

Spiritual Life Retreat 2007

Items to Bring

1. Bedding...sleeping bag & pillows (regular twin size mattress)
2. Toiletries...deodorant, towels, wash cloth, shampoo, soap, toothpaste, etc.
3. Recreational Clothes, Socks & Shoes and tasteful clothes for two days. Rain gear and Cold weather gear.
4. Bible, paper & pencil
5. Money for meals on the way back (about \$15.00)
6. Flashlight
7. Alarm Clock
8. A wonderful attitude, ears to hear, and a heart to listen!
9. **UPDATED MEDICAL RELEASE FORM!**

Please pack light, one piece of luggage/person, space in the vans is limited.

Items not to bring!

1. Cell phones, Portable radios, CD players, Walkmans, Game Boys or portable video games, any other portable electronics. Also no tobacco products or alcohol products, matches, lighters, knives. Any of these items will be confiscated!

Be here at 4:30 so we can pack the vans!

We will be leaving the Church at 5:00 p.m. Friday March 23rd and returning on Sunday the 25th at approximately 12:00 p.m.