

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

(\* See "Packing List" items)

### Saturday 9/5:

**\*ZOOM: 8:30 – 9:00 am: Coffee Cake Baking and Morning Social** – with Patrice Sera and Molly Schrey.

*Prepare your favorite coffee cake for Sunday morning breakfast!*

(\*Packing list: Coffee Cake ingredients and recipes – see separate Packing

List) <https://cccconfer.zoom.us/j/95399612056?pwd=VHZOMXVMeTNVaFRNL2YObEtVQWY5QT09> Password: 193927

**\*ZOOM: 9:30 – 10:10 am: Chair Yoga: De-stress/Breathing – Version I**, hosted by Holly Lofgren  
*Join Holly as she hosts a bit of chair yoga and de-stress. Holly has borrowed a Second Harvest co-workers easy to do chair yoga tape. It's all about the breathing and getting your parasympathetic nervous system to kick in! All you need to participate is a straight back or an office chair. Class lasts 40 minutes.*

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

<https://us02web.zoom.us/j/81233040986?pwd=b0ZlRnYxYUdXSklJbGZGZ1JQQT09>

Passcode: 457510

### **ON SITE: At Bethel: Socially distanced art for kids with Amanda**

†9:30 - 10:30 am: Grades K-2<sup>nd</sup> with Amanda (Needs to have a parent)

†11:00 – 12:00 pm: Grades 3<sup>rd</sup>-5<sup>th</sup> with Rachel and Amanda (Parents optional)

(†RSVP: to Amanda for the 9:30 and/or 11:00 sessions)

### **ON SITE: At Bethel: Confirmation Kick-off**

11:00 – 1:30 pm: Confirmation with Robyn (lunch provided – individual pizzas)

**12 noon: Lunch on your own** (suggested menu: hamburgers/hot dogs, potato salad, watermelon, ice cream cups or popsicles)

**ZOOM:** [Saturday Workshops – Schedule](#) (Zoom or other online meeting platform)

**1:00 pm: 1. Devotional: "Okay- Stop!"** w/ Tyler Freckmann and Rachel Sudarsanam  
*Have you ever been listening to a talk and found that you wanted to interrupt the speaker to quickly discuss or interject something? If so, then this workshop is for you! Join us as we dive into "Vulnerability & Power", and interview with comedian Russell Brand and researcher-storyteller Brené Brown. You'll get the chance to yell out, "Ok!"*

*Stop!" and interject your thoughts as we listen to this discussion on compassion and accountability.*

<https://samsara.zoom.us/j/2403688405>

**2. Stress and Self Care Workshop** w/ Daniel Rhyne and Bobbi Kyle Gutierrez  
*Join for a discussion about stress and self-care in the era of Covid. What is stress and how does it manifest and affect us in our daily lives? What are the consequences of prolonged stress? How can we manage stress? What are coping strategies and why are some less effective? We will also discuss some approaches to managing stress and practice a coping exercise together.*

*Daniel and Bobbi are Associate Marriage and Family Therapists serving the community in the Bay Area. We currently work together in a private practice in Campbell. We would like to share some of the knowledge and experience we have gained along the way in a workshop with you.*

<https://smccd-hipaa.zoom.us/j/99059496415?pwd=TG5MWHNVWExobmpwU1JPTEINWnlUQT09>

Passcode: 560856

**3. Navigating School During the Pandemic:** w/Angela Brown, Anna Chinn, Sarah Evashenk, and Dawn De Bois-Weber

*Have you found yourself dreaming of the day when your children leave the house to go to school? Maybe just a few hours? Us too. Log on to your device and join us for some helpful advice on how to navigate this challenging school year. We may not be able to make it all better, but we can give you some tools to ride the wave of digital learning.*

<https://us02web.zoom.us/j/82645152918?pwd=eUtyRU8yeDJ6eVRSVkdPZnRnWC9QQT09>

Passcode: KmimH7

**2:00 pm: 1. Building Your Travel Bucket List** w/ Chris Christensen

*A round table conversation about what destinations and activities should be on your personal bucket list.*

*In addition to being an occasional preacher at Bethel, Chris Christensen is the creator of the Amateur Traveler which is an award-winning online travel podcast / blog that focuses primarily on travel destinations. It includes a weekly audio podcast, a video podcast, and a blog. Amateur Traveler started in 2005 and they use the Amateur Traveler podcast to teach English at Oxford University and to test English proficiency for employment with the Thailand Foreign Ministry.*

*Chris has won a Lowell Thomas Award from the Society of American Travel Writers (SATW), 5 North America Travel Journalism Association (NATJA) awards and was called the "Best Independent Travel Journalist" by Travel & Leisure Magazine in their annual SMITTY Awards.*

<https://zoom.us/j/97020839653?pwd=L0diZUcybGN5MGYrSINJbjhSL0c3dz09>

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Passcode: 560856

**3:00 pm: 1. Building Your Travel Bucket List w/ Chris Christensen**

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<https://samsara.zoom.us/j/2403688405>

**4:00 pm: 1. Navigating School During the Pandemic: w/Angela Brown, Anna Chinn, Sarah Evashenk, and Dawn De Bois-Weber**

*Have you found yourself dreaming of the day when your children leave the house to go to school? Maybe just a few hours? Us too. Log on to your device and join us for some helpful advice on how to navigate this challenging school year. We may not be able to make it all better, but we can give you some tools to ride the wave of digital learning.*

<https://us02web.zoom.us/j/82645152918?pwd=eUtyRU8yeDJ6eVRSVkdPZnRnWC9QQT09>

Passcode: KmimH7

**\*2. Jigsaw and Wine (Mt. Dew) Social w/ Robyn Winegardner**

*Let's work on our own jigsaw puzzle along with some pleasant conversation and favorite beverage.*

(\*Packing list: your favorite jigsaw puzzle and beverage)

<https://us02web.zoom.us/j/87367630894?pwd=bjZEckN1UmFXYVpMTzFDaCtBalkxQT09>

**5:30 – 7:00 pm: Dinner on your own** (suggested menu: Spaghetti with meatballs, green beans, salad)

**ZOOM 7:00 - 7:45 pm: Variety Show** Bethel's Encore presentation (link used also for Campfire)

**Zoom Link:** <https://us02web.zoom.us/j/83290796332>

**\*ZOOM 7:45 - 8:30 Campfire - Songs, Stories, and S'mores** w/Katie, Tyler and others.

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

<use variety show zoom link found above >

**\*ZOOM: 8:30 pm: Jigsaw and Wine Social:** w/ Robyn Winegardner

*Let's work on our own jigsaw puzzle along with some pleasant conversation and favorite beverage.*

(\*Packing list: your favorite jigsaw puzzle and beverage)

<https://us02web.zoom.us/j/87367630894?pwd=bjZEckN1UmFXYVpMTzFDaCtBalkxQT09>

## **Sunday, 9/6**

**\*ZOOM 7:30 am: COVID Challenge: "Polar Bear Swim" w/ Tom Hoegel**

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

**Zoom Link:** <https://us02web.zoom.us/j/85478445494>

**8:00 am: Breakfast on your own** (suggested menu: Coffee Cake from Saturday baking Zoom, blueberry pancakes or scrambled eggs, bacon or sausage, fruit)

**\*ZOOM: 9:30 – 10:10 am: Chair Yoga: De-stress/Breathing – Version II**, hosted by Holly Lofgren

*Join Holly as she hosts a bit of chair yoga and de-stress. Holly has borrowed a Second Harvest co-workers easy to do chair yoga tape. It's all about the breathing and getting your parasympathetic nervous system to kick in! All you need to participate is a straight back or an office chair. Class lasts 40 minutes.*

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

<https://us02web.zoom.us/j/81951997717?pwd=d2JsS2hjdWYvUDliTDZsaTRLZDZudz09>

Passcode: 421676

**\*ZOOM: 9:30 - 10:15 am: Kids Time** w/Patrice Sera and Susan Leavitt:

- **Virtual Scavenger Hunt for kids** w/ Patrice (target: Pre-K – 2<sup>nd</sup> - or older)
- **\*Kids Crafts “stained glass activity”** w/ Susan (target: Pre-K – 2<sup>nd</sup> - or older)

(\*Packing list: wax paper or tracing 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)

<https://us02web.zoom.us/j/86361281303?pwd=eHdzcGNzTE9YN3o5d3UwZ0JaSjYyUT09>

Passcode: kids

**10:45 – 11:45am: WORSHIP: LIVE from Mt. Cross - YouTube Live Stream**

Preacher: Tyler Freckmann

Readers: Rachel Sudarsanam and Brian Schuette

Worship Team: Katlynn Rhyne, Brian Schuette, Adam Klopfenstein, Tom Hoegel

**YouTube link:** [https://youtu.be/wSR\\_ip6akxs](https://youtu.be/wSR_ip6akxs)

**(you can also get this directly from the Bethel Website)**

**ZOOM: LDR Wrap-up (continuous link 11:45 – 1:30)**

**Zoom Link:** <https://us02web.zoom.us/j/675683800>

**11:45- 12:30 pm: Zoom Lunch and Chat** (suggested menu: Taco bar, salad, fruit, cookies)

**\*12:30 pm: Olympic Games/Activities:** Tic/Tac/Toe, Blind-folded toss, water balloon toss and more. Send photos of your own Olympic Games for next Sunday!

(\*Packing list: See separate Packing List for specific materials)

**\*12:45 – 1:00 pm: Bingo** w/ Kara

(\*Packing list: Make/print your own Bingo cards – use link below)

<https://myfreebingocards.com/numbers/1-75/edit>

**1:00– 1:30pm: Closing Time:** Breakout rooms/Polls