# **2024 Grace Parish Retreat**

A printed booklet will be available at the Retreat.

# Friday, October 4

4:00 – 5:30 pm	Arrival & Check-in	
5:00 – 6:00 pm	Social Hour	Pines Meeting Room
6:00 – 7:00 pm	Dinner	Dining Hall
7:00 – 7:15 pm	Program/Welcome & Info: All Ages	Pines Meeting Room
7:15 – 8:15 pm	Program/Session One: All Ages	Pines Meeting Room
8:15 – 8:30 pm	Compline	Pines Meeting Room
8:30 pm – bedtime	Sweets and Treats Movie Night – Family Friendly Film	Pines Meeting Room

### Saturday, October 5

8:00 – 9:00am	Breakfast	Dining Hall
9:15 – 9:30am	Morning Prayer	Pines Meeting Room
9:30 – 10:00am	Program/Session Two: All Ages	Pines Meeting Room
10:00 – 10:15am	Break	
10:15 – 11:45am	Program/Session Three: Adults Only	Pines Meeting Room
	Alternate Kids' Programming	Rhododendron Building
	Nursery Care	Pines, second floor Meeting Room
Noon – 1:00pm	Lunch	Dining Hall

1:15 – 2:15pm	Program/Session Four: Adults Only	Pines Meeting Room		
	Alternate Kids' Programming	Rhododendron Building		
	Nursery Care	Pines, second floor		
2:30 – 5:00pm	Open Sessions	Pines, second floor		
Please see descriptions below.				
2:30 – 3:30pm	Nursery Care	Pines, second floor		
5:00 – 6:00pm	Social Hour	Pines Meeting Room		
6:00 – 7:00pm	Dinner	Dining Hall		
	Dinner for Youth ages 12–18	Seabeck Pizza — meet at Dining Hall to go together		
7:15 – 9:00pm	Games and Popcorn Night	Pines Meeting Room		

#### Open Sessions, Saturday afternoon

#### All Ages Art Project, Led by Staci Imes

All are welcome to create their part of a community art project that will be displayed during Sunday's worship service and then installed at Grace Church. No special skills needed! Please meet in the Rhododendron Building.

#### Guillemot Nature Preserve with Optional Cold Plunge, Led by Heather Paar

Meet Heather Paar at the doors of the Pines Building at 2:30pm. Bring a swimming suit, towel, and comfortable shoes for a one-mile walk. Take a dip in the cool saltwater or explore the stump house and beautiful wooded trails.

# **Conversation for Couples and Individuals: The Vital Importance of Everyday Ritual** *Led by Martin and Kim Cockroft*

Meet us on the first floor of the Pines Building for a lovely time of connecting with our community as we discuss: "What is an everyday ritual?" "How is a ritual different from a routine?" and "How can rituals become the linchpins of your life?"

## Sunday, October 6

8:00 – 9:00am	Breakfast	Pines Meeting Room
9:15 – 10:15am	Program/Session Five	Pines Meeting Room
	Kids begin with adults and then are dismissed to their own program	Pines, second floor
10:15 – 10:30am	Break	
10:30 – 11:30am	Worship Service: All Ages	Pines Meeting Room
11:30am – noon	Pack up/tear down*	
noon	Lunch and Check Out	Dining Hall
1:00pm	Depart	

<sup>\*</sup>Late checkouts incur a fee, so consider packing up and checking out early, before lunch at 11:30.