



Wednesday, May 14

Morning	Afternoon	Evening
	<p>● REGISTRATION 2-5pm</p> <p>Rooms are available as of 12 noon. Check in any time after that.</p>	<p>● DINNER 5:30 – 6:30</p> <p>6:35 – 6:45 Music</p> <p>■ OPENING CEREMONY</p> <p>6:45 – 9:30 MC: Rev Vicki Vanderhorst</p> <ul style="list-style-type: none"> • Music • <i>Northern Lights</i> Award <p>♥ Martha Creek Keynote: <i>Awakening to New Levels of Thriving</i></p> <ul style="list-style-type: none"> • Prayer Hearts ♥♥

Thursday, May 15

Morning	Afternoon	Evening
<p>☀ QUIET TIME 7:30 – 8:00</p> <ul style="list-style-type: none"> • Contemplative Practice <p>● BREAKFAST 8:00 – 9:00</p> <p>9:15 – 10:30 ♥ Martha Creek Workshop: <i>Unleashing Inner Strength</i></p> <p>10:30 – 10:45 ~ BREAK</p> <p>10:45 – 12 Noon ♥ Martha Creek Workshop</p>	<p>● BUS TOUR (OPTIONAL) 12:15 – 5:00</p> <ul style="list-style-type: none"> • bagged lunch provided <p>OR</p> <p>● LUNCH 12:00 – 1:00</p> <p>1:15 – 3:15 ♥ Walking the Labyrinth Workshop</p> <p>3:30 – 5:00 ♥ The Connection Café</p>	<p>● DINNER 5:30 – 6:30</p> <p>7:00 – 7:30 – Unity World Headquarters presentation</p> <p>7:30 – 9:00 ♥ Tru Guy Talk/Music: <i>From Defeat to Triumph</i></p>

Note: times & titles subject to change.



Friday, May 16

Morning	Afternoon	Evening
<p>☀️ QUIET TIME 7:30 – 8:00</p> <ul style="list-style-type: none"> Contemplative Practice <p>● BREAKFAST 8:00 – 9:00</p> <p>9:15 – 10:45</p> <p>☀️ Grace-Filled & Firm Boundaried (CEU Ethics)</p> <p>OR</p> <p>☀️ Sound Bath</p> <p>OR</p> <p>☀️ LUT Workshop</p> <p>10:45 – 11:00 ~ BREAK</p> <p>11:00 – 12:30</p> <p>☀️ Intro to Spiral Dynamics</p> <p>OR</p> <p>☀️ Group Spiritual Direction: Practices to Enrich Your Spiritual Journey</p> <p>OR</p> <p>☀️ Be Unity in an Evolving World</p>	<p>● LUNCH 12:30 – 1:30</p> <p>1:45 – 2:45 Workshop #1</p> <p>2:45 – 3:00 ~ BREAK</p> <p>3:00 – 4:00 Workshop #2</p> <p>4:00 – 4:15 ~ BREAK</p> <p>4:15-5:15 Workshop #3</p> <p>(3 rotating workshops; attendees experiencing each)</p> <p>☀️ #1 Saying Yes to Spirit – Judi Murakami, LUT</p> <p>OR</p> <p>☀️ #2 Walking the Grace Trail – Debbie Long, LUT</p> <p>OR</p> <p>☀️ #3 Laughing Yoga – Alara Payten</p>	<p>● DINNER 5:30 – 6:30</p> <p>6:30 – 7:00 ~ FREE TIME</p> <p>7:00 – 7:45</p> <ul style="list-style-type: none"> Sharing Your Best Stuff <p>■ CLOSING CEREMONY</p> <p>7:45 – 9:00</p> <p>MC: Rev Vicki</p> <ul style="list-style-type: none"> Music Prayer Hearts 🙏

Saturday, May 17

Morning	Afternoon	Evening
<p>☀️ QUIET TIME 7:30 – 8:00</p> <ul style="list-style-type: none"> Contemplative Practice <p>● BREAKFAST 8:00 – 9:00</p> <p>9:45</p> <ul style="list-style-type: none"> AGM check in <p>● AGM 10:15 – 11:30</p>	<p>● LUNCH 12:30 – 1:30</p> <ul style="list-style-type: none"> Vacate room after lunch <p>👉</p>	

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