

# **SAMPLE RETREAT SCHEDULE**

## **Thursday**

6:15pm Gather - Welcome

### **6:30pm Dinner**

7:30pm - *Conversation #1*

9pm Compline

## **Friday**

**8am Breakfast** (coffee available at 7am)

9am - *Conversation #2*

### **11:30am Lunch - take and go or eat here**

Afternoon activities - outdoors, games, puzzles

- Horseshoes, bocce, kubb, croquet, pool, foosball
- Bikes; canoe/kayak; walk forest trails
- Tumalo Mountain (if you want to sweat)
- Mountain lakes (Sparks, Lava, Elk, etc)

3:30 or 4:30 Option to meet with retreat leaders  
(individually or as a couple)

### **6:30pm Dinner**

7:30pm Games - Large and/or small group

9pm Compline

## **Saturday**

**8am Breakfast** (coffee available at 7am)

9am Morning time - *Conversation #3*

11am Group picture

11:15am Couples time - *Conversation #4*

### **11:30am Lunch** - take and go

Afternoon activities - same options as Friday

3:30 or 4:30 Option to meet with retreat leaders (individually or as a couple)

### **6:30pm Dinner**

7:30pm *Conversation #5*

9pm Compline

## **Sunday**

**8am morning snack** (optional)

9am *Morning worship*

### **10:30am Brunch**

11:30am - 12pm Clean-up and Departure