

2024 RRUUC Retreat Activity Schedule

Seneca Creek State Park

See details about the programs and activities below the schedule

Saturday, April 27

Time	Activity	Family-Friendly Fun	On-Your-Own Opportunities
9:30 a.m. – 10:00 a.m.	Check-in Check the day's schedule, 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. – 12:15 p.m.	Green Investing: Earth Ministry workshop Nature Walk with Joe Saliunas	All-ages Intro to Juggling – Scarf Basics Creation Station for Kids – Drop-In Fun Learn to play bocce Pick-up lawn games Playground Board games and cards	11:00 a.m. – 12:15 p.m.: Explore the Park! Field activities
12:15 p.m. – 1:15 p.m.	Lunch We'll provide a picnic lunch in the pavilion		
Activity Period 2 – 1:30 p.m. – 2:45 p.m.			
1:30 p.m. – 2:45 p.m.	Book Talk and Discussion: <i>Unmasked: COVID, Community, and the Case of Okoboji</i> Gentle Chair Yoga Tarot as a Spiritual Practice 2:00-3:30 Weed Warriors – Cutting Small Invasive Trees 2:45-4:15 Nature Journaling	*Snack time for kids* Creation Station for Kids – Drop-in Fun Corn Hole Tournament Pick-up lawn games Playground Board games and cards	1:30 p.m. – 4:30 p.m. Explore the park or enjoy field activities

Time	Activity	Family-Friendly Fun	On-Your-Own Opportunities
Activity Period 3 - 3:00 p.m.– 4:15 p.m.			
3:00 p.m. – 4:15 p.m.	Beloved Community: Workshop by the Educating4Change Pathway to Racial Justice 2:00-3:30 Weed Warriors continues until 3:30 – or come back earlier if you get tired! 2:45-4:15 Nature Journaling 3:00-4:30 What Time Is It? Past, Present and Future in Climate Poetry	Zip, Zop, Zap! Theater Games (for kid 5 and up) Creation Station for Kids – Drop-in Fun Frisbee Fun with Doran Flowers Pick-up lawn games Playground Board games and cards	3:00 – 4:30 Explore the park or enjoy field activities
Activity Period 4 – 4:30 – 5:15			
4:30 – 5:15	Porch Chat with Rev. Nancy	Creation Station for Kids – Drop-in Fun Pick-up lawn games Playground Board games and cards	Explore the park or enjoy field activities
5:30	End of Day		

Sunday, April 28

Time	Activity	Family-Friendly Fun	On-Your-Own Opportunities
9:30 a.m. – 10:00 a.m.	Check-in Check the day's schedule, drop-in activities for kids		
10:00 a.m. – 10:45 a.m.	Sunday morning service	Sunday morning service is for all ages.	
11:00 a.m. – 12:00 p.m.	Drumming Circle Newcomers' Conversation Plant Invaders – Why Should We Care and What Can We Do?	Creation Station for Kids – Drop-in Fun Kids are welcome at the drumming circle! Playground Pick-up lawn games Board games and cards	Explore the park or enjoy field activities

Time	Activity	Family-Friendly Fun	On-Your-Own Opportunities
12:00 p.m. – 1:00 p.m.	Lunch The Animal Ministry task force is preparing a plant-based lunch. The lunch will consist of Field Roast hotdogs, Impossible Burger patties, and veggie burgers, whole wheat buns, salads, fruit, and vegan cookies.		
1:15	Closing Activity We bid farewell to Seneca Creek State Park as the 2024 retreat comes to an end.		

Program and Activity Descriptions

Creation Station for Kids

Drop-in all day Saturday and Sunday

Throughout the day children are invited to visit the Blue Jay Pavilion to have some creative fun! Tie-dying, bird-feeder making, and more will be available!

Green Investing: Earth Ministry workshop

Saturday 11:00 – 12:15

Money talks. The power of the purse can have a big impact on climate change. The way we bank and invest is a frequently overlooked way to protect Mother Earth. This talk will show why so many climate activists are urging everyone to put their money to work fighting climate change and how it can be done just as profitably as more traditional ways of deploying your assets.

Nature Walk with Joe Saliunas

Saturday 11:00 – 12:15

Explore the park with Joe Saliunas, RRUUC's resident naturalist, and share observations of birds, plants, pollinators, and other creations.

Registration limit: 10

All-ages Intro to Juggling – Scarf Basics

Saturday 11:00 – 12:15

RRUUC has a lot of very talented people, but only one who can balance on quite as much stuff as Natalie Schall can! Come learn about circus skills, watch a demonstration, and learn to juggle or even make bubble structures!

Learn to Play Bocce

Saturday 11:00 – 12:15

Ron Piervincenzi will cover the basics of play for the lawn game Bocce. Come and get some pointers, so you can enjoy some pickup games throughout the weekend.

Book Talk and Discussion: *Unmasked: COVID, Community, and the Case of Okoboji.*

Saturday 1:30 – 2:45

Emily Mendenhall will talk about her research as a medical anthropologist and discuss her book *Unmasked: COVID, Community, and the Case of Okoboji*. There will be time for us to share thoughts on the book and our experience with the pandemic.

Gentle Chair Yoga

Saturday 1:30 – 2:45

Join Judi Croft for a gentle seated yoga practice: stretching, moving joints, focusing the mind on the body- spirit connection using intentional breathing.

Corn Hole Tournament

Saturday 1:30 – 2:45

Hone your beanbag-tossing skills and join Ron Piervincenzi for some friendly competition.

Tarot as a Spiritual Practice

Saturday 1:30 – 2:45

Beth Irikura will guide us in ways tarot readings can deepen spiritual awareness.

Weed Warriors – Cutting Small Invasive Trees

Saturday 2:00-3:30

A park ranger will lead us on this Earth Ministry program. We'll be cutting invasive, bush-like trees called Autumn Olive, which are widespread in the park. The ranger will provide long-handled pruning shears and show us how to use them. And he'll walk us from our pavilions to where we'll be working.

This activity is limited to 20 and is geared toward adults and high schoolers. Middle-schoolers can participate if accompanied by an adult. Participants should be able to walk through heavy underbrush and use long-handled clippers. Long-sleeved shirts and pants are recommended.

Nature Journaling

Saturday 2:45-4:15

In this art and nature workshop for adults, we'll use simple media like markers, pencils, and watercolors to expose the intricacy of nature. From making leaf prints with markers and stamp pads, to drawing a flower without looking at the page, our powers of observation will be heightened revealing beauty we often miss. Our objective in this workshop is not to produce works of art but to see and appreciate nature's works of art, which in turn, feed our soul. Led by naturalist Geri Drymalski

Registration limit: 12

Beloved Community: Workshop by the Educating4Change Pathway to Racial Justice

Saturday 3:00 – 4:15

The Educating4Change (E4C) Pathway to Racial Justice, in collaboration with our Senior Minister Rev. Nancy McDonald Ladd, will describe the E4C programs organized in the past and the resources members and friends may consider using for their own educational journeys. The program will also introduce the concept and characteristics of Beloved Community in relation to the privilege participants may or may not have experienced in their lives. Participants will be asked to complete two brief individual paper exercises, form into discussion groups, and provide collective answers to questions posed to these discussion groups.

What Time Is It? Past, Present and Future in Climate Poetry

Saturday 3:00 – 4:30

When and how did you first come face-to-face with climate change? Heidi Mordhorst will lead a deep dive into 3 short poems by climate poets. How does each use their past and present experiences to imagine the future of humanity? We'll take time to let one personal experience generate a hopeful poem. BONUS! Includes tips on how to read poetry, for those who feel uncertain.

Frisbee Fun with Doran Flowers

Saturday 3:00 – 4:15

A non-competitive, fun ultimate Frisbee game, or maybe just tossing some discs around!

Porch Chat

Saturday 4:30 – 5:15

Join Rev. Nancy and other RRUUC staff for an informal discussion about anything and everything happening in our congregation. The name of this session comes from the tradition started at our annual go-away retreat at Camp Tockwogh on the Eastern Shore, when we gathered on the dining hall porch to chat before dinner on Saturday.

Worship Service

Sunday 10:00 – 10:45

RRUUC's morning service will be at the retreat. Join Rev. Nancy, Drummer Katy Gaughan, and Music Director Clif Hardin for a service under the trees.

Drumming Circle

Sunday 11:00 – 12:00

Facilitator Katy Gaughan will lead an energetic drumming circle for all ages. Katy says, "By setting the intention, creating the space, issuing the invitation, and welcoming everyone to PLAY DRUMS, an energy is unleashed. Suddenly individuals feel part of something bigger and are empowered to express themselves – tapping into their own rhythm and tuning into the harmony of the group." Katy will bring drums and hand percussion instruments to share, or you can bring your own drum.

Newcomers' Conversation

Sunday 11:00 – 12:00

Are you new to RRUUC or feeling new? This session is for you! Come chat with Rev. Nancy, religious education professionals Beth and Laura, and communications director Natalie.

Plant Invaders – Why Should We Care and What Can We Do?

Sunday 11:00 – 12:00

This interactive discussion led by Joe Saliunas will focus on the problems caused by non-native invasive plants in our landscapes, along with options on how you can control these invaders. It will include hands-on identification lessons.

Drop-in and on-your-own activities

Any time Saturday and Sunday

- **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.)

- **Lawn games and field activities**

We'll have lawn games set up throughout the weekend – ready for pickup games of badminton, bocce ball, corn hole, horseshoes, etc.

- **Board Games and Cards**

Take a break for a card game, jigsaw puzzle, or board game. The Retreat Committee will provide some – and feel free to bring a game to share.