

2026 RETREAT

Mind, Body, & Spirit



Thank you for joining us...

Pastor Arnold and Lady Byrd hope that you have been thoroughly blessed in your mind, body, and soul. On behalf of the Soul Saving Station Retreat team, thank you for allowing us to be part of your renewal process. We look forward to having you for years to come.

With Love,

Pastor Arnold & Lady Byrd

WHO WE ARE

Dear Guests,
Welcome to the **Mind, Body, Spirit Annual Retreat: The Harmony Within**. We are deeply honored that you've chosen to spend these sacred days with us at **Sacandaga Bible Conference**. This retreat is more than an event—it is a divine appointment, a time set apart for healing, renewal, and alignment with the heart of God.

Our prayer is that over these three days, you will experience the peace of Christ, the power of His Spirit, and the restoration that comes from being in His presence. Whether you are here seeking clarity, rest, breakthrough, or simply a deeper connection with God, we believe He will meet you right where you are.

We invite you to fully engage—body, mind, and spirit. Worship freely, listen deeply, and allow the Holy Spirit to minister to you through every session, every conversation, and every quiet moment.

Thank you for being part of this journey. May this retreat be a catalyst for transformation and a reminder that harmony within begins with surrender to the One who created us.

With love and blessings,
Pastor Arnold Byrd & Lady Byrd



**SOUL SAVING STATION
OF SARATOGA SPRINGS**

62 Henry St
Saratoga Springs, NY 12866

Mind, Body, Spirit Annual Retreat

LIVE THE BLUEPRINT

Align Your Life by Design

Align your spirit. Renew your mind. Transform your life.

October 8-10, 2026

Sacandaga Bible Conference

191 Lakeview Rd, Broadalbin, NY 12025



GOD CREATED YOU WITH PURPOSE AND DESIGN. WHEN EVERY AREA OF LIFE ALIGNS WITH HIS BLUEPRINT, TRANSFORMATION OCCURS. JOIN US FOR A LIFE-CHANGING RETREAT FOCUSED ON RENEWING THE MIND, STRENGTHENING THE BODY, AND DEEPENING THE SPIRIT. THROUGH WORSHIP, TEACHING, FELLOWSHIP, PRAYER, AND REFLECTION, DISCOVER HOW TO LIVE ACCORDING TO GOD'S DESIGN AND EXPERIENCE THE FULLNESS OF HIS PURPOSE FOR YOUR LIFE.

Thursday Agenda				
Time	Session / Activity	Presenter	Location	Notes
10:00 AM - 11:30 AM	Guest Arrival & Registration		Pine Lodge Lobby	
12:00 PM - 1:00 PM	Lunch		Dining Hall	
1:15 PM - 2:00 PM	Welcome, Worship & Retreat Overview	Pastor Arnold & Lady Byrd	Johnston Lodge	Opening and orientation
2:00 PM - 3:30 PM	Session With Doctor Wimbley	Dr. Wimbley	Johnston Lodge	Mind focus
3:45 PM - 5:00 PM	Session With Bev Weston	Bev Weston	Pine Lodge	Bev session 1 of 2
5:30 PM	Dinner		Dining Hall	
7:00 PM - 8:30 PM	Worship & Reflection Night	Retreat Team	Johnston Lodge	
8:30 PM - 9:00 PM	Fireside Fellowship		Outdoor Area	Weather permitting
Friday Agenda				
Time	Session / Activity	Presenter	Location	Notes
7:00 AM - 7:30 AM	Morning Prayer	Retreat Team	Johnston Lodge	
7:30 AM - 8:15 AM	Stretching / Wellness Walk		Grounds	Weather permitting
8:30 AM - 9:15 AM	Breakfast		Dining Hall	
9:30 AM - 11:00 AM		Bev Weston	Pine Lodge	Bev session 2 of 2
11:15 AM - 12:15 PM		Mary Beth McCue	Johnston Lodge	Nutrition session
12:30 PM - 1:30 PM	Lunch		Dining Hall	
2:00 PM - 3:00 PM		Angela Temple	Johnston Lodge	Insurance session
3:15 PM - 4:45 PM	Women's Breakout Session	Lady Byrd	Johnston Lodge	Women's session
3:15 PM - 4:45 PM	Men's Breakout Session	Pastor Arnold	Pine Lodge	Men's session
5:30 PM - 6:30 PM	Dinner		Dining Hall	
7:00 PM - 8:30 PM	Worship, Prayer & Testimony Service	Retreat Team	Johnston Lodge	
Saturday Agenda				
Time	Session / Activity	Presenter	Location	Notes
7:00 AM - 7:20 AM	Morning Prayer	Retreat Team	Johnston Lodge	
7:20 AM - 8:00 AM	Stretching & Mobility	Wellness Facilitator	Johnston Lodge	Gentle morning movement
8:00 AM - 8:45 AM	Pack Rooms & Check-Out Preparation		Lodging Areas	Prepare luggage before closing activities
9:00 AM - 10:00 AM	Harmony Within Closing Worship Service	Pastor Arnold	Johnston Lodge	Closing spiritual focus
10:00 AM - 11:00 AM	Brunch		Dining Hall	Saturday meal
11:00 AM - 11:30 AM	Reflection & Commitment Exercise	Retreat Team	Johnston Lodge	Personal action plan
11:30 AM - 12:00 PM	Closing Charge, Group Photo & Departure Prayer	Pastor Arnold & Lady Byrd	Johnston Lodge	
12:00 PM	Official Retreat Ends			Departure deadline