



FIRST CHINESE BAPTIST CHURCH
FOUNTAIN VALLEY
芳泉谷第一華人浸信會

2026 FAMILY RETREAT

家庭退修會



<https://fcbcfv.org/family-retreat>

Retreat *program* available online 可上教會網址來看退修會節目和時間
Provide retreat *survey* online. 退修會意見調查亦可在網址回答。

Name 姓名: _____

Room 房間: _____

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A Special Note to Families:

Families need retreat. People come to find space and relief from the stress experienced at home. You are encouraged to attend the sessions, yet we realize that parents with young children may not be able to do so. Feel free to go at your own pace – guilt-free. Your love and care for little ones requires much patience, and we are happy you are here with us!

各家庭請注意

每一家庭需要退修會. 每一家庭來此找尋空間及減壓的機會. 鼓勵你們盡量參加所有的活動, 可是有小孩的家庭可能會有困難. 請隨意自由參加, 小孩子更需要你的愛, 關心

Check-Out

- Turn in keys before breakfast on last day (counselors please collect from youth)
- Inspect & clean rooms
- Turn in Retreat Evaluation form.
- Have a safe trip home.

離退修會

- 最後一天早餐前交回宿舍鑰匙 (請各導師向青少年收集鑰匙)
- 各自檢查房間, 恢復原來狀況
- 請交回檢討意見表
- 平安駕駛回家

1. Retreat Rules 退修會守則

Spontaneous Prayer

- Pray with, over each other anytime, and anywhere

Participation

- Make the most of every opportunity to glorify God and bless your brothers/sisters here at the retreat.

Campground Environment

- Safety first! Supervise and know where your children are at all times.
- Prohibited: profanity, abusive or inconsiderate language, use or possession of tobacco and alcohol products, lewd or pornographic materials or publications.

Lodging Areas

- Respect lodging areas. Keep noise to a minimum.
- Quiet hours are 10:00 pm to 8:00 am. Curfew is 11:00 p.m.
- Youth must avoid opposite gender quarters.

Electrical Devices

- Silence phones during worship and meetings.
- Use electronic devices in a God-honoring way.

即時禱告

- 彼此一同無論何時何地禱告

參與

- 利用每一個機會來榮耀神及祝福退修會裡的弟兄姊妹。

營地

- 安全第一! 看管及知道你的孩子所在
- 嚴禁: 不雅言語, 抽煙, 酒, 色情刊物

宿舍

- 尊重他人, 請保持安靜. 特別在晚上十時至早上八時之間, 十一時後不准離開房間.
- 年青人不可進入異性宿舍

電子儀器

- 崇拜和一般聚會中, 手機必須關閉或在震盪訊號.
- 以崇敬神聖的方式使用電子儀器.

2. Testimonies & Small Group Sharing 見証及小組分享

Testimonies: Sharing God's Goodness • Tell us your name and introduce yourself. • Brief: Limit your sharing to 3 minutes. • Christ-centered: confess Jesus Christ publicly, especially if you have accepted Him or re-established your relationship with Him.	見証:分享神的美善 • 大聲說出你的姓名及簡介. • 簡短: 不超過三分鐘. • 公開承認耶穌基督, 特別是如果你接受及相信祂或是與祂重建關係.
Small Group Sharing • Open the time with prayer. • Get personal – talk about your testimony, family, some current life challenges and joys, why you are here at retreat. • Prayer – Pray for one another and the retreat. • Share a recent experience or praise God for what He has done.	小組分享 • 用禱告開始 • 個人見証 – 分享你的信心經歷, 你的家庭, 人生的挑戰和喜樂, 為什麼你來參加家庭退修會. • 禱告 – 彼此代禱, 為家庭退修會禱告. • 分享最近的經歷, 或讚美祂的作為.

3. Medical Assistance and Emergencies 醫療援助和緊急情況

For **medical assistance**, contact a retreat doctor below 如果您需要**醫療幫助**，請聯繫：

Name	Phone Number 電話號碼	Specialty 医学专科
Dr. Hsiao-Fen (Josephine) Chen 陳筱芬	626-290-0101	Adults
Joseph Chen	714-914-18881	Adults & Kids
Dr. Albert Lee 李恩迪	714-906-7040	Kids
Dr. Renee Lin 林李惠靈醫師	714-351-7902	Adults & Kids

For **medical emergency**, notify FCBC leadership immediately,
request 911 services or notify any Forest Home staff.

如果有任何**醫療緊急情況**，立即通知教會領袖，請聯絡營地工作人員，並要求 911 服務。

For **shuttle service at retreat**, contact brother **George Chiu or TC Chang**

如果您在營會需要**車輛接送**，請聯繫 趙德或張泰中弟兄。

4. Welcome to Family Retreat 2026!

Welcome, family and friends, to another FCBC-FV Family Retreat. We are blessed to be back in Forest Home. Aren't you thankful for the easier drive here?

Psalm 127:1 (NASB 2020)¹ *Unless the Lord builds a house, They who build it labor in vain; Unless the Lord guards a city, The watchman stays awake in vain.*

It has been quite a year, as we finally completed and occupied the new building. According to available data online, between 3,000 and 6,000 churches complete a building project every year in the U.S., about 1% out of a total of 350,000 churches in the country. Does this mean the other 99% of the churches operating in older buildings are unhealthy and declining? Certainly not. FCBC-FV has existed for nearly 50 years, and this is only the third building project we've ever had in our history, and yet we know the Lord has been at work *every* year—not with steel, wood and glass, but in spirit, heart and flesh.

Moreover, I can testify that the Lord often does spiritually-amazing work *away from any church buildings*. Jesus saved me as a young man at retreats. He often speaks, comforts and convicts while in the mountains. He fills us with praise as we sing together in front of a campfire—no speakers, amplifier or microphones. He hears our prayers as we gather in twos and threes under the starry skies. No buildings needed.

So, as we are away up here in the San Bernardino Forest, 80 miles away from our beautifully-renovated church campus, know that the Lord is still working to complete His building project: a spiritual house of living stones—one of which is *you*. Come to Jesus Christ, the Living Stone honored by God but rejected by men. Let the Holy Spirit do His work of renovation and transformation in you. May you look back at this weekend in the future and praise the Lord for what He did.

1 Peter 2:1–5 (CSB)¹ *Therefore, rid yourselves of all malice, all deceit, hypocrisy, envy, and all slander.* ² *Like newborn infants, desire the pure milk of the word, so that by it you may grow up into your salvation,* ³ *if you have tasted that the Lord is good.* ⁴ *As you come to him, a living stone—rejected by people but chosen and honored by God—*⁵ *you yourselves, as living stones, a spiritual house, are being built to be a holy priesthood to offer spiritual sacrifices acceptable to God through Jesus Christ.*

Yours in Christ and still under construction,

Pastor Godfrey

歡迎參加 2026 年家庭退修會！

親愛的弟兄姊妹、家人和朋友們，歡迎大家再次參加 FCBC-FV 家庭退修會。我們很蒙福，今年又能回到 Forest Home。一路開車來到這裡是不是比以前輕鬆多了？是不是值得感恩呢？

詩篇 127:1 (和合本) 1 若不是耶和華建造房屋，建造的人就枉然勞力；若不是耶和華看守城池，看守的人就枉然警醒。

過去這一年對我們教會而言，是極不平凡的一年。我們終於完成了新堂工程，並正式遷入使用。根據目前網路上可取得的資料，美國每年約有 3,000 至 6,000 間教會完成一項建堂或擴建工程，而全美約有 35 萬間教會。換句話說，每一年大約只有 1% 的教會完成建築工程。這是否表示另外 99% 使用較舊建築聚會的教會都是不健康、正在衰退的教會呢？當然不是。FCBC-FV 至今已有將近五十年的歷史，而這次只是我們教會歷史上的第三次建堂工程。然而，我們深知，主在每一年都持續不斷地作工。祂所建造的，不只是鋼筋、木材和玻璃所組成的建築，而是在人的靈裡、心裡和生命中成就祂的工作。

更何況，我可以親身見證，主常常在遠離教堂建築的地方，成就奇妙的屬靈工作。我年輕時就是在退修會中信主得救的。主常常在山中向人說話，安慰人，也光照人、使人知罪。我們圍坐在營火旁一起唱詩讚美時，沒有喇叭、沒有擴音器、沒有麥克風，祂依然使我們滿心讚美。當我們三三兩兩聚集在滿天星空下同心禱告時，祂依然垂聽我們的呼求。這一切，都不需要任何建築物。

因此，當我們此刻身處聖貝納迪諾山區 (San Bernardino Forest)，距離我們那座美麗、剛整修完成的教會約八十英里時，請記得：主仍然在持續完成祂的建造工程——祂正在建造一座由活石所組成的屬靈聖殿，而你，就是其中的一塊活石。

來到耶穌基督面前吧！祂是那位活石，雖然被世人棄絕，卻蒙神揀選、尊貴無比。願聖靈繼續在你的生命中作更新、改造、塑造的工作。願多年以後，當你回想這個週末時，仍能滿心感謝主，讚美祂在你生命中所成就的一切。

彼得前書 2:1-5 (和合本) 1 所以，你們既除去一切的惡毒、一切的詭詐，並假善、嫉妒和一切毀謗的話，2 就要愛慕那純淨的靈奶，像才生的嬰孩愛慕奶一樣，叫你們因此漸長，以致得救。3 你們若嘗過主恩的滋味，就必如此。4 主乃活石，固然是被人所棄的，卻是被神所揀選、所寶貴的。5 你們來到主面前，也就像活石，被建造成為靈宮，作聖潔的祭司，藉著耶穌基督奉獻神所悅納的靈祭。

在基督裡與您同工，並仍在被主建造中，

譚旭光 牧師

5. Speakers 講員

5.1 English Speaker – Dr. Jason Robertson



Dr. Jason Robertson has more than 30 years of experience as a pastor, church planter, and Christian theologian. Throughout his ministry, his calling has been consistent: to strengthen local churches so that God's kingdom might expand through faithful gospel ministry.

Entering full-time ministry at a young age, Jason began as an itinerant evangelist, preaching in different churches every week. Many summers he directed the Milldale Baptist Youth Camps in Louisiana.

In his 20's he moved to California where he has planted six churches, re-planted a church, and co-founded The Providence Collective (TPC). The TPC is a network of churches that help congregations pursue greater health, cooperation, multiplication, and mission.

Beyond the local church, Jason serves on various levels within the Southern Baptist Convention: national, state, and local association. Across each of these capacities, his aim is the same: to see churches strengthened, pastors supported, kingdom cooperation increased, and the gospel advanced.

As Gateway Seminary's Associate Vice President of Strategic Partnerships, he helps launch the seminary's teaching sites so that training and education is more assessable to local church leaders. He teaches in various seminaries and universities. He loves to teach students theology, hermeneutics, and homiletics.

As California Southern Baptist Convention's Team Leader of Church Matters, he created and directs a statewide church renewal network called RENEW CALIFORNIA to help churches revitalize through spiritual renewal and organizational health.

For the SEND Network, Jason helps identify, train, and assess potential church planters. He finds great joy in the fact that some of the churches he has helped plant have now planted other churches.

Jason earned a Doctorate of Ministry from Gateway Seminary and various degrees from New Orleans Baptist Theological Seminary and William Carey University. He also attended Liberty University. In 2023, he was the President of the California Southern Baptist Convention Pastors' Conference and has served that conference since, helping it stay organized and effective.

Jason and his wife live in Southern California and have three adult children, one daughter-in-law, and one grandson. They are enthusiastic LSU fans ... GEAUX TIGERS!

5.2 Chinese Speaker – Reverend Joseph Chun 秦民輝牧師



秦民輝牧師簡介

香港出生，自幼信主，高中蒙召。一九九三年起牧會至今，現為聖蓋博谷第一華人浸信會主任牧師。角聲《號角月報》專欄作家

Born in Hong Kong, accepted Christ from a young age and received his calling during high school. He has been serving in pastoral ministry since 1993 and is currently the Senior Pastor of First Chinese Baptist Church of San Gabriel Valley. He is also a columnist for *Herald Monthly* published by The Chinese Christian Herald Crusades. Reverend Chun and his wife live in the San Gabriel Valley

5.3 Children's Speaker – Lois Sherwin



Lois accepted Christ at age 5 with her Mom. Coming to Christ as a young child gives her a huge heart for helping connect kids with the love and forgiveness of Jesus, and the joy of life in Him. Lois grew up volunteering in Kids Ministry and has served in full time vocational kids ministry since 1996.

Lois is very happily married to Dr. Nick Sherwin, who served 26 years as Strategy Professor at Biola University. They have two adult children, Jennifer and Nick Jr, a beautiful daughter in love, Meghan, and three precious grandchildren, Lillie, Eva, and Lachlan.

Lois grew up in Southern California. She lived for two glorious years in the Pocono Mountains of Northeast PA when her children were young. Lois currently serves as Pastor to Kids and Young Families at Creekside Christian

Church in Elk Grove, CA, close to her son and his family!

Lois enjoys hiking, reading, baking, swimming, biking and listening to Nick play music. She is a certified scuba diver and loves the ocean. Lois graduated from Talbot School of Theology with her DMin in Spiritual Formation and Soul Care.

5.4 Youth Speaker – Pastor Kevin Quan



Owen, and Lily.

Kevin is the church plant associate pastor at FCBC Jurupa Valley and his role is to primarily shepherd the English congregation. Kevin grew up attending FCBC Fountain Valley and experienced God's love through the pastors, counselors, aunties & uncles at FCBC Fountain Valley.

Kevin is a graduate of Azusa Pacific University (B.A.) and Talbot School of Theology (M.Div). He served as a youth pastor at FCBC Walnut from 2018-2024. In 2024, Kevin responded to God's call to join FCBC Walnut in planting a church in the Inland Empire.

In his free time, Kevin currently enjoys watching the Avatar movies directed by James Cameron, earning loyalty points from 7 Leaves boba, riding Supreme Scream at Knott's Berry Farm, going to Costco with his family, & playing volleyball. Kevin is happily married to his wife Vanessa and they have 3 awesome kids - Mia,

6. Messages 信息

6.1 English Messages – Dr. Jason Robertson

See separate handout that will be passed out before each session.

6.2 Chinese Messages 中文信息 – 秦民輝牧師 Reverend Joseph Chun

信息 (一)

人的建造

創世記 6:13-22; 8:20-22; 11:1-9

- 1) 挪亞(個人)要建造什麼? (六章-八章) 世人(集體)要建造什麼? (十一章)
- 2) 挪亞為什麼建造? 世人又為了什麼去建造?
- 3) 挪亞憑什麼去建造? 世人又憑什麼去建造? 比較兩者，哪個建造力更強?
- 4) 挪亞的建造，帶來什麼結果? 世人的建造，又帶來什麼後果?
- 5) 兩類人建造的結果，為何有如此大的分別? 你能否歸納出主要原因?
- 6) 在這兩類人的建造中，從正反面中，你學習到什麼寶貴的屬靈功課?

信息 (二)

建造會幕

出埃及記 25:1-9; 40:34 — 38

- 1) 會幕是什麼? 摩西為什麼要建造會幕?
- 2) 摩西如何建造會幕?
- 3) 摩西憑什麼去建造會幕?
- 4) 建造會幕的目的為何?
- 5) 會幕建成後發生了什麼事? (40:34~38)
- 6) 從開始建造會幕到完成的整個過程，有何重要的屬靈訓示?

信息 (三)

建立基督的身體 (以下稱之為「教會」)

以弗所書 4:12-16

1) 神透過什麼去建立教會?

2) 建立教會的目的，是成全聖徒，但什麼是「成全」呢? 各盡其職又是什麼意思? 什麼職份?

3) 根據第十三節，什麼是「長大成人」? 憑什麼?

4) 長成基督的身量有什麼特徵? (vv.14-16)

5) 從「漸漸增長」(v.16) 到「滿有基督長成的身量」，中間要通過什麼？

信息 (四)

建立自己

以弗所書 4:16，猶大書 20 節

1) 猶大書 20 節呼籲讀者要做什麼？

2) 猶大書 20 節，講到建立自己需有四件「材料」，是哪四件材料？為何是這四件？

3) 猶大如何形容這真道？為何如此形容？我們怎樣在至聖的真道上造就自己？

4) 禱告和在聖靈裡禱告有沒有不同？什麼是在聖靈裡面的禱告？

5) 以弗所書 4:16 和猶大書 20 節都提到用什麼去造就？你認為猶大和保羅兩人為何都不約而同地提到用這塑材，有何重要？

6) 仰望主耶穌基督的憐憫和造就自己有什麼關係？

7) 作者為什麼強調「直到永生」，用意何在？

6.3 Youth Messages – Pastor Kevin Quan

Message #1 – Youth

Loved by God in Our Salvation
Romans 8:1-4; 31-39

Message #2 – Youth

Walking by Faith in Our Sanctification Romans 8:5-13

Message #3 – Youth

Present Hope in Our Future Glorification Romans 8:28-30

Message #4 – Youth

The Beautiful Mess of Christian Community Romans 12

7. Discussion Groups – English

Men				
Tom Yee	Warren Woo	Danny Choi	Craig Hai	
Kevin Lee	Kevin Luu	Nathan Kwong	David Chieng	
Robbie Mergen	Joe Sha	Jefferson Ngo	Daniel Wu	
TC Chang	Albert Chan	Raven Quintero	Al Lee	
Joe Chan	Freddy Chen	Jason Luu	Tom Hoang	
Jacob Halim	Matthew Yien	Joshua Yuan	Aaron Rivera	
Garrett Woo	Paul Chang	Jason Xiao	Pastor Godfrey	
Sam Chen	Dan Tam	Brandon Fuentes	Joseph Chen	
	David Yun			
Women				
Renee Lin	Beverly Tam	Nipa Halim	Angie Lee	Rosie Chan
Marie Chen	Sabrina Chan	Connie Chen	Carren Chang	Alvina Chieng
Hannah Choi	Amy Chen	Lily Dychingco	Ruth Chi	Adrienne Lee
Sarah Luu	Bernice Hai	Kathy Leung	Rose Lee	Cowie Mergen
Michelle Sha	Katie Lee	Stephanie Luu	Crystal Peng	Naomi Suzuki
Amy Shiao	Jenny Sy-Munoz	Jennifer Woo	Lisa Woo	Lynette Woo
Rachel Yuan			Iris Zhao	Amy Yune
	Priscilla Wu			

8. Evaluation 檢討意見表 - Use this paper form or the online form here:

Overall Quality of the retreat site 營地整體品質

Poor 很差 1 2 3 4 5 Excellent 卓越

Price of the retreat 營地價

Can be cheaper 十分昂貴 1 2 3 4 5 It was good 物有所值

If we have Family Retreat again next summer, where should we go?



如果明年夏天再有家庭退修會, 你覺得去哪裡比較好?

- Same Place 同一個地方
- Another Place 另一個地方
- I think it would be OK to skip Family Retreat next year. 我覺得明年不參加家庭退修會應該沒問題

The planned schedule was... 流程的安排

- Too busy 太緊湊
- Too light 太少活動
- Just right 剛好

I wish our schedule included: 我希望流程能包

- Optional workshops in the afternoon 下午有選擇性的工作坊
- More planned activities 更多活動安排
- Others (please suggest below) 其他 (請提出意見)

I was spiritually blessed by (select all that apply) 我在屬靈上蒙受了祝福並得著更新, 因為... (選擇所有合適的)

- Personal, Quiet Time 個人靈修時間
- Morning prayer 晨禱
- Messages 信息
- Small Groups 小組
- Recreation & Leisure Time 康樂休閒時間
- Meals and snack times 餐膳及茶點
- Sunday Evening Testimonies ("Campfire" Sharing) 主日晚見證 (營火分享)
- Quality time with my own family (spouse, parents, children) 與家人(配偶、父母、孩子)共度珍貴時光
- Quality time with others besides my family 除家人外, 與其他人的與家人共度珍貴時光
- Good night of sleep! 良好的睡眠
- Other...

Please share any decisions you made, or how God's Spirit is working in you

(e.g. repentance of sin, believing in Jesus as Lord and Savior, having encouragement and hope, reconciliation with another person, reading God's Word more, will get baptized, join church as member, etc.)

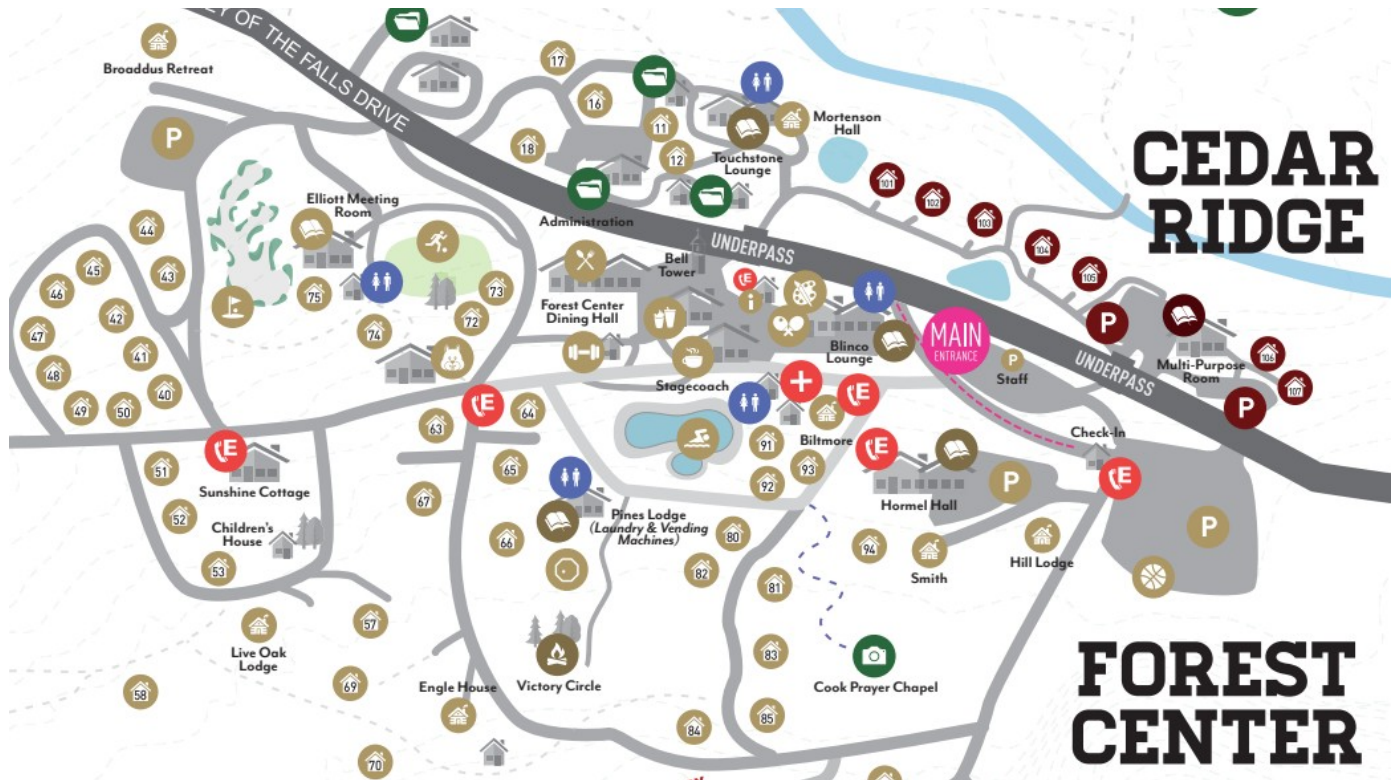
請分享你做出的決定, 或聖靈如何在你生命作工,(例如：接受耶穌作你個人的救主, 得到什麼鼓勵和盼望, 提醒要與別人復和, 需要更多讀聖經, 想要受浸, 加入教會作會員, 等等)

How can your pastors pray for you? 牧師可以如何為你禱告？

Final comments and suggestions? If you want us to contact you, please write your name and contact. 最後的意見與建議？如果希望牧師與你聯絡, 請留下你的姓名和聯絡方式。

9. Meeting Rooms & Camp Map 會議室和地圖

Activities 活動	All church, Worship 敬拜	English Message & Small Groups	Chinese Message & Small Groups 中文信息及小組	Youth 青少年	Children 兒童	Little Kids' Camp (Nursery & Pre-K) 嬰兒 / 幼兒
Location 地點	Hormel Hall		Hurtt Hall	Cedar Ridge 105	Blinco	Chipmunk



	Saturday	Sunday	Monday
Activities	1:30 – 5:00PM Mears Lake: Lake (includes: Swimming, Boating, Waterslide, & Blob) Canyon Park: Zipline, Kinetix Tower, & Giant Swing Forest Home: Pool, Splash pad 2:00PM Watermelon eating – Dining Hall	1:30 – 5:00PM Mears Lake: Lake (includes: Swimming, Boating, Waterslide, & Blob) Canyon Park: Kinetix Tower & Giant Swing Forest Home: Pool, Splash pad 2:00PM Praise dancing – Hurtt Hall	

Retail	1:30 – 5:00PM Clubhouse – gathering space Roundhouse – retail shop Stagecoach – coffeeshop	6:30 – 9:00AM Stagecoach - coffeeshop 1:30 – 5:00PM Clubhouse – gathering space Roundhouse – retail shop Stagecoach – coffeeshop	6:30 – 9:00AM Stagecoach – coffeeshop
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10. 2026 Family Retreat Schedule 家庭退修會節目時間表

Saturday 週六 8/8/26		Sunday 主日 8/9/26		Monday 週一 8/10/26	
7 AM			6:30 Morning devotionals晨更		
8 AM			7:00 - 7:45 Guided Prayer禱禱禱告 (Hornell Hall)		
9 AM	8:00 Leaders check-in		8:00 - 9:00 Breakfast早餐	8:00 - 9:00 Breakfast早餐	
10 AM	9:00 Setup 預備場地 Receive wrist bands領取腕帶		9:15 - 9:55 Announcements, Worship 報告, 敬拜	9:15 - 9:55 Announcements, Worship 報告, 敬拜	
11 AM	10:00 - 10:45 Welcome 歡迎, Worship, 敬拜	10:10 - 11:00 Message 信息3	10:10 - 11:00 Children 3/ Youth 兒童/青少年	10:10 - 11:00 Message 信息4	10:10 - 11:00 Children 5/ Youth 兒童/青少年
12 PM	11:00 - 11:50 Message 信息1	11:00 - 11:45 Small Groups 小組	11:00 - 11:50 Nur/PreK (Birch) 嬰兒幼兒	11:15 All-Retreat Closing, Thanksgiving 結束營會, 感恩 Children's Presentation 兒童表演	10:10 - 11:00 Nur/PreK 嬰兒幼兒
1 PM	1:15 All-Retreat Photo 拍全體照	12:00 - 1:00 Lunch 午餐			
2 PM	After photo: Check-in Receiver room keys 註冊領取房間鑰匙	Activities 活動 (1:30-5pm): 2:00pm: Praise Dancing Activity (Hurtt Hall) Mears Lake Lake Canyon Park: Zipline, Kinetix Tower, Giant Swing Forest Center: Pool, Splash Pad			
3 PM	Activities 活動 (1:30-5pm): 2:00pm Watermelon Contest (outside Dining Hall) Mears Lake: Swimming, Boating, Waterslide & Blob Canyon Park: Sky Trial and Giant Swing Forest Center: Pool, Splash Pad	Counselors 1-on-1 counseling & prayer with pastors 個別輔導及禱告			
4 PM		12:30pm Check-out 退房 (give keys back - Dining Hall) Go Home 回家			
5 PM					
6 PM					
7 PM	6:45 - 7:25 Announcements, Worship 報告, 敬拜	6:45 - 7:45 All Church Game Night	7:45 - 8:20 Praise Presentation 讚美之夜 (no Nursery/PreK)	8:30 - 9:10 Testimonies 見證 (no Nursery/PreK) Youth testimonies will be outdoor, bonfire.	
9 PM	7:35 - 8:25 Message 信息2	7:35 - 9:10 Children 2/ Youth 兒童/青少年	8:30 - 9:10 Children 4 兒童		
	8:25 - 9:10 Small Groups 小組				
10 PM		9:20 Snacks 點心, Fellowship 交通			
11 PM		10:00 Cabin Time 分享時間			
		11:00 Bedtime 睡覺時間 (Counselors, please enforce!)			