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Hello and Congratulations!

Signing up was your first big step on this journey and we are honored to get the opportunity to walk alongside you. We realize you are busy, but we are asking everyone to take a few minutes and read this document. Don't put this off, as we want you to be prepared for your experience as much as you can.

Packing List to Bring:

- **3 Photos** – One each from around 5, 12 and 16. They can be of anything of significance during that period you'd like to bring. A photo of a swing-set, lake, house, farm etc. You in it would be great but not required. etc.
- **OR** If you do not have a photo from any of those time periods, bring something with you that would represent something during that age in your life, hot wheel car, figurine, fishing pole, trophy etc

NO MORE THAN a few of the ABOVE (Do not bring a box as there will not be a formal sharing time, but they are important to bring)

Standard Items:

A. BRING YOUR OWN BEDDING or SLEEPING BAG unless otherwise noted.

B. TOWEL

- C. Toiletries (ear plugs, soap, shampoo, personal items, etc.)
- D. Your Favorite Coffee Cup if You Want
- E. Flip flops, sandals for lounging around
- F. Short or long sleeved shirts, pants (Prepared for warm or cold weather) jacket, coat, rain jacket, and shoes for walking
- G. Flashlight
- H. There will be plenty of food, however, you may want to bring your favorite snacks and/or non-alcoholic drink (bottled water, coffee, lemonade and tea are provided).
- I. Sports bottle or canteen
- J. Bible (and Journal if you have one but not necessary)

Many are coming from all over converging for the same reasons, the same purpose; to

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further seek Him and take a common journey down a path unknown to us. And evil lurks where there is hope. We must pray:

- Leading up to the retreat, conflict will certainly arise with others and within yourself. Spouses, kids, employers, others who are coming. You will be tempted to sabotage yourself in anger, procrastination, acting out etc. All ways to bring harm to yourself and others, while fueling the belief that you are a failure, weak and in reality, hopeless and alone. Stop and take note that Satan, the great deceiver is at work AND that YOU ARE NOT ALONE.
- That we would leave fear, anxiety and the stresses of this world behind as we seek and find freedom together.
- That we would be thankful to God and others for making a way for us to take this journey for ourselves and for the glory of His kingdom. Take the time to thank those that are making this possible for you.
- Please pray for practical matters with logistics, food, weather, jobs, freedom from car trouble.
- And we also ask for prayers of protection for Francie and Rob and our 5 children as our time draws near.

BIG NOTE – ELECTRONIC FREE WEEKEND - PLEASE PROVIDE THE EMERGENCY PHONE NUMBER TO LOVED ONES. YOU ARE BEING GIVEN A MANDATORY BREAK FROM YOUR CELL PHONES AND TECHNOLOGY. YOU MAY LOCK THEM IN YOUR CAR for USE EARLY IN MORNING OR LATE AT NIGHT PRIVATELY BY YOURSELF. THERE IS A GOOD CHANCE YOUR CELL PHONE WILL NOT WORK ANYWAY

EMERGENCY PHONE NUMBERS:

ROB - (865) 776-8088 - FRANCIE (865) 776-6030

Friday:

5-6pm – Check-In

6-7pm – Dinner

7:15 – Journey Begins

Sunday:

3pm - Adjourn