

# Retreat Schedule for Sept 18

This is the **schedule for adults**. There are also lots of activities for children and youth.

Check the web site for the latest schedule, or just come at 9 am and find out what's happening! Please pay your \$20 registration if you have not previously registered.

9:00-9:30: **Ingathering** with coffee, tea, and cinnamon rolls

Coffee, lemonade, and snacks in the courtyard all day!

9:30-11:30: **Legacy planning**, Elizabeth Krivatsy, Fellowship Hall  
(Socially distanced, with masks)

9:30: **Parenting as a Spiritual Practice** – Rev. Marcus's office

12:00-1:00: **Lunch** (adults)– Sandwiches, fruit, cookies – Courtyard

1:00-2:00: **Crafting for a Cause** (knitting, crocheting) – Fireside Room

1:00-2:00: **Team Trivia** – Courtyard

2:00-3:00: **Qi Gong** – Fireside Room

2:00-3:00: **Silk Painting, Art Projects** – Fellowship Hall & Grounds

3:00-4:30: **Poetics of an Inner Life**, Rev. Marcus – Fireside Room

4:00-5:00: **Charades** – Courtyard

4:00-6:00: **Games** – Fellowship Hall and Courtyard

5:00-6:00: **Learning how to fight so you don't have to fight**, George Pegelow with Julian Joseph, founding youth member of Marin County Youth Court – Dream Room

5:00-6:00: **Yoga** – Fireside Room

6:00-7:00: **Dinner** – Soup (Chicken, toasted farro, greens; Vegan green curry lentil; Gazpacho), Rolls, Cookies – Courtyard

7:00-8:00: **Singing** in the Courtyard, with Walt Littrell on guitar

8 pm: **Closing Circle**

