

**SRF CONDUCTED WEEKEND RETREAT
APRIL 26-28, 2024 (4-H CENTER)**

For Positions:

Setup / Registration / Greeter / Breakfast / Lunch / Urn / Free Literature / Restrooms / Cleanup

FRIDAY, APRIL 26

8:30 a.m. - Setup - **Sue, Barbara, Thelma, Shannon, Greenfield Nuns**

6:30-8:00 p.m. - Registration Desk - **Anna, Lorraine**

6:30-6:55 p.m. - Greeter (outside front door) - **Barbara**

6:55 p.m. - Ring Bell - **Barbara**

7:00-8:30 p.m. [Opening Class](#)

8:30 p.m. - Free Literature Table (restock, if needed) - **Sue**

SATURDAY, APRIL 27

7:55 a.m. - Check Women's Restrooms - **Thelma**

8:00-8:15 a.m. - Breakfast Setup - **Thelma, Shannon**

8:00-9:30 a.m. - Urn/Tea Service - **Cay**

8:15-9:45 a.m. - Registration Desk - **Anna, Ed**

8:15-8:45 a.m. - Greeter - **Shannon**

8:30-9:30 a.m. - [Breakfast](#)

8:30-9:00 a.m. - Breakfast - **Thelma**

9:00-9:30 a.m. - Breakfast - **Sue**

9:00-9:25 a.m. - Greeter - **Barbara**

9:25 a.m. - Ring Bell - **Barbara**

9:30 a.m. - [Energization Exercises](#)

10:00 a.m.-12:00 p.m. [Meditation and Technique Review](#)

11:15 a.m. - Bring Donation Box to Dining Room - **Anna**

11:15 a.m. - Fill and Turn On Urn / Put Chairs Outside (help lunch setup needed) - **Anna**

12:00-12:45 p.m. - Lunch - **Sr. Brahmani, Sr. Shankari, Sr. Yashoda, Bni. Ann, Claudia, Patty**

12:00-12:45 p.m. - Urn/Tea Service - **Anna**

12:45-1:20 p.m. - Urn/Tea Service - **Barbara**

12:00-1:30 p.m. [Lunch and Break](#)

1:00 p.m. - Bring Donation Box to Foyer - **Anna**

1:00 p.m. - Free Literature Table (restock, if needed) - **Sue**

1:00 p.m. - Check Women's Restrooms - **Sue**

1:25 p.m. - Ring Bell - **Barbara**

1:30-2:15 p.m. - [Class](#)

2:15-2:30 p.m. - [Break](#)

2:25 p.m. - Ring Bell - **Barbara**

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SATURDAY, APRIL 27 (continued)

2:30-3:15 p.m. - Class

3:15 p.m. - Pick Up Chairs (place inside dining room) - **Thelma, Barbara**

3:25 p.m. - Ring Bell - **Barbara**

3:30-5:00 p.m. - Energization Exercises and Meditation

5:00-7:00 p.m. - Supper

5:00 p.m. - Retrieve Donation Box and Lock Up - **Anna**

5:05 p.m. - Take Down Altar Table for Film - **Anna, Barbara**

6:30 p.m. - Put Donation Box in Foyer - **Anna**

6:55 p.m. - Ring Bell - **Barbara**

7:00-8:30 p.m. - Video Presentation

8:30 p.m. - Put Altar Table Back Up - **Anna, Barbara**

SUNDAY, APRIL 28

7:25 a.m. - Check Women's Restrooms - **Alice**

7:30-7:45 a.m. - Breakfast Setup - **Alice, Thelma**

7:30-9:00 a.m. - Urn/Tea Service - **Cay**

7:30-7:55 a.m. - Greeter - **Barbara**

7:55 a.m. - Ring Bell - **Barbara**

8:00-9:00 a.m. - Breakfast

8:00-8:30 a.m. - Breakfast - **Alice**

8:30-9:00 a.m. - Breakfast - **Sue**

8:55 a.m. - Ring Bell - **Barbara**

9:00 a.m.-12:00 p.m. - Energization and Meditation with Kirtan

11:15 a.m. - Move Donation Box to Lunch Room - **Alice**

11:15 a.m. - Fill and Turn On Urn / Put Chairs Outside (help lunch setup as needed) - **Alice**

12:00-12:45 p.m. - Lunch - **Sr. Brahmani, Sr. Shankari, Sr. Yashoda, Bni. Ann, Claudia, Patty**

12:10-12:45 p.m. - Urn/Tea Service - **Anna**

12:45-1:20 p.m. - Urn/Tea Service - **Alice**

12:00-1:30 p.m. - Lunch and Break

1:00 p.m. - Put Donation Box in Foyer - **Anna**

1:25 p.m. - Ring Bell - **Barbara**

1:30-2:30 p.m. - Satsanga

2:30 p.m. - Close of Retreat

2:30 p.m. - Cleanup - **Anna, Barbara, Thelma, Alice, Sue, Cay** (begin in dining room)