

Retreat Schedule

Friday 6:30 Arrive & Check-in – Eat Dinner before arriving

7:30 – 9:45 **Session 1:** Welcome & Opening Session Ruth Shareski (Chapel)

10:00 Snack and Mingle (3rd floor lounge)

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

8:30---9:30 Breakfast (Cafeteria)

9:30 – 12:00 **Session 2:** Ruth Shareski

12:00 – 1:00 Lunch (Cafeteria)

1:00 – 5:30 Free time with options

1:00 – 3:00 Soaking (Chapel)

1:00 – 2:00 Games room Open (near Cafeteria)

1:00 - 2:00 Encouragement Cards - Session 1 (Academic Building)

2:00 – 3:00 Encouragement Cards - Session 2 (Academic Building)

2:00 – 2:45 Boot Camp (Meet at the entrance to the Gym)

3:00 – 3:30 Stretch Class (Lower Floor of the Chapel Building)

3:00 – 4:30 Prayer Ministry (Chapel)

5:30 – 6:30 Dinner (Cafeteria)

7:00 – 9:30 **Session 3** (Chapel)

10:00 Snack and Games in the 3rd floor Lounge

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

8:30 – 9:30 Breakfast (Cafeteria)

9:30 – 11:30 **Session 4:** Communion & reflection time (Chapel)

11:30 – 12:00 Mingle and Pack up

12:00 – 1:00 Lunch (Cafeteria)

Finish Packing and Head home