

KURIOS

CBWC GAP YEAR EXPERIENCE

28 WEEKS

Gatherings (1wk)

Retreats
Seminars
Conferences

Love the Lord your God with all your heart

Outdoor Adventure (2wks)

Creation Care
Spiritual Formation
Physical Well-Being

BC Road Trip (3wks)

Urban Ministries
Campus Encounters
Justice Engagement

all your soul

Teaching

Bible, Prayer,
Identity, Formation,
Church, Ministry,
Leadership,
and much more

all your mind

Home Base, AB (14wks)

Community Life
Spiritual Rhythms
Growing Up

Weekends

Worship
Re-Creation
Day Trips

Healthy Relationships

Faith Lived Out
Deep Friendships
Sharing Faith

all your strength

Daily Rhythm

Morning Prayer
Breakfast
Teaching
Lunch
Working
Dinner
Playing
Evening Prayer

SK/MB Road Trip (2wks)

Experiential Learning
Exploring Gifts and Passions
Serving Others

Love your neighbour as yourself



Kurios (koo'-ree-os)

Kurios is the Greek word for Lord, which means master and ruler. This experience is about "kurios-ity": seeking Jesus together and pursuing Him as Lord of all.

Follow-Up

Alumni Gatherings
On-going Mentorship
Mutual Support

Central America (6wks)

Learning
Serving
Exploring