

THURSDAY, OCTOBER 22, 2026

Emmanuel Christian Reformed Church

8:00 - 8:30 AM Registration

8:45 - 9:30 AM Welcome and Worship

9:30 - 10:30 AM **Keynote #1 - The Gift of Rest**

God invites us to a rhythm of re-centering our lives in his love, goodness, and sufficiency, and to allow our work to flow out of that centre.

10:30 - 11:00 AM Break

Calgary Christian Secondary School, Calgary Christian Elementary School, Off-Site

11:00 - 12:00 PM **Workshop Session #1**

Calgary Christian Secondary School

12:00 - 1:15 PM Lunch

Calgary Christian Secondary School, Calgary Christian Elementary School, Off-Site

1:15 - 2:15 PM **Workshop Session #2**

2:15 - 2:45 PM Break

Emmanuel Christian Reformed Church

2:45 - 3:30 PM **Keynote #2 - The Art of Rest**

The people of God at our best have practiced simple ways to receive and delight in God's gift of rest.

FRIDAY, OCTOBER 23, 2026

Emmanuel Christian Reformed Church

8:30 - 8:45 AM Worship

8:45 - 9:00 AM Transfer to Sessions

Calgary Christian Secondary School, Calgary Christian Elementary School

9:00 - 10:00 AM **Workshop Session #3**

10:00 - 10:45 AM Break and Transition to Church

Emmanuel Christian Reformed Church

10:45 - 11:15 AM Worship and Door Prizes

11:15 - 12:00 PM **Keynote #3 - The Call to Risk**

True rest leads us to fresh and creative ways to engage in God's mission.

12:00 - 12:30 PM Closing and Worship

12:30 PM Grab and Go Lunch