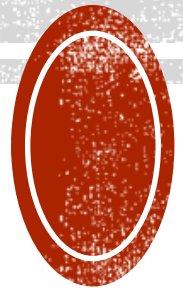




This is Us II

**2019
EMMANUEL
BRINKLOW
CHURCH
FAMILY LIFE
RETREAT**



**September 20th – September 22nd
Capital Retreat Conference Center
12750 Buchanan Trail East
Waynesboro, PA 17268**

FRIDAY, SEPTEMBER 20, 2017

4:00pm – 6:00pm

Registration / Nesiya Lodge

4:00pm – 6:00pm

Explore Capital Retreat Center

4:00pm – 7:00pm

Dinner on your Own off site at local eateries

7:00pm – 9:00pm

Welcome & Opening Service /Nesiya Lodge

9:00pm – 10:00pm

Vespers Songs by Campfire / Outside of Nesiya Lodge

SATURDAY, SEPTEMBER 21, 2019

7:30am – 8:15am

Morning Family Prayer Walk to the Lake (optional)

8:30am – 9:30am

Breakfast/Dining Hall

10:00am – 12:00pm

Praise and Worship Service/Carmela Crawford Esq. /
Nesiya Lodge

12:00pm – 1:00pm

Free Time

1:00pm – 2:00pm **SHARP**

Lunch /Dining Hall

2:00pm – 4:45pm

Free Time/
Family Hike

**2019
EMMANUEL
BRINKLOW
CHURCH
RETREAT**

September 20th – 22nd

**Capital Retreat Conference
Center**

12750 Buchanan Trail East

Waynesboro, PA 17268



SATURDAY CONTINUED, SEPTEMBER 21, 2019

5:00pm – 5:45pm and 5:45pm – 6:30 pm
GROW Breakout Sessions

- Adult Session – “The Talk” Dr. Ouida Westney (Nesiya Lodge)
- Young Adult Session – “The View” Dr. Katara Watkins-Laws (Lodge Aleph, Daleb room)
- Children’s Activities (3 to 12yrs old) – Charlene Williams (Art Center)
- Youth Session (13 to 18yrs old) – “The Real” Pastor Patrick Graham (Lodge Aleph, Hay room)

6:45pm – 8:00pm **SHARP**
Dinner/Vespers Dining Hall

8:00pm – 9:00pm
Family “Selfies Sessions”

8:00pm – 9:00pm
Scavenger Hunt/Camp Fire

9:00pm – 11:00pm
Gym/Movie/Social/Board Games

SUNDAY

8:30am – 9:30 am **SHARP**
Breakfast

10:00am **SHARP**

Check out time

11:00am – 12:00pm
Closing Session/Wrap Up session

12:00pm – 3:00pm
Brinklow Strong Family Workout
Basketball/Volleyball/Kickball and more!

3:00 pm **SHARP**
Departure

Note, Sunday lunch is on your own!

**2019
EMMANUEL
BRINKLOW
CHURCH
RETREAT**

September 20th – 22nd

**Capital Retreat Conference
Center**

12750 Buchanan Trail East

Waynesboro, PA 17268



THINGS YOU NEED TO KNOW...

WHAT TO WEAR

Casual clothing

Comfortable walking shoes

Workout gear

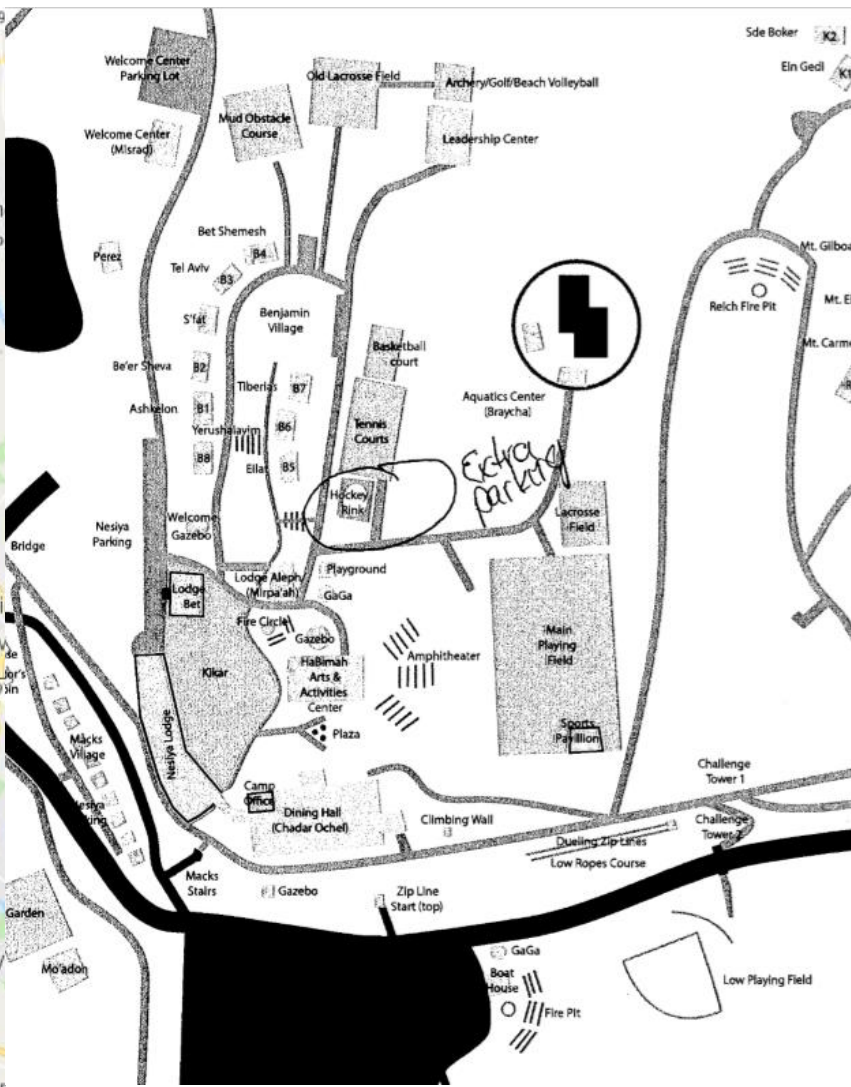
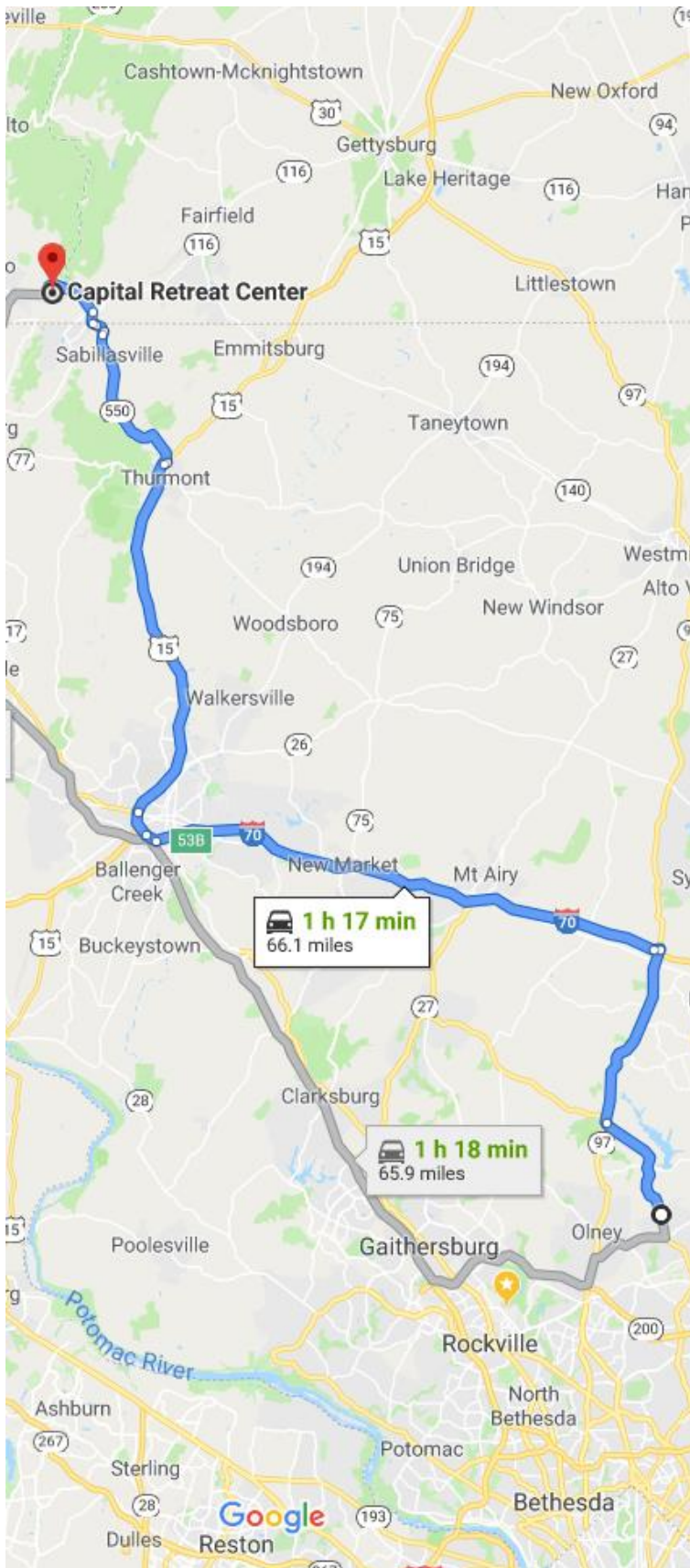
WHAT TO BRING

Shower shoes

Flashlight

Bug spray





DIRECTIONS

- The retreat center is in Waynesboro, PA, 66 miles from Brinklow
- North on New Hampshire Ave to MD-97 North to I-70 West
- Exit 53B to US-40 West to US-15 North
- Take MD-550 exit towards Thurmont/Sabillasville
- Left on MD-550 and continue on Sabillasville Rd into Pennsylvania
- Right on Monterey Lane, left on PA-16W, and left on Recycle Center Rd
- Destination will be on your left

