

MOB Autumn Retreat Weekend Schedule

Friday

- 6:30 PM - 7:30 PM: Check-in at cabins & journal distribution
- 8:30 PM: MOB Discussion: Four Pillars of MOB
- 9:00 PM: Gathering Time: Theme Introduction / Evening Devotion / Get to Know You / Assign Prayer Partner

Saturday

- 7:45 AM: Mindfulness Practice - Intentional focusing on the present moment with openness.
- 8:00 AM: Breakfast
- 8:45 AM: Morning Devotions
- 9:30 AM - 11:30 AM: Morning Walk / Coffee Cup Discussion / Corn Hole / Lawn Games
- 12:00 PM: Lunch
- 1:00 PM - 4:00 PM: Climbing Wall / Fishing / Hiking
- 4:00 PM - 5:30 PM: Free Time
- 5:30 PM: Dinner
- 6:30 PM: Evening Devotions
- 7:30 PM: Fellowship Time by the Fireplace / Board Games

Sunday

- 7:45 AM: Mindfulness Practice
- 8:00 AM: Breakfast
- 8:30 AM: Prayer Partners Discussion - What did you learn about them?
- 9:00 AM: Clean Up
- 9:30 AM: Head Home