



2019 JOURNEY

to clarity, unity & simplicity in a technology free environment

april 5 – 7 | deer run, tn

schedule

day 1: friday

evening:

- arrive at deer run from 5:00pm – 7:00pm
- community dinner
- orientation & ice breaker
- engage in community
 - campfire

day 2: saturday

morning:

- yoga (optional)
- community breakfast
- session 1 with erin loechner
- enhance creativity
 - calligraphy, water coloring, drawing & mailing post cards

afternoon:

- community lunch
- explore creation
 - sand volleyball, wiffleball, gaga ball, cornhole, ladder golf, carpetball, tetherball, fishing & hiking trails
- solitude & silence

evening:

- community dinner
- session 2 with erin loechner
 - campfire & music

day 3: sunday

morning:

- yoga (optional)
- community breakfast
- session 3: understanding the importance of sabbath for lasting rest
- enhance creativity
 - calligraphy, water coloring, drawing & mailing post cards
- explore creation
 - canoe, paddle boat, swim, basketball, volleyball & disc golf

afternoon:

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



2019 JOURNEY

to clarity, unity & simplicity in a technology free environment

april 5 – 7 | deer run, tn

FAQ

- **where is it located:**
 - our january A-GAP weekend experience will be at lake aurora christian camp in lake wales, fl. we will be staying in cabins with bunk beds, taking it back to summer camp as a kid! 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). 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, erin loechner, author of *chasing slow* and founder of *design for mankind*, she has been blogging and speaking for more than a decade, garnering over one million fans worldwide. Erin will address how practicing the sabbath leads to lasting rest & renewal. she will also share her personal journey in creating healthy technology habits.
- **what is engaging in community:**
 - sharing in fellowship with peers, fostering authentic & intimate relationships free from the constant distractions technology brings.
- **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 canoeing, swimming, paddleboats, basketball, sand volleyball, disc golf, zip-lining, rock-climbing & relaxing.
- **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 & 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/>



2019 JOURNEY

to clarity, unity & simplicity in a technology free environment

april 5 – 7 | deer run, tn

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!



2019 JOURNEY

to clarity, unity & simplicity in a technology free environment

april 5 – 7 | deer run, tn

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 voluntary signed this A-GAP event Participation Agreement with full knowledge of its content.

Signature: _____ Date: _____

Print Name: _____

Witness: _____