



Kuriakos SHIFT Retreat
November 30-December 2, 2018

Our prayer is that this weekend will be relaxing, energizing, thought provoking, joyous, reflective, and full of blessing for you. Our plan includes a mix of activities, all of which are optional, but we hope you take advantage of the sessions and activities available, as well as the free time.

Friday

8:00pm Registration and snacks available
8:30pm Welcome Activity
9:15pm Campfire singing and introduction to the theme with Jason
10:00pm 'Late' night activity options- Board Games, Sledding, Bonfire, S'Mores

Saturday

8:30am Breakfast
9:30am Morning session with Jason
10:30am Snow Adventure Extraordinaire!
12:30pm Lunch is served

Afternoon Free Time Options

- * Sit by the fire, read a book and have a nap ☺
- * Grab a friend to go have a snowball fight, take some photos, and get active outside
- * Make/wrap your Re-Gift for tonight's party
- * Sit in the Sauna
- * Bring your knitting, construction, quilting, crafting or other project from home
- * Do a puzzle (or 5 or 6!)
- * Enjoy some afternoon snacks
- * Carvella Café Trip
- * Conversations with Jason
- * Christmas Baking
- * 1:30-3:30: High Ropes/ Giant's Ladder/ Climbing wall

5:00pm Afternoon Session with Jason
6:00pm Dinner
7:30pm Christmas Coffee House
Re-Gift exchange, Performances & Devotion with Jason
10:00pm 'Late' night activity options- Board Games, Sauna, Sledding, singing

Sunday

8:30am Optional morning walk, or keep sleeping.
9:00am Light Breakfast available, Pack up and clean your room
10:00am Worship with Eucharist
11:15am Brunch
12:30pm Thanks for coming!