

Agenda for 2023 Retreat

Day	Time	Topic	Location
Friday	4:00 PM	Registration Opens	Registration Space
Friday	5:00 PM	Session 1 – Getting centered, what to expect, housekeeping	Main Large Room
Friday	6:00 PM	Dinner #1	Dining Room
Friday	7:00 PM	Session 2 – 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 #2 and morning devotions	Dining Room
Saturday	9:15 AM	Session 3 – Telling Your Story	Small group Room
Saturday	10:10 AM	Break	Dining Room
Saturday	10:30-11:45 AM	Session 4 – Sharing Your story	Main Large Room
Saturday	11:45 AM-12:00 PM	Session 5 – Connecting with other's story	Main Large Room
Saturday	12:00-12:15 PM	Session 6 – What burdens have you been carrying? Step 1	Main Large Room
Saturday	12:30 -2:00 PM	Lunch #3 and free time	Dining Room
Saturday	2:00-2:45 PM	Session 7 – Your age of loss and Stages of Emotional Development	Main Large Room
Saturday	2:45-3:30 PM	Session 8 -- Group Exercise on age and stage	Anywhere group wants to go
Saturday	3:30 -5:15 PM	Session 9 – Sharing on stages of Emotional Development	Main Large Room
Saturday	5:15-5:30 PM	Session 10 –Point to Ponder	
Saturday	6:00 -6:45 PM	Dinner #4	Dining Room
Saturday	6:45-7:15 PM	Session 11 -- What burdens have you been carrying? Step #2	Small group room
Saturday	7:15-8:00 PM	Session 10 cont'd - Point To Ponder discussion	Small group room
Saturday	8:00-8:45 PM	Session 12 – 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 #5	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	Session 13 You've been heard	Small group room
Sunday	10:00-10:30 AM	Session 14 -- Family Dynamics -- Fathers	Small group room

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