### 2019 Retreat Schedule

**Friday**

6-7pm Arrive & Check‐in – \*\*Eat Dinner before arriving\*\* Please note: rooms will not be ready before 5pm.

7:30 – 9:30 **Session 1: Kirsten** (Columbia Room, Maple Lodge)

9:30pm Snack and Mingle (Dining Hall)  
9:30 – 10:30pm – Whirlpool/Sauna available

**Saturday**

7:30 Coffee available at Maple Lodge // Morning Prayer Walk – meet at Maple Lodge

8:00-­‐9:00 Breakfast (Dining Hall)

9:15– 12:00 **Session 2: Mardi** (Columbia Room) **plus 3 workshop options** (Columbia, Hickory and Balsam meeting rooms)

12:00 – 1:00 Lunch (Dining Hall)

1:00 – 5:00 Free time with the following options:

Recreational

1:15 – 2:00 **Stretch** (Adriana, gym)  
2:00 – 3:00 **Outdoor Games** –(Chloe, field, weather dependent)   
3:00-4:30 –**Board Games** (Stillbucks Coffee Shop)\*  
3:00-4:00 **Guided Walk/Hike** – (meet at Balsam Lodge)  
4:00 – **Social Game** (Lin, Stillbucks)   
3:00 – 4:30 **Whirlpool/Sauna**

Contemplative

1:00 – 2:00 & 2:00 – 3:00 **Painting & Prayer** (Andrea, Krahn Center) \*sign up on Sat morning – limited to 15 per session\*  
3:30 – 5:00 **Prayer Ministry** (Columbia Room) – sign up on Saturday morning

Nap or Private Devotions☺

\*3:00 – 4:30 **Stillbucks Coffee Shop** is open – purchase a latte, chat, play a board game…

5:00 – 6:00 Dinner (Dining Hall)

7:00 – 9:00 **Session 3: Kirsten** (Columbia Room) plus 3 workshop options (Columbia, Hickory and Balsam meeting rooms)

9:30 Snacks (Dining Hall) and Board games (Dining Hall)  
9:30 – 10:30 Whirlpool/Sauna available

**Sunday**

7:30 Coffee available at Maple Lodge

8:00 – 9:00 Breakfast (Dining Hall)

9:30 – 11:30 **Session 4: Mardi/Kirsten** and testmonies// Communion (Columbia Room)

11:30 – 12:30 Mingle and Pack up

12:00 – 1:00 Lunch (Dining Hall)

Finish Packing and Head home