

# Programme

HEART SOUTH  
WEEKEND RETREAT



**FRI** 5:30 - 7 PM

7:15 PM

9 PM

**SAT** 7 AM

8 AM

9 AM

10:30 AM

11 AM

12:30 PM

2 PM

5:30 PM

6:30 PM

7:30 PM

**SUN** 8 AM

9 AM

10:15 AM

11 AM

12:30 PM

1:30 PM

2 PM

Arrive & Register

Welcome & Worship

*Rejoicing in Every Season: Rosie Boom*

Supper

PraiseMoves – Scripture-based exercise

Breakfast & Day Visitors arrival

Worship & Notices

*My Times are in Your Hands:*

*Penelope Foote*

Morning Tea

Workshops Part 1

Lunch

Free Time & Activities (See Page 2)

Dinner

A Grandmother's Journey: Panel

Silver Soirée: Granny Giggles &  
Entertainment – Light Hearted fun.  
Dress in Granny attire!

Breakfast

Workshops Part 2

Morning Tea/ Pack up/Clean bedrooms

Worship & Announcements

*The Joy of the Lord is your Strength:*  
*Janice Wills*

Lunch

Cleaning of all areas – Please help!

Retreat ends

LIVING SPRINGS, CHRISTCHURCH

\*Please note: The Swimming Pool will be open at 6:30-8am and 2-5pm.