



## 2019 JOURNEY

to clarity, unity & simplicity in a technology free environment

april 5 – 7 | deer run, tn

### schedule

#### day 1: friday

##### evening:

- 5.00pm – 7.00pm: arrive at [deer run](#)
- 6.00pm: **dinner**
- 7.30pm: **orientation**
- 8.00pm-11.00pm: **engage in community**
  - campfire, music, s'mores & games

#### day 2: saturday

##### morning:

- 7.30am: yoga\*
- 8.00am: **community breakfast**
- 9.00am: **session 1** – implementing healthy tech habits
- 10.30am: **enhance creativity**
  - calligraphy, water coloring, making lava bead bracelets & wood coasters
- 10.30am: **explore creation**
  - sand volleyball, wiffleball, gaga ball, cornhole, carpetball, tetherball, fishing & hiking trails\*
  - high ropes course\*

##### afternoon:

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

##### evening:

- 6.00pm: **community dinner**
- 7.00pm: **session 2**: fostering authentic community
  - breakout groups
- 8.30pm – 11.00pm: **engage in community**

#### day 3: sunday

##### morning:

- 7.30am: yoga\*
- 8.00am: **community breakfast**
- 9.00am: **session 3**: understanding the importance of sabbath for lasting rest
  - breakout groups
- 10.30am: **execute change**:
  - 21-day challenge
  - letter to yourself
- 11.am: **enhance creativity OR explore creation**

##### \*optional

there are 5 miles of hiking & mountain bike trails; however, bikes will not be provided. fishing is also available for those who bring their own supplies.



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### FAQ

- **where is it located:**
  - this A-GAP weekend experience will be at [deer run](#) in franklin, tn. we will be staying in cabins with bunk beds, taking it back to summer camp as a kid! the cabins will be divided male & female.
  - **please arrive by 5:30 for check in & dinner at 6:00pm.** 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. all expenses are paid for by our founding company, [Natalie's Orchid Island Juice Company](#) for this particular experience.
- **who is this 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:**
  - our sessions facilitate discussion of how technology has impacted our relationship with God, others & yourselves. 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 will share how practicing the sabbath leads to lasting rest & renewal as well as how to foster authentic & intimate community. our A-GAP executive director, *bethany baker*, will explain how we can implement healthy technology habits in order to be more intentional with our lives & relationships.
- **what is engaging in community:**
  - sharing in fellowship with peers, fostering authentic & intimate relationships free from the constant distractions technology brings. → if you play an instrument, feel free to bring it this weekend & share your music with others.
- **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 sand volleyball, wiffleball, gaga ball, cornhole, carpetball, tetherball, fishing & hiking trails.
    - high ropes course → 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, water coloring, tie dye, making lava bead bracelets & wood coasters.
- **what is executing change:**
  - identifying your “why” behind implementing healthy technology habits in order to improve your relationships. 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
- 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

#### optional times:

- battery operated alarm clock
- flashlight
- analog hand watch – no smart watches
- a book or artistic supplies you might use during your down time (optional)
- Bible (optional)
- bountain bike
- fishing supplies

*please 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: \_\_\_\_\_