


ARROW RESIDENTIAL 4: 8-13 JUNE 2025

	SUNDAY 8	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
7.15 - 8.00	Unless otherwise stated:	Exercise	Boot Camp Exercise Lexi Uffindell (7.20)	Boot Camp Exercise Lexi Uffindell (7.20)	Exercise	Exercise and pack
7.45-8.45		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8.45-10.10		Worship, Bible teaching and Reflection time Jonathan Lamb	Worship, Bible teaching and Reflection time Jonathan Lamb	Worship, Bible teaching and Reflection time Jonathan Lamb	Worship, Bible teaching and Reflection time Jonathan Lamb	Worship and Moving On
10.15-11.20		Handling Conflict Sue Haslehurst	Developing Others Jo McKee	Mobilising a Community in Evangelism James Lawrence	A Return to Resilience Jo McKee	
11.20-11.45		Coffee and more*	Coffee and more*	Coffee and more*	Coffee and more*	
11.45-12.45	*During coffee/free time various games will be available for use outside. These include, Football, Frisbee, Spike Ball, and Kubb.	Handling Conflict	Developing Others	Mobilising a Community in Evangelism	A Return to Resilience	Moving On Continued Feedback
12.45-2.15		Lunch Free time / Exercise / Leadership Partner	Lunch Free time / Exercise / Leadership Partner	Lunch Free time / Exercise / Leadership Partner	Retreat afternoon, packed lunch	Lunch (1.15)
2.15-3.15		Handling Conflict	Orderliness Jo McKee	Mobilising a Community in Evangelism	Retreat Afternoon	Depart (2.00)
3.15-3.40		Tea	Tea	Tea	(Tea available)	
3.40-4.40		Handling Conflict	Orderliness	Mobilising a Community in Evangelism	Retreat Afternoon	
4.40-5.10		Arrow thank you, Feedback, development,	Feedback, development	Arrow thank you, Feedback, development	Worship and prayer with your sock partner (5.00)	
5.10-5.25		Response Time	Response Time	Response Time		
5.25-6.00		Free time / exercise (5.30) (Garden Room)	Free time / exercise / Leadership Partner	Free time / exercise	Free time / exercise	
6.00-7.45	Peer Group Supper (6.00)	Supper (6.00)	Supper (6.30)	Supper (6.30)	Drinks (7.00), Photo (7.15)	
7.30-10.00	Orientation (Garden Room)	Free Time	Peer Group Time	Arrow – The Future Peer Group time (Ball Room)	Formal Celebration Dinner (7.30) (Bar/Dining Room)	