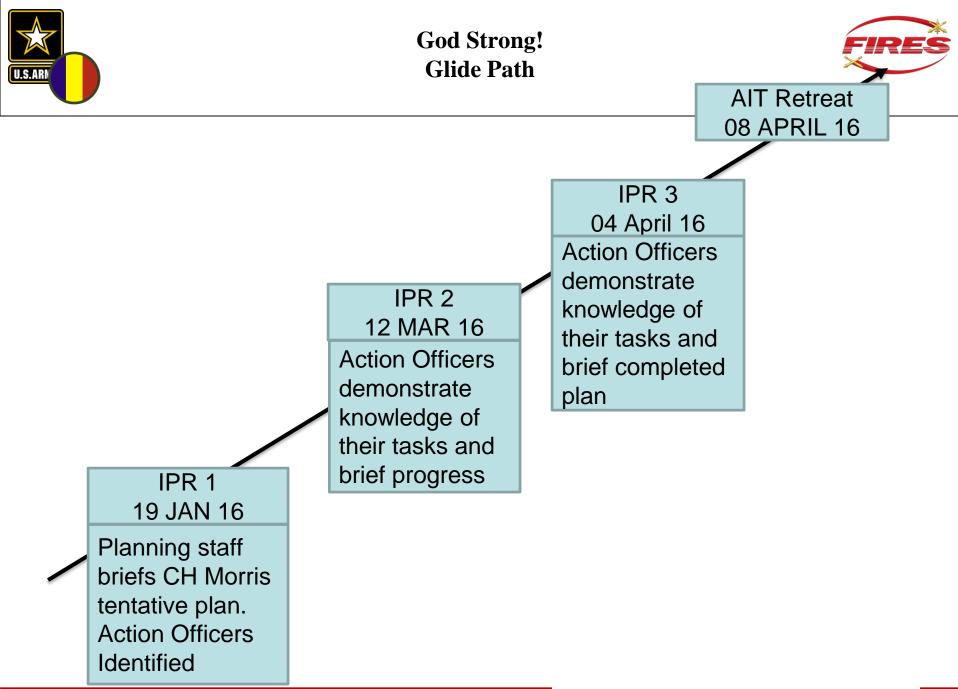


GOD Strong! AIT/BOLC Retreat Day/Month/Year



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Purpose	Proposed Timeline
 Mission: Facilitate Spiritual growth and resiliency of young soldiers within a faith community. Objectives: To give young soldiers an opportunity to learn about and grow in their faith. The emphasis is on faith foundation, practice, servant leadership, and how faith increases resilience. To build relationships with experienced officers and NCOs within their faith group. Maximize participation amongst young soldiers aged 18-30 yrs 	 0830 Welcome & Fellowship 900Importance of Spiritual Fitness/Resilience: Holy Warriors 1030 Break 1040 Prayer: Relationship with God 1200 Lunch & Journaling Activity 1300 Called to Servant Leadership 1430 Break 1440 Faith Practice: A Life of Giving & Receiving 1530 Break 1540 Experiential Activity 1650 Break/Journaling Activity 1700 Worship Service 1800 Dinner & Fellowship 1930 Reflection & AAR 2030 Retreat ends.
5 W's Who: AIT/BOLC Soldiers 18-30 yrs of age What: A day retreat gathering with experiential spiritual encounters When: TBA Where: Recreational Area/Lodge type facility Why: To contribute to the overall fitness of young Soldiers, by providing tangible tools to address the Spiritual components of the Comprehensive Soldier and Family Fitness program (CSF2) and Master Resilience Training (MRT).	Cost: 35 Part. Example - LETRA Lodge: \$150 Food: \$250 Books: \$350 Snacks: \$100 Supplies: \$100 Total: \$950



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