



On the night Jesus was betrayed, he gave to the church a meal, he gave to the church... himself. This gift, this meal, is, perhaps, the most sacred, mysterious and worshipful thing a person could do. But what does it mean? Why is it so important? Why should we eat it... whenever we meet together?

At this years equipping retreat I want us to look at the meal together. To marvel at it's mystery, to become convinced of it's power and beauty, and to determine together to eat it, often, with our churches and with thanksgiving!

**Travel:**

**April 14** - We will depart on the **9:45 ferry** leaving for Langdale. Lets try and take as few vehicles over as we can - this will limit the cost for us. **April 15** - We will return on the **1:05 ferry** getting us back to Horseshoe Bay for **1:45pm**.

**What to Bring:**

Clothes for the day. Stuff to wear for a nice walk down to the ocean. Toiletries, Bible, journal - whatever else you need for rest. Bedding and towels are all provided.

**Schedule:**

**April 14**

11:00 Arrive at Linwood House, get set-up and relaxed  
11:20 Session One: Decompress, prayer, meditation together - welcoming God's Spirit!  
12:00 Lunch!  
1:00 Session Two  
2:30 Walk and/or personal free time  
5:30 Wonderful Dinner & Conversation!  
7:00 Session Three

**April 15**

8:45 Breakfast  
9:45 Session Four: The Meal!  
11:45 Depart for Ferry