

**Tentative Schedule for Spring Fruits and Roots Midweek Retreat**  
**Monday, April 20-Thursday, April 23, 2026**

**Leaders:**

Coordinator: Deacon Judy Smith; Musician: Gary Benevidies  
Chaplain: Todd Glacy; Artist: Sue Vittner

**Guest Presenters:**

Gary Vollinger: Retired Engineer and a Seeker  
Laura Tilghman, Associate Professor at Plymouth State University

**Monday**

2-4pm **Arrival & Check-in** with Calumet staff at the Conference Center

2-3:45pm Optional Afternoon Activities:

Join Sue Vittner in the Conference Center Dining Room for a **creative art experience** for all levels. The art table will stay available throughout the retreat.

**Outdoor labyrinth** near the Outdoor Chapel and **Inside Canvas Floor Labyrinth** in the Oasis are open for individual walking, meditating and praying all week.

**Guided Gratitude Walk at 3pm** with Todd Glacy. Meet on the front porch of the Conference Center. Todd will end the walk at the Oasis in time for the Welcome Session.

4pm **Welcome Session:** Opening Devotions with Singing followed by an introduction to our theme on patience and self-control.

5:30pm **Dinner** in the Conference Center Dining Room.

7pm **Evening Program: "Building a Boat to Paddle the Connecticut River, Source to Sound"**

**Tuesday**

7:15-7:45am **Chair Yoga** with Todd in the Micah Room

7:45-8:30am **Breakfast** in the Conference Center Dining Room

8:45-9:15am **Morning Walk:** Meet on the front porch of the Conference Center

9:30-10am **Morning Singing & Devotions** in the Oasis with Gary and Judy

10am **Morning Theme Session: *Tales from the Spice Rack: Exploring People and Places behind the Ingredients that Flavor Our Foods*** with Laura Tilghman ~ Many of today's flavors echo ancient roots before ending up on our spice racks. For more info:

<https://www.nhhumanities.org/programs/teacher/117/laura-tilghman>

12noon **Lunch** in the CC Dining Room

1pm **Afternoon Activities:** Horizontal Hour (resting), sitting on the porch enjoying the sunshine, walks on the beach, mindfulness coloring, art table in dining room, shopping in North Conway on your own, etc.

*Other Afternoon Activities and field trips for Tuesday to be announced.*

4pm **Campfire** in the front courtyard, weather permitting.

5:30pm Dinner in the Conference Center Dining Room

7pm **Evening Program: Concert/Sing Along with Todd Glacy** in the Dining Room. If you have been to one of Todd's concerts it may be a stretch to use *patience and self-control*!!!

8pm "ish" **Fellowship**

## Wednesday

### Earth Day

- 7:15-7:45am **Meditation** with Todd in the Micah Room  
or **Guided Labyrinth Walk** with Judy (location weather permitting)
- 7:45-8:30am **Breakfast** in the Conference Center Dining Room
- 8:45-9:15am **Morning Walk:** Meet on the front porch of the Conference Center
- 9:30-10am **Morning Singing & Devotions** in the Oasis with Gary and Judy
- 10am **Morning Theme Session:** Patience & Self-control
- 12 noon **Lunch** in the Dining Room *with an optional table or tables for the practice of mindful eating.*
- 1pm **Afternoon Activities:** Horizontal Hour (resting), sitting on the porch enjoying the sunshine, walks on the beach, mindfulness coloring, art table in the dining room, shopping in North Conway on your own, etc.

*Other Afternoon Activities and field trips for Wednesday to be announced*

- 5:30pm **Dinner** in the Conference Center Dining Room
- 8pm **Evening Guided Labyrinth Walk:** Join Judy & Sue in the Oasis for a candlelit walk on the canvas labyrinth accompanied by reflective music with Todd.
- 9pm **Fellowship**

## Thursday

- 7:15-7:45am **Chair Yoga** with Todd in the Micah Room
- 7:45-8:30am **Breakfast** in the Conference Center Dining Room
- 8:45-9:15am **Morning Walk** on your own.  
Pack up your suitcase and please strip your sheets if you are able. Thank you.  
If you would like to remake your bed, sheets are in the bottom drawer of your dresser.
- 10-11am **Closing session, devotions** and **group photo** in the Oasis
- 11am Pack up cars...more walks on your own...grab some more coffee...check out the camp store
- 11:30am **Early lunch** in the Conference Center Dining Room
- 12 noon **Safe travels!!!**

*Coffee and tea are available in the Dining Room*

*All activities are optional.*

*You are invited to make this retreat your own getaway for rest and reflection.*

*Activities may added or modified as we get closer to our time together.*

*Bring **boots** as there may be snow left on trails at Calumet and any other sites we may visit.*

