

## Agenda for Entire Journey Retreat

<b>Thursday</b>	1:00 PM	Set up
<b>Thursday</b>	4:00 PM	Registration Opens
<b>Thursday</b>	5:00 PM	Opening Session
<b>Thursday</b>	5:10 PM	Centering Exercise
<b>Thursday</b>	5:20 PM	Icebreaker exercise
<b>Thursday</b>	5:35 PM	Housekeeping
<b>Thursday</b>	6:00 PM	Dinner Available #1
<b>Thursday</b>	6:45 PM	Clarifying Roles and Responsibilities
<b>Thursday</b>	7:00 PM	Creating Group Guidelines
<b>Thursday</b>	7:15 PM	Introducing Facilitators and Staff for the weekend
<b>Thursday</b>	7:30 PM	Telling Your Story
<b>Thursday</b>	8:30 PM	What to expect on Saturday
<b>Thursday</b>	8:45 PM	Keep/Change Exercise Closing Prayer
<b>Thursday</b>	9:00 PM	Closing
<b>Thursday</b>	9:00-9:30	Welcome Wine and Cheese for the end of the day
<b>Friday</b>	8:15 AM-	Breakfast #2 and devotions
<b>Friday</b>	9:00 AM	Review group guidelines
<b>Friday</b>	9:05 AM	Telling My Story
<b>Friday</b>	10:05 AM	Break
<b>Friday</b>	10:15 AM	Small group exercise to connect women
<b>Friday</b>	11:30AM	Large group connections
<b>Friday</b>	11:45AM	Step 1 from Potato Exercise
<b>Friday</b>	12:15	Free time
<b>Friday</b>	12:30 PM	Lunch #3
<b>Friday</b>	1:15 PM	Free time
<b>Friday</b>	1:30 PM	Stages of Emotional Development
<b>Friday</b>	2:15PM	Group exercise
<b>Friday</b>	3:00 PM	Break
<b>Friday</b>	3:15 PM	Debriefing on stages of emotional development
<b>Friday</b>	5:15 PM	PTP
<b>Friday</b>	6:00 PM	Dinner #4
<b>Friday</b>	6:45 PM	Step #2 of potato exercise
<b>Friday</b>	7:15 PM -	PTP
<b>Friday</b>	8:00 PM	Questions from Chapter 3 of workbook
<b>Friday</b>	8:45 PM	Keep Change Overview of Saturday
	9:00 PM	Closing

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	9:00-9:30	Self-care activities.
Saturday	8:15 AM	Breakfast #5 and Devotions
Saturday	8:45 AM	Welcome and overview of day AHAs Q &A from Friday
Saturday	9:15 AM	Verbal Validations from Facilitators
Saturday	9:45 AM	Family Dynamics -- Fathers
Saturday	10:30 AM	Break
Saturday	10:45 AM	Family Dynamics -- Siblings
Saturday	11:30 AM	Screwtape letters
Saturday	12:00	Free time
Saturday	12:30	Lunch #6
Saturday	1:15	Free time-can go anywhere to work on Screwtape letter
Saturday	2:45 PM	Group Exercise on Writing your own Screwtape letter
Saturday	3:45PM	What to expect for Sunday
Saturday	4:00 PM	Free time
Saturday	6:00 PM	Dinner #7
Saturday	6:45 PM	Mother Daughter Movie
Saturday	8:00 PM	Group discussion over movie
Saturday	8:30 PM	Break
Saturday	8:45 PM	Step #3 of the Potato Exercise
Saturday	9:15 PM	Closing Prayer
Sunday	8:15 AM	Breakfast #8 and devotions
Sunday	9:00 AM	Welcome and overview of Day
Sunday	9:15 AM	<b>Boat Exercise</b>
Sunday	10:15AM	Break
Sunday	10:30 AM	Discussion of what is next?
Sunday	11:30AM	When a Woman needs a Woman (Prayer Partners come)
Sunday	1:00 PM	Box lunch #9 available or can eat before they leave
	2:00 PM	Out of building