



2019 JOURNEY

to clarity, unity & simplicity in a technology free environment

may 25 – 27 | hike inn, ga

schedule

day 1: saturday

evening:

- arrive at [hike inn](#) **no later than 1pm**
 - 5 mile hike to arrive at the inn
- 5.00pm: tour of hike inn
- 6.00pm: **community dinner**
- 7.00pm: **orientation**
- 8.00pm: **engage in community**
 - campfire & s'mores

day 2: sunday

morning:

- 7.30am: pilates*
- 8.00am: **community breakfast**
- 9.00am: **session 1** – implementing healthy technology habits
 - breakout groups
- 10.30am: **enhance creativity**
 - calligraphy, water coloring & tie dying
- 10.30am: **explore creation**
 - hiking, relaxing, reading & games

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 relationships
 - breakout groups
- 8.30pm – 11.00pm: **engage in community**

day 3: monday

morning:

- 7.30am: pilates*
- 8.00am: **community breakfast**
- 9.00am: **faith gathering*** understanding the importance of sabbath for lasting rest
 - breakout groups
- 10.30am: **session 3** – execute change by living with clarity, unity & simplicity
 - 21 day challenge
 - letter to yourself

*optional



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FAQ

- **where is it located:**
 - this A-GAP weekend experience will be at [hike inn](#) in dawsonville, ga an hour north of atlanta on the southern end of the appalachian trail. we will be staying in a lodge with 11 bedrooms that each have two bunk beds.
→ let us know if there is someone in particular you would like to room with.
- **what is the cost:**
 - this particular experience will be **\$125 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 executive director, *bethany baker*, will give practical ways to implement healthy technology habits in order to be more intentional with our lives & relationships. we will also have a guest speaker addressing how the sabbath leads to lasting rest & renewal.
- **what is engaging in community:**
 - sharing in uninterrupted, authentic & intimate community, free from the distraction 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.
- **what is enhancing creativity:**
 - we will have different elements encouraging you to expand your creative outlets. it might include calligraphy, rock-stacking & water coloring.
- **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:

- reusable water bottle (with a way to identify it as yours)
- comfortable closed toed shoes & sandals (water shoes, similar to chacos would be best)
- a large towels for & showering
- rain jacket
- jacket or sweatshirt
- hiking shoes
- comfortable pants
- athletic shorts
- layered shirts
- undergarments & socks
- pajamas
- basic toiletries (including sunscreen & insect repellent)
 - there are no bathrooms in the bunk houses. there is a bath house next door to the bunk house
- journal & pen

optional items:

- analog hand watch – no smart watches
- battery operated alarm clock
- flashlight
- 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: _____