



2019 JOURNEY

to clarity, unity & simplicity in a technology free environment

february 15 – 17 | camp canaan, sc

schedule

day 1: friday

evening:

- arrive at camp canaan from 5pm – 7pm
- community dinner
- orientation & ice breaker
- engage in community
 - campfire

day 2: saturday

morning:

- pilates
- community breakfast
- session 1
- enhance creativity
 - calligraphy, water coloring, music, crafts & mailing post cards

afternoon:

- community lunch
- enhance creativity
 - calligraphy, water coloring, music, crafts & mailing post cards
- explore creation
 - high ropes course, hiking trails, disk golf, basketball & volleyball
- solitude & silence

evening:

- community dinner
- session 2
- engage in community:
 - campfire & music

day 3: sunday

morning:

- pilates
- community breakfast
- faith gathering (optional)
- enhance creativity
 - calligraphy, water coloring, music, crafts & mailing post cards
- explore creation
 - high ropes course, hiking trails, disk golf, basketball & volleyball

afternoon:

- community lunch
- execute change:
 - 21 day challenge
 - Letter to yourself



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FAQ

- **where is it located:**
 - our february A-GAP weekend experience will be at camp canaan in rock hill, sc. we will be staying in cabins with bunk beds. cabins will be divided male & female.
 - **please arrive by 6:30 for check in & dinner at 7:00pm.** if you have to arrive late please let us know in advance.
- **what is the cost:**
 - this weekend experience is completely FREE!! including cabin housing, six meals, sessions, activities & SWAG bag. our activities are included in the explore creation & enhance creativity sections.
- **who is the august A-GAP experience for:**
 - this particular event is specifically designed for young adults (18-30's). we will have more experiences soon for every demographic. if you would like to partner with A-GAP & create a weekend 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 why we need healthy technology habits & how to implement them in order to live with clarity, unity & simplicity.
- **who is speaking:**
 - our guest speaker christian 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 how we can create space to hear the whisper of God through silence & solitude.
- **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 with a zip line, hiking trails, sports fields, basketball courts, disc golf & volleyball.
 - *all activities are optional, but please let us know when signing up if you 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, crafts, tie dye & mailing good old-fashioned hand-written notes to family & friends.
- **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 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)
- 2 large towels for lake & shower
- rain jacket
- jacket or sweatshirt
- comfortable pants
- athletic shorts
- layered shirts
- undergarments & socks
- pajamas
- swim suit (per camp guidelines females must wear one-piece swimwear or two-piece with cover up, males are allowed knee length swimsuits with no briefs or speedos)
- basic toiletries (including sunscreen & insect repellent)
- journal & pen
- analog hand watch
- a book or artistic supplies you might use during your down time (optional)
- Bible (optional)

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

items to leave at home:

- cell phones (if you need to bring them for directions, you will need to turn them in when you check in at you're a-GAP weekend experience)
- 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: _____