

2022 RRUUC Retreat Activity Schedule

Seneca Creek State Park

Saturday, April 23

Time	Activity	Family-Friendly Fun	On-Your-Own Opportunities
9:30 a.m. – 10:00 a.m.	Check-in Check the day's schedule, enter a raffle for a RRUUC Bazaar gift certificate, drop-in activities for kids		
10:00 a.m. – 11:00 a.m.	Ingathering We gather to start the day, celebrate being together, and have an "icebreaker" meet-and-greet time.		
Activity Period 1 – 11:00 a.m. – 12:15 p.m.			
11:00 a.m. – 12:00 noon	The Future of Faith Formation at RRUUC In an effort to better serve the spiritual needs of all congregants, Beth Irikura, Rev. Amanda Weatherspoon, and Laura Piervincenzi are assessing current faith formation programs and determining what gaps may exist. To do this, they need your input! Join for a conversation about faith formation, what has worked for you, and what you'd like to see at River Road. We'll plan for the future together!	Picnic games for kids – sack races, kid-friendly Frisbee golf, beanbag toss, and more. Pick-up lawn games (corn hole, croquet, horseshoes, bocce ball, volleyball, badminton, etc.) Playground Drop-in Creation Station craft and nature activities, nail art	11:00 a.m. – 12:15 p.m.: Explore the Park! Seneca Creek State Park's 6,300 acres includes 90-acre Clopper Lake, scenic Seneca Creek, a recycled tire playground (with a dragon), fishing, miles and miles of trails for walking, cycling and exploring, a restored 19th century cabin and a self-guided path interpret the history of the area, and much more. (The boathouse will not yet be open for the season.) Open activities at Nuthatch Pavilion Pick-up lawn games (corn hole, croquet, horseshoes, bocce, etc.)
11:00 a.m. – 12:15 p.m.	Climate Change: What We Can Do Bruce Davis will present an Earth Day-themed discussion of climate change, focusing on concrete steps we all can take. In preparation for our plant-based lunch, he'll include a discussion of how people's choices regarding food and food waste can reduce climate change.		
11:00 a.m. – 12:15 p.m.	Nature Walk Explore the park with Joe Saliunas, RRUUC's resident naturalist, and share observations of birds, plants, pollinators, and other creations. Registration limit: 10		
12:15 p.m. – 1:15 p.m.	Lunch In recognition of Earth Day and to help address climate change by reducing meat consumption, the Retreat Committee has asked the Animal Ministry task force to prepare a plant-based lunch. The lunch will consist of Field Roast hotdogs and Impossible Burger patties, whole wheat buns, coleslaw, fruit, and vegan cupcakes or cookies. The lunch cost has been defrayed by a generous contribution from members of the Animal Ministry Task Force.		

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Activity Period 2 – 1:30 p.m. – 2:15 p.m.			
1:30 p.m. – 2:45 p.m.	Land Heritage and History The Land Acknowledgment Task Force will give an update on its work and ask for feedback on next steps. The session will include the opportunity to do some personal journaling on the history of our land and our relationship to that history. Bring some paper and a pen or pencil.	Nature Walk for Kids Naturalists Geri Drymalski and Mary Lou Tucker will lead this walk especially for children. Earth Day celebrates our connection to earth and our responsibility in nourishing this connection. On our hike through the forest we'll use our senses in fun and exploratory ways to become aware of nature's wonders and how to care for them. Best for ages 5 and up. Ages 8 and under, please come with an adult. Registration limit: 16	1:30 p.m. – 4:30 p.m. Explore the park or enjoy open activities at Nuthatch Pavilion – See descriptions above.
1:30 p.m. – 2:45 p.m.	Jam Session/Sing-Along Join us singing or strumming old favorites (song sheets available) led by our own River Road Jammers. Musicians, bring your instruments!	Children are welcome at the Jam Session.	
1:30 p.m. – 2:45 p.m.	Gentle Yoga Relax and stretch out with gentle yoga led by Judi Croft. Bring your own yoga mat or blanket. Children are welcome.	Children are welcome at yoga.	
1:30 p.m. – 3:00 p.m.	Guided Bike Ride Join a bicycling enthusiast exploring some of Seneca Creek State Park's many trails. Bring your bike, a helmet, and a water bottle. Registration: No limit, but please register to let us know if you plan to join the ride.	Kids 5 th grade and younger can join the bike ride with an adult.	
1:30 p.m. – 3:00 p.m.	Frisbee golf with Doran Flowers Like golf with Frisbees, using a course of baskets in the woods. Registration: No limit, but let us know if you plan to join. Bring a Frisbee to toss.	Pick-up lawn games (corn hole, croquet, horseshoes, bocce ball, volleyball, badminton, etc.) Playground Drop-in Creation Station craft and nature activities, nail art.	

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Activity Period 3 - 3:00 p.m.– 4:30 p.m.			
3:00 p.m. – 4:30 p.m.	<p>Writers in the Woods In this informal workshop led by Sara Adams, create short writings on assigned topics and share them with the group. The writings will not be discussed or judged. By doing these writings in a group and hearing ourselves read aloud, we are often re-awakened to truths in our lives that we didn't always know that we knew. Those of you who have taken this workshop before are encouraged to come and to bring topics for writing.</p>	<p>Picnic games for kids – sack races, kid-friendly Frisbee golf, beanbag toss, and more.</p> <p>Pick-up lawn games (corn hole, croquet, horseshoes, bocce ball, volleyball, badminton, etc.)</p> <p>Playground</p> <p>Drop-in Creation Station craft and nature activities, nail art.</p>	3:00 – 4:30 Explore the park or enjoy open activities at Nuthatch Pavilion – See descriptions above.
3:00 p.m. – 4:30 p.m.	<p>Death of Democracy? January 6, 2021, is a critical date in the nation's history not only for the rioting that occurred but also for what many Republicans tried to do - overturn an election. Jon Ladd and Tim Phelps talk about the threat to future elections both from within the Republican party and at the Supreme Court. Jonathan Ladd, an associate professor of government and public policy at Georgetown University, studies American politics, especially the news media, public opinion, partisan polarization, and the loss of confidence in institutions. Tim Phelps is a retired Washington Correspondent for the Los Angeles Times who focused on the Supreme Court and Justice Department. as well as the Middle East.</p>		
4:30 – 5:15	<p>Porch Chat RRUUC ministers lead an informal discussion with your fellow congregants inside Blue Jay Pavilion, followed by a celebration of our stewardship campaign.</p>	<p>Snack time and games</p> <p>Pick-up lawn games (corn hole, croquet, horseshoes, bocce ball, volleyball, badminton, etc.)</p> <p>Playground</p> <p>Drop-in Creation Station craft and nature activities, nail art</p>	Explore the park or enjoy open activities at Nuthatch Pavilion – See descriptions above.
5:15 – 5:30	<p>Day's End Gather to close our day. All ages are welcome.</p>		

Sunday, April 24

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9:30 a.m. – 10:00 a.m.	Check-in Check the day's schedule, enter a raffle for a RRUUC Bazaar gift certificate, drop-in activities for kids		
10:00 a.m. – 10:45 a.m.	Sunday morning service RRUUC's morning service will be at the retreat, in celebration of Earth Day weekend.	Sunday morning Earth Day themed service is for all ages.	
11:00 a.m. – 12:00 p.m.	Drumming Circle Facilitator Katy Gaughan will lead an energetic drumming circle for all ages built around the theme of Earth Day and our connections with the natural world.	Kids are welcome at the drumming circle!	
11:00 a.m. – 12:00 p.m.	Nature Walk – for adults One of the best senses we exercise as adults is that of curiosity. On our easy hike through the forest we'll examine and learn about flowers, trees, rocks and whatever else amazes us, to arouse our sense of wonder and deepen our knowledge of nature's extraordinary processes. Led by naturalists Geri Drymalski and Mary Lou Tucker.		
12:00 p.m. – 1:00 p.m.	Brunch Enjoy a light brunch of bagels, breakfast savories, fruit, coffee, tea, and juice		
Activity Period 4 – 1:00 p.m. – 2:15 p.m.			
1:00 p.m. – 2:15 p.m.	Home Gardening and Organic Farming in Montgomery County Walter Weiss, curator of RRUUC's vegetable garden, will answer your questions about gardening. Organic farmer Mark Israel will share some insights about growing food in harmony with the land.	Picnic games for kids – sack races, kid-friendly Frisbee golf, beanbag toss, and more. Pick-up lawn games (corn hole, croquet, horseshoes, bocce, etc.)	1:00 – 4:00 Explore the Park! Seneca Creek State Park's 6,300 acres includes 90-acre Clopper Lake, scenic Seneca Creek, a recycled tire playground (with a dragon), fishing, miles and miles of trails for walking, cycling and exploring, a restored 19th century cabin and a self-guided path interpret the history of the area, and much more. (The boathouse will not yet be open for the season.)
1:00 p.m. – 2:15 p.m.	RRUUC Change Makers RRUUC members will share their experiences of creating and sustaining organizations that are making a positive impact. Dave and Alicia Kiyvra: To Be Well Fed Julia Roig: Horizons Project Linda Ryden and Cheryl Dodwell: Peace of Mind	Playground Drop-in Creation Station craft and nature activities, nail art	Open activities at Nuthatch Pavilion

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1:00 p.m. – 2:30 p.m.	Guided Bike Ride Join a bicycling enthusiast exploring some of Seneca Creek State Park's many trails. Bring your bike, a helmet, and a water bottle. Registration: No limit, but please register to let us know if you plan to join the ride.	Kids 5 th grade and younger can join the bike ride with an adult.	
1:00 p.m. – 2:30 p.m.	Frisbee golf with Kane Davidson Like golf with Frisbees, using a course of baskets in the woods. This session is for novice Frisbee golf players. Registration: No limit, but let us know if you plan to join. Bring a Frisbee to toss.	Novice Frisbee-throwers can join this Frisbee golf session.	
Activity Period 5 – 2:30 p.m. – 3:45 p.m.			
2:30 p.m. – 3:45 p.m.	"my mouth is full of dust and I wish to reclaim the rising": Poetry for the Climate Discover, read, and write poetry that offers truth, courage, and solutions for the climate crisis. Working from the book ALL WE CAN SAVE, we'll consider the role of poetry in our collective human response to challenging times. Participants will have an opportunity to write on their own or in a group supported by Heidi Mordhorst and Tiwa Topia.	Artify Anything! Bring any small item to transform with imagination, paint, and pizzazz guided by Jane Baluss. Artistic talent NOT a prerequisite. Some possibilities include bland or dingy shoes, light colored underwear or T-shirts, plain phone or iPad cover, or any small useful item that secretly never wanted to be Plain.	2:30 – 4:00 Explore the park or enjoy open activities at Nuthatch Pavilion – See descriptions above.

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2:30 p.m. – 3:45 p.m.	<p>Meditation Join meditation teacher Niel Rosen for an introduction to Vipassana (“Insight”) Meditation and a guided meditation practice. Bring a chair, mat, or cushion (or whatever will permit you to sit comfortably for an hour).</p>	Youth who can sit comfortably for an hour are welcome.	
2:30 p.m. – 3:45 p.m.	<p>Guided bike trail ride Bikers with mountain or hybrid bikes will explore the park’s trails. Bring your bike, a helmet, and a water bottle.</p>	<p>Pick-up lawn games (corn hole, croquet, horseshoes, bocce, etc.)</p> <p>Playground</p> <p>Drop-in Creation Station craft and nature activities, nail art</p>	
4:00 – 4:30	<p>Closing We bid farewell to Seneca Creek State Park as the 2022 retreat comes to an end.</p>		