

# Community Church Retreat at The Mountain

## May 29 - 31, 2025

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### Thursday Evening, May 29

3:00–6:00	Check-in	Commons Room
6:15–7:00	Community Social Time	Commons Room
7:00–7:45	Dinner & Orientation by Mountain Staff	Dining Hall
8:00–8:45	Welcome & Icebreaker (Lois, Charles, Alison)	Great Room
9:00–9:30	Ingathering Worship	Great Room
9:30–	Games, Music, Socializing, Stargazing, Sleep...	Great Room

### Friday Morning, May 30

7:00–7:45	Self-initiated meditation or yoga	Meditation Rock or Great Room
8:00–8:45	Breakfast	Dining Hall
9:00–12:00	Do your own thing (see Friday Afternoon list for ideas)	
9:30–11:00	“Courage” Conversation	Great Room
11:00–12:00	Mountain Top Tour, led by Mountain staff	Meet at Volleyball Court
12:00–12:45	Lunch	Dining Hall

### Friday Afternoon & Evening, May 30

1:00–5:00	Free Time, select from below or offer something!	
	<ul style="list-style-type: none"> <li>➤ 1:15 – 3:15 pm Waterfall Views with Charles &amp; Lois Lee (meet at V’ball Court)</li> <li>➤ Take in the view from the Lookout Tower (four states visible)</li> <li>➤ Enjoy a book or a nap or a cup of tea</li> <li>➤ Take a hike from Mountain property or local trails</li> <li>➤ Browse the Mountain Gift Shop in the Office (books, CD’s, apparel, mugs...)</li> <li>➤ Relax on Meditation Rock, on the Lodge or Commons Decks</li> <li>➤ Visit with friends, old and new</li> <li>➤ Walk the outdoor Labyrinth</li> <li>➤ Visit the Memorial Garden</li> <li>➤ Explore Highlands downtown shops, Art Galleries, or Historical Museum</li> <li>➤ Do your own thing</li> </ul>	
5:00–6:00	Community Social Time	Commons Room
6:00–6:45	Dinner	Dining Hall
7:15–7:45	Evening worship	Great Room
8:00–9:30	Campfire, S’Mores, Sing Along	Campfire Ring/Rec Hall
9:00–	Play Games, watch a movie, read, socialize...	

### Saturday Morning, May 31

8:00–8:45	Breakfast	Dining Hall
8:45–9:15	Strip beds and vacate rooms	
9:30–10:30	Worship Service	Great Room
10:30–12:00	Relax on the deck, walk the Labyrinth, or see the Saturday list for ideas	
12:00–12:45	Lunch	Dining Hall

## Friday Morning

### 9:30 AM Courage Conversation, with Rev. Alison Eskildsen

Rev. Thom's theme for the year is Courage. For those interested, we will build on that topic through a discussion Friday morning, as well as in our evening worship time. Conversation participants may share experiences and explore different aspects of this theme, such as the courage to:

- Speak our own truths
- Hold onto hope for a better future
- Let go of what doesn't serve us well
- Have the grace to forgive, but not forget
- Face death

This program is facilitated by Rev. Alison Eskildsen. (90 minutes is allotted for the program, but more or less time can be had.)

## Friday Afternoon

If you would like to offer an activity for the morning, afternoon, or evening, such as leading a workshop, hike, meditation, or musical event, please let Lois know.

If you're interested in participating in a worship service (such as giving a brief reflection, meditation, or reading, singing or playing a special music piece, joining other musicians, etc), please contact Rev. Alison.

**1:15 – 3:15 PM** Lois & Charles Lee will lead an afternoon tour of three mountain waterfalls (Bridal Veil, Dry Falls, and Mud Creek Falls). Easy walking is involved, though more ambitious hikers can get up close and personal to the falls. Meet up at Volleyball Court.

**4:00 – 5:00 PM** Lois Howlett will lead a Yoga activity for all "levels", chairs available for floor-resistant folks. She'll bring a few extra mats, but if folks plan to do this, please bring your own mat, if you have one. Meet in Great Room.