

2021

NO
REGRETS

@ Home Edition:
PLAYBOOK



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A photograph of Steve Sonderman, a man with grey hair wearing a blue button-down shirt, speaking and gesturing with his hands. He is in front of a blurred audience.

A NOTE FROM STEVE

No Regrets Conference Small Group Host,

Let me start by thanking you for partnering with us to encourage and empower men around the world. The purpose of No Regrets Men's Ministry is to equip leaders to disciple the men in their churches and communities. Part of that vision is to provide a yearly conference for men that acts as a catalyst to help men and churches become leaders in their homes, churches, workplaces and communities. With that in mind, we are so grateful for your participation as part of this year's virtual event. We look forward to what God is going to do on February 6, 2021.

This 'No Regrets @ Home' playbook is designed to provide all the tools, information and encouragement you need to host a small group of guys on February 6, 2021. We have taken the guesswork out of hosting. This kit will empower you to host a successful event and make a difference in the lives of the men you invite.

Whether you have been with us for the past 27 years or this is your first conference, we are excited you are on the team. Our prayer is simply this: *"Lord, we are grateful for this leader and his courage to host this event. We ask you to give him boldness to invite the men in his sphere of influence, and to facilitate the day in a way that honors you. May men be introduced to you, strengthened in their faith, equipped to lead for you, and may the ends of the earth feel the repercussions of what happens at No Regrets this year."*

Life is a great adventure and I look forward to taking this journey with you.

For the Cause that Counts,
Steve Sonderman



The No Regrets Men's Conference has grown from a single-church event to a live-streamed event in over 120 locations around the world. This year we are **completely virtual** and excited about the hundreds of small groups that will join from the comfort of their homes.

The small group format allows you to tailor the event to best meet your group's needs. It also allows you to build relationships with the men you host and provides an on-ramp for future small group gatherings. You can choose the content you want from four different channels. It's No Regrets, your way.

OVERVIEW OF THE DAY -

Event Schedule (Times are CST) 8:30 AM - 12:30 PM.

Opening General Session	Welcome, Worship, Testimony, Keynote
Breakout Session 1	Four seminars streamed; you choose one
Breakout Session 2	Four seminars streamed; you choose one
Breakout Session 3	Four seminars streamed; you choose one
Closing General Session	Final Remarks, Worship, Interview, Keynote

No Regrets 2021 CONFERENCE SCHEDULE					
Streaming Channel	Opening Session	Breakout Seminar 1	Breakout Seminar 2	Breakout Seminar 3	Closing Session
Viewers can switch between channels throughout the day	Starts at 8:30am CT	Discussion time/break after each session Special roundtable, interviews and testimony between sessions			Ends at 12:30pm CT
1	Welcome, Worship, Testimony Keynote: Chris Brown	Eric Mason Life Beyond Regret <i>(Spiritual Growth)</i>	Bryan Carter Biblical Masculinity <i>(Men's Issues)</i>	Wilfredo DeJesus Engaging Your Culture <i>(Influence)</i>	Welcome, Worship, Testimony Keynote: Steve Carter
2	Same content as Channel 1	Steve Carter Parenting <i>(Parenting)</i>	Eric Mason Unity & Diversity <i>(Spiritual Growth)</i>	Chris Brown Purity / Temptations <i>(Men's Issues)</i>	Same content as Channel 1
3	Same content as Channel 1	Jason Romano Forgiveness <i>(Spiritual Growth)</i>	Lee Heyward God is Bigger <i>(Spiritual Growth)</i>	Jason Esposito Facing Stress <i>(Mental Health)</i>	Same content as Channel 1
4	Same content as Channel 1	Greg Marshall Redeeming Your Work <i>(Work)</i>	Matt Erickson Making Disciples <i>(Spiritual Growth)</i>	Bryan Carter Marriage <i>(Marriage)</i>	Same content as Channel 1

Speakers and conference schedule subject to change

10/2/20

PLANNING FOR THE DAY

Pray: Begin praying for what God is going to do in and through you and your group. Pray for the conference, pray for the men you are going to invite, pray for them to have open hearts and minds, pray for God's presence to fill you with confidence and peace. Now that you have taken the step of faith to host, pray for God to fill your home with the right men.

Find a co-leader: Together is better than alone, and that is especially true when hosting. Get together with a friend or two, share the vision and ask if they will help you co-lead this event. Partnering with another believer will be a huge encouragement to you as you work together to invite other men, discuss logistics, create an inviting space and facilitate the day.

INVITING MEN TO 'NO REGRETS AT HOME'

There are several ways you can do this:

1. If you lead or are a part of a men's small group, use the No Regrets Conference as a small group experience. Direct your guests to NRC Website and invite them to join you on February 6th.
2. If you are in a small group, you could consider inviting other men from church or the community to join you.
3. Invite men who are not connected or might not attend a church. Make a list of the men in your sphere of influence, which is wider than you might imagine. Think about the following areas of your life:
 - Family
 - Neighborhood
 - Work
 - Church
 - Hobbies/recreation

SPHERE OF INFLUENCE



A personal invitation from you will be the most effective way of inviting someone to join you for No Regrets. We have included an invitation card. There's a downloadable file you can print off and write in the details. We created an electronic version as well that you can send as an email.

Other ways to invite include:

- **Create a Facebook Event** and/or Group which is easy to update and builds community. The event feature is a simple way to announce the details and attach links.
- **Email-** create one that all the guys in your small group can use to invite their friends and contacts.
- **Speak from the heart!** Why are you hosting? What do you love about No Regrets? Share your personal testimony about the impact this has made on your life, if you've attended before.
- **Remember:** Most men wait until the last minute to respond or commit. That's OK. Invite them, follow up, and keep encouraging them to join you.

Paul's prayer at the end of Colossians may it be your prayer for this event.

"DEVOTE YOURSELF TO PRAYER, BEING WATCHFUL AND THANKFUL. AND PRAY FOR US TOO, THAT GOD MAY OPEN A DOOR FOR OUR MESSAGE, SO THAT WE MAY PROCLAIM THE MYSTERY OF CHRIST, FOR WHICH I AM IN CHAINS. PRAY THAT I MAY PROCLAIM IT CLEARLY, AS I SHOULD. BE WISE IN THE WAY YOU ACT TOWARD OUTSIDERS; MAKE THE MOST OF EVERY OPPORTUNITY. LET YOUR CONVERSATION BE ALWAYS FULL OF GRACE, SEASONED WITH SALT, SO THAT YOU MAY KNOW HOW TO ANSWER EVERYONE."

COLOSSIANS 4:2-6

PREPARE YOUR HOME:

Know your community's guidelines for a safe gathering. Create an inviting and comfortable environment. Pick a room with good viewing, comfortable seating and accessibility to food.

Consider:

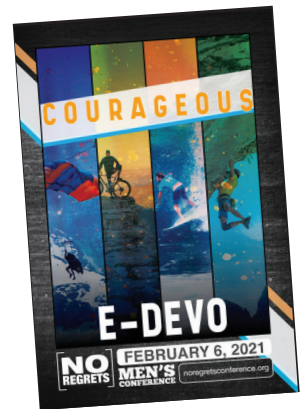
- Where can your guests park?
- Can the whole group view the conference in the same room?
- Privacy for the group as you view and discuss--avoid children, pets (possibly) and interruptions
- Snacks for the group

TESTING THE TECHNOLOGY

Run a few technology tests ahead of time to make sure it all works. At the end of this playbook, there is a more comprehensive explanation of how the streaming works and how you can test it ahead of time. If you have any questions feel free to contact the No Regrets team who are here to help you.

COURAGEOUS FOLLOW UP STUDY DISCUSSION

We offer all conference attendees a free, small group follow up study based on the conference. The six week Courageous study will be based on talks given at the conference and it will be available on the NR App. This is a great way to continue the moment started at the conference. Discuss with your co-leaders if you will encourage the men to continue meeting for this six week study.



DAY OF CONFERENCE

Before it Starts:

- We recommend guests arrive 30 minutes before the conference start time for group introductions and a chance to explain how the day will go.
- Provide snacks which is a great icebreaker and shows hospitality. Consider coffee, juice, soft drinks, water bottles, donuts, bagels, fruit, trail mix, pizza or subs for lunch. Food always makes discussion, sharing and transparency easier.
- Name tags are helpful in groups with new guests.
- Consider an icebreaker question--see below

WELCOME THE GROUP AND SHARE A QUICK OUTLINE OF THE DAY'S EVENTS

1. Give them them directions to the restroom, let them know to get snacks any time. Encourage respect for those watching/listening to the talks.
2. Silence phones. Taking calls and texting should be discouraged.
3. Discussion time should be respectful and everyone should feel safe to share. Avoid interrupting and not giving unsolicited advice or correcting someone.

This year's conference theme is Courageous and the theme verse is Joshua 1:1-9. Consider reading the verse or the whole passage to set the stage.

HOSTING TIP-ICEBREAKER:

To create a safe space for sharing, ask men to “tell us what you’d like us to know about you” (family, job, who invited them.)

- Avoid asking direct questions that may be received as personal or uncomfortable.
- For groups that are familiar with each other ask: “what is something you’ve always wanted to do but never had an opportunity to try or complete?”



DISCUSSION TIMES

During the breakout slots you will have a choice from four different seminars. We encourage you and your co-leader to choose the channel you want to view before the conference. After each seminar there will be a short discussion time to answer a question related to the talk. The application-driven questions will be posted on the screen.

TIPS FOR LEADING THE DISCUSSION:

1. **Facilitate the discussion;** don’t teach. The facilitator helps keep the conversation going and works to engage all the guys in the discussion. Try to ask questions only.
2. **Draw people in** by calling on certain individuals from time to time.
3. **Avoid interrupting,** correcting or disagreeing. If someone makes an unbiblical comment, ask, “what do you think the Bible says about that issue?” They may have never thought to look at the issue from a Biblical viewpoint and this is a gentle method to redirect the conversation.
4. **Help curb long-winded people** by directing future questions specifically to other people. For example: “I want to hear from some of the other guys; Mike, Peter, George what do you think?”
5. **Ask open-ended questions.** Avoid “yes/no” questions. Ask “why“, “how so” or “can you elaborate on that a bit more?”
6. **Be okay with silence.** Be willing to wait 10-15 seconds after asking a question so guys can process their thoughts. Silence is good at times!
7. **Unity in Diversity.** The guys attending your event may have different preferences and experiences in the way they connect to God. The facilitator will need to keep a spirit of unity with the group by seeking to understand and see value in the differences of others, looking for opportunities to genuinely praise the guys for their unique perspectives. Be sensitive, humble and loving to guests, and most importantly, pray for the Spirit to guide you as you demonstrate love to everyone at your event.
8. **Be Transparent.** You have the opportunity to set the tone for those around you. We encourage you to be open and vulnerable so the guys will have the freedom to be honest. Be prepared to share how God has worked in your life over the years.
9. **Listen while you lead.** Your goal is to help attendees feel their presence is valued and their input appreciated. One of the best ways to do that is by encouraging them to talk!
10. Finally, remember that your job is to help people feel appreciated and loved. One of the greatest ways you can do that is by letting others share their thoughts and perspectives.

CONCLUDING THE CONFERENCE TIME

Before releasing the guys for lunch or home, be sure to officially close out the video portion. Thank them for attending and ask if there are any last thoughts or prayer requests.

A few reminders:

1. Tell the guys about the **No Regrets App** so they can listen to the other speakers.
2. Your small group should serve your local church. Encourage volunteering, supporting and praying for the staff and ministries of your local church.
3. Remind them about the **Courageous e-devotional** follow up study - there will be a six-week study based on the talks from the conference that can be used to continue the momentum.
4. Finally, conclude the time in a short prayer.

FOR YOUR INFORMATION:

Small Group Hosting Survey: Our team will send you a short email survey immediately after the conference which provides valuable feedback to improve the event each year. We appreciate your anticipated input.

No Regrets App and post conference media: The No Regrets mobile App features conference media resources along with content from our Leadership Blog, webinars, podcasts and Basecamp--our small group resources supplemental curriculum.

Platform Speaker Sessions: Immediately after the conference, all ten of the platform speaker sessions and 15 seminars from local speakers will be on our mobile app and our website. The app and web media resources are **no charge** for the attendees to enjoy after the conference and share with friends.

Communications with the No Regrets Team: You were added to our email list when you signed up to host. Our coordinator will send emails as needed to update you on the conference. The emails will provide you info on how to host the conference and updates. Let us know if you need to add other people to the email list.

LEADING SMALL GROUP RESOURCES:

There are some small group training videos on YouTube that will provide more information for you:

- *How to Start a Men's Small Group*, by Bill Search
- *How to Ruin Your Men's Small Group*, by Bill Search
- *Making Your Small Group Work: Five Habits of Life-Changing Groups*, by Henry Cloud, Bill Donahue
- *Five Rules for Great Men's Small Groups*, by Vince Miller

TECHNICAL REQUIREMENTS

How Do I Stream The Conference?

Streaming No Regrets Conference requires an internet connection and a desktop or laptop computer. Our livestream works on most major browsers on Windows and macOS. We recommend using Google Chrome, Mozilla Firefox, or Safari when viewing the Livestream from your computer. You can also stream the event from your mobile phone from an app and "cast" the event to your TV with a Google Chromecast. We also offer streaming via Roku and owners of the 4th generation or higher Apple TV devices.

How Do I Access The Livestream After I Have Purchased?

Now that you've registered, you will be able to access the stream at the following page:
<https://no-regrets-mens-ministry-inc.myshopify.com/pages/no-regrets-2021-small-group-stream>
Important: You will use your email address and password you used during registration to access the link.



Which Streaming Device Should I Use?

Best Option - Computer: Connection to a TV or Projector Connect laptop/computer to the Internet via an Ethernet cable (preferred method) or Wi-Fi.

- **Video Connection** - connect computer to the TV or Projector with either an HDMI (best) or VGA cable. Change the input setting of TV to the input you are plugged into (i.e. HDMI1)
- **Audio Connection** - Using a mini audio cable connect the audio out/headphone jack from your computer into the 'Audio In' of your TV.
- **Navigate to the Livestream** - Once you can see the feed from your computer on the TV, open a browser (Chrome or Firefox recommended) and navigate to the No Regrets Small Group livestream page. Once the pre-event graphics are showing, click on the Full Screen icon in the video player to show the video full screen on the TV.

2nd best option to watch the stream Livestream App with Chromecast or Roku or Apple TV

HOW CAN I TEST MY SETUP BEFORE THE EVENT?



1. Visit our live streaming test page. *If you can watch the archived video without issues you will be able to stream the conference.*

2. Try connecting your computer to your TV and make the video full screen to make sure you can see the video in HD and hear the audio well through the TV.



chromecast

1. Download the Livestream.com mobile app in the App Store for Apple IOS devices or at Google Play for Android devices.

2. Launch it, and log into your Livestream account using Facebook or your email. *If you do not already have a Livestream account, you can sign up for a free account directly from the app.*

3. Select Continue with Email, and then Sign up (it's free). You will be brought to the home screen, which includes featured and popular live events.

4. Click on any active live event and start watching. *When you open a Livestream event, the Chromecast icon will appear on the player. Select it to start casting that event to your TV. More info on the Livestream Help page.*

ROKU

If you own a Roku device:

1. Add the Livestream channel to your Roku channels for free.

2. When you open the Livestream channel, you can select from any of the events featured on Livestream. *There is no need to log into an account in order to watch a Livestream event from Roku. More info on the Livestream Help page.*



Owners of the 4th generation or higher of Apple TV

1. Install the free Livestream tvOS app to your device.

2. When you open the Livestream channel you can select from any of the events featured on Livestream. *A search function can be found at the top of the main page to find a specific account, event, or video on demand to watch. There is no need to log into an account. More info on the Livestream Help page...*

West Coast Time Shifting (DVR Mode) The simulcast will begin at 8:30am CT. If you are joining us from the Mountain or Pacific Time Zones, you are able to utilize our DVR functionality that allows you to start the event later and use the fast- forward, rewind, and pause functions.

Important: The DVR functionality is only available if you watch the livestream via a PC/MAC browser (connected directly to your TV). You can delay the livestream up to 4 hours. The delay will not work if watching the stream from mobile app/Chromecast, Roku or Apple TV.

CAN I SHARE THIS EVENT ON FACEBOOK OR TWITTER?

We encourage you to share quotes and experiences of the conference with your social networks, but we do ask that you do not share the live event link or your login info with anyone for any manner.

TECH SUPPORT

BEFORE THE EVENT:

email us at
smallgroup@noregretsconference.org

DURING THE EVENT:

John Kegel john@nrlive.com
262-613-0703 (text first)

What should my first step be to any technical issue?

Refresh your browser (or reload page)

Check your Internet connection - open another tab and browse to another webpage to see if you are connected. Test your bandwidth speed at speedtest.net.

Our team will want to know what your download bandwidth is. Contact our team on the No Regrets technical Chat room - link will be provided on the streaming webpage on the day of the event.

What's A Good Way Of Preventing Tech Issues From Occurring?

Test, Test Test! See above. Also, make sure your web browser is up to date prior to serving.

Can I Run Tech Support Chat And Streaming From The Same Computer?

NO! You must connect to the Livestream on a dedicated computer. This will give your livestream the maximum resources available during the live event and reduce the risk of buffering and freezing due to low processor availability. Use a separate computer or mobile device to enter our chat room for tech support.

BEST PRACTICES

GENERAL Turn off any active screensavers or hibernation modes on your PC so you don't interrupt the broadcast during the stream.

Reboot your PC/MAC way before the event to make sure any updates are complete. Also don't use other applications or programs at the same time while you're streaming the conference.

If you are streaming the conference on your PC/MAC we recommend a "neutral" browser, or one that doesn't depend on the operating system of your computer.

These tend to use less on-board resources and result in a higher quality video. Therefore, we recommend using Firefox or Chrome in both PC and Mac environments. Please be sure you update your browsers before the event to get the most recent versions.

INTERNET BEST PRACTICES

Use a wired Ethernet connection to your MAC or PC if possible, vs. Wi-Fi Remind others in your house to not do any other streaming, gaming, downloads during the conference stream. It will impact your bandwidth and could impact your ability to stream the conference. Do not give out your Wi-Fi information to your attendees! Having multiple devices running on the same internet will likely impact your viewing experience.

Initial Bandwidth Test Please test your download Internet connection bandwidth as soon as possible:

- Test the connection speed from the PC and location you will be streaming the conference
- Go to: www.speedtest.net
- Click "GO"
- Your results will need to show a download speed of at least 3Mbps to stream the conference in 720P HD successfully.

Our streaming solution uses adaptive or multi-bitrate streaming. The video player has a bandwidth detection feature. When the player first loads, it will test the bandwidth available and then serve the highest bit rate video depending upon this test...usually 720P HD. We suggest a minimum broadband download speed of 3Mbps to stream the conference in HD. If you have a slower internet connection, you can manually select a slower bit rate for a more consistent viewing experience.

No Regrets Live Streaming bitrates:

	Width	Height	Video Data Rate	Frame Rate	Bits Per Pixel	Key Frame Interval	Audio Data Rate	Channels
HD - 720p	1280	1280	1280	29.97	0.072	60	96	Stereo
High - 486p	848	480	1500	29.97	0.123	60	96	Stereo
Medium - 432p	768	432	550	29.97	0.055	60	96	Stereo

SOCIAL MEDIA

Join the conversation before and during the event. Post your comments and pictures to our social media platforms. We'd love to see your group and how you're experiencing the conference.



@noregretsmen

#NRC2021



#menwithnoregrets