**Friday evening, September 20, to Sunday noon, September 22**

**First Central**

**Inter-Generational**

**All-Church Retreat**

**2019—Platte River State Park**

**What do you love to do for fun?**

**Come share your super power!**

Saturday afternoon, we’ll have 8-10 activity stations where we can learn, taste or try various things that some Hero in our congregation finds Super enough to share with us. Would you like to ***super***vise a table where you can display or teach about something that you find Super Cool? We also have other activities during the Retreat that could use an organizing *Agent*. Either way, we need more Helpful Heroes. Here are several ideas that’ve been suggested. You don’t have to be an expert to sign up, just a hero at heart. Please sign up below if one of these ideas tugs your cape – or if you have something entirely different to suggest. More than one person can sign up for an activity. **Thanks!**

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| --- | --- |
| Interest/Activity: | Name of Helpful Hero(es): |
| After dinner Talent Show (Friday night, need an MC ) |  |
| **Egg drop** (Put ‘em in capes? Zip line? You decide!) |  |
| Saturday evening Bonfire  | Katie Miller & the Youth  |
| Big Red Football | Rita Grossenstein & Sam Pfeifer & ….. |
| Discover your inner potter: make a marbled trinket dish | Deb Kirwan |
| Discover Juggling | Renee’ Jizba |
| Discover mandelas: coloring and meditation  | Katie Del Conte |
| Discover crazy-fun Super science: Mwah-ha-ha! | Judy Bouma |
| Discover Super Beverage Tasting | Adam and Chris Steffen? |
| Discover costumes: build your own cape |  |
| Discover bread making/other cooking? |  |
| Discover music/singing/instruments? |  |
| Discover dancing/drumming? |  |
| Discover creative writing/drawing? |  |
| Discover YOUR inner power |  |
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