

Greetings Fellow "Retreaters"!

September 7, 2010

As our retreat is just around the corner, it is important to give you some information so you can start your planning & packing. September 17th will be here before we know it.

This Sunday (September 12th) is our final sign-up day, and afterwards we will pay attention to details such as carpooling and specific housing arrangements. But for now, here are some things that you need to know or plan to bring along:

- **BEDDING** – Bring your own towels, pillow, and bedding (sleeping bag or blankets and sheets). Assume you have a twin bed unless we contact you (a few lodge rooms have double beds).
- **MEALS** – Lopez serves a variety of foods each meal. They will try to accommodate special diets if they are notified beforehand. Please contact Peggy Marler (786-9907) if you have any food allergies, etc. There is a refrigerator available in the dining room for any food you may need to bring along. Fridge space is limited.
- **SNACKS** – Bring ONE snack to share. Snacks will be left out in the dining room during our stay. There are sodas there for sale (\$1.00). They provide free coffee and hot chocolate.
- **NO FOOD OR DRINKS** will be allowed in the rooms, so if you have something that is not for sharing that you need to bring along, you should label it before you store it in the dining room.
- **BOTTLED WATER** - We provide one bottle of water per meal . If you need more than that, please bring it along. You can keep water in your room.
- **SPENDING MONEY** - If you plan on stopping for lunch or some shopping on the way home or would like to bring a few extra dollars for any items that might be for sale at Lopez, please plan accordingly. Our speaker may have a few items for sale, and last year one of the camp employees had some greeting cards for sale. Not sure what might be available...
- **STUDY MATERIALS** - Bible, notebook and pen
- **PERSONAL ITEMS** - Soap, shampoo, toiletries, medication, etc.
- **CLOTHING** - Dress for warm weather during the day, cooler in the evening. Temperatures were in the 70's-80's last year, but you may want to check the forecast before you go!
- **FLASH LIGHTS** - For the evening walk coming back from the chapel
- **CELL PHONES** - Limited usage. **Lopez # for Emergencies Only: 805-489-7631**
- **OPTIONAL ITEMS** - Alarm clock, games, swimsuit, earplugs, craft projects, book to read,...
- **HIKE** - for a Saturday afternoon option, there is hiking available. Bring sturdy shoes & bug spray!

Additional information (map, camp rules) will be available on our website (visaliaevfree.org). If you are unable to access this information and would like a hard copy, printouts will be available at the sign up table in the Fellowship Hall on September 12th.

If you know of anyone else that might like to join us on this wonderful weekend get-away, please remind them that THIS SUNDAY (September 12th) is the last day to sign up!

With great anticipation and joy,
Sue Laird

P.S. I'll be in the Fellowship Hall this Sunday – come by if you have any questions!