



Connecting the Dots:
Self-care & Connection
Centered in Christ

Retreat Schedule

Friday Night

4:30—5:00 pm Women's Council Arrives

5:00—5:30 Registration open - Meet and Greet

6:00—6:30 Dinner & Fellowship

6:30—7:30 Preparing & Sharing

Saturday

8:30—9:00 am Registration open (coffee, tea, and snacks available)

9:00—9:30 am Opening Worship in the Sanctuary

Workshops (round robin style)- you will have the opportunity to do all three

- Emotional Intelligence
- Praying in Color
- Meditation

9:30—10:15 First Round

10:15—10:30 Break

10:30—11:15 Second Round

11:15—11:30 Break

11:30—12:15 Third Round

12:15—12:30 Kitchen Prep and Break

12:30 Prayer and Meal

1:00—2:45 Pray and Play Stations

2:45—3:45 Closing Worship