

## Damascus Abundant Life Retreat

### \*\*Sample Schedule\*\*

*This sample schedule is supplied to help educators learn more about booking a retreat with Damascus. Any attempt to reproduce or mimic the content of the retreat for other purposes is prohibited. If you would like more information about the content of the retreat, please call the Damascus office at 740.480.1288*

| Day 1: Wednesday |   |
|------------------|---|
| 10:00            | Welcome   |
| 10:45            | Intro of Retreat                                      |
| 11:10            | Damascus Games Pt 1                                   |
| 1:15             | Lunch   |
| 2:00             | Opening Small Group                                   |
| 2:40             | Session 1: What Will Make Me Happy?                   |
| 4:15             | Damascus Games Pt 2                                   |
| 6:15             | Damascus Games Pt 3                                   |
| 6:45             | Dinner  |
| 7:45             | Session 2: Who is Jesus?                              |
| 9:15             | Small Group   |
| 9:45             | Fellowship  |
| 10:30            | To cabins   |
| Day 2: Thursday  |   |
| 7:15             | Optional Free Time                                    |
| 8:00             | Wake up   |
| 8:30             | Breakfast   |
| 9:30             | Damascus Games Pt 4                                   |
| 10:00            | Session 3: Is There Truth?                            |
| 10:45            | Silent Prayer Time                                    |
| 11:30            | Small Group   |
| 12:10            | Lunch   |
| 1:30             | Damascus Games Pt 5                                   |
| 3:30             | Session 4: Who will I Be? (Men's and Women's Session) |
| 4:15             | Mass  |
| 5:00             | Dinner  |
| 5:45             | Free Time   |
| 6:45             | Session 5: What If?                                   |
| 9:00             | Small Group   |
| 9:30             | Fellowship  |
| 10:30            | To cabins   |

| Day 3: Friday |                                     |
|---------------|-------------------------------------|
| 8:00          | Wake up                             |
| 8:45          | Breakfast                           |
| 9:30          | Damascus Games Pt 7                 |
| 9:50          | Session 6: How will I Live my Life? |
| 11:05         | Award Ceremony for Damascus Games   |
| 11:15         | Session 7: What do I choose?        |
| 12:15         | Lunch                               |
| 1:00          | Departure                           |

Typical Activities:

- Archery Tag
- Rock Wall
- Gaga Ball
- Dodgeball
- Flicker
- Capture the Flag
- Other tournament-style large group games