

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:** Work Projects on and/or off the Farm
- Thur:** In Town - tour and meeting people
- Fri:** Depart

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.*)

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:** History of Coal and Unions in WV
- Thurs:** Next Steps for Home

(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>Active on Orientation Appalachian go over week's Work projects Education, Contemplation, Outreach Evening Activity "Service in Appalachia"</p> <p>Evening Reflection</p> <p>Lights Out 11 pm</p>	<p>Mass 10 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>Work Projects</p> <p>LUNCH</p> <p>Work Projects</p> <p>Free time</p> <p>DINNER</p> <p>Chores</p> <p>Evening Activity: History of Coal and Unions in WV</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> 