

Bethel's Labor Day Retreat 2020
20/20 Vision and Perspective

"Packing List"

*(*Here are some potential items you may want to gather and have handy for Bethel's Labor Day Retreat depending on your interest and participation in the weekend's events!)*

***ZOOM: Saturday, 9/5 8:30 – 9:00 am: Coffee Cake Baking and Morning Social**

Version 1: (Patrice Sera) Amazing Coffee Cake (It just happens to be gluten and dairy free)

Ingredients:

1 package of vanilla cake mix (pick your favorite)

Any ingredients the mix requires

For Topping:

1 cup brown sugar

1.5 cups pecans

1/3 cup ghee (or butter)

1 tablespoon cinnamon

Directions:

1. Make cake batter according to package directions

2. For topping:

Grind pecans fairly fine

Mix with sugar and cinnamon

Cut in ghee (or butter) until crumbly

3) Grease 9x13 Pyrex

- Spread half the batter into pan
- Sprinkle with half the topping to cover
- Spread rest of batter over topping
- Use knife to swirl through
- Sprinkle rest of topping to cover cake
- Bake accords to directions on package

Optionally, add your favorite fruit (like blueberries)

About 1/2 cup

Version 2: (Molly Schrey) Easy and Delicious Coffee Cake

Ingredients:

1 cup oil

2 eggs beaten

1 tsp vanilla

1 cup milk

1 cup sugar

3 tsp baking powder

1/2 tsp salt

1 1/2 cup brown sugar

2 tsp cinnamon

1/2 cup margarine/butter melted

3 cups flour

Directions:

1. In a large mixing bowl. combine oil, eggs, vanilla and milk together.
2. In a medium bowl, blend together sugar, flour, baking powder and salt.
3. Combine egg mixture with flour mixture. Pour half the batter into a lightly greased 9x13 pan.
4. In a medium bowl, prepare streusel by combining brown sugar and cinnamon.
5. Sprinkle half of streusel on top of the batter. Top with remaining batter and then sprinkle the remaining streusel on top.
6. Drizzle with melted margarine.
7. Bake, uncovered at 350 for 25-30 minutes.

Chair Yoga: De-stress/Breathing, hosted by Holly Lofgren

***ZOOM: Saturday, 9/5 9:30 – 10:10 am AND Sunday, 9/6: 9:30 – 10:10**

***Packing list:** comfy clothes and strait back or office chair for yoga

Jigsaw and Wine Social, hosted by Robyn Winegardner

***ZOOM: Saturday, 9/5 4:00 pm AND 8:30 pm (duration – flexible)**

***Packing list:** your favorite jigsaw puzzle and beverage

Campfire - Songs, Stories, and S'mores w/Katie, Tyler and others.

***ZOOM: 7:45 - 8:30 pm**

***Packing list:** your own fire/pit and s'mores ingredients -chocolate bars, graham crackers, marshmallows, roasting sticks

COVID Challenge: "Polar Bear Swim" w/ Tom Hoegel

***ZOOM: 7:30 am**

***Packing list:** appropriate clothing for your own COVID Challenge "Polar Bear Swim"

Kids Time: *Kids Crafts "stained glass activity" w/ Susan (target: Pre-K – 2nd - or older)

***ZOOM: 9:30 - 10:15 am:**

***Packing list:** wax paper (10 by 16 inches, can be larger), glue stick or white glue, small container and water, One or two pieces of construction paper (8 1/2 x 11),

different colored tissue paper, scissors, pencil)

Olympic Games/Activities

***ZOOM 12:30 pm:** Send photos of your “Olympians” for next Sunday!

***Packing list:**

1. Covid Bag Toss:
 - A. Something to make a target (possibly a hula hoop).
 - B. Something to throw (possibly a bean bag, a wadded up shirt, stuffed animal).
 - C. A mask
2. Covid Tic Tac Toe
 - A. Supplies to make a grid (chalk on driveway, 4 long straight sticks on the lawn, 9 hula hoops, etc)
 - B. 5 items per team to place on the grid (bean bags, shoes, live animals, be creative)
3. Covid Serum Pass
 - A. A large bowl of water
 - B. An 8 oz glass
 - C. A large tablespoon
4. Covid Vaccine Bag Toss
 - A. Water-filled balloons

Bingo w/ Kara (Part of LDR Wrap-up)

***ZOOM 12:45 – 1:00 pm**

***Packing list:** Make/print your own Bingo cards