23rd All-Congregation Retreat - “Don’t Stop Thinking About Tomorrow”

SUNDAY, MAY 29, 2022 - REVISED

7:30 a.m. – 9:00 a.m.  Breakfast – Dining Hall
7:30 a.m. – All Day   Game tables set-up in Gullen Lounge throughout the day
9:00 a.m. – 9:30 a.m.  Worship Service – Auditorium or Lawn
  Rev. Jaye Brooks - Silver Bay Choir led by Stephen Michael Smith

Morning Programs

10:00 a.m. – 12:15 p.m.  Adult Workshops/ Children & Youth Programs
  CHILDREN & YOUTH SIGN IN ON THE FRONT PORCH.
  The following workshops are one hour in length. Choose one in each session.

  PROGRAM I  - 10:00 a.m. – 11:00 a.m.
   The Effective Presenter – Part 1  – Bernard FitzGerald, Jr. – Boat House
   Tile Painting – Part 1  – Diane Lombardy – Watson Art Center
   Small Group Ministry – Topic: Joy Part 2  - Sandra Frank & Angela Cesa - Morse Hall

  PROGRAM II - 11:15 a.m. – 12:15 p.m.
   The Effective Presenter – Part 2  – Bernard FitzGerald, Jr. – Boat House
   Tile Painting – Part 2  – Diane Lombardy – Watson Art Center
   Walk in – Float out: Stress No More!  – Lilyan Strassman – Morse Hall

12:00 p.m. – 1:30 p.m.  Lunch – Dining Hall

Afternoon Programs

1:30 p.m. & 3:30 p.m.  Boat Tour of Lake George on the “Silver Spirit”
  Sign Up and Pay at Front Desk - 45-minute trip: $22 – Adult / $11- Child (0 – 18)
1:30 p.m. – 3:00 p.m.  Tile Painting – Part 3  – Diane Lombardy – Watson Art Center
1:30 p.m. – 3:00 p.m.  Silver Bay Retreat Choir  – Stephen Michael Smith – Auditorium
2:00 p.m. – 3:30 p.m.  Big League Softball Game (Adults & Youth)  – Meet Eric & Ken Hughes
  at the Baseball Diamond – Please remember to bring your own mitt.
2:00 p.m. – 4:00 p.m.  Children’s Pavilion – the pavilion will be open for younger children and their
  parents. Please do not remove anything from the pavilion.
3:00 p.m. – 4:30 p.m.  Yoga  – Suzanne Viverito – Morse Hall – Bring a towel
4:30 p.m. – 5:30 p.m.  Drones  – Gerry Matusiewicz – Boat House
3:30 p.m. – 4:30 p.m.  Labyrinth Walk & Meditation  – Angela Cesa
4:00 p.m. – 5:15 p.m.  Porch Chat  – Rev. Jaye Brooks

Please turn over for Sunday Continued
4:00 p.m. – 5:30 p.m.  **Talent Show Rehearsals** - Auditorium - Report to Bruce & Laura Torff and Paul Drezner - Ken Hughes, Gary Mitchell and Eric Titcomb will assist with the rehearsals.

4:30 p.m. – 5:30 p.m.  **Drones** – Gerry Matusiewicz – Boat House

5:30 p.m. – 6:30 p.m.  **Dinner** – Dining Hall

**Evening Programs**

6:45 p.m. – 8:30 p.m.  **Starry Night Talent Show** – Auditorium Emcee Paul Drezner with Taylor Kerr and Karin Lyngstad-Hughes
Laura & Bruce Torff, Ken Hughes, Gary Mitchell, & Eric Titcomb

7:00 p.m. – 11:00 p.m.  **Games & Conversation** - Gullen Lounge

8:45 p.m. – 11:00 p.m.  **Ice Cream Social & Multigenerational Dance** – William Boyd Center
Multigenerational Dance and the Ice Cream Social will be in William Boyd Center. Adult Beverages will be served along with snacks. DJ Nate will provide music.
Worship Service

Sunday, May 29, 2022
9:00–9:30 AM
Auditorium or Lawn

Led by Rev. Jaye Brooks
Silver Bay Choir led by Stephen Michael Smith
Silver Bay brings you...

The Effective Presenter

Public Speaking Skills for Success

Part 1
Sunday, May 29, 2022
10:00–11:00 AM
Boat House

Part 2
Sunday, May 29, 2022
11:15 AM–12:15 PM
Boat House

An interactive workshop by
Bernard FitzGerald, Jr., Coach, Speaker, and Writer

The Effective Presenter provides expert professional coaching in public speaking, interpersonal communication, and speech-writing skills resulting in successful presentations for business, education, and industry. Great for youth and young adults who are ready to go out into the world.

The program includes:
- How to combat the heckler in your audience
- How to use humor in your speech
- How to conduct question and answer sessions, and more.

The Effective Presenter is for people who are at any level of their career path, for people who are in transition, and for people who are in the process of determining their next step!
Led by Diane Lombardy

**Tile Painting**

**Sunday, May 29, 2022**
Watson Art Center

- **Part 1:** 10:00–11:00 AM
- **Part 2:** 11:15 AM–12:15 PM
- **Part 3:** 1:30–3:00 PM

This workshop is painting tiles using underglaze, which will later be fired. It can then be mounted or used as a trivet.
Small Group Ministry

Small Group Ministry is simply a group of people who gather to discuss a topic from the heart. Whether you have attended before or are new, this is a wonderful way to know people better.

Maximum for this program is 12 people.
All ages welcome.

Topic: Joy Part 1
Friday, May 27, 2022
7:00–8:00 PM
Morse Hall

Topic: Joy Part 2
Sunday, May 29, 2022
10:00–11:00 AM
Morse Hall

Led by Sandra Frank and Angela Cesa
SEE IT COMIN’—HEAD IT OFF!

Learn skills to take with you for all times.
Boat Tour of Lake George on the “Silver Spirit”

Saturday, May 28, 2022
1:30 PM and 3:30 PM

Sunday, May 29, 2022
1:30 PM and 3:30 PM

Led by Silver Bay Staff

Sign up at the Front Desk
45-minute trip
Adult: $22  |  Child (0-18): $11
Silver Bay Retreat Choir

Saturday, May 28, 2022
1:00–3:00 PM
Auditorium

Sunday, May 29, 2022
1:30–3:00 PM
Auditorium

Directed by Stephen Michael Smith

Come learn the songs that will be sung at Sunday service and at the Memorial Day service.
selfREIKI

Sunday, May 29, 2022
1:30–2:30 PM
Boat House

Led by Basia Kerr

Reiki energy is always within us and available to us, so even if you haven’t been attuned to reiki, you can still practice self-healing. With a comfortable posture, meditation, recitation of the reiki precepts, and hands-on healing, you can begin your reiki self-healing journey. All it takes is some courage and the willingness to show.

Workshop limited to 12 participants
Big League Softball Game  
(Adults & Youth)  

Sunday, May 29, 2022  
2:00–3:30 PM  
Meet Eric and Ken Hughes  
at the Baseball Diamond  

Please remember to bring your own mitt.
Chair Yoga

Sunday, May 29, 2022
3:00–4:30 PM
Gym Dance Studio

Led by Suzanne Viverito

3:00–4:00 PM
Chair Yoga
For those who prefer to sit as well as for those who sit too much!

4:00–4:30 PM
Pranayama (Breathwork)
Guided Meditation
Savasana

Please bring a towel to assist with stretching.
Labyrinth Walk
and Meditation

Sunday, May 29, 2022
3:30–4:30 PM

Led by Angela Cesa
Porch Chat

Sunday, May 29, 2022
4:00–5:15 PM

Led by Rev. Jaye Brooks
Rehearsal for Talent Show

Saturday, May 28, 2022
4:00–5:00 PM
Auditorium

Sunday, May 29, 2022
4:00–5:30 PM
Auditorium

Report to
Bruce & Laura Torff and Paul Drezner

Ken Hughes, Gary Mitchell, and Eric Titcomb
will assist with the rehearsals
Drones

Sunday, May 29, 2022
4:30–5:30 PM
Boat House

Led by Gerry Matusiewicz

A presentation of various kinds of drones with demonstrations.
GOT TALENT?

Starry Night Talent Show

Sunday, May 29, 2022
6:45–8:30 PM
Auditorium

Emcee Paul Drezner
with Taylor Kerr and Karin Lyngstad-Hughes
Laura & Bruce Torff, Ken Hughes,
Gary Mitchell, and Eric Titcomb
Ice Cream Social and Multigenerational Dance

Sunday, May 29, 2022
8:45–11:00 PM
William Boyd Center

Multigenerational Dance and the Ice Cream Social will be in William Boyd Center
Adult Beverages and Snacks Served
Music Provided by DJ Nate