



Western and Central New York Family Retreat

Notre Dame Retreat House
5151 Foster Road
Canandaigua, NY 14424

Retreat Program

“But as for me and my house, we will serve the Lord.” (Joshua 24:15)

Saturday, July 2, 2016

10:00 am	Arrival & Registration
12:00 – 1:00 pm	Lunch
1:00 – 1:30 am	Spiritual Songs and Prayer
1:30 – 2:30 pm	Meaning and purpose of my life
2:30 – 2:45 pm	Break
2:45 – 3:45 pm	Discussion Groups
3:45 – 6:00 pm	Free Time
6:00 – 7:00 pm	Dinner
7:00 – 8:00 pm	How to be a blessing
8:00 – 8:30 pm	Vespers
8:30 – 9:30 pm	Free Time
9:30 – 11:00 pm	Mid-night Praises/Prayer Meeting

Sunday, July 3, 2016

8:30 – 11:30 am	Holy Liturgy
12:00 – 1:00 pm	Brunch
1:00 - 1:30 pm	Spiritual Songs
1:30 – 2:30 pm	How God uses tribulations to change my life

2:30 – 2:45 pm	Break
2:45 - 3:45pm	Discussion Groups
3:45 – 6:00 pm	Free Time
6:00 – 7:00 pm	Dinner
7:00 – 7:30 pm	Spiritual Songs & Bible Trivia
7:30 – 8:30 pm	Show me your glory
8:30 – 8:45 pm	Break
8:45 – 9:45 pm	Discussion Groups
9:45 – 10:15 pm	Prayer Meeting
10:15 pm -	Free Time

Monday, July 4, 2016

8:00 – 9:00 am	Morning Prayer
9:00 – 10:00 am	Breakfast
10:00 – 10:30 am	Spiritual Songs
10:30 – 11:30 am	Where do we go from here?
11:30 – 12:00 pm	Concluding Remarks and Prayer
12:00 pm	Adjourn

- *Please remember to bring your Bible, Agpeya, and Tonias for Deacons*
- *Please remember to bring sleeping bags for your children sharing the room with you.*
- *Please feel free to bring snacks for your children and family. Coffee, tea and juice will be made available 24/7, but feel free to bring snacks.*
- *Children should be under supervision at all times. During the times of the spiritual talks, Sunday School servants will kindly supervise the kids, but during other times, parents are asked to keep an eye on their kids at all other times.*
- *Youth and Sunday School Children – please remember to bring sports gear for outdoor activities including sports leagues*

