

PROGRAMMING

Week at a Glance

Sat: Arrive - Orientation, Introduction
Sun: In the Holler - day of rest and exploration
Mon: Work Projects on and/or off the Farm
Tues: Work Projects on and/or off the Farm
Wed: Field Trip to Mountaintop Removal site
Thur: In Town - tour and meeting people
Fri: Depart

Basic Evening Schedule

EVENING ACTIVITY

Sat: Orientation—Service in Appalachia
Sun: Movie on Appalachian culture
Mon: Listening to the Voices of Appalachia
Tues: Introduction to Mountaintop Removal
Wed: Curbing your Energy Consumption
Thurs: Next Steps for Home

Work Day at a Glance





7-8 Breakfast - Pack Lunches - Travel Out
 9-12 Work Projects (on and/or off the farm)
 12-1 Lunch
 1-4 Work projects (on and/or off the farm)
 4-6 Travel In - Wash up - Free Time - Cook
 6-8 Dinner - Clean up/Chores
 8-9:30 Evening activity
 9:30 -10:30 Reflection
 11 **Lights Out** (*Trust me. You'll want them out by then.*)

(All scheduling is subject to change)

NIGHTLY REFLECTION

Each night I'll ask a question for prayer and discussion that is relevant to the day's activities. Then, in the spirit of Ignatian examination of conscience, we will finish off with our nightly ritual of Pluses and Wishes (highlight of the day and what to change for the following day).

How the Week flows

| SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|---|---|
|  <p>Arrive 7 pm Orientation, go over week's work projects</p> <p>Evening Activity "Service in Appalachia"</p> <p>Evening Reflection</p> <p>Lights Out 11 pm</p> | <p>Mass 9:30 a.m. Coffee with parishioners</p> <p>BRUNCH</p> <p>Stations of the Cross Hike</p> <p>Free time to play in the mountains</p> <p>DINNER</p> <p>Chores</p> <p>Evening Activity: Movie on Appalachian Culture</p> <p>Evening Reflection</p> <p>Lights Out 11 pm</p> | <p>BREAKFAST Pack lunches</p> <p>Work Projects</p> <p>LUNCH</p> <p>Work Projects</p> <p>Free time</p> <p>DINNER</p> <p>Chores</p> <p>Evening Activity : Listening to the Voices of Appalachia</p> <p>Evening Reflection</p> <p>Lights Out 11 pm</p> | <p>BREAKFAST Pack lunches</p> <p>Work Projects</p> <p>LUNCH</p> <p>Work Projects</p> <p>Free time</p> <p>DINNER</p> <p>Chores</p> <p>Evening Activity: Intro to Mountaintop Removal</p> <p>Evening Reflection</p> <p>Lights Out 11 pm</p> | <p>BREAKFAST Pack lunches</p> <p>Field trip to Kayford Mountaintop Removal site</p> <p>LUNCH</p> <p>Coal Exhibit at Cultural Museum in Charleston</p> <p>Free time</p> <p>DINNER</p> <p>Chores</p> <p>Evening Activity : Curbing Your Energy Consumption</p> <p>Evening Reflection</p> <p>Lights Out 11 pm</p> | <p>Sleep In</p> <p>BREAKFAST</p> <p>Bingo and LUNCH at Senior Center</p> <p>Scavenger Hunt</p> <p>Free Time in Spencer, WV</p> <p>DINNER</p> <p>Chores Pack Up/ Clean House</p> <p>Evening Activity: Making connections back home</p> <p>Evening Reflection</p> <p>Lights Out 11 pm</p> | <p>BREAKFAST</p> <p>Sweep your way out</p> <p>Depart 9 am</p>    |