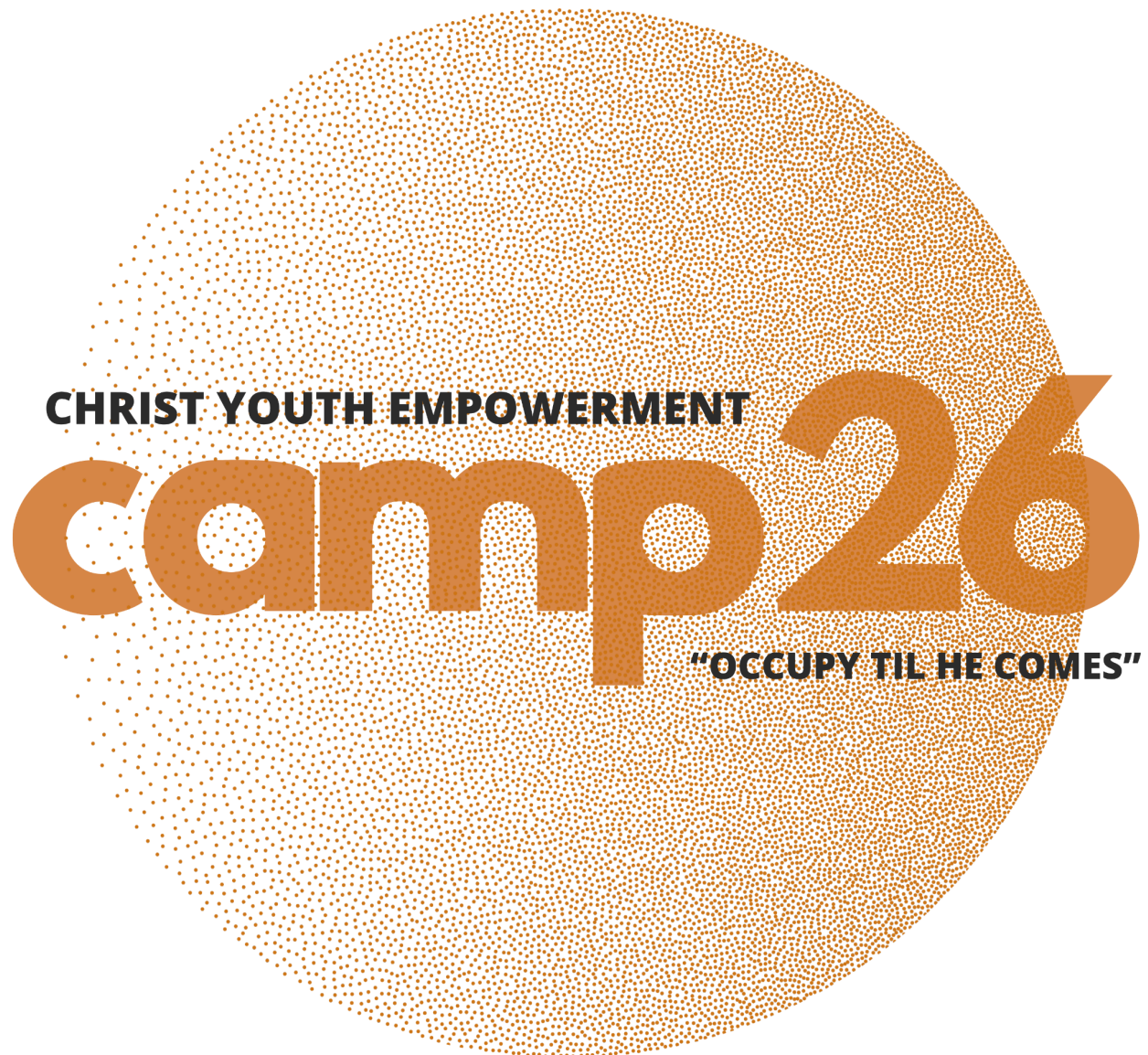


Welcome!

Please find the itinerary below. If you have an emergency or any questions throughout the weekend, please text Kwesi Nhyira at 973-803-0247 or report to your house leader.



FRIDAY

[12 PM PICKUP]

1 PM: DRIVERS SHOULD HAVE LEFT THEIR /PICK UP SPOTS

3 PM: PARTICIPANTS BEGIN TO ARRIVE AT SPRUCE LAKE RETREAT CENTER

3 PM: MEET IN GYM UPON ARRIVAL (BAGS STILL IN CAR)

[CHECK IN TABLE: shirt and name tag with QR code for schedule]

*If you have an open balance, you must pay then and there.

6 PM: WELCOME SESSION

6:30 PM: MEET HOUSE LEADERS

- Receive room assignments and head down to cabins to settle in

7 PM: DINNER

8 PM: PRAYER NIGHT

10 PM: NIGHT REFLECTION

- Houses take inventory and discuss the plan for the morning

10:30 PM: BEDTIME - HOUSES QUIET

SATURDAY

6 AM: RISE AND SHINE

- Brush teeth, quick shower, lay out clothes, head to designated house meeting spot for morning session

6:30 AM: MORNING SESSION

- Bible study, prayer - *from prayer request box*

8 AM: GET READY FOR THE DAY

- Shower, dress, etc

[EVERYONE MUST BE APPROPRIATELY DRESSED FOR THE DAY AND IN VANS TO MEETING ROOM NO LATER THAN **8:50 AM**]

9 AM: BREAKFAST

10:00 AM: MORNING SERVICE

10:45 AM: 5 MINUTE BREAK - HEAD TO GROUP SESSION LOCATIONS

11 AM: GROUP SESSION

[BREAK AT **11:55 AM** - SESSION CONTINUES]
[START WRAPPING UP AT **12:50 AM**]

1 PM: LUNCH

2 PM: *ALONE WITH GOD* - NAP or PERSONAL REFLECTION/MEDITATION

- Everyone heads back to rooms for personal time - can take a nap or journal (*prompt to be given*)
- Houses should be quiet at this time

3 PM: FREE ACTIVITY TIME

- Activities at main facility grounds (pool, tennis court, basketball/volleyball court - outdoor and indoor, mini-golf, canoe/pedal boat ride)

[AT **4:45 PM** START ROUNDING UP BACK TO HOUSES]

5 PM: SHOWER / SNACK

6 PM: FREE TIME / MAKE ALL THE CONNECTIONS YOU POSSIBLY CAN

- Decompress and develop connections with peers
- Community building

7 PM: RETURN TO MAIN MEETING ROOM FOR WORSHIP NIGHT

- Worship Night

8:20 PM: DINNER

10 PM: NIGHT REFLECTION

- Houses take inventory and share/discuss what we've learned for the day

10:30 PM: BEDTIME - HOUSES QUIET

SUNDAY

6 AM: RISE AND SHINE

- Brush teeth, quick shower, lay out clothes, head to designated house meeting spot for morning session

6:30 AM: MORNING DEVOTION

- Bible study, prayer (*prayer request box*)

8 AM: GET READY FOR THE DAY

[EVERYONE MUST BE APPROPRIATELY DRESSED FOR THE DAY AND IN VANS TO MEETING ROOM NO LATER THAN **8:50 AM**]

9 AM: BREAKFAST

10:00 AM: MORNING SERVICE

11:15 AM: 5 MINUTE BREAK - HEAD TO GROUP SESSION LOCATIONS

11:30 AM: GROUP SESSION

- *College+Young Adult (MOUNTAIN LAUREL)*
- *High School (HEARTHSTONE)*

[BREAK AT **12:10 PM** - SESSION CONTINUES]

[START WRAPPING UP AT **12:50 AM**]

1 PM: LUNCH

2 PM: ALONE WITH GOD - NAP or PERSONAL REFLECTION/MEDITATION

- Everyone heads back to rooms for personal time - can take a nap or journal (*prompt to be given*)
- Houses should be quiet at this time

3 PM: FIELD DAY

- Team activities at *designated location*

[AT **4:45 PM** START ROUNDING UP BACK TO HOUSES]

5 PM: SHOWER / SNACK

6 PM: RETURN TO MAIN MEETING ROOM FOR EVENING SERVICE

6:15 PM: EVENING SERVICE

8 PM: DINNER

9 PM: BON FIRE

11 PM: NIGHT REFLECTION

- Houses take inventory and share/discuss what they've learned for the day

12 AM: BEDTIME - HOUSES QUIET

MONDAY

7 AM: RISE AND SHINE

[PACK UP AND DO YOUR MORNING ROUTINE]

8:30 AM: BREAKFAST

9:30 AM: CLEAN UP and FINAL REMARKS

[ROOMS EMPTY AND KEYS AT FRONT DESK BY **10 AM**]