



Welcome Ladies to:
GIRLS' NIGHT OUT & A DAY OFF

FEATURING THE DANCE COMPANY:
Encountered Heart Ministries International

Presenting:
"Where His Light Was"

Thursday, October 10, 2019

PM

- 4:00 Check-in at Chesapeake Lodge (*):
Overnight Guests ~ Lodge Front Desk (1st Floor)
Evening-only Guests ~ Kalbach Welcome Center (3rd Floor)
Open: Chair Massage | Creative Tables | Morning Cheer Bookstore
- 4:15-5:45 Early Arrival DVD viewing: "Women of the Bible" | Chapel Building
- 5:30-7:00 Dinner Service ~ Waters Edge Dining Room 3rd Floor

ORDER OF THE EVENING

Chesapeake Auditorium, 3rd Floor

We ask that all patrons are seated in the Chesapeake Auditorium by 7:00 p.m.

- 7:00 Welcome & Announcements | Andrea Hampton, Women's Ministry
| **Dance Presentation:**

"Where His Light Was"
Encountered Heart Ministries International

| **Artists Chat "Behind the Scenes"**

- 9:45 Conclusion of evening program
Movie: Breakthrough | Chesapeake Auditorium
Open: Sports Pool/Hot Tub (until 11:00 p.m.)

Friday, October 11, 2019

ORDER OF THE MORNING

Chesapeake Auditorium, 3rd Floor

We ask that all patrons available in the Chesapeake Auditorium by 9:00 a.m.
Attire for the Moring: Comfortable for Moving!

AM *Please check-out from Guest Rooms by 10:00 a.m. Thank You*
 Enjoy a walk on Sandy Cove Road – down and back is 2 miles

7:30-9:00 Breakfast Service

9:00 Welcome, Announcements & Sandy Cove Love Offering

Dance and Faith!

FEATURING:

Encountered Heart Ministries International

&

Guests

| **“How Dance Intersects with Our Faith!”** ~ Company Members

| **Guest joining in worship through dance!**

~ Simple movement

~ Worship & Prayer

~ Holy Stretch

11:30 Closing: Evaluation & Drawing | Andrea
 Departures ~ Safe Travels!

PROGRAM DESCRIPTION

Thursday Evening Dance Program

“Where His Light Was” | Dance and the dancers’ testimonies will be interwoven in this evening dance presentation. Dance is used to explore how God has been faithful in their lives and to share that hope and healing with those encountered.

Artist Chat - Behind the Scenes | Get to know the heart of the dance Company as Andrea facilitates an informal Q&A with Company leadership and members.

Friday Morning

“How Dance Intersects with Our Faith!” | Join us for a time of sharing from Encountered Heart about the intersection of faith and dance, as well as time to explore and experience how YOU can use dance as a form of worship, too.

Guest Join in Worship!

You will enjoy trying basic dance movements and use them in the context of worship. This session is for everyone – dancers, non-dancers, all fitness levels!

Simple Movement | Sometimes it is hard to know where to start when it comes to dancing! We can feel awkward and weird if we have never used our bodies in this way before. This portion of our time will be about learning a variety of simple movements that can stretch and challenge our bodies and make us feel more comfortable with movement.

Worship & Prayer | This time will be dedicated to learning how to apply the simple movement that we have learned in a worshipful way. The Bible talks about a variety of positions in which people worship and pray: standing, kneeling, prostrate, with their hands raised, shouting, etc. We will get to explore this idea with our own movement!

Holy Stretch - The idea behind a "holy stretch" is a quieting of our bodies and minds to listen to the Holy Spirit. We will go through a series of simple stretches and postures that focus our hearts and minds on worship, prayer, and communion with the Lord.

GUEST CHECK-IN INSTRUCTIONS(*)

Overnight Guests:

Your special Check-in will be at the Front Desk of the Chesapeake Lodge (1st Floor). Approximately one mile up on Sandy Cove Road, turn left at the fork in the road following the signs to “Overnight Guest Check-in” parking in these lots.

Evening-Only Guests:

Your special Check-in will be at the Kalbach Welcome Center (3rd Floor) of the Lodge. Approximately one mile up on Sandy Cove Road, turn right into the “Day Use Parking” area. Drop off passengers by following the signed arrows for “Day Event Check-in” (turning right at the fork in the road) and follow to the burgundy awning.

OPTIONAL ACTIVITIES

Chair Massages | Sign-up at Milburn, 2nd Floor | Cost \$16.00

A portable chair designed for comfort and support is used as massage therapists administer a 15-minute, fully-clothed, stress-relieving massage designed to enhance circulation, reduce muscle tension and leave you feeling relaxed and refreshed. Please sign-up and complete a waiver located at Milburn. Cash or Check payable to massage therapist.

Creative Tables – New to Girls Night Out & Day Off are tables located on the 3rd Floor where you can gather with friends and meet new sisters. There will be small puzzles you may start and/or complete, and inspirational Coloring Pages. A place to sit, chat, “puzzle,” color and enjoy.

The enclosed Sports Pool & Hot Tub will be open at the times noted above on the schedule. Modest one-piece swimming attire is required. The changing rooms are not open so please change in your rooms. To access the enclosed pool, you will be outside briefly as you traverse an awning-covered walkway. Please dress accordingly. Towels are available at the pool.

Movies:

Women of the Bible: Portrayals by Anita Gutschick | Thursday 4:15 – 5:45 p.m. | Chapel Building | 97 Minutes

Anita Gutschick portrays women in the Bible. Stories filled with passion, power and purpose: Elizabeth, Puah, Herodias, Abigail, Leah and Bathsheba. Estimated run times: Elizabeth (15 minutes) | Puah (10 minutes) | Herodias (16 minutes) | Abigail (15 minutes) | Leah (19 minutes) | Bathsheba (14 minutes). Anita’s portrayals will be part of the February 7-9, 2020 **Women Digging Deeper** event.

Breakthrough | Thursday Night | Chesapeake Auditorium | 112 minutes

Based on the inspirational true story of a mother's unfaltering love in the face of impossible odds. When her son falls through an icy lake, all hope seems lost. As he lies lifeless, his mother refuses to give up. Her steadfast belief inspires those around her to continue to pray for his recovery. A reminder that faith and love can create a mountain of hope, and sometimes even a miracle. (Have tissue handy!)

SANDY COVE OFFERING

An offering will be received at the Friday morning session. Thank you so much for prayerfully considering how you can be a part of helping people connect with God and each other at Sandy Cove through your gracious offering.

EVALUATION FORM & DRAWING

Overnight guests will be provided with an evaluation form. Please bring this to the Friday morning session, where we will have a drawing to win a gift certificate for 50% off any Sandy Cove event. You must be present to win.

MORNING CHEER BOOKSTORE

Please visit the bookstore which features books by favorite authors, Bibles, music and so much more! Due to the proprietary nature of the event, no sessions will be recorded for purchase.

SANDY COVE PRAYER ROOM

Feel welcome and visit Sandy Cove's Prayer Room located at the end of the first-floor conference hallway. Stations are set up to guide you through prayerful Adoration, Confession, Thanksgiving and Supplication. Always Open.

General Information:

~ If you have an **emergency**, please call 911. Then, if possible, call the Front Desk (410) 287-5433 (or press "0" on room phones) and provide your location so they can dispatch staff, direct emergency personnel to you, and complete any necessary paperwork. In the event of the fire alarm sounding please proceed calmly and quickly to the Palmer building.

~ If you have necessary dietary restrictions please complete the online **Food for Thought form** prior to arrival. At meals, check-in with the dining room servers. Gluten Free signs are noted on applicable items on the hot food line.

~ Bring your **Water Bottle** which can be refilled from 6 filtered drinking stations around the building (Floor/#stations: 3rd/3; 2nd/2; 1st /1)

~ Please always wear your name tag. It will serve as your admission to meals, sessions and encourages connection with others!

~ E/smoking is not permitted in buildings at Sandy Cove however there are cigarette trash receptacles available around our property.

~ Complimentary coffee is available 24 hours daily near the first floor Front Desk and the Morning Cheer bookstore (3d Floor). Snacks are available for purchase from the Front Desk.

~ Bring a hair dryer if needed in that they are not provided in the rooms.

**Thank You for Joining Us,
All Gods Blessings!**

***This schedule is subject to change without advance notice.
Please closely read the Program booklet you will receive at check-in.***

***Also be mindful that our facility is open to other guests
and there may be other co-ed groups in the Lodge.***