

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