

2023 Abound Church Administrators Retreat

Getting to Know Each Other: The Why in What We Do

April 24-26, 2023

Schedule

Monday

4:00 pm	Check in, get settled (Lupine Lodge)
5:00-6:00 pm	Introductions & reception (Lupine)
6:00 pm	Dinner (Sage Dining Hall)
7:00-8:00 pm	<i>Letting Go</i> (Lupine)
8:00 pm	Gestures & Objects Meditations (Lupine)
8:30-10:00 pm	Social time (Lupine, optional)

Tuesday

7:00-7:45 am	Centering Prayer (Lupine, optional – in Conference Room 106) with the Rev. Michelle Danson
8:00 am	Breakfast (Sage Dining Hall)
9:00-10:30 am	Session 1 (Lupine) – Enneagram Presentation led by the Rev. Michelle Danson
10:30-10:45	Break with snacks, coffee, and conversation
10:45-noon	Session 2: <i>Administrator Adventure (getting to know you)</i> (Lupine)-
12:00 pm	Lunch (Sage Dining Hall)
1:00-4:00 pm	Free time—hiking/exploring, personal time, outdoor labyrinth, inside self-care ideas
4:00-5:15 pm	Session 3: <i>Breakout Conversations</i> (Lupine)
5:15-6:00 pm	Break
6:00 pm	Dinner (Sage Dining Hall)
7:00-8:00 pm	Fireside Dessert (Lupine)
8:00 pm	Compline (Lupine)

Wednesday

7:00-7:45 am	Classical Stretch with Nancy McClung (Sage or Aster, optional)
8:00 am	Breakfast (Sage Dining Hall)
9:30-10:30 am	Session 4: <i>Where do we go from here?</i> (Lupine)
10:30 am	Morning Prayer (Lupine)
11:30	Sack lunches and good-byes (pick up lunches in Sage DiningHall)