

## Retreat Schedule (tentative)

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

7:30 – 9:45 **Session 1: with Sharon Simpson**(Chapel)

10:00 Snack and Mingle (Cafeteria)

**Saturday** 7:30 Coffee available in the Cafeteria // Morning prayer in the 3rd floor lounge

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

9:30 – 12:00 **Session 2: with Sharon Simpson** (Chapel)

12:00 – 1:00 Lunch (Cafeteria)

1:00 – 5:30 Free time with options:

1:30 – 3:30 Dance/Movement Workshop - with guest Janice Cywinski (Gym)

2:30 – 3:30 Art Workshop - led by Janine Koldyk (Academic Building)

3:30 – 4:00 Walk/Hike – led by Val Johnston (meet at the gym)

3:30 – 5:00 Prayer Ministry (Chapel)

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

5:30 – 6:30 Dinner (Cafeteria)

7:00 – 9:30 **Session 3: with Sharon Simpson** (Chapel)

10:00 Snack and Mingle (Cafeteria)

**Sunday** 7:30 Coffee available in the Cafeteria // Morning prayer in the 3rd 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