

We Are Holy Spirit
Episcopal Church of the Holy Spirit
17th Annual Parish Weekend
March 15-17, 2019 ***Camp Mikell***

ITINERARY

FRIDAY March 16	4:00-7:00p	Check-in (Walker-Mikell Office Lobby)
	6:00p	Welcome Reception (Mikell Office Lobby)
	7:00p	Dinner (Dining Hall)
	8:00p	Session I Adults-ODH (Old Dining Hall) K-5 th Grade-Mikell Office Lobby 6 th -12 th Grade-Retreat Village
	9:00p	Social (Retreat Village)
SATURDAY March 17	8:00a	Breakfast (Dining Hall)
	9:00a	Session II Adults-ODH, “Transitions” , led by Br. Kenneth Hosley K-12 th Grade-gather at rocking chairs for transport to Art Shack
	Noon	Lunch (Dining Hall)
	1:00p	Free Time
	2:00p	<u>Optional Activities:</u> Guided Nature Hike – all ages (Gather at rocking chairs in front of Dining Hall)
	3:30p	Kickball Tournament – all ages (Lower Fields) Chair Yoga- all ages, led by Linda Bowman (ODH)
	6:00p	Dinner (Dining Hall)
	7:00p	Intergenerational Activity- Bingo (Everyone) (ODH)
	9:00p	Compline, Bonfire, S’mores (Retreat Village)
		Social (Retreat Village)
SUNDAY March 19	8:00a	Breakfast (Dining Hall)
	9:00a	Free Time / Pack for Home
	10:45a	Holy Eucharist (ODH)
	Noon	Lunch (Dining Hall)
	Home	<i>Go in Peace to Love and Serve the Lord!</i>

ODH → Old Dining Hall

What to expect during the weekend . . .

Sessions: Adults will gather Friday night and Saturday morning for a series of activities to help us take stock of how “We Are Holy Spirit” and to help us use this transition time to prepare for our future together. Our Senior Warden, Mark Bohan, will share some information on Friday, and Brother Kenneth will guide us on Saturday morning. Our children and youth will have fun to discover as two groups on Friday night, and they’ll work together on Saturday morning.

Saturday Afternoon: When the Parish Weekend tradition began, we found that parishioners didn’t want a weekend packed with “planned” or “program” time, they wanted a weekend to spend with their friends or family, or to just relax and unwind. That is why Saturday afternoon is free time to do whatever you want. Use this time to rest, read a book, socialize, gather with friends to play games, or hike and explore the beauty of Camp Mikell. The following optional activities will be available for anyone who would like to participate:

Nature Hike – 2:00p: Led by Blue Ridge Outdoor Education Center. This easy-moderate guided hiking experience will take you through various parts of the Mikell wilderness as you learn about local plant and animal life along the way.

Chair Yoga- 3:30 p: Led by Linda Bowman. Chair yoga is a gentle practice in which postures are performed seated or standing with the chair as assistance, great for all ages. We will begin and end with some seated meditation. Come stretch, breathe, and find your center!

Kickball Tournament – 3:30p: For the young at heart, and even the not so young at heart! It’s for all ages, men, women, boys & girls- you won’t want to miss it!

Saturday Evening:

Intergenerational Activity – 7:00p: We all will gather back in ODH for Bingo. Afterwards, we’ll head down to the Outdoor Chapel at Retreat Village for a bonfire, Complaine and s’mores.

Friday & Saturday Evenings:

Hospitality – 9:00p (or later): The Retreat Village Conference Room is the place to be after 9:00 on Friday and Saturday evenings! We gather for good snacks and drink, lively conversation with friends, and fun games for kids and adults. There’s always a card or board game going on, as well as a lively game of Spoons—it’s a tradition!