**Retreat Schedule (tentative)**

**Friday** 6:30 Arrive & Check‐in – \*\*Eat Dinner before arriving\*\*.   
In Sumas, Bob’s Burger and Brew is reasonable and has a large menu selection. Because of the exchange rate you may prefer to eat in Abbotsford – there is a Cactus Club north of the highway.

7:30 – 9:45 **Session 1: with Andrea, Cathy and Mardi** (chalet meeting room)

10:00 Snack and Mingle (chalet meeting room)

**Saturday** 7:30 Coffee available at chalet lodge // Morning prayer in the 2nd floor lounge // Morning Prayer Walk – meet in the Chalet foyer

8:30-­‐9:30 Breakfast (Chalet Dining Room)

9:30 – 12:00 **Session 2: with Cathy Vanderkooy** (Chalet meeting room)

12:30 – 1:30 Lunch (Chalet Dining Room)

1:30 – 5:30 Free time with options:

1:30 – 4:30 Coffee Shop is open – purchase a latte and enjoy!

1:30 – 3:30 Craft Workshop – with Sofia Kennedy – drop by and do at your leisure

2:00 – 3:00 Worship Movement Workshop - with Rachel Silver (Chapel Meeting Room)

3:30 – 4:00 Guided Walk/Hike – (meet in the chalet foyer)

3:30 – 5:00 Prayer Ministry (Chapel) – sign up on Saturday morning

\* A resource will be available if you’d like to take all or part of the afternoon in personal reflection/meditation

5:30 – 6:30 Dinner (Chalet Dining Room)

7:00 – 9:00 **Session 3: with Andrea Heavenor** (Chalet Meeting Room)

9:30 Campfire!

**Sunday** 7:30 Coffee available in the Cafeteria // Morning prayer in the 2nd floor lounge

8:30 – 9:30 Breakfast (Chalet dining room)

9:30 – 11:30 **Session 4: with Mardi Dolfo-Smith** and Communion/reflection time (Chalet)

11:30 – 12:30 Mingle and Pack up

12:30 – 1:30 Lunch (Chalet Dining Room)

Finish Packing and Head home