



Retreat Schedule 2024

The Calvin Center, Hampton GA

Friday 9/20/24	
Time	Event
3:00pm – 4:30pm	Check-In <ul style="list-style-type: none"> • Explore the property and get comfortable • Self-guided activity/snacks
5:00pm – 6:00pm	Welcome Session
6:00pm	Dinner
7:00pm – 9:00pm	Access Denied Session
<p style="text-align: center;">Access Denied! Dr. LaShonda and Dr. Moore</p> <p>This session will help participants identify any open doors. What and who are we allowing to have access to us? During this session, we will ask the Holy Spirit to reveal any way that we have given the enemy access. We will renounce and denounce any oaths and covenants we may have come into agreement with knowingly and unknowingly. Cycles will be broken and yolks will be destroyed because Access is Denied.</p>	
9:00pm – 9:30pm	Release Session
<p style="text-align: center;">Release: Just Let Go</p> <p>This session will deal with anything we need to release and let go. There is power in release. Bring all the things you want to release to God. During this session we will let go of hurt, resentment, bitterness, self-esteem issues, childhood trauma, unhealthy mindsets, financial strongholds, or anything that prevents us from being closer to God.</p>	



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Saturday 9/21/24	
Time	Event
8:00am – 8:45am	Breakfast
8:45am – 10:00am	Fitness-Workout
10:00am – 11:00am	Break
11:00am – 11:45am	Gut Health: The Emotions in your Belly
<p style="text-align: center;">Gut Health: Dr. Williams & Dr. LaShonda</p> <p>Dr. Williams and Dr. LaShonda will provide insight on the importance of gut health and how emotions can be housed in your belly. We will explore the connection between the physical body and mental health. We will discuss the significant role food plays in our overall wellness.</p>	
11:45am – 1:00pm	Vendor Time
12:00pm – 1:00pm	Lunch
1:00pm – 2:00pm	Panel Session: Family Business
<p style="text-align: center;">Family Business: Dr. Ann, Sabrina, Dr. LaShonda, Pastor Kim</p> <p>This panel will explore the relationship between mother and child. We will define and explain “mother wounds” and how to heal. We will identify the signs, symptoms, treatment, and the spiritual journey needed to overcome “mother wounds”. This will be a safe place to explore and redefine our relationships with our mothers so that we may work together to build up the Kingdom of God. (There will be space for a question-and-answer period).</p>	
2:15pm – 3:15pm	Session With Pastor Kim



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3:15pm – 4:30pm	Break – Meet and Greet
4:30pm – 6:00pm	Worship Arts and Prophetic Release
6:00pm – 7:00pm	Dinner
7:00pm – 9:00pm	You Can't Skip the Hard Part
<p>You Can't Skip the Hard Part: Dr. LaShonda</p> <p>Life is guaranteed to be full of ups and downs. There will be experiences and even seasons that are challenging. Dr. LaShonda will provide practical guidance on how to persevere through the hard parts of life.</p>	

Sunday 9/22/24	
Time	Event
8:00am – 9:00am	Breakfast
9:00am – 9:15am	Prayer Circle
10am or 11:30am Service	Worship Service: Limitless Church <i>1653 Georgia 85 South Fayetteville, GA 30215</i>
2:00pm	Checkout