



## 35<sup>th</sup> Annual ACA Retreat

Register online at:

[www.ACA-Retreat.org](http://www.ACA-Retreat.org)

### Friday

Sept, 9th, 2022

- 1pm EC ■ Early Arrival
- 1:00-3:00 DG ■ Frisbee Golf
- 2:00-3:30 EC ■ Adult Child Social
- TC ■ Guided Hike
- 3:00 ■ Lodge Check-in
- 3:45-5:00 HA ■ ACA Men's Meeting
- PL ■ ACA Women's Meeting
- 5:45 DH ■ Food Service
- 6:45-7:30 EC ■ Orientation and Intentions
- 7:45 PL ■ Angel Whisperer
- 8:30-9:30 TC ■ Night Glo Hike
- 8:30-10:00 EC ■ Dance Party

#### Caring for your Inner Child

Find the playground. Throw a frisbee. Look for the arts and crafts area. Find a trail up on the mountain. Head outdoors for meditation and relaxation.

### Saturday

Sept 10th, 2022

- 5:40-7:30 TC ■ Sunrise Hike & Meeting
- 6:30-7:30 PL ■ Yoga
- HA ■ Guided Meditation
- 8:15 DH ■ Food Service
- 8:30 Day Pass Check-In Open
- 9:30-11:30 PL ■ **Discovering the I Am (Cathey A)**
- 10:00-11:15 HA ■ ACA Meeting - Open
- 12:15 DH ■ Food Service
- 1:00-3:00 TB ■ **Life in the Playground (Scott Grace)**
- PL ■ **Love Avoidance / Love Addiction (Irene J)**
- 3:30-5:00 PL ■ **Listening and Learning ChildSpeak (Jeanete B)**
- TB ■ **Scared No More: Sponsorship 101 (Melissa and Melissa)**
- HA ■ ACA Meeting - Open
- 5:45 DH ■ Food Service
- 6:30-7:30 EC ■ Scott Grace
- PL ■ Yoga or Meditation
- 7:45-9:00 \* ■ ACA Candle Light Meeting
- \* ■ ACA Candle Light Meeting
- 8:30-10:00 FP ■ Campfire & Acoustical Jam
- HA ■ Game Night (Open)

### Sunday

Sept. 11th, 2022

- 5:40-7:30 TC ■ Sunrise Hike & Meeting
- 6:30-7:30 PL ■ Yoga
- HA ■ Guided Meditation
- 8:15 DH ■ Food Service
- 9:00-10:30 PL ■ **Connecting through Nature Art (Sharon O)**
- 10:45-Noon Lodge Check-out
- 11:30-12:30 \* ■ Closing Ceremony

Schedule is subject to change without notice.  
ACA Meetings are scheduled pending volunteers to chair

#### Location & Event Key

- EC Emmanuel Center
- DG Disc Golf Course
- TC Tetherball Court
- HA He Is Able
- PL Pine Lodge
- DH Dining Hall
- TB Thumb Butte
- FP Pine Lodge Fire Pit
- \* To be determined

- Performance
- Meeting
- Workshop
- Don't Miss
- Activity
- Dining