

Winter Retreat 2010 Tentative Schedule

“Amp Up Your Spiritual Life”

Day 1 - Dec. 29, 2010

9:00 - 10:30am	Registration and Move-in
10:30 - 12:00	Welcome, Introduction to groups and Ice breaker activities within groups
12:00 - 1:30	Lunch
1:30 - 2:00	Song Session
2:00 - 3:30	Presentations and Discussions H.S. and Young Adults - “Cultivating Your Skills and Finding Your Vocational Calling” by Milon Townsend M.S. - “Finding and Cultivating Your True Self and Potential” by Kester Wilkening Adults - Welcome to join in on any presentation and discussion with peers afterward
3:30 - 6:00	Free time - gym will be open, board games will be available and crafts will be offered
6:00 - 7:30	Dinner
7:30 - 9:00	Pictionary Challenge (Everyone together)
9:00 - 11:00	Free time
11:00	Lights Out!

Day 2 - Dec. 30, 2010

6:30 - 7:30	Wake Up and Morning Prep
7:30 - 8:00	HDH in dorm area
8:00 - 9:00	Breakfast
9:00 - 9:30	Song Session
9:30 - 11:00	1 st Presentations and Discussions M.S. - TBA H.S. - “Keeping it Pure” by Victor Servito Y.A. - Discussion on “Overcoming Physical Temptations” Adults - Welcome to join in on any presentation and discussion with peers afterward
11:15 - 12:30	2 nd Presentations and Discussions M.S. - “Practical tips for developing a Great relationship with parents” by Roderick Miller H.S. - “Practical tips for developing a Great relationship with parents” by Tasnah Moyer Y.A. - “Cultivating Lasting and Meaningful Relationships” by Pastor George Kazakos Adults - Welcome to join in on any presentation and discussion with peers afterward
12:30 - 2:00	Lunch
2:00 - 3:00	QiGong Exercise and Meditation led by Rev. Shota Iwasaki (Everyone together)
3:00 - 6:00	Free time - gym will be open from 3-4pm, board games will be available and crafts will be offered *Optional Volleyball Tournament from 4:00 - 5:30pm led by Victor Servito
6:00 - 7:30	Dinner
7:30 - 9:00	Fish Bowl (Everyone together)
9:00 - 11:00	Free time
11:00	Lights Out!

Day 3 - Dec. 31, 2010

6:30 - 7:30	Wake Up and Morning Prep
7:30 - 8:00	HDH in dorm area
8:00 - 9:00	Breakfast
9:00 - 9:30	Song Session
9:30 - 11:00	1 st Presentations and Discussions M.S. - Presentation by Sally Sayre H.S. & Y.A. - Testimonies from 1 st and 2 nd gen about why and how they decided to join the movement and "defining your faith activity"
11:15 - 12:30	Adults - Welcome to join in on any presentation and discussion with peers afterward 2 nd Presentation for M.S., H.S. & Y.A on maintaining the high from camp/retreats and tips for goal setting with goal setting activity by Crescentia DeGoede Adults - TBA
12:30 - 2:00	Lunch
2:00 - 3:00	Reports on 2010 special events
3:00 - 6:00	Free time - gym will be open from 3-4pm, board games will be available and crafts will be offered *Optional Team Challenge (relay race, teamwork obstacles) from 4:00 - 5:30pm led by Kester Wilkening
6:00 - 7:30	Dinner
7:30 - 8:00	Song Session
8:00 - 9:15	Testimonies
9:30 - 10:30	Panel from 2 nd Gen
10:30 - 11:45	Reflection
12:00am	Midnight Prayer
1:00am	Lights Out!

* Anyone interested in becoming a part of the cooking team for the retreat please contact Elke Noll at: healthygourmet99@gmail.com

* Anyone interested in helping out with the elementary school age workshop on Dec. 30 and 31* at Camp Innabah please contact Chris Bush at 201-314-6543 or cbush@izonegroup.com

* If you are unable to make it to the workshop but would like to start the year off right, we will be having a New Year's Celebration event at Camp Innabah on January 1st. Spiritual nourishment, delicious home cooked food, music, sports, games and fellowship will abound. Come join us and let's celebrate together.