

First Followers Retreat Schedule

Casowasco Camp & Retreat Center

October 17, 18, 19, 2011

Monday, October 17

- 10:00am** **Check in Opens**
- *Please check in at the Proskine Welcome Center/Office*
- 10am – 12:30pm** **Activities**
- *To include: hiking, boating, spiritual direction, biking, volleyball and more!*
- 12:30pm – 1:30pm** **Lunch**
- Location: Emmaus Commons
- 1:30 – 5:30pm** **Activities**
- *To include: hiking, boating, spiritual direction, biking, volleyball and more!*
- 6:00pm** **Dinner**
- Location: Emmaus Commons
- 7:00pm** **SESSION #1 – Len Sweet**
- Location: Lakeview Chapel
- 9:15pm – 10:15pm** **Bonfire & Smore's**
- Location Lakeside (Outdoor Chapel)

Tuesday, October 18

- 7:30am – 8:30am** **Breakfast**
- *Location: Foster Center*
- 8:30am – 9:30am** **Check in Opens (for day guests or Tuesday overnight guests)**
- *Please check in at Emmaus Commons*
- 9:30am** **Opening Worship**
- *Location: Strader Hall of Champions, Emmaus Commons*
- 10am – 12:00pm** **SESSION # 2 – Len Sweet**
- *Location: Emmaus Commons*
- 12:00pm – 1:00pm** **Lunch**
- *Boxed Lunches to be served in Emmaus Commons*
- 1:15pm – 3:00pm** **SESSION # 3 – Len Sweet**
- *Location: Emmaus Commons*
- 3:00PM – 5:30pm** **Free Time**
- *Optional activities will be open for participants to enjoy the fall season on the lake.*
- 5:30pm – 6:30pm** **Dinner**
- *Location: Emmaus Commons*
- 7:00pm – 8:30pm** **Worship (by the Casowasco Worship & Drama Team)**
- *Location: Emmaus Commons*
- 9:00pm** **Chocolate Fountain/Dessert by the Fireplace**
- *Location: Founders Room*

Wednesday, October 19

8:00am – 9:00am **Breakfast**

- *Location: Emmaus Commons*

9:00am – 10:00am **Sabbath Practice Options (individual and guided)**

- *Location: Lakeview Chapel*

10:00am – 11:30am **SESSION #4 – Len Sweet**

- *Location: Lakeview Chapel*

12:00pm – 1:00pm **Lunch**

- *Location: Emmaus Commons*

1:00PM – 3:00pm **Free Time**

- *Optional activities will be open for participants to enjoy the fall season on the lake.*