

SRF CONDUCTED WEEKEND RETREAT - May 9-11, 2025 (4-H CENTER)

(For Positions: Setup / Registration / Greeter / Breakfast / Lunch / Urn / Free Literature / Restrooms / Cleanup)

FRIDAY, MAY 9

8:30 a.m. - Setup - **Sue, Barbara A., Thelma, Greenfield nuns**

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

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

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

7:00-8:30 p.m. **Opening Class**

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

SATURDAY, MAY 10

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

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

8:15-9:30 a.m. - Urn/Tea Service - **Cay**

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

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

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 A.**

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

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 (lunch arrives at 11:30, help as needed) - **Anna**

12:00-12:45 p.m. - Lunch - **Greenfield nuns, resident retreatants (if any)**

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

12:45-1:25 p.m. - Urn/Tea Service - **Cay**

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

1:25 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 A.**

1:30-2:15 p.m. - **Class**

2:15-2:30 p.m. - **Break**

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

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

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

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

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 A.**

(cont. next page)

6:30 p.m. - Put Donation Box in Foyer - **Anna**
6:55 p.m. - Ring Bell - **Barbara A.**
7:00-8:30 p.m. - [Video Presentation](#)
8:30 p.m. - Put Altar Table Back Up - **Anna, Barbara A.**

SUNDAY, MAY 11

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 - **Shannon**
[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 A.**
[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 (lunch arrives at 11:30, help as needed) - **Alice**
12:00-12:45 p.m. - Lunch - **Greenfield nuns, resident retreatants**
12:00-12:45 p.m. - Urn/Tea Service - **Cay**
12:45-1:25 p.m. - Urn/Tea Service - **Shannon**
[12:00-1:30 p.m. - Lunch and Break](#)
1:25 p.m. - Put Donation Box in Foyer - **Anna**
1:25 p.m. - Ring Bell - **Barbara A.**
[1:30-2:30 p.m. - Satsanga](#)
[2:30 p.m. - Close of Retreat](#)
2:30 p.m. - Cleanup (begin in dining room) - **Anna, Cay, Barbara A., Thelma, Alice, Sue, Shannon**