

Campsite Address: [REDACTED] Alexandria, NH

For emergencies only: Land Owner, David - (603) 236-6126 [REDACTED]

Date	Weather	Sunrise	Sunset
Aug 21	H:70/L:53 23% rain	-	7:40 pm
Aug 22	H:73/L:53 13% rain	6:00 am	7:38 pm
Aug 23	H:76/L:55 20% rain	6:01 am	-

## Schedule

### Day1 - August 22, 2024

1. **6:00 AM – 7:00 AM:**

Morning Coffee / Quiet time

2. **7:00 AM – 8:00 AM:**

Morning Prayer/ Meet with Land Owner/ Go over schedule for the day.

3. **8:00 AM – 9:00 AM:**

**Activity:** Holy Ground & Alter Prep / Opening ceremony / Communion

4. **9:00 AM - 9:30 AM:**

**Discussion:** Why Jesus Retreated

5. **9:30 AM - 10:00 AM:**

**Discussion:** God's creativity.

6. **11:00 AM – 12:00 PM:**

Nyliah Lunch / Silence & Personal time / Relax in prep for hike

7. **12:00 PM – 7:00 PM:**

Mount Cardigan Summit & Swim (reflection)

8. **7:00 PM – 8:00 PM:**

Nyliah dinner / Quiet time & Reflection w/ Scripture

9. **8:00 PM – 9:00 PM:**

Campfire session Praise, Prophecy, Confession

10. **9:00 PM**

Quiet time / Star gazing / Final prayer and prepare for sleep.

## Day 2 - August 23, 2024

1. **6:00 AM – 7:00 AM:**  
Morning Coffee / Quiet time
2. **7:00 AM – 8:00 AM:**  
Morning prayer / Praise / Breath of Life
3. **8:00 AM – 8:30 AM:**  
**Platform preaching/Soapbox**
4. **8:30 AM – 9:00 AM:**  
**Discussion:** Silence
5. **09:00 AM – 10:00 AM:**  
Silence Time for Listening / Journaling
6. **10:00 AM – 11:00 PM:**  
Group Reflection or Open
7. **11:00 AM – 12:00 PM:**  
Prepare to leave Camp
8. **12:00 PM – 5:00 PM:**  
Diana's Bath / (Nyliah's Baptism?)
9. **5:00 PM – 6:00 PM:** End Retreat with Prayer / Reflections / Journaling /Break Fast  
Diner at a local restaurant in Bristol, NH (suggestions include The Homestead  
Restaurant or Kathleen's Cottage).

## Teaching & Discussions:

- God the Creator: Let Him Work (Nene)
- Silence: Your most powerful weapon (Nene)
- Platform/Soapbox Sermons (Nyliah, Manny, Cisco): ???
- Jesus's Retreats: and what happened on them
- Dive Deeper.

## Event Details

Building the Alter & Holy Ground Prep

Why an alter?

The altar was a sacred space dedicated to God, emphasizing purity, reverence, and obedience to God's commands. Altars were used for sacrifices, offerings, and worship, serving as a place to honor God and invoke His presence. Altars were built in places of significance, such as where God appeared to someone or where significant events occurred. They were often made by earth (dirt, wood, stones) symbolizing purity and naturalness. They were often as square as possible.

**Genesis 12:7 - Abram (Abraham)** built an altar to the Lord at Shechem after God appeared to him and promised the land to his descendants.

**Genesis 12:8 - Abram (Abraham)** built another altar to the Lord between Bethel and Ai and called upon the name of the Lord.

**Genesis 22:9 - Abraham** built an altar on Mount Moriah, where he was instructed by God to sacrifice his son Isaac.

**Genesis 33:20 - Jacob** built an altar at Shechem and called it El-Elohe-Israel after safely returning from his time with Laban.

**Genesis 35:1-7 - Jacob** built an altar at Bethel after God instructed him to return there and dwell.



## **ANOINTING OIL - Exodus 30:22-29**

*The Lord said to Moses, 23 “Take the finest spices: of liquid myrrh 500 shekels, and of sweet-smelling cinnamon half as much, that is, 250, and 250 of aromatic cane, 24 and 500 of cassia, according to the shekel of the sanctuary, and a hin[a] of olive oil. 25 And you shall make of these a sacred anointing oil blended as by the perfumer; it shall be a holy anointing oil. 26 With it you shall anoint the tent of meeting ..... 29 You shall consecrate them, that they may be most holy. Whatever touches them will become holy.*

### **I. Anointing Oil Recipe for 4 People**

1. Ingredients:
  - a) 1 ounce of flowing myrrh
  - b) 0.5 ounces of fragrant cinnamon
  - c) 0.5 ounces of fragrant reed (calamus)
  - d) 1 ounce of cassia
  - e) teaspoons (approx. 0.67 fluid ounces) of olive oil

### **II. Personal Anointing Oil Recipe**

1. Ingredients:
  - a) 0.25 ounces of flowing myrrh
  - b) 0.125 ounces of fragrant cinnamon
  - c) 0.125 ounces of fragrant reed (calamus)
  - d) 0.25 ounces of cassia
  - e) 1 teaspoon (approx. 0.17 fluid ounces) of olive oil

### **Instructions:**

1. In a small mixing bowl, combine the myrrh, cinnamon, fragrant reed, and cassia.
2. Gradually add the olive oil, stirring until all ingredients are thoroughly blended.
3. Continue mixing until the oil has a consistent texture and fragrance.
4. Store the anointing oil in a clean, airtight container, dividing it evenly among four small containers if desired.

**Mount Cardigan & Welton Falls Route** - 6-7 miles, depending on the exact route taken.

**Directions**

**1. Start at AMC Cardigan Lodge**

- **Location:** 774 Shem Valley Road, Alexandria, NH.
- **Parking:** Park at the lodge. This will be the starting and ending point.

**2. Climb to the Summit of Mount Cardigan**

- **Trailhead:** From the AMC Cardigan Lodge, start on the **Manning Trail**.
- **Follow the Manning Trail:** This trail will take us up through the forest and eventually to the open summit of Mount Cardigan.
- **Reach the Summit:** After about 2.6 miles, you'll reach the summit of Mount Cardigan. The final stretch is above the tree line, offering stunning 360-degree views of the surrounding area.

**3. Descend Toward Welton Falls**

- **Head Down the South Ridge Trail:** After enjoying the summit, descend via the **South Ridge Trail** (also known as the Mowglis Trail).
- **Switch to the Clark Trail:** About a mile down from the summit, you'll come to a junction. Switch to the **Clark Trail** and follow it down until you meet the **Manning Trail** again.

**4. Connect to Welton Falls**

- **Follow Manning Trail to Welton Falls Trail:** Once you're back on the Manning Trail, continue along it until you reach the junction with the Welton Falls Trail, which you'll follow to the falls.
- **Enjoy Welton Falls:** This section of the hike will bring you to the scenic Welton Falls, where you can relax and take a refreshing swim.

**5. Return to AMC Cardigan Lodge**

















- **Backtrack via the Welton Falls Trail:** After your time at the falls, simply backtrack along the Welton Falls Trail to the Manning Trail, and then return to the AMC Cardigan Lodge.

# restore.

people | families | communities

Summer Retreat 2024  
Aug 21-23

BINGO - If you see it Call it out and mark it off.

 <p>Rabbits</p>	 <p>Fox</p>	 <p>Pine Tree</p>	 <p>Skunk (smelling its odor counts)</p>
 <p>Turkey</p>	 <p>Blackberry</p>	 <p>Possums</p>	 <p>Weasel / Otter or similar</p>
 <p>Cardinal</p>	 <p>Raccoon</p>	 <p>Pine Trees</p>	 <p>Mountain Ash tree</p>
 <p>Black Bear</p>	 <p>Hawks</p>	 <p>Squirrel</p>	 <p>Deer</p>

## Bible trivia questions and answers

1. What food did Jesus feed the 5,000? Answer: Loaves and fishes
2. Who were the first two humans? Answer: Adam and Eve
3. What gifts did the three wise men give to Jesus? Answer: Gold, frankincense, and myrrh
4. What body of water did the Israelites cross to escape Egypt? Answer: The Red Sea
5. How many commandments did Moses receive? Answer: Ten
6. Who killed Goliath with a slingshot? Answer: David
7. How many days did it take God to create the world? Answer: Seven
8. Who built an ark to escape the flood? Answer: Noah
9. What is the first book of the Bible? Answer: Genesis
10. What is the last book of the Bible? Answer: Revelations
11. How many disciples did Jesus have? Answer: Twelve
12. Who was king when Jesus was born? Answer: Harod
13. Who freed the Israelites from Egypt? Answer: Moses
14. How did Delilah steal Samson's strength? Answer: She cut off his hair.
15. Who was Jesus's mother? Answer: Mary
16. What animal did Jesus ride into Jerusalem? Answer: A donkey
17. Who betrayed Jesus after the Last Supper? Answer: Judas
18. What body part did God create Eve out of? Answer: A rib
19. How many sons did Jacob have? Answer: Twelve
20. What mysterious food fell from the sky to feed the Israelites? Answer: Manna
21. What did Jesus convert water to in one of his miracles? Answer: Wine
22. Who was swallowed by a whale? Answer: Jonah
23. Where was Jesus born? Answer: In a manger in Bethlehem
24. Who were Adam and Eve's sons? Answer: Cain and Abel
25. How many plagues did God send to Egypt? Answer: Ten
26. Which Roman governor sentenced Jesus to death? Answer: Pontius Pilate
27. Who was the first Biblical king of Israel? Answer: King Saul
28. What miracle does Jesus perform for Lazarus? Answer: He raises Lazarus from the dead.
29. Who fought the battle of Jericho? Answer: Joshua
30. What language was the Old Testament written in? Answer: Hebrew
31. Where was Jesus when he was arrested by the Romans? Answer: The garden of Gethsemane
32. From which tree did Adam and Eve eat the forbidden fruit? Answer: The Tree of the Knowledge of Good and Evil
33. Which angel appeared to Mary before Jesus's birth? Answer: The angel Gabriel
34. What idol did the Israelites create in the desert? Answer: A golden calf
35. Which three men were saved from the fiery furnace? Answer: Shadrach, Meshach and Abednego
36. How long did Jesus remain in the tomb before the resurrection? Answer: Three days
37. Which king was known for being wise? Answer: King Solomon
38. Who wrestles with an angel? Answer: Jacob
39. Who was Jesus's earthly father? Answer: Joseph
40. Which apostle is described as "doubting"? Answer: Thomas
41. How long was Jesus tempted in the wilderness? Answer: 40 days and 40 nights
42. Who baptized Jesus? Answer: John the Baptist
43. On which day did God create man? Answer: The sixth day
44. Which animal tempted Adam and Eve in Eden? Answer: A snake
45. Which apostle disowned Jesus three times? Answer: Peter

46. What is the shortest Bible verse? Answer: "Jesus wept." (John 11:35)
47. How did God appear to Moses? Answer: As a burning bush
48. Who washed Jesus's feet? Answer: Mary Magdalene
49. Who did Jesus heal from blindness? Answer: Bartimaeus
50. What did bread and wine represent at the Last Supper? Answer: Jesus's body and blood

## Retreat Discussion & Readings

### Shut up and Listen

So we all been on this journey, learning not just about the spirit, but you all been earning about the Power you have in the spirit. Not because of anything we do to gain this power, but because of our faith In God through Jesus Christ, and our confidence in the person he has created us to be in him. We all learned about the Power over darkness and sin, about the Love he has shown us so we can show others, about having a sound mind to always be in tuned to the Holy Spirit. Today we are going to learn about one of the greatest practices turned tools you have in your arsenal.

Anyone want to take a guess? Silence

### Silence

**Proverbs 10:19:** “When words are many, transgression is not lacking, but whoever restrains his lips is prudent.”

**Proverbs 17:27-28:** “Whoever restrains his words has knowledge, and he who has a cool spirit is a man of understanding. Even a fool who keeps silent is considered wise; when he closes his lips, he is deemed intelligent.”

**James 1:19:** “Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger.”

**Ecclesiastes 5:2:** “Be not rash with your mouth, nor let your heart be hasty to utter a word before God, for God is in heaven and you are on earth. Therefore let your words be few.”

**Proverbs 18:13:** “If one gives an answer before he hears, it is his folly and shame.”

**Proverbs 13:3:** “Whoever guards his mouth preserves his life; he who opens wide his lips comes to ruin.”

**Proverbs 21:23:** “Whoever keeps his mouth and his tongue keeps himself out of trouble.”

**Proverbs 15:1:** “A soft answer turns away wrath, but a harsh word stirs up anger.”

**Proverbs 18:2:** “A fool takes no pleasure in understanding, but only in expressing his opinion.”

**Proverbs 19:20:** “Listen to advice and accept instruction, that you may gain wisdom in the future.”

**Ecclesiastes 3:7:** “A time to tear, and a time to sew; a time to keep silence, and a time to speak.”

**Proverbs 12:18:** “There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing.”

**Proverbs 29:20:** “Do you see a man who is hasty in his words? There is more hope for a fool than for him.”

**Psalm 141:3:** “Set a guard, O Lord, over my mouth; keep watch over the door of my lips!”

**Proverbs 16:24:** “Gracious words are like a honeycomb, sweetness to the soul and health to the body.”

**Colossians 4:6:** “Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.”

**Proverbs 12:18:** “There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing.”

## Speak only of God and His Glory

**1 Thessalonians 5:11:** “Therefore encourage one another and build one another up, just as you are doing.”

**Psalm 34:1:** “I will bless the Lord at all times; his praise shall continually be in my mouth.”

**Hebrews 13:15:** “Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name.”

**Psalm 71:8:** “My mouth is filled with your praise, and with your glory all the day.”

**Psalm 145:21:** “My mouth will speak the praise of the Lord, and let all flesh bless his holy name forever and ever.”

**Isaiah 12:4:** “And you will say in that day: ‘Give thanks to the Lord, call upon his name, make known his deeds among the peoples, proclaim that his name is exalted.’”

**Psalm 109:30:** “With my mouth I will give great thanks to the Lord; I will praise him in the midst of the throng.”

**Psalm 51:15:** “O Lord, open my lips, and my mouth will declare your praise.”

**Psalm 34:1:** “I will bless the Lord at all times; his praise shall continually be in my mouth.”

**Psalm 71:8:** “My mouth is filled with your praise, and with your glory all the day.”

**Colossians 3:17:** “And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.”

**Ephesians 4:29:** “Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.”

**Hebrews 13:15:** “Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name.”

**Psalm 145:21:** “My mouth will speak the praise of the Lord, and let all flesh bless his holy name forever and ever.”

**Philippians 4:8:** “Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”

## Why Jesus Retreated

### **III. To rest and reset after overworking.**

- A. Mathew 14 - After Jesus supernatural event of preaching and feeding to 5,000 people he fled to the Mountains to rest.
- B. Mathew 15 - Again after feeding a crowd of 4,000 he fled to the mountains to rest.
- C. Luke 4 - Jesus prayed for and healed thousands, he fled into a secret place away from everyone to rest and reset.
- D. Mark 1 - Jesus healed the whole village and faced Demons head on. At night he escaped to a secret place to be alone with God.

### **IV. To Hear from God on Major decisions**

- A. Matthew 4:1 - Went into the desert to Receive directions on his calling (Ministry), to here directly from the Spirit.
- B. Luke 6 - Led into the mountains by himself to receive the Names of the 12 disciples out of 100's that were following him.

### **V. To get away from the Noise | UNPLUG | Decompress**

- A. Luke 9:18 - Jesus just wanted to get away and chill with the boys. There he had a hart-to-hart with them about who he was.
- B. Luke 11 - Again Jesus took the homies to the mountains. There he spent time with them to teach the how to pray as God would want them to and to11 pray effectively.

### **VI. For SuperNatural Events | War with the devil | Transform into spirit.**

- A. Matthew 4 - Went into the desert to Drain all his physical senses and met the devil in the conscious realm.
- B. Luke 8: Jesus took his inner-Inner crew and they witnessed him transform into his 100% spirit form. While in the spirit, they saw him speaking to the spirit of Moses & Elijah. (His blood line ancestors)
- C. Luke 22 - Jesus was led by the spirit again, this time to the Garden (mountains) to become Sin and face the devil again in his conscious without the Spirit this time.
- D. Mathew 15 - Jesus was in the mountains praying by himself when he was transformed again into spirit form and was seen walking on water.

## God's Majesty and Creativity

### **Nehemiah 9:6:**

- *“You alone are the LORD; You have made the heavens, The heaven of heavens with all their host, The earth and everything on it, The seas and all that is in them, And You preserve them all. The host of heaven worships You.”*

### **Job 26:7:**

- *“He stretches out the north over empty space; He hangs the earth on nothing.”*

### **Job 38:4-7:**

- *“Where were you when I laid the foundation of the earth? Tell me, if you have understanding. Who determined its measurements—surely you know! Or who stretched the line upon it? On what were its bases sunk, or who laid its cornerstone, when the morning stars sang together and all the sons of God shouted for joy?”*

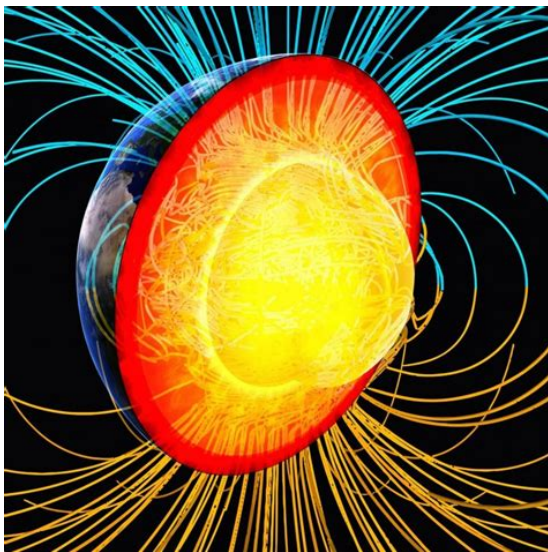
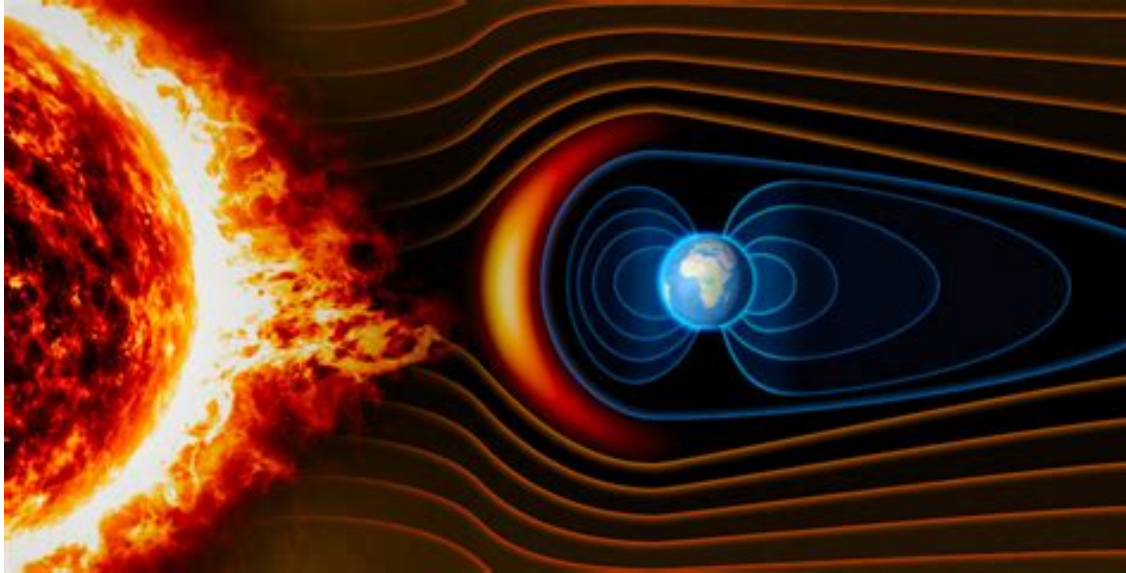
### **Psalm 19:1:**

- *“The heavens declare the glory of God; and the firmament shows His handiwork.”*

### **Psalm 8:3-4:**

- *“When I consider Your heavens, the work of Your fingers, The moon and the stars, which You have ordained, What is man that You are mindful of him, And the son of man that You visit him?”*

## 1. The Earth's Magnetic Field (Geomagnetic Shield)

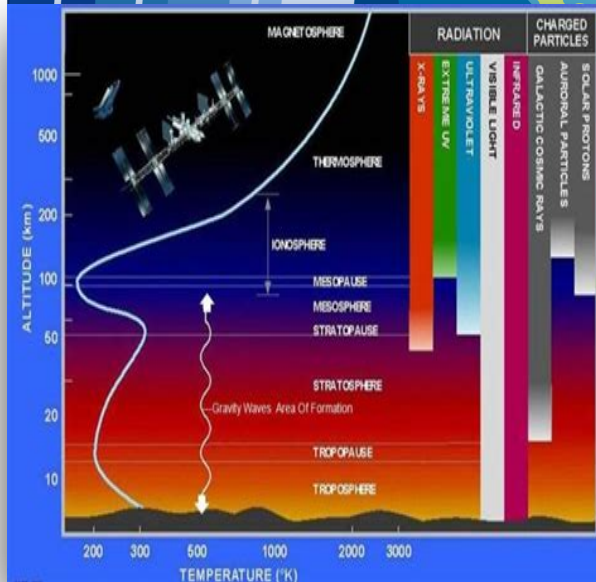
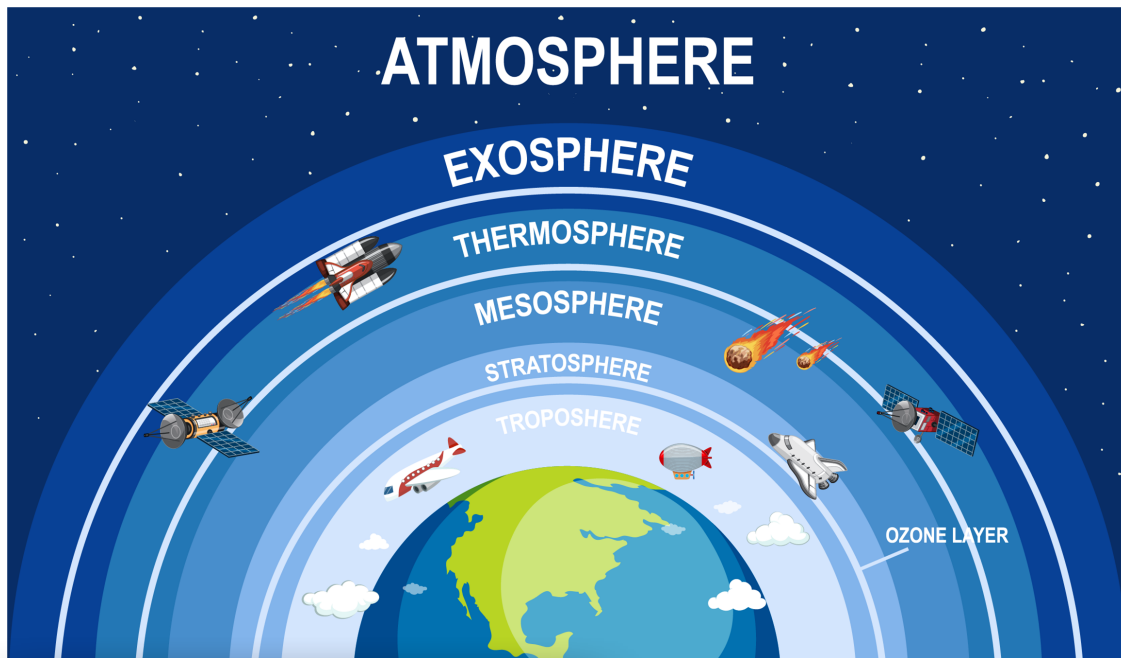


•**Function:** The Earth's magnetic field acts as a shield that protects the planet from solar wind and cosmic radiation. These high-energy particles from the sun and other celestial bodies can be harmful to life and could strip away the atmosphere if not deflected.

•**Mechanism:** Generated by the movement of molten iron and nickel in the Earth's outer core, the magnetic field extends far into space, forming the magnetosphere. This field deflects charged particles and traps them in the Van Allen radiation belts, preventing them from reaching the Earth's surface.

*Extends up to about 40,000 miles (65,000 km) on the dayside and stretches far beyond 370,000 miles (600,000 km) on the night side, forming the magnetotail.*

## 2. The Atmosphere



**Function:** The Earth's atmosphere serves multiple protective roles. It blocks harmful ultraviolet (UV) radiation from the sun, burns up most meteoroids before they can reach the surface, and regulates temperature.

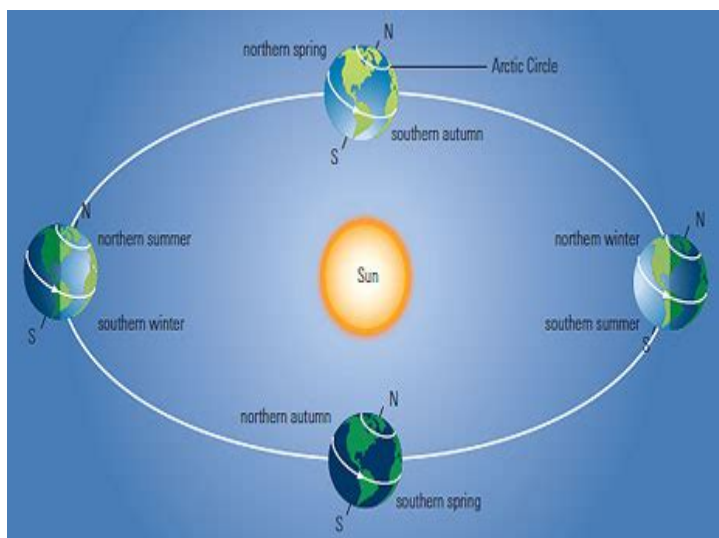
• **Mechanism:** The ozone layer in the stratosphere absorbs the majority of the sun's harmful UV radiation, protecting living organisms. The thick layers of gases also slow down and disintegrate small meteoroids through frictional heating,

preventing them from causing significant damage upon impact. Additionally, greenhouse gases like carbon dioxide, water vapor, and methane help trap heat, maintaining the Earth's temperature within a range that supports life.



**Atmosphere:** Extends from the Earth's surface to about 6,200 miles (10,000 km) in the exosphere.

### 3. The Earth's Orbital Dynamics (Gravitational Stability)



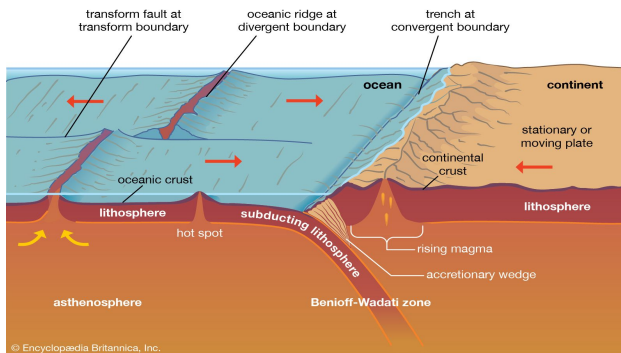
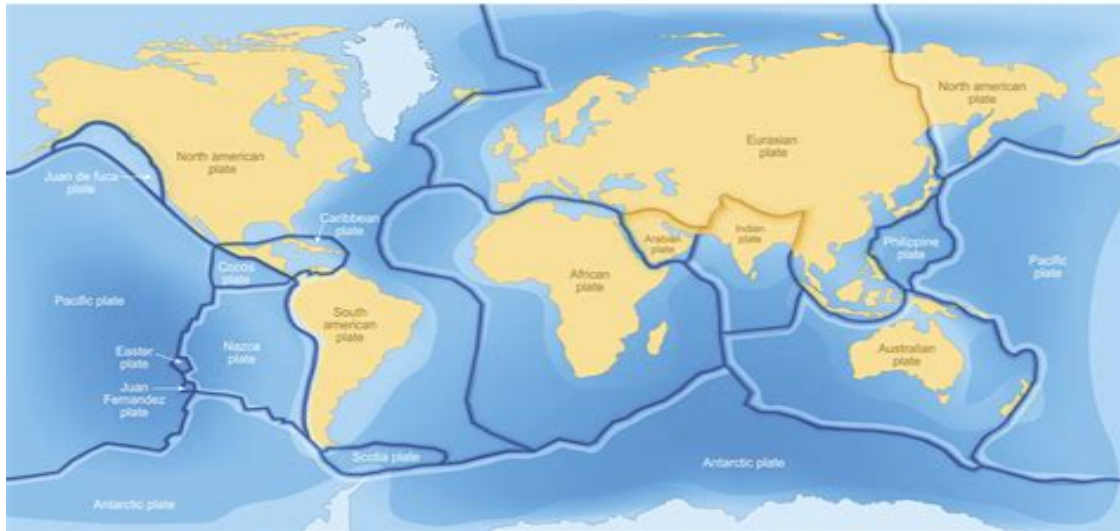
•**Function:** The Earth's stable orbit around the sun and its axial tilt are crucial for maintaining consistent seasons and a stable climate.

•**Mechanism:** The gravitational pull of the sun and the moon stabilizes the Earth's orbit and axial tilt. The Earth's orbit remains in a relatively stable, slightly elliptical shape, while the axial tilt

(approximately 23.5 degrees) gives rise to the seasons. This stability ensures a relatively consistent climate over long periods, which is essential for life.

## 4. Plate Tectonics

# Tectonic plates

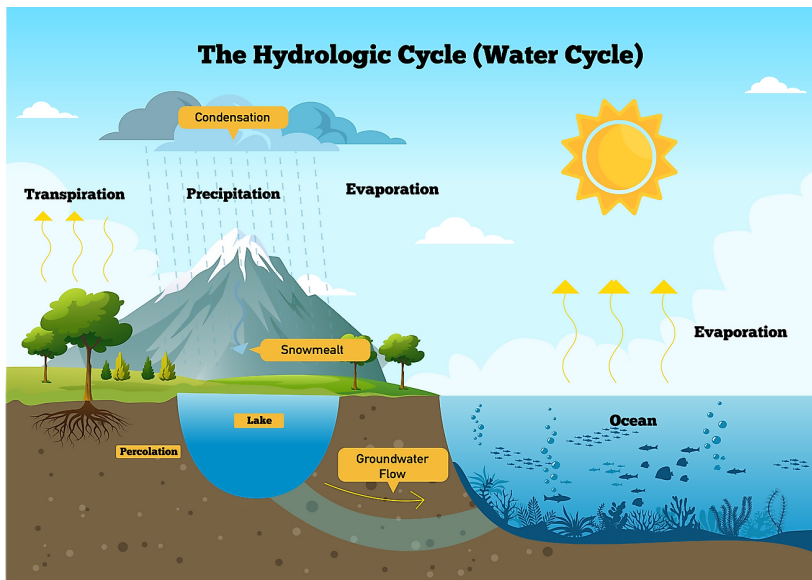


• **Function:** Plate tectonics play a critical role in the Earth's carbon cycle, regulating atmospheric carbon dioxide levels and contributing to the long-term stability of the climate.

• **Mechanism:** The movement of the Earth's tectonic plates leads to processes

such as volcanic eruptions, mountain formation, and oceanic subduction. Volcanic activity releases carbon dioxide into the atmosphere, while the weathering of rocks and the subduction of oceanic plates (where carbonates are pushed into the mantle) help remove CO<sub>2</sub> from the atmosphere. This balancing act helps regulate the Earth's temperature and maintain a climate suitable for life.

## 5. The Water Cycle

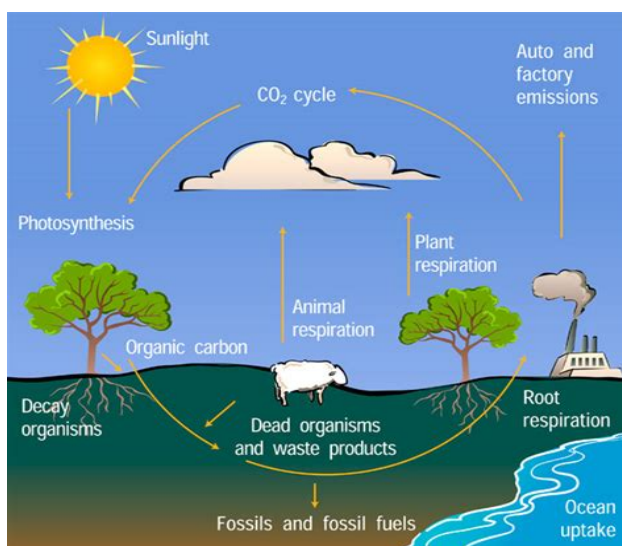


- **Function:** The Earth's water cycle regulates the distribution and availability of water, which is essential for all forms of life and for climate regulation.

- **Mechanism:** Solar energy drives the evaporation of water from oceans, lakes, and rivers. Water vapor then condenses into clouds and eventually falls as precipitation

(rain, snow, etc.), which replenishes water bodies and nourishes ecosystems. The water cycle also helps moderate temperatures by redistributing heat across the planet.

## 6. The Carbon Cycle



- **Function:** The carbon cycle is crucial for maintaining a balance between carbon in the atmosphere, oceans, and living organisms.

- **Mechanism:** Plants absorb carbon dioxide during photosynthesis, converting it into organic matter. When organisms respire, die, or decay, carbon is released back into the atmosphere or is stored in soil and oceans. Over geological

timescales, carbon is also stored in fossil fuels and sediments. The carbon cycle is key to regulating atmospheric CO2 levels, which in turn influences global temperatures.

## **CONCLUSION:**

**Lets recap with these two scriptures**

### **Jeremiah 10:12:**

- *“He has made the earth by His power, He has established the world by His wisdom, And has stretched out the heavens at His discretion.”*

### **Jeremiah 32:27 (KJV):**

*“Behold, I am the LORD, the God of all flesh: is there any thing too hard for me?”*

*So if God is able, by his wisdom, by His Power to be this detailed, to think of every possibility of failure and make a plan to prevent that failure, and create this earth for us, Then why would he not do this for your plans in your heart. Why are we scheming and trying to out think Man and their knowledge and systems, when we can just ask God for his plan. You know what he wants for you, you know what he has placed in your heart. So youse this time to be Silent & Listen? Just like Jesus did to get the plans while in the mountains. So we must do so also.*