



2019 JOURNEY

to clarity, unity & simplicity in a technology free environment

may 3 – 5 | north florida christian camp, fl

schedule

day 1: friday

evening:

- 5.00pm – 7.00pm: arrive at [north florida christian camp](#)
- 7.00pm: **community dinner**
- 8.00pm: **orientation**
- 8.30pm – 11.00pm: **engage in community**
 - campfire, s'mores, music & games

day 2: saturday

morning:

- 7.30am: yoga*
- 8.00am: **community breakfast**
- 9.00am: **session 1** with *jared brock*
 - breakout groups
- 10.30am: **enhance creativity**
 - calligraphy, water coloring, wood-working & lava bead bracelet making
- 10.30am: **explore creation**
 - canoe, paddle boarding, swimming, basketball, volleyball & disc golf

afternoon:

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

evening:

- 6.00pm: **community dinner**
- 7.00pm: **session 2** with *jared brock*
 - breakout groups
- 8.30pm: **engage in community**

day 3: sunday

morning:

- 7.30am: yoga*
- 8.00am: **community breakfast**
- 9.00am: **faith gathering*** with *michelle brock*
 - breakout groups
- 10.30am: **explore creation OR enhance creativity**

afternoon:

- 12.00pm: **community lunch**
- 1.00pm: **session 3** with *bethany baker*
 - 21 day challenge
 - letter to yourself

*optional



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FAQ

- **where is it located:**
 - this A-GAP weekend experience will be at [north florida christian camp](#) in keystone heights, fl. 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 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 particular experience will be **\$75 per person** to help cover the cost of food, housing, activities, sessions & SWAG items. A-GAP is a non-profit organization founded & supported by [Natalie's Orchid Island Juice Company](#).
- **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 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 God, others & ourselves. 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, [jared brock](#) will share how to build authentic community & practice healthy technology habits in order to improve our relationships. his wife, [michelle brock](#) will talk about the importance of having a sabbath for lasting rest & renewal.
- **what is engaging in community:**
 - sharing in fellowship with peers, fostering authentic & intimate relationships free from the constant distractions that 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 canoeing, paddle boarding, swimming, soccer, basketball, sand volleyball & relaxing.
 - each participant will have a choice between zip-lining OR playing paintball – *please specify on agreement form*
- **what is enhancing creativity:**
 - we will have different elements encouraging you to expand your creative outlets. it might include calligraphy, water coloring, making lava bead bracelets & wooden 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)
- 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

optional items:

- 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)

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: _____

Activity Choice (circle one): zip-line / paintball / neither