



# Sequanota

Lutheran Conference Center & Camp

PO Box 245, Jennerstown, PA 15547

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[www.sequanota.com](http://www.sequanota.com)

## **Sustain Retreat Schedule**

### Friday, February 9

(Please plan to eat before arrival. There will be light snacks provided later in the evening.)

- 6:30 p.m. Check in
- 7:15 p.m. Session 1
- 8:15 p.m. Evening Prayer - Lectio Divina
- 8:30 p.m. Fellowship

### Saturday, February 10

- 8:30 a.m. Breakfast
- 9:30 a.m. Session 2
- 10:30 a.m. Break
- 11:00 a.m. Walk/Talk or Rock and Talk
- 11:45 a.m. Share back
- 12:30 p.m. Lunch
- 2:00 p.m. Session 3
- 3:30 p.m. Free time
- 5:30 p.m. Dinner
- 6:30 p.m. Holden Evening Prayer
- 7:00 p.m. Movie - Fellowship

### Sunday, February 11

- 8:30 a.m. Breakfast
- 9:30 a.m. Session 4
- 11:00 a.m. Eucharist service
- 12:00 p.m. Lunch
- 1 p.m. Depart