

UPDATE 1: -- 11/20/2013

## 2014 CONFIRMATION RETREAT INFORMATION SHEET

<b>WHO:</b>	Students enrolled in the Sacred Heart Confirmation Process or attending classes
<b>WHAT:</b>	Confirmation Retreat
<b>WHY:</b>	To spend time away from distraction as Jesus did to prepare for a significant faith decision.
<b>WHERE:</b>	Pecometh Camp and Conference Center, Faith House
<b>WHEN:</b>	Friday, Saturday and Sunday – January 3, 4, 5, 2014
<b>TIMES:</b>	<b>Arrival:</b> Drop students off at Grace House on Pecometh between <b>6:30-7:00pm</b> on Friday night. <b>Departure:</b> Pick students up at Grace House between <b>12:00-12:30pm</b> on Sunday.
<b>FOOD:</b>	<b>Friday :</b> snack only (no dinner is served) <b>Saturday:</b> Breakfast, Lunch, Dinner <b>Sunday:</b> Breakfast only
<b>LODGING:</b>	Students will sleep in dorm-style lodges with heat and showers (Grace House)
<b>PACKING LIST:</b>	<input type="checkbox"/> sleeping bag or sheet and blanket for single bed & pillow <input type="checkbox"/> personal towel and toiletries <input type="checkbox"/> clothing that suits the weather as we will spend considerable time outdoors * <input type="checkbox"/> flashlight <input type="checkbox"/> clothing for indoor activities; be sure to wear shoes for activity, suitable for gym class <input type="checkbox"/> Pajamas <input type="checkbox"/> Prescription medications with instructions (medications must be turned into our staff)  <b>PLEASE DO NOT BRING:</b> <input type="checkbox"/> food or snacks – it will be provided <input type="checkbox"/> personal electronics such as iPods, MP3 players, DS, ear-buds, etc. <input type="checkbox"/> non-prescription medications
<b>FORMS:</b>	Please have forms signed and turned into Deacon John Davis no later than December 15. Retreat forms can be found on website. (Participant Form)(Read the Info Sheet; Challenge Course Information Sheet; Confirmation Retreat Info Sheet)
<b>COST:</b>	<b>\$50 per student / to be turned into Ann Ashe, Deacon John, or Annette Walls</b>

\* Because the majority of Saturday will be spent using the Pecometh Challenge Course to teach confirmation content and Christian insights, please use the following information to help get ready:

Sacred Heart and St. John's Catholic Church  
Religious Education / Confirmation Program  
508 High Street  
Chestertown, MD 21620

# CHALLENGE COURSE PORTION OF RETREAT

## DRESS FOR SAFETY, COMFORT AND THE WEATHER

**DO NOT BRING:** any object that can cut, slice, impale, bruise, etc. such as keys, pens, chained-wallets, sunglasses, knives, jewelry, etc. We recommend removing large earrings and body piercings prior to your arrival at the challenge course for your safety and the safety of others, including our staff.

**BRING:** comfortable clothing, comfortable **closed-toe shoes**, full water bottle marked with your name, any medications that you may require while participating in the program, camera, insect repellent, clothing that addresses the weather (layers, rain gear, gloves, etc.). You may bring a backpack to carry your things if you'd like.

**TEAM CHALLENGE ON THE LOW COURSE:** Wear comfortable clothing that allows you to lift your legs and freely rotate your arms. You should be able to tuck in your shirt to prevent it from lifting up during certain activities that require exaggerated movements. Athletic shoes should be worn; no open-toe shoes are permitted on the challenge course (such as flip-flops, sandals, etc.).

**HIGH CHALLENGE COURSE ACTIVITIES/CLIMBING WALL:** You will be required to wear a harness during certain activities if you choose to participate. We recommend wearing clothing that will protect your skin from the harness such as long pants or shorts that come to the middle of the thigh. Equally important is to wear shirts that can be tucked into your pants.

## DIRECTIONS TO PECOMETH

Pecometh is located just south of Chestertown, down Rt. 213. 136 Bookers Wharf Road, Centreville, MD 21607

NOTE: Island Creek Rd is closed as the bridge is out. Travel further south to take Sparks Mill Rd to Lands End.

