

2013 Winter Retreat Schedule

Sunday, December 29th

	Elementary thru High School & Young Adults	Adults
10:00-1:00	Registration & Move-in	
1:00-2:30	Lunch	
2:30-2:45	Song Session (Middle School, High School & Young Adults Together)	
2:45-3:30	Welcome & Orientation	
3:30-5:00		
5:00-6:00	"Reaching High, Going Deep" Opening Day Activities	Adult Program: Honor our mind and body as the dwelling place of God: Gregg Noll (Dining Hall)
6:00-7:10	Dinner	Dinner
7:10-7:30		Adult Program: Food Demo
7:30-9:30	Family Fun Night / or documentary in the Sanctuary (TBA) (Gym)	
9:30-11:30	Free Time (gym open, board games available in dining room, optional movie)	
12:00	Lights Out!	

Monday, December 30th

7:00	Wake-up	
7:15-8:00	HDK and Yoga in the main lecture hall	
7:30-8:00	Exercise & HDH in dormitory	
8:00-9:00	Breakfast	
9:00-9:20	Song Session (Middle School, High School & Young Adults Together)	
9:20-12:00	Education (Presentations, Discussions, & Activities) by Age Group	9:30 - 11:00 Adult Program: Energy Medicine by Diane Faure 11:00 - 12:00 Adult Program: Whole Food vs Manufactured Food by Gregg Noll (Dining Hall)
	Elementary: In Sook	
	Middle School: Justin Noll, Yuri Palhof (Gym lounge)	
	High School: Igraine Convery/Brooke Abrahams: Happiness in a Circular Motion (Bethany small room)	
	Young Adult (18-22): Victor Servito/Cynthia Jones: A Glass Half Full (Sanctuary)	
	Older Young Adult (23-30+): Real Relationships (Bethany Lecture Hall)	
12:00-1:10		Lunch
1:10-1:30	Lunch	Adult Program: The Ultimate Green Smoothie (New and Improved recipe!) by Gregg Noll
1:30-4:30	Inter-generational Volleyball Tournament	2:00: Walk in the woods / meet in Bethany lobby
4:30-6:00	Free Time (gym open, board games available, crafts available, organized hike)	Adult Program: Get the blood flowing: the value of exercise by Dr. Fuhrman (Sanctuary)
6:00-7:10	Dinner	Dinner
7:10-7:30		Adult Program: Food Demo
7:30-9:30	Organized Fun Activity – Freeform Building Activity	Optional Documentary (TBA)
9:30-11:30	Free Time (gym open, board games available, optional movie)	
12:00	Lights Out!	

Tuesday, December 31st

7:00	Wake-up	
7:15-8:00 am	HDH and Qi Gong	
7:30-8:00	Exercise & HDH in dormitory	
8:00-9:00	Breakfast	
9:00-9:20	Song Session (Middle School, High School & Young Adults Together)	
9:20-12:00	Education (Presentations, Discussions, & Activities) by Age Group	9:30 - 10:15: Adult Program: Five Languages of Apology by Jim & Hiromi Stephens 10:30 - Noon: Adult Program: Lighter Side of the Differences Between Men and Women by Jim & Hiromi Stephens <i>(Dining Hall)</i>
	Elementary: In Sook Spacek	
	Middle School: Justin Noll, Yuri Palhof <i>(Gym lounge)</i>	
	High School: Igraine Convery <i>(Bethany small room)</i>	
	Young Adult (18–22) + Older Young Adult (23–30+): Combined Presentation by Prof. Wayne Miller <i>(Bethany lecture hall)</i>	
12:00-1:00	Lunch	
1:00-3:00	Outdoor Challenge & Polar Bear Plunge	Adult Program: Community Glue by Peter Van Gelden <i>(Sanctuary)</i>
3:00-5:00	Unstructured Activities (Frisbee & Basketball in gym), movie in Chapel/Sanctuary	3:30 - 5:30: Adult Program: Optional EPIC Discussion <i>(Sanctuary)</i>
5:00-6:00	Free Time	Adult Program: Optional Food Demo <i>(Dining Hall)</i>
6:00-7:30	Dinner	
7:30-9:00	God's New Year Day Offering Activity	Optional Documentary in the Sanctuary (TBA)
9:15-10:00	Testimonials — 3 Testimonials & Open Floor	
10:00-11:30	Reflection & Quiet Time	
11:30	Bonfire & Singing to Welcoming the New Year	
12:00–2:00	NEW YEAR DANCE	

Wednesday, January 1st

	SLEEP IN. Simple breakfast.	
10:00–10:45	GOD'S NEW YEAR DAY SERVICE/SPECIAL GIVE ONE-TAKE ONE OFFERING TABLE	
10:45–12:30	Potluck and Entertainment	

