

The Essentials: Schedule

February 26-29, 2020

Wednesday

8:00 – 9:00 am	Registration
9:00 – 10:00 am	Worship / Introduction {sanctuary}
10:00 – 10:15 am	Break
10:15 – 12:00 pm	Empathic Caregiving / Incarnational Love
12:00 – 1:15 pm	LUNCH (<i>on your own</i>)
1:15 – 2:15 pm	Developing a Foundation of Empathy
2:15 – 2:30 pm	Break
2:30 – 3:45 pm	Mindful Awareness Practices
3:45 – 4:00 pm	Break
4:00 – 4:30 pm	Experiential
4:30 – 5:00 pm	Group Debrief

Thursday

8:15 – 9:00 am	Practicing the Presence – Creator God {sanctuary}
9:00 – 10:30 am	Episodic Engagements: Positioning for Transformation
10:30 – 10:45 am	Break
10:45 – 12:00 pm	Five Types of Memory 1
12:00 – 1:15 pm	LUNCH (<i>on your own</i>)
1:15 – 2:30 pm	Five Types of Memory 2
2:30 – 2:45 pm	Break
2:45 – 4:00 pm	Five Types of Memory 3
4:00 – 4:30 pm	Group Debrief

Friday

8:15 – 9:00 am	Practicing the Presence – Royal Redeemer {sanctuary}
9:00 – 10:30 am	The Left Brain: Principles, Propositions, Procedures & Facts
10:30 – 10:45 am	Break
10:45 – 12:00 pm	Right Brain: Understanding & Exercises
12:00 – 1:15 pm	LUNCH (<i>on your own</i>)
1:15 – 2:30 pm	Types of Right Brain Exercises
2:30 – 2:45 pm	Break
2:45 – 4:45 pm	Developing Sensory Driven Right Brain Experientials
4:45 – 5:15 pm	Group Debrief

Saturday

8:15 – 9:00 am	Practicing the Presence – Flame of Love {sanctuary}
9:00 – 10:15 am	Spirituality and Transformation
10:15 – 10:30 am	Break
10:30 – 12:00 pm	Helping People Position for Spiritual Formation
12:00 – 1:15 pm	LUNCH (<i>on your own</i>)
1:15 – 2:45 pm	Community: The Place of Belonging and Pathology in the Body of Christ
2:45 – 3:00 pm	Break
3:00 – 4:00 pm	Worship & Impartation