Singles 2013 Fall Retreat
October 11-13, 2013
Mt Aetna Retreat Center

Brochure/Registration Form

Alphod C. Sinclair is an ordained pastor of the Seventh-day Adventist Church in his 33rd year of administrative and pastoral care experience. He is also a Licensed Clinical Social Worker, who
specializes in child, youth, and family issues. He holds a Bachelor's degree in Theology from Caribbean Union College, a Master's degree in Clinical Social Work from Hunter College, and has done advanced clinical work at New York University.

Mr. Sinclair has worked with children, youth, singles, and families in a variety of clinical settings. He has worked in child welfare agencies, hospitals, schools, and mental health clinics. More recently, he has worked in hospice care with clients diagnosed with HIV/AIDS and cancer who were dealing with the challenges of end of life issues.

Mr. Sinclair has employed an eclectic approach to therapy using individual, dyadic, and group modalities. He credits his successes to a psycho-spiritual model of therapy that incorporates psychological principles within a biblical framework. This approach tends to minimize resistance against participation in mental health services among African Americans and West Indian Americans. In addition, Mr. Sinclair attributes his success in working with these subgroups of blacks to his broad understanding of their respective worldviews and struggles against the vestiges of slavery. He has also worked effectively with clients from other ethnicities: Whites, Italians, Jews, Hispanics, and Arabs clients in context of death and dying.

Program

Friday, October 11, 2013
4:30 PM Registration
6:00 - 6:45 PM Supper
7:30 PM Welcome and Announcements
7:45 PM Alphod Sinclair:
*Why is Control Such a Big Issue in Emerging Adult Relationships*

Sabbath, October 12, 2013
8:00 - 8:45 AM Breakfast
9:30 - 10:45 AM Alphod Sinclair:
*Is Your Old Boy/Girlfriend the Ghost in Your Current Relationship?*
10:45 - 11:00 AM Break
11:00 - 12:00 NOON Alphod Sinclair:
*What Single Women and Men Wish the Other Knew About Love and Romance*
12:30 - 1:15 PM Lunch
1:30 - 4:00 PM Afternoon Activities
4:00 - 5:30 PM Alphod Sinclair:
*Assessing Your Readiness for Marriage*
6:00 - 6:45 PM Supper
7:30 PM Alphod Sinclair:
*Knowing When to Hold and When to Fold*
9:00 PM Bonfire, weather permitting

Sunday, October 13, 2013
8:00 - 8:45 AM Breakfast
9:00 AM Announcements
9:15 AM Alphod Sinclair:
*More Effective Ways of Managing Your Sexual Desires*
10:30 AM Friendship Circle
What to Bring
Bedding for a Single Bed
Towel and Washcloth, Toiletries
Casual & Dress Clothes
Camera, Flashlight
Musical Instrument
Bible
Walking Shoes for Hiking
Bottled Water
Insect Repellent
Umbrella

Who Should Attend
Adventist Adult Single Ministries activities are for singles of all ages. Most of the group consists of people middle aged and older; however, we encourage and welcome younger singles and singles of any age, as well as those who are not Seventh-day Adventists to attend. Alumni are always welcome!

Special Appreciation
We are able to keep our retreat costs down thanks to generous contributions from one of our singles.

Location
Mt. Aetna Retreat Center
21905 Mt. Aetna Road
Hagerstown, Maryland 21742
301-824-6045

Directions from Frederick
Highway 70 West to Route 66 (Exit 35)
Right on 66 North toward Smithsburg
Go 1.4 miles to traffic circle
Go right on Mt. Aetna Road
Go 1 mile and right at entrance sign

Costs
Sabbath only $10/Meal
Cabin Weekend $60
Lodge Room $80

Deadline
October 1, 2013

For additional information contact
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