

## Agenda for 2023 Retreat

Day	Time	Topic	Location
Friday	4:00 PM	Registration Opens	Registration Space
Friday	5:00 PM	<b>Session 1</b> – Getting centered, what to expect, housekeeping	Main Large Room
Friday	6:00 PM	Dinner <b>#1</b>	Dining Room
Friday	7:00 PM	<b>Session 2</b> – Group foundations, your Facilitation team, our stories, what to expect on Saturday.	Main Large Room
Friday	9:00 PM	Closing	Main Large Room
Saturday	8:30 AM	Breakfast <b>#2</b> and morning devotions	Dining Room
Saturday	9:15 AM	<b>Session 3</b> – Telling Your Story	Small group Room
Saturday	10:10 AM	<b>Break</b>	Dining Room
Saturday	10:30-11:45 AM	<b>Session 4</b> – Sharing Your story	Main Large Room
Saturday	11:45 AM-12:00 PM	<b>Session 5</b> – Connecting with other's story	Main Large Room
Saturday	12:00-12:15 PM	<b>Session 6</b> – What burdens have you been carrying? Step 1	Main Large Room
Saturday	12:30 -2:00 PM	Lunch <b>#3</b> and free time	Dining Room
Saturday	2:00-2:45 PM	<b>Session 7</b> – Your age of loss and Stages of Emotional Development	Main Large Room
Saturday	2:45-3:30 PM	<b>Session 8</b> -- Group Exercise on age and stage	Anywhere group wants to go
Saturday	3:30 -5:15 PM	<b>Session 9</b> – Sharing on stages of Emotional Development	Main Large Room
Saturday	5:15-5:30 PM	<b>Session 10</b> –Point to Ponder	
Saturday	6:00 -6:45 PM	Dinner <b>#4</b>	Dining Room
Saturday	6:45-7:15 PM	<b>Session 11</b> -- What burdens have you been carrying? Step #2	Small group room
Saturday	7:15-8:00 PM	<b>Session 10 cont'd</b> - Point To Ponder discussion	Small group room
Saturday	8:00-8:45 PM	<b>Session 12</b> – Cause and Effect	Small group room
Saturday	8:45-9:00 PM	Keep/Change Overview of Sunday	Small group room
Saturday	9:10	Evening Activity	Dining Room
Sunday	8:30-9:15 AM	Breakfast <b>#5</b>	Dining room
Sunday	9:15-9:30 AM	Welcome and overview of day AHAs Q &A from Saturday	Small group room
Sunday	9:30-10:00 AM	<b>Session 13</b> You've been heard	Small group room
Sunday	10:00-10:30 AM	<b>Session 14</b> -- Family Dynamics -- Fathers	Small group room

## Agenda for 2023 Retreat

Sunday	10:45	Break	Dining room
Sunday	11:00 -11:45 AM	<b>Session 15</b> -- Family Dynamics -- Siblings	Small group room
Sunday	11:45-12:30	Free time	Anywhere
Sunday	12:30-1:15 PM	Lunch <b>6</b>	Dining room
Sunday	1:15-1:45 PM	<b>Session 16</b> – The Screwtape letters	Main group room
Sunday	1:45-2:45 PM	<b>Session 17</b> -- Writing your own Screwtape letter	Can go anywhere
Sunday	2:45-3:45 PM	<b>Session 18</b> – Group exercise	Main group room
Sunday	3:45-4:15 PM	What to expect for Monday	Main group room
Sunday	4:15-6:00 PM	Free time	
Sunday	6:00 -6:45 PM	Dinner <b>7</b>	Dining room
Sunday	6:45-8:15 PM	<b>Session 19</b> -- Mother and Daughters Movie and Group discussion over movie	Main group room
Sunday	8:20-9:00 PM	<b>Session 20</b> -- What burdens have you been carrying? Step #2	Chapel
Sunday		Closing Prayer	Chapel
Monday	8:30-9:30 AM	Breakfast <b>#8</b> and Checkout of rooms by 9:30 am, store luggage	Dining room
Monday	9:30 AM	Welcome and overview of Day	Main group room
Monday	9:40-10:35 AM	<b>Session 21</b> – The Boat Exercise	Main group room
Monday	10:35-10:45 AM	Stretch Break	
Monday	10:45 – 11:45 AM	<b>Session 22</b> -- When a Woman needs a Woman	Main group room
Monday	11:45-12:30	<b>Session 23</b> -- Discussion of what is next and what to say when you get home.	Main group room
Monday	12:30-1:00 PM	lunch <b>#9</b>	Dining room
Monday	1:00-2:00 PM	<b>Session 24</b> -- Certificates, Saying Goodbye, Ending	Dining room