

Annual Ladies Fellowship Retreat

Retreat 2018 Schedule

FRIDAY

- 16:00-19:00 Check-In & Registration (**Package A arrivals**)
17:30-19:00 *Dinner*
19:00-19:30 WAR ROOM (P.U.S.H)-Room F237
19:30-21:30 Ladies Ceilidh – Room D214
(An impromptu evening of sharing stories with singing & music, unplugged)

SATURDAY

- 7:00-9:00 Registration (**Package B arrivals**)
8:00-9:00 *Breakfast (included for Package A only)*
9:00-9:25 WAR ROOM (P.U.S.H) -Room F237
9:30-10:45 **Session #1-part 1**- Room D214
10:45-11:10 *Break*
11:15-12:30 **Session #1-part 2**- Room D214
12:30-13:30 *Lunch (Package A & B)*
- 14:00-17:00 **OPTIONAL ACTIVITIES OR ENJOY FREE TIME**
- 14:00-15:00 Faithfull Flows (Stretch & Relaxation)-Room D203
(Please, each of you bring a large towel from your room & water)
- 14:00-15:30 Knitting your story (*Learn or show others how to knit while we learn how to share our story*)-Room F237
(We will knit together scarves to give to homeless mission)
- 15:30-17:00 Praying in Colour (*Creative workshop*)- Room D214
- 17:30-19:00 *Dinner*
18:30-19:00 WAR ROOM (P.U.S.H)-Room F237
19:00-20:30 **Session #2**- Room D214
20:30-21:15 Communal Prayer (*Opening the floor to prayer*)
21:15-22:30 Fellowship Time with Refreshments
21:30-23:00 Evening Entertainment- Film; Unstoppable Games etc

SUNDAY

- 08:00-10:00 *Breakfast & Check out*
(Luggage may be brought to the storage room at the Reception Desk)
- 09:30-10:00 WAR ROOM (P.U.S.H)- -Room F237
- 10:30-12:30 **Session #3**- Room D214
Wrap up Session
- 12:30-2:00 *Lunch*

Purchase your retreat
T-shirts!
Please see Jodi in
Room D214@back