

**"SEVEN.EIGHT" - Camp Lone Star at the Tejas Trail**

| DAILY THEME |                                 |          |                                 |
|-------------|---------------------------------|----------|---------------------------------|
| TIME        | 6/28/19 FRIDAY - STAFF          | TIME     | 6/29/19 SATURDAY - STAFF        |
| 3:30 AM     |                                 | 3:30 AM  |                                 |
| 4:00 AM     |                                 | 4:00 AM  |                                 |
| 4:30 AM     |                                 | 4:30 AM  |                                 |
| 5:00 AM     |                                 | 5:00 AM  |                                 |
| 5:30 AM     |                                 | 5:30 AM  |                                 |
| 6:00 AM     |                                 | 6:00 AM  |                                 |
| 6:30 AM     |                                 | 6:30 AM  |                                 |
| 7:00 AM     |                                 | 7:00 AM  | Morning Exercise 30m            |
| 7:30 AM     |                                 | 7:30 AM  | Hoon Dok Hae 30m                |
| 8:00 AM     |                                 | 8:00 AM  | Breakfast 60m                   |
| 8:30 AM     |                                 | 8:30 AM  |                                 |
| 9:00 AM     |                                 | 9:00 AM  | IG:                             |
| 9:30 AM     |                                 | 9:30 AM  | Cap/cocap & Staff Group Meeting |
| 10:00 AM    |                                 | 10:00 AM | Activity:                       |
| 10:30 AM    |                                 | 10:30 AM |                                 |
| 11:00 AM    |                                 | 11:00 AM |                                 |
| 11:30 AM    | Registration                    | 11:30 AM |                                 |
| 12:00 PM    |                                 | 12:00 PM | Break 30m                       |
| 12:30 PM    |                                 | 12:30 PM | Lunch 60m                       |
| 1:00 PM     |                                 | 1:00 PM  |                                 |
| 1:30 PM     | Staff Workshop Opening Ceremony | 1:30 PM  | Lecture: Theme Intro            |
| 2:00 PM     |                                 | 2:00 PM  |                                 |
| 2:30 PM     |                                 | 2:30 PM  | Discussion/Break 30m            |
| 3:00 PM     | Team Meeting                    | 3:00 PM  | Activity:                       |
| 3:30 PM     | Activity:                       | 3:30 PM  |                                 |
| 4:00 PM     |                                 | 4:00 PM  |                                 |
| 4:30 PM     |                                 | 4:30 PM  |                                 |
| 5:00 PM     |                                 | 5:00 PM  | Guest Lecturer: TBA             |
| 5:30 PM     | Break/washup                    | 5:30 PM  |                                 |
| 6:00 PM     | Dinner 60m                      | 6:00 PM  | Discussion/break 30m            |
| 6:30 PM     |                                 | 6:30 PM  | Dinner 60m                      |
| 7:00 PM     | Lecture: Staff Attitude         | 7:00 PM  |                                 |
| 7:30 PM     |                                 | 7:30 PM  | Activity:                       |
| 8:00 PM     | Activity:                       | 8:00 PM  |                                 |
| 8:30 PM     |                                 | 8:30 PM  |                                 |
| 9:00 PM     |                                 | 9:00 PM  | Closing                         |
| 9:30 PM     | Closing                         | 9:30 PM  | Wash Up 30m                     |
| 10:00 PM    | Wash Up 30m                     | 10:00 PM | Lights Out                      |
| 10:30 PM    | Lights Out                      | 10:30 PM |                                 |
| 11:00 PM    |                                 | 11:00 PM |                                 |
| 11:30 PM    |                                 | 11:30 PM |                                 |
| 12:05 AM    |                                 | 12:05 AM |                                 |
| 12:35 AM    |                                 | 12:35 AM |                                 |
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| 3:05 AM     |                                 | 3:05 AM  |                                 |

|          |   | <b>"Intention"</b> |                                 |
|----------|---|--------------------|---------------------------------|
|          | 6/30/19 SUNDAY - STAFF/PARTICIPANTS       | TIME               | 7/1/19 MONDAY - PARTICIPANTS    |
|          |   |                    |                                 |
| 3:30 AM  |   | 3:30 AM            |                                 |
| 4:00 AM  |   | 4:00 AM            |                                 |
| 4:30 AM  |   | 4:30 AM            |                                 |
| 5:00 AM  | Staff Challenge and Prayer Walk           | 5:00 AM            |                                 |
| 5:30 AM  |   | 5:30 AM            |                                 |
| 6:00 AM  |   | 6:00 AM            | Staff Wake Up / Condition 30m   |
| 6:30 AM  |   | 6:30 AM            | Wake Up / Wash Up 30m           |
| 7:00 AM  |   | 7:00 AM            | Morning Exercise 30m            |
| 7:30 AM  | Wash up                                   | 7:30 AM            | Hoon Dok Hae 30m                |
| 8:00 AM  | Breakfast 60m                             | 8:00 AM            | Breakfast 60m                   |
| 8:30 AM  | (Announce cleaning assignments)           | 8:30 AM            |                                 |
| 9:00 AM  | IG: Personal Reflection                   | 9:00 AM            | Gather                          |
| 9:30 AM  | Cap/cocap & Staff Group Mission Statement | 9:30 AM            | Internal Guidance               |
| 10:00 AM | Staff Workshop Closing Ceremony           | 10:00 AM           | Team Meeting / Goal Setting 30m |
| 10:30 AM |   | 10:30 AM           | Break 30m                       |
| 11:00 AM |   | 11:00 AM           | Guest Lecturer: TBA             |
| 11:30 AM | CLEANING                                  | 11:30 AM           |                                 |
| 12:00 PM |   | 12:00 PM           | Team Discussion 30m             |
| 12:30 PM |   | 12:30 PM           | Lunch 60m                       |
| 1:00 PM  | Lunch 60m                                 | 1:00 PM            |                                 |
| 1:30 PM  |   | 1:30 PM            | Activity                        |
| 2:00 PM  | Prepare the Campsite for Participants     | 2:00 PM            |                                 |
| 2:30 PM  |   | 2:30 PM            |                                 |
| 3:00 PM  |   | 3:00 PM            |                                 |
| 3:30 PM  |   | 3:30 PM            |                                 |
| 4:00 PM  |   | 4:00 PM            |                                 |
| 4:30 PM  | Participant Registration                  | 4:30 PM            |                                 |
| 5:00 PM  |   | 5:00 PM            |                                 |
| 5:30 PM  |   | 5:30 PM            |                                 |
| 6:00 PM  | Dinner 60m                                | 6:00 PM            | Dinner 60m                      |
| 6:30 PM  |   | 6:30 PM            |                                 |
| 7:00 PM  | Workshop Opening Ceremony 30m             | 7:00 PM            | Gather                          |
| 7:30 PM  |   | 7:30 PM            | Guest Lecturer: TBA             |
| 8:00 PM  | Team Meeting                              | 8:00 PM            |                                 |
| 8:30 PM  | Team Presentation 30m                     | 8:30 PM            | Team Discussion 30m             |
| 9:00 PM  |   | 9:00 PM            | Activity:                       |
| 9:30 PM  | Activity                                  | 9:30 PM            |                                 |
| 10:00 PM | Closing                                   | 10:00 PM           | Closing                         |
| 10:30 PM | Wash Up 30m/Staff Meeting                 | 10:30 PM           | Wash Up 30m/Staff Meeting       |
| 11:00 PM | Lights Out                                | 11:00 PM           | Lights Out                      |
| 11:30 PM |   | 11:30 PM           |                                 |
| 12:05 AM |   | 12:00 AM           |                                 |
| 12:35 AM |   | 12:30 AM           |                                 |
| 1:05 AM  |   | 1:00 AM            |                                 |
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| 3:05 AM  |   | 3:00 AM            |                                 |

| <b>"I Stand"</b> |                               | <b>"We Rise"</b> |   |
|------------------|-------------------------------|------------------|---|
| TIME             | 7/2/19 TUESDAY - PARTICIPANTS | TIME             | 7/3/19 WEDNESDAY - PARTICIPANTS           |
| 3:30 AM          |                               | 3:30 AM          |   |
| 4:00 AM          |                               | 4:00 AM          |   |
| 4:30 AM          |                               | 4:30 AM          |   |
| 5:00 AM          |                               | 5:00 AM          |   |
| 5:30 AM          |                               | 5:30 AM          |   |
| 6:00 AM          | Staff Wake Up / Condition 30m | 6:00 AM          | Staff Wake Up / Condition 30m             |
| 6:30 AM          | Wake Up / Wash Up 30m         | 6:30 AM          | Wake Up / Wash Up 30m                     |
| 7:00 AM          | Morning Exercise 30m          | 7:00 AM          | Morning Exercise 30m                      |
| 7:30 AM          | Hoon Dok Hae 30m              | 7:30 AM          | Hoon Dok Hae 30m                          |
| 8:00 AM          | Breakfast 60m                 | 8:00 AM          | Breakfast 60m                             |
| 8:30 AM          |                               | 8:30 AM          |   |
| 9:00 AM          | Gather                        | 9:00 AM          | Gather                                    |
| 9:30 AM          | Internal Guidance             | 9:30 AM          | Internal Guidance                         |
| 10:00 AM         | Team Meeting/Goal Setting 30m | 10:00 AM         | Team Meeting / Goal Setting 30m           |
| 10:30 AM         | Break 30m                     | 10:30 AM         | Break 30m                                 |
| 11:00 AM         | Guest Lecturer: TBA           | 11:00 AM         | Guest Lecturer: TBA                       |
| 11:30 AM         |                               | 11:30 AM         |   |
| 12:00 PM         | Team Discussion 30m           | 12:00 PM         | Team Discussion 30m                       |
| 12:30 PM         | Lunch 60m                     | 12:30 PM         | Lunch 60m                                 |
| 1:00 PM          |                               | 1:00 PM          |   |
| 1:30 PM          | Activity                      | 1:30 PM          | Outing                                    |
| 2:00 PM          |                               | 2:00 PM          |   |
| 2:30 PM          |                               | 2:30 PM          |   |
| 3:00 PM          |                               | 3:00 PM          |   |
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| 5:00 PM          |                               | 5:00 PM          |   |
| 5:30 PM          |                               | 5:30 PM          |   |
| 6:00 PM          | Dinner 60m:                   | 6:00 PM          | Dinner 60m                                |
| 6:30 PM          |                               | 6:30 PM          |   |
| 7:00 PM          | Gather                        | 7:00 PM          | Gather                                    |
| 7:30 PM          | Guest Lecturer: TBA           | 7:30 PM          | Guest Lecturer: TBA                       |
| 8:00 PM          |                               | 8:00 PM          |   |
| 8:30 PM          | Team Discussion 30m           | 8:30 PM          | Brother/Sister night - or - Blessing talk |
| 9:00 PM          | Activity                      | 9:00 PM          | Activity:                                 |
| 9:30 PM          |                               | 9:30 PM          |   |
| 10:00 PM         | Closing                       | 10:00 PM         | Closing                                   |
| 10:30 PM         | Wash Up 30m/Staff Meeting     | 10:30 PM         | Wash Up 30m/Staff Meeting                 |
| 11:00 PM         | Lights Out                    | 11:00 PM         | Lights Out                                |
| 11:30 PM         |                               | 11:30 PM         |   |
| 12:00 AM         |                               | 12:00 AM         |   |
| 12:30 AM         |                               | 12:30 AM         |   |
| 1:00 AM          |                               | 1:00 AM          |   |
| 1:30 AM          |                               | 1:30 AM          |   |
| 2:00 AM          |                               | 2:00 AM          |   |
| 2:30 AM          |                               | 2:30 AM          |   |
| 3:00 AM          |                               | 3:00 AM          |   |

| <b>"United"</b> |                                 | <b>"Infinite Love"</b> |                                 |
|-----------------|---------------------------------|------------------------|---------------------------------|
| TIME            | 7/4/19 THURSDAY - PARTICIPANTS  | TIME                   | 7/5/19 FRIDAY - PARTICIPANTS    |
| 3:30 AM         |                                 | 3:30 AM                |                                 |
| 4:00 AM         |                                 | 4:00 AM                |                                 |
| 4:30 AM         |                                 | 4:30 AM                |                                 |
| 5:00 AM         |                                 | 5:00 AM                |                                 |
| 5:30 AM         |                                 | 5:30 AM                |                                 |
| 6:00 AM         | Staff Wake Up / Condition 30m   | 6:00 AM                |                                 |
| 6:30 AM         | Wake Up / Wash Up 30m           | 6:30 AM                |                                 |
| 7:00 AM         | Morning Exercise 30m            | 7:00 AM                | Morning Exercise 30m            |
| 7:30 AM         | Hoon Dok Hae 30m                | 7:30 AM                | Hoon Dok Hae 30m                |
| 8:00 AM         | Breakfast 60m                   | 8:00 AM                | Breakfast 60m                   |
| 8:30 AM         |                                 | 8:30 AM                |                                 |
| 9:00 AM         | Gather                          | 9:00 AM                | Gather                          |
| 9:30 AM         | Internal Guidance               | 9:30 AM                | Internal Guidance               |
| 10:00 AM        | Team Meeting / Goal Setting 30m | 10:00 AM               | Team Meeting / Goal Setting 30m |
| 10:30 AM        | Break 30m                       | 10:30 AM               | Break 30m                       |
| 11:00 AM        | Guest Lecturer: TBA             | 11:00 AM               | Guest Lecturer: TBA             |
| 11:30 AM        |                                 | 11:30 AM               |                                 |
| 12:00 PM        | Team Discussion 30m             | 12:00 PM               | Team Discussion 30m             |
| 12:30 PM        | Lunch 60m                       | 12:30 PM               | Lunch 60m                       |
| 1:00 PM         |                                 | 1:00 PM                |                                 |
| 1:30 PM         | Art Activity                    | 1:30 PM                | SKIT PREPARATION                |
| 2:00 PM         |                                 | 2:00 PM                |                                 |
| 2:30 PM         |                                 | 2:30 PM                |                                 |
| 3:00 PM         |                                 | 3:00 PM                |                                 |
| 3:30 PM         |                                 | 3:30 PM                |                                 |
| 4:00 PM         |                                 | 4:00 PM                |                                 |
| 4:30 PM         |                                 | 4:30 PM                |                                 |
| 5:00 PM         |                                 | 5:00 PM                |                                 |
| 5:30 PM         | Break 30m                       | 5:30 PM                |                                 |
| 6:00 PM         | Dinner 60m                      | 6:00 PM                | Dinner 60m                      |
| 6:30 PM         |                                 | 6:30 PM                |                                 |
| 7:00 PM         | Challenge Night                 | 7:00 PM                | Gather                          |
| 7:30 PM         |                                 | 7:30 PM                | Testimonies                     |
| 8:00 PM         |                                 | 8:00 PM                |                                 |
| 8:30 PM         |                                 | 8:30 PM                | Talent Show                     |
| 9:00 PM         |                                 | 9:00 PM                |                                 |
| 9:30 PM         |                                 | 9:30 PM                |                                 |
| 10:00 PM        |                                 | 10:00 PM               |                                 |
| 10:30 PM        | Closing 30m                     | 10:30 PM               | Final Team Meeting              |
| 11:00 PM        | Wash Up 30m/Staff Meeting       | 11:00 PM               |                                 |
| 11:30 PM        | Lights Out                      | 11:30 PM               | Closing 30m                     |
| 12:00 AM        |                                 | 12:00 AM               | Wash Up 30m/Staff Meeting       |
| 12:30 AM        |                                 | 12:30 AM               |                                 |
| 1:00 AM         |                                 | 1:00 AM                |                                 |
| 1:30 AM         |                                 | 1:30 AM                |                                 |
| 2:00 AM         |                                 | 2:00 AM                | Lights Out                      |
| 2:30 AM         |                                 | 2:30 AM                |                                 |
| 3:00 AM         |                                 | 3:00 AM                |                                 |

