



2019 JOURNEY

to clarity, unity & simplicity in a technology free environment

february 15 – 17 | camp canaan, sc

schedule

day 1: friday

evening:

- 6.00pm – 7.00pm: **check-in** at [camp canaan](#)
 - please eat dinner before
- 7.30pm: **orientation**
- 8.00pm: **engage in community**
 - campfire, music, s'mores & games

day 2: saturday

morning:

- 7.30am: pilates*
- 8.00am: **community breakfast**
- 9.00am: **JOMO workshop part 1:** [christina crook](#)
 - breakout groups
- 10.30am: **enhance creativity:**
 - calligraphy, water coloring, lava bead bracelet making & wooden coaster making
- 10.30am: **explore creation:**
 - hiking trails, disc golf, basketball & volleyball

afternoon:

- 12.00pm: **community lunch**
- 1.00pm: **explore creation** OR **enhance creativity**
 - high ropes course*
- 4.30pm – 5.30pm: **solitude & silence**

evening:

- 6.00pm: **community dinner**
- 7.00pm: **JOMO workshop part 2:** [christina crook](#)
 - breakout groups
- 8.30pm: **engage in community**

day 3: sunday

morning:

- 7.30am: pilates*
- 8.00am: **community breakfast**
- 9.00am: **optional faith gathering***
 - stilling our hearts to hear the whisper of God: [christina crook](#)
 - breakout groups
- 10.30am: **execute change:**
 - 21-day challenge
 - letter to yourself

*optional



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FAQ

- **where is it located:**
 - this experience is located at [camp canaan](#) in rock hill, sc. we will be staying in cabins with bunk beds, where the cabins will be divided male & female.
 - **please eat before you arrive by 7:00 for check in & orientation at 7:30pm.** if you are arriving late, please let us know in advance.
- **what is the cost:**
 - this weekend experience is completely **FREE**, including cabin housing, meals, sessions, activities, SWAG & christina's book! all expenses are paid for by our founding company, [Natalie's Orchid Island Juice Company](#), for this experience.
- **who is this A-GAP experience for:**
 - this event is specifically designed for young adults (18-30's). if you would like to partner with A-GAP & create a weekend experience designed specifically for your group please email us at agap@oijc.com. we would love to work with you!
- **what are the sessions:**
 - our sessions facilitate discussion of how technology has impacted our relationship with ourselves, others & God. we will share how to implement healthy technology habits in order to live with clarity, unity & simplicity.
- **who is speaking:**
 - our guest speaker, [christina crook](#) is an expert in JOMO: joy of missing out. christina will give us practical ways we can find balance in a wired world, as well as share how we can create space to hear the whisper of God through silence & solitude in our optional faith gathering.
- **what is engaging in community:**
 - experience uninterrupted authentic community free from the constant distractions technology brings. if you play an instrument, feel free to bring it this weekend & share your music with others around the campfire!
- **what is exploring creation:**
 - getting out in nature, enjoying the breeze on our face, the water splashing our skin & the grass beneath our feet. there will be a high ropes course, hiking trails, sports fields, basketball courts, disc golf & volleyball.
*all activities are optional, but please let us know if you do NOT want to do the high ropes course.
- **what is enhancing creativity:**
 - we will have different elements encouraging you to expand your creative outlets. it might include calligraphy, rock-stacking, water coloring, tie dye, making lava bead bracelets & wooden coasters.
- **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 your potential for living with clarity, unity & simplicity.
- **what is the faith gathering:**
 - the faith gathering is an optional Christ-focused opportunity for participants to dive deeper into what it means to still our hearts to hear the Whisper of the GOD of the Bible in a culture driven by noise & distraction.

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 bedding for a twin mattress
- reusable water bottle (with a way to identify it as yours)
- good pillow
- comfortable closed toed shoes & sandals (water shoes, similar to chacos would be best)
- a large towel for showering
- rain jacket
- jacket or sweatshirt
- comfortable pants
- athletic shorts
- layered shirts
- undergarments & socks
- pajamas
- basic toiletries (including sunscreen & insect repellent)
- journal & pen

optional items:

- battery operated alarm clock
- analog hand watch – no smart watches
- flashlight
- a book or artistic supplies you might use during your down time
- Bible
- camping / folding chair

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

items to leave at home:

- iPods, smart watches & other electronic devices
- alcohol, drugs, illegal substances & any weapons that could be harmful.

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

****as a reminder, we will be collecting all phones at the start of the weekend & will return them to you at your time of departure. we do this to eliminate any distractions.***

EMERGENCY NUMBER: (772) 359-7901



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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: _____ Experience: _____

Witness: _____