

Rhythms of Rest and Relaxation

Tentative Schedule–BUMC UW Faith's 2026 Retreat

Friday, Sept. 25

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|------------|---|
| 4 – 6 PM | Cabin Check-in |
| 6 PM | Dinner (provided) |
| 7 – 9 PM | Retreat Session #1 |
| 9 PM – bed | Free time – crafting, games, fellowship |

Saturday, Sept. 26

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|----------------|---------------------------------------|
| 8 – 9 AM | Breakfast |
| 9:30 AM | Worship and beginnings |
| 10 AM | Retreat Session #2 |
| 11 AM | Processing the session |
| 12 – 1 PM | Lunch |
| 1:30 PM | Getting to know each other |
| 2 – 4 PM | Worship and Session #3 |
| 4 PM Free time | Crafting, games, fellowship |
| 5:30 – 6:30 PM | Dinner |
| 6:30 PM | Worship with Communion and Session #4 |
| 9 PM – bed | Fire pit circle and evening free time |

Sunday, Sept. 27

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| 7:30 AM | Morning Prayer Circle/Retreat closing |
| 8 :15 AM | Breakfast |
| 9 -9:30 AM | Check out/Clean up |
| 11 AM | Worship at Berea UMC |