

# MEN'S RETREAT | 2024

*Are you man enough to be Christ-like?*

**Thank you to all volunteers who collaborated to  
make this retreat a blessing for all.  
God bless you!**

**Coming for Men's Retreat 2025:**

**Braveheart**  
Men of heart. Men of courage.

ARIZONA CONFERENCE OF SEVENTH-DAY ADVENTISTS  
AZCONFERENCE.ORG | [480] 991-6777

**SEPTEMBER 27-29**  
**CAMP YAVAPINES | PRESCOTT, AZ**



# WELCOME MEN!

We are thrilled you're here for the 2024 Arizona Conference Men's Retreat here at beautiful Camp Yavapines! We have designed this retreat for your spiritual refreshment, connection with peers, fun activities, and practical helps. We trust you will receive a blessing.

Our theme this year is **"Are You Man Enough to be Christ-like?"** Our keynote speaker, pastor Jonathan Smith, will challenge you to be like Jesus. The apostle Paul encourages us,

*Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realize this about yourselves, that Jesus Christ is in you?" - 2 Corinthians 13:5*

Because Jesus is in us, we are *His* men, not men of this world (John 17:14-16). Please open your heart to Jesus and do some self-reflection as Paul counsels. Seek to be Christ-like.

Past retreats had various elements while others were intentionally less structured. While we strongly encourage attendance at prayer time and the keynote messages, we won't pressure you to attend anything. For important info, please see page 6.

Welcome and God bless you!

*AZ Conference Men's Ministries*



# INFORMATION

## THE CAMP

- NO: alcohol, pets, illegal drugs, firearms, smoking, open fires, skateboards, fireworks, ATVs.
- ROOMS: please do not move or remove any furniture, window screens, beds, wall décor, etc. Anything missing or damaged will be charged to the occupant.
- CLEANLINESS: please maintain cleanliness in all places. Upon check out, please remove trash from your room.

## SATURDAY NIGHT MOVIE

"Risen" (PG-13, 1h 47m), the story of a Judean Roman Tribune in AD 33 who is tasked by Herod to find the missing body of Jesus Christ after His resurrection. Starring Joseph Fiennes. Shown in the Utah Room.

## AXE THROWING & PAINTBALLING

- AXE THROWING. Near the Wagon Camp, see map on page 3. Four groups, 2-3 per group. Each group will have 6 axes. Rules explained on site. Sunday morning.
- PAINTBALLING. Physically demanding, requiring running on rough forest terrain and getting stung by paint balls! Safety shields, vests, paint guns provided. See map on page 3. Rules explained on site. Sunday morning.

## MEN'S MENU

Meals by Chef Jeff Rogers, Arizona Conference Communication Director. Remember to thank him for his exquisite talent!

## ROOM KEYS

Only guest room keys are distributed, not bunk cabin keys. Pick up your key from Dennis Rizzo in the Utah building and return to same.

## IN CASE OF EMERGENCY

**Call 911.** Please also inform the retreat organizer and Yavapines staff.

**- HOSPITAL -**

*Yavapai Regional Medical Center*

1003 Willow Creek Road, Prescott, AZ 86301 | (928) 445-2700

**- URGENT CARE -**

*UCR Health Center*

2062 Willow Creek Road, Prescott, AZ 86301 | (928) 443-5103

## 2024 SURVEY SHEET

Please fill out the *2024 Men's Retreat Survey* (gold sheet) before you go and leave on the back table. You can also complete it online by scanning this QR Code.

Conference Registrar: Vivian Swaney



# MENU

## FRIDAY

- Soup and bread (vegetable stew, cheddar broccoli)
- Baguettes

## SABBATH

### BREAKFAST

- Oatmeal Bar (Fixings: dates, bananas, blueberries, raspberries, pecans, brown sugar, chocolate chips, applesauce, milk, almond milk)
- Assorted muffins & orange juice

### LUNCH

- Pasta Bar (penne, angel hair, gluten-free) & sauce (marinara, alfredo)
- Steamed broccoli
- Sauteed mushrooms
- Fried plant-based chicken strips & steak
- Seasonings
- Mixed Salad & Dressing
- Baguettes & lemonade

### SUPPER

- Hoagies (french roll bread and all the makings: plant-based chicken, plant-based corned beef, cheeses, tomatoes, lettuce, onions, green peppers, mayonnaise, mustard, vinaigrette, seasoning)
- Apples, chips, drinks

### SATURDAY NIGHT SOCIAL

- Popcorn & root beer floats

## SUNDAY

### BREAKFAST

- Pancakes (maple syrup, peanut butter, applesauce, jelly)
- Hashbrowns
- Orange Juice

### SACK LUNCH

- Sandwich Wraps (cucumber, hummus, avocado, bell pepper, tomato, spinach)
- Apple, dried apricots
- Granola/Protein Bar
- Water Bottle

# SCHEDULE

All meetings in Utah room

## FRIDAY (sunset: 6:18)

- 4:00-7:00 p.m. | Arrival, check-in. Pick up your room key in Utah building (no key given for bunk cabins)
- 6:00 p.m. | **Bread & Soup Supper (see menu on p. 5)**
- 7:00 p.m. | Vespers program (Pr. Jonathan Smith)

## SABBATH (sunset: 6:17)

- 7:00-7:45 a.m. | Individual prayer time
- 8:00 a.m. | **Breakfast**
- 9:30 a.m. | Sabbath school (Pr. Ray Navarro)
- 11:00 a.m. | Worship (Pr. Jonathan Smith)
- 12:30 p.m. | **Lunch**
- 1:30-3:30 p.m. | Free time

### BREAK-OUT SESSIONS

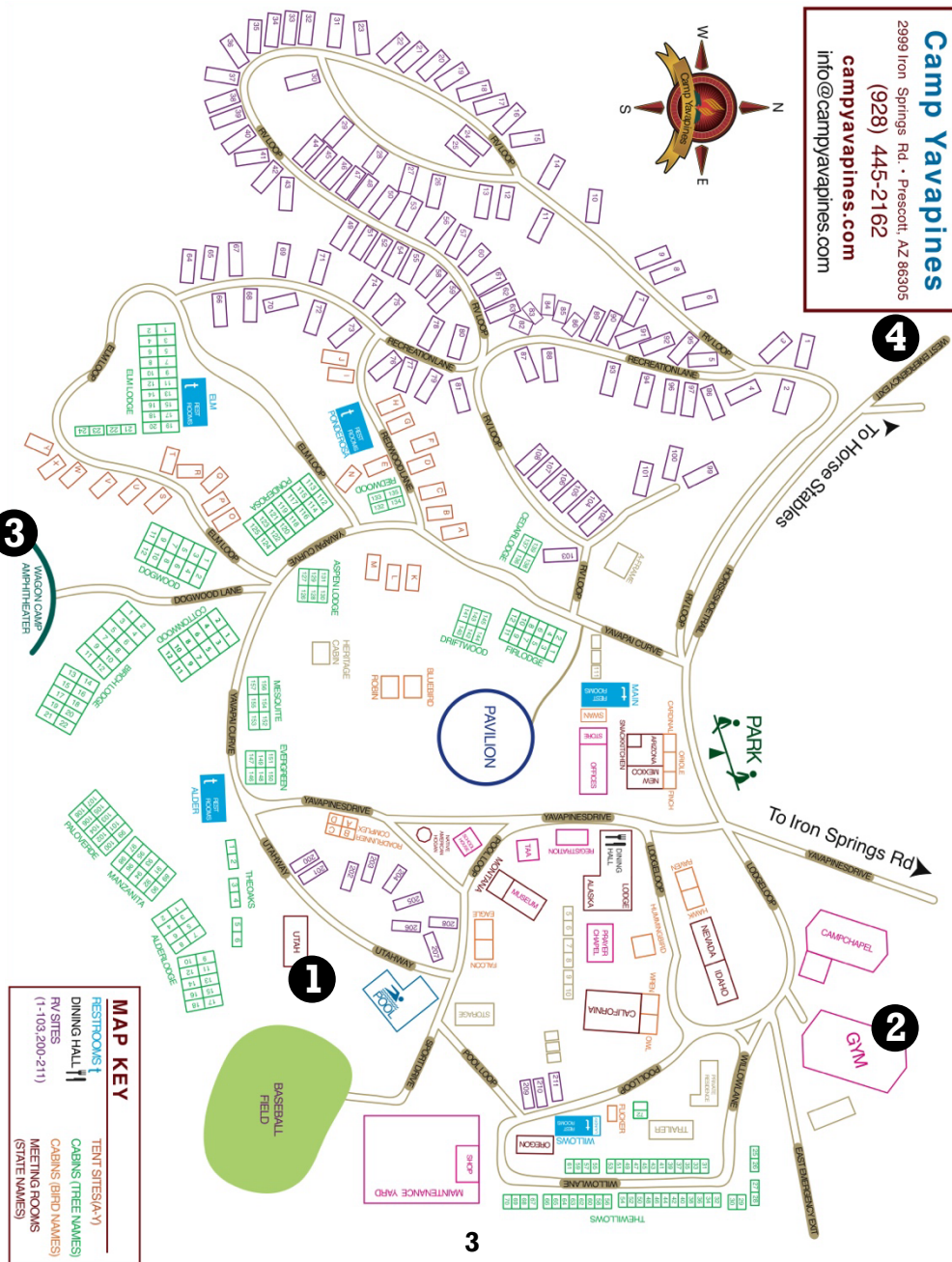
- 3:30-4:30 p.m. | Jesus (Pr. Moe Zonke)
- 4:35 – 6:00 p.m. | Men's Mental Health (Dr. Pierre Scott)
- 6:00 p.m. | **Supper**
- 7:00 p.m. | Worship (Pr. Jonathan Smith)
- 8:00-11:00 p.m. | Gym & Movie night ("Risen" PG-13)

## SUNDAY

- 7:30-8:00 a.m. | Group prayer (Utah room)
- 8:00 a.m. | **Breakfast**
- 9:15 a.m. | Devotional (Pr. Jonathan Smith)
- 9:45 a.m. | Axe-throwing & Paintballing
- 11:30 a.m. | Utah Room: announcements, prayer, farewell. **Sack lunch to take home**



1. Meeting Place
1. Movie, "Risen" (Sat night)
2. Sports Night (Sat night)
3. Axe Throwing (Sun morning)
4. Paintballing (Sun morning)



# MEET YOUR SPEAKERS

## KEYNOTE

**Pastor Jonathan Smith** pastors the Tucson Sharon SDA Church and is Assistant to the President for Black Ministries, Arizona Conference. He graduated from Oakwood University with a B.A. in Theology and a Minor in Biblical Languages (Summa Cum Laude) and an M.A. in Pastoral Studies. He earned a Master's of Public Health from George Washington University. He is currently a fourth year PhD student at the Mel & Enid Zuckerman College of Public Health majoring in Health Behavior Health Promotion and minoring in Health Psychology/Behavioral Medicine. He is married to Flor Smith, and they have three young adult children.



**Dr. Pierre Scott** is the associate director of the Office of Physician Vitality and Associate Professor of Medical Education at Loma Linda University Health and School of Medicine. He empowers families and communities to live to their full potential. Dr. Scott completed his Doctorate at Loma Linda University in Marriage and Family therapy and is a Clinical Member of the American Marriage and Family Therapy Association.



**Pastor Mawethu Zonke**, fondly known as pastor "Moe", is pastor of the Sahuarita SDA Church bringing over twenty-seven years of passionate evangelism to his ministry. Holding a Master of Divinity, his ministry is driven by his philosophy, "It's not about the pulpit but about the people." He dedicates his energy to providing genuine pastoral care. Pastor Mawethu is happily married to Michaiiah Thompson, and together they are blessed with two children.



**Pastor Ray Navarro** has been pastoring for thirty-five years in three conferences. He is currently the Executive Secretary of the Arizona Conference as well as Religious Liberty and Men's Ministries Director. He was formerly an interim member of the Council of Religious Advisors at Arizona State University and is a member of the Interfaith Council of the Arizona Interfaith Movement. He is married to Elisa Navarro, and they have one adult son and one grandson.

