAL  
FORMATION

LIFE  
SKILL

- Talking to God
- Talking with God
- Listening to God
- Being with God

X

X

X

X

## SILENCE AND SOLITUDE

PracticingtheWay.org

SPIRITUAL  
FORMATION

LIFE  
SKILL

- The Quiet Place
- Encountering self, enemy & God

X

X

## WHAT COMES NEXT

Jay DuSold, M.Div. – York, Pennsylvania  
Founder, Life after 12th | Motivational Youth Speaker, Pastor

Susan Blaschke – Richardson, Texas  
Educator, Career and Technology Education

Brett Blagowsky – Plano, Texas  
Senior Director, HPE North America Presales

\*Various Business Leaders in Texas and Colorado

- Career exploration
- Anatomy of a career
- Resume development
- Online presence
- Interview etiquette and practice

| SPIRITUAL FORMATION | LIFE SKILL |
|---------------------|------------|
| X                   | X          |
| X                   | X          |
|                     | X          |
|                     | X          |
|                     | X          |

## ADVENT STUDY

*Good News, Great Joy* from The Daily Grace Co.  
Facilitated by Herd One & Terri and Rob Caruso, Host Couple

| SPIRITUAL FORMATION | LIFE SKILL |
|---------------------|------------|
| X                   |            |

## BOOK STUDY

*Live No Lies* by John Mark Comer  
Facilitated by Gappers

| SPIRITUAL FORMATION | LIFE SKILL |
|---------------------|------------|
| X                   | X          |

## A SIMPLIFIED LIFE

PracticingtheWay.org  
Facilitated by Herd One

- Simplicity of Heart
- Simplicity of Speech
- Simplify of Pleasure
- Simplicity of Stuff
- Simple Life of Generosity

| SPIRITUAL FORMATION | LIFE SKILL |
|---------------------|------------|
| X                   | X          |
| X                   | X          |
| X                   | X          |
| X                   | X          |
| X                   | X          |

## RULE OF LIFE

PracticingtheWay.org

- Form a written plan to implement the practices learned while living at The Gap to prepare for launch.

| SPIRITUAL FORMATION | LIFE SKILL |
|---------------------|------------|
| X                   | X          |



*Oh my gosh, this is what community is supposed to look like.*

 **Anna N.**  
Current Gapper



# LIFE SKILLS

Adult skills and responsibility at The Gap is learning and practicing necessary life skills that develop an independent and responsible adult.

- Healthy living
- Independent living
- Meal planning, budgeting, and shopping
- Meal prep, cooking, and cleaning
- Family and community dinners
- Managing personal commitments
- Discipline of respecting a common living environment
- Work ethic
- Financial responsibility
- Serving others



“

*It's so encouraging to see the abundance of ways this program is setting Gappers up for success by caring for their physical, emotional, spiritual, and mental needs. It's such an honor to be a small part of this organization!*

 **Katy C.**  
Gap Mentor



# PROGRAM COSTS AND BENEFITS

Monthly fee includes:

- Room and board
- 5 breakfasts, 4 dinners
- Custom programming and guest speakers
- Monthly adventures in Colorado
- Mentor Partnerships
- Custom Programming

## AVERAGE COLLEGE TUITION vs. THE GAP AT SAWMILL MEADOW

|                     | Public<br>2-Year<br>In-District | Public<br>4-Year<br>In-District | Public<br>4-Year<br>Out-of-State | Private<br>Nonprofit<br>4-Year | The Gap at<br>Sawmill<br>Meadow  |
|---------------------|---------------------------------|---------------------------------|----------------------------------|--------------------------------|--|
| Tuition<br>and Fees | \$3,800                         | \$10,740                        | \$27,560                         | \$38,070                       | <b>\$11,000</b><br>(self-funded through<br>local employment<br>during the program)<br>+<br>\$2,500 through<br>fundraising or<br>parent/guardian<br>support |
| Room and<br>Board   | \$9,330                         | \$11,950                        | \$11,950                         | \$13,620                       |  |
| <b>TOTAL</b>        | <b>\$13,130</b>                 | <b>\$22,690</b>                 | <b>\$39,510</b>                  | <b>\$51,690</b>                |  |

\*based on average 2021-2022 tuition

Source: CollegeBoard, Annual Survey of Colleges; NCED, IPEDS Fall 2020 Enrollment data and IPEDS 2020 Institutional Characteristics data.

| END OF PROGRAM OUTCOMES   | 9 months<br>at The Gap | 2 semesters<br>at college | 2 semesters<br>at home |
|---|------------------------|---------------------------|------------------------|
| Practiced in spiritual discipline                                   | ✓                      | ?                         | ?                      |
| Independent with meal planning, prep, shopping, and healthy cooking | ✓                      | ?                         | ?                      |
| Independently managing finances with an established budget          | ✓                      | ?                         | ?                      |
| Practiced living <i>in the world</i> and <i>not of the world</i>    | ✓                      | ?                         | ?                      |
| Practiced in serving their community                                | ✓                      | ?                         | ?                      |
| Personal growth through challenging adventures                      | ✓                      | ?                         | ?                      |
| Exploration of careers and practiced professional etiquette         | ✓                      | ?                         | ?                      |



## COST OF A SOUL

Our VISION at the Gap is to change generations by launching people who love God and others daily. How does that happen? Especially in a day and age that is bombarded with distractions from the current culture and the promise of a “better” life by those distractions? It happens with small habits and changes that lead people to know God better, know themselves better so they are free to love others well. In the words of the apostle Paul, “You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.”

*Changing generations happens with one small degree of individual change towards loving others and away from the promises of the world.*

With the dollars and time donated, it is happening at The Gap at Sawmill Meadow. The impacts of small changes and habits add up over the course of a lifetime – it is the power of 1 degree of change. And individual change impacts and extends well beyond those that are part of “the Herd.”



“

*The best way they (host couple) guide us into true community is allowing us to be vulnerable without fear of judgement. I've never shared something during curriculum where I felt like I was judged by them, they have created a safe space where I have felt heard and where my words have value.*



**Katie T.**  
Current Gapper



*I already feel so many of the pressures, guilt and shame of the life I used to live melting away because I am focusing on what is most important.*

 **Joshua N.**  
Current Gapper



## PERSPECTIVES FROM THE INSIDE

### BE WHO YOU ARE PODCAST

Hear from volunteers, mentors, current Gappers, pastors and industry experts about what The Gap at Sawmill Meadow is all about and how we cultivate an environment for new adults to be who they are.



LISTEN HERE



### THE VALUE OF MENTORS



Each Gapper is paired with a “wise” and “wiser” mentor for weekly meetings. Each mentor has a passion for the next generation of leaders. The mentor relationship is one of non-judgmental support, expertise and accountability in order to prepare Gappers to launch into their next season loving the Lord and living that out.



## GAP PROFILES



**ROB, TERRI,  
& ESKE**

Rob, Terri, and Eske moved from their home of 30+ years in Oklahoma to become the host family at The Gap. They care deeply for the rising generation and each member of the herd.



**TJ**

After a couple semesters at a large, public university in Texas, TJ decided he needed to press pause to take time to grow and mature in order to make the most of his college experience.



**KATIE**

Katie attended a private college in Texas. Without clarity in a path forward after her first year, she determined a Gap Year would be the best option to help decide her next steps.



**JOSHUA**

Joshua attended a community college and was not sure that college was the right fit for him. He decided that The Gap would provide him the space and time to ponder future pursuits.



**EVE**

Eve graduated from a large high school in Texas and decided to postpone college in favor of taking time to know herself better and learn life skills before pursuing her college goals.



**ANNA**

Anna has an Associates Degree from a community college. She decided that The Gap would be a needed opportunity to practice life skills and seek clarity in her relationship with Jesus.

## LEARN MORE • CONTACT US • CONNECT US

### TAMMY DORSETT

Executive Director  
info@leanintothegap.org  
214-500-3812

### FRAN WALKER

Program Coordinator  
fran@leanintothegap.org  
972-365-2077

### HOST COUPLE

Rob and Terri Caruso

### BOARD OF DIRECTORS

Matt Dorsett, President • Tammy Dorsett, Executive Vice President  
Vanessa McElwrath, Treasurer • Joanna Spiars, Secretary • Shawn Blagowsky  
David Blom • Jeanette Cantrell • Camille Holland • Tim Spiars

### PASTORAL ADVISORS

Drew Doss • Camille Holland • Chris Wheeler

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### TEXAS OFFICE

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LeanintoTheGap.org

