



## WEEKEND JOURNEY SCHEDULE

to clarity, unity & simplicity in a technology free environment

december 14 – 16 | peace river, fl

### schedule

#### day 1: friday

##### evening:

- check in at lake aurora christian camp anytime from 5pm-7pm
- dinner
- orientation & ice breaker
- engage in community
  - campfire

#### day 2: saturday

##### morning:

- community breakfast
- drive to canoe drop point
- explore creation
  - canoe

##### afternoon:

- community lunch
- explore creation
  - canoe
- set up campsite
- solitude & silence

##### evening:

- community dinner
- session 1: implementing healthy technology habits with bethany baker
- engage in community
  - campfire

#### day 3: sunday

##### morning:

- community breakfast
- session 2: importance of sabbath with bethany baker
- pack up campsite
- explore creation
  - canoe

##### afternoon:

- community lunch
- execute change:
  - 21-day challenge
  - letter
- explore creation:
  - canoe
- drive back to lake aurora

# 2018 JOURNEY

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## q & a

- **where is it located:**

- our december A-GAP weekend experience we will be canoeing on the peace river, near wauchula fl. everyone will check in on friday night at lake aurora christian camp anytime between 5:00pm – 7:00pm. saturday morning we will drive to peace river as a group, where we will be camping in tents & eating by the campfire. we will return to lake aurora christian camp on sunday afternoon, where we will close out the A-GAP experience. this trip is for those who love nature & will embrace all it has to offer!

- **what is the cost:**

- all housing & meals are provided for FREE! however, you are responsible for your tent & bedding.  
\*we have tents available if needed, please email [agap@oijc.com](mailto:agap@oijc.com) if you need one.

- **who is the december A-GAP experience for:**

- this particular event is specifically designed for young adults (18-30's). if you would like to partner with A-GAP & create a weekend designed specifically for your group please email us at [agap@oijc.com](mailto:agap@oijc.com). we would love to work with you!

- **what are the sessions:**

- the sessions are designed to facilitate discussion & growth about how technology has impacted ourselves & our relationship with others & God. we will talk about why we need to have healthy technology habits & how to implement them in order to live with clarity, unity & simplicity.

- **what is engaging in community:**

- sharing in fellowship with peers, free from the constant distractions associated with technology. this shows us how to pursue authentic & intimate relationships, even after we leave the weekend experience.

- **what is exploring creation:**

- it is as simple as getting out in nature, enjoying the breeze on our face, the water splashing our skin & the grass beneath our feet. we will be canoeing through the peace river saturday & sunday!

- **what is enhancing creativity:**

- this involves different elements encouraging you to expand your creative outlets. it might include hand-writing, rock-stacking, coloring & drawing.

- **what is executing change:**

- writing out a guide to a balanced life that practices self-discipline through healthy technology habits, which leads to a thoughtful & transparent vision for your life. this will expand our potential for living with clarity, unity & simplicity.

**for more questions please visit our FAQ page on our website: <https://agap.life/faq/>**



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### packing essentials

#### items to bring:

- personal tent
- sleeping bag with ground cloth or sleeping pad & pillow
- 2 separate water containers (*2 liters each, with a way to identify it as yours*)
- medium day hike backpack
- **shoes:** protective shoes for water & sandals
- 1 large towel & washcloth
- **clothing:** rain gear (*poncho*), long pants, shorts, layered shirts, hat, sunglasses, jacket or sweatshirt, undergarments, socks & swim suit. *bring extra set of dry clothes and towel for when we get back.*
  - *pack clothes in small plastic bags then seal & put in a larger plastic bag (garbage bag). put larger bag in cloth bag such as duffle bag.*
- **basic toiletries:** sunscreen, insect repellent, flushable wipes in zip lock bag: *pack separately in plastic bags inside small drawstring cloth bag.*
- flashlight

#### optional items:

- Bible (*may get wet*)
- journal & pen
- personal first aid kit
- folding camp chair
- small foam seating pad
- hammock with extra ropes & straps
- waterproof watch (not smart watch)

*please check the weather forecast, to assure you have comfortable clothes fit for the weather.*

#### items to leave at home:

- cell phones (*if brought for directions, you will need to turn them in when you check in with A-GAP*)
- iPods & other electronic devices
- alcohol, drugs, illegal substances & any weapons that could be harmful.

***we are excited to meet you soon at our next A-GAP weekend journey!***



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### A-GAP PARTICIPATION AGREEMENT

In consideration of my participation of the A-GAP event, I expressly agree and contract, on behalf of myself, my heirs, executors, administrators, successors and assigns, that the foundation and its insurers, employees, officers, directors, associates shall not be liable for any damages arising from personal injuries (including death) sustained by me regardless of whether such injuries result, in whole or in part, from the negligence of the foundation.

I understand and agree that my participation is voluntary for certain activities provided during the course of my experience with A-GAP foundation. For activities that are intended for the whole group, I give my consent in participating and understand the risks that might be involved and take full responsibility for myself.

I agree that I will not bring or partake in using alcohol, drugs, or any illegal substance. I agree that I will not bring harmful weapons that could result in injury or death. We want to ensure a safe environment where all our participants feel welcome and comfortable.

Lastly, I understand that this is a technology free environment and will turn in my phone along with any other devices with screens I have brought. Your devices will be returned to you at your time of departure.

I have read the foregoing waiver and release of liability and voluntarily signed this A-GAP event Participation Agreement with full knowledge of its content.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

Witness: \_\_\_\_\_