

# Timeline:

## **Friday, November 15<sup>th</sup>:**

**5:00pm,** Carpools depart for Mount Hermon Conference

**6:30pm,** Arrive at Mount Hermon. Dinner. First Session.

## **Saturday, November 16<sup>th</sup>:**

Deep retreat Sessions, Ropes Activities, Make new Friends, Faith-filled talks, Great Meals, Mass, Play Time, Sacrament of Reconciliation, Adoration and much more. . .

## **Sunday, November 17<sup>th</sup>:**

**2:00pm,** Parent Carpools arrive and gather at Upper Birch meeting room, pack up cars

**2:15pm,** Carpools depart from Mount Hermon

**3:00pm,** Arrive back at Holy Family

### Note For Ropes Courses:

In order for your teen to participate in ropes courses during free time, you **MUST** fill out the separate online waiver for Mt. Hermon Located here (copy and paste):

<https://waiver.smartwaiver.com/e/5HdP2D84gd8jUpB56xjDgU/>

# What to Bring List:

*Please Note: At Mount Hermon Conference Center, the following items are provided for each individual:*

- Twin-sized mattress bed with clean linens, blanket, and pillow.
- Clean Towel and Wash Cloth

*The following list is intended to make your experience an enjoyable one for ALL involved.*

- A PMA! (Positive Mental Attitude) (i.e. mud football, Hiking)
- Toiletries (soap, deodorant, toothpaste)
- Flashlight
- Water bottle (there are water fountains to keep hydrated.)
- Sweater/Jacket for cool nights & umbrella (in case of rain)
- Journal and Pen
- Clothes that can get messy
- Outdoor shoes
- Bible, Rosary, etc. (You'll be glad you brought these)
- Prescription Medications: These must be turned in to adult leaders.
- Watch
- Snack to share with 8 people (fruits, cookies, oatmeal bars, etc)

## **OPTIONAL:**

- Extra Sleeping bag/Blankets
- Extra Pillow
- Extra Towel(s)

## **PLEASE DO NOT BRING:**

- Drugs and/or alcohol
- Valuable jewelry or other valuables.
- Inappropriate clothing
- Cell phones may be brought but will not be used during retreat programming.

## **YOUR PARENTS WILL PICK YOU UP IF YOU BRING:**

- *Or caught using, any type of illegal substance. (i.e. drugs, alcohol, vapes, etc.).*
- *You bring a firearm or knife.*
- *You are involved in a major disruption of the Retreat Weekend.*
- *Are involved in vandalism of the Retreat Center.*



## Timeline - 2019 Life Teen Retreat Schedule

### FRIDAY:

5:00pm-	Teens check-in at parishes, turn in forms and meds. Depart.
6:30pm-	Teens arrive, drop off luggage in rooms, and head over to dinner
7:00pm-	Dinner
7:45 pm-	<b>Welcome/Opening Session (site rules, introduction, small groups)</b>
8:05pm-	Transition Break
8:10pm-	<b>Session 1: Unheard</b>
9:45pm-	S'mores over fire. Community Building Time.
10:30pm-	Teens Dismissed. Get Ready for bed
10:45pm-	All Core Meeting
11:00pm	Lights Out!

### SATURDAY:

7:45am-	Morning Prayer
7:45am-	Morning Prayer
8:00am-	Breakfast
9:00am-	<b>Session 2: Muted</b>
10:30am-	Reconciliation/Personal Prayer/One-On-One Time with Core
11:30am-	Free time/Mass sign-ups/Reconciliation Available
12:15pm-	Early Lunch
12:50pm	Free Time/Ropes Courses (Group A)
1:50pm-	Free Time/Ropes Courses (Group B)
3:30pm-	<b>Session 3: Finding Purpose</b>
4:30pm-	Vigil Mass
5:30pm-	Prayer Meditation
6pm-	Dinner
7:00pm-	<b>Session 4: Declare</b>
8:00pm-	Adoration/Benediction
9:00pm-	Snacks and Social Time/Dance Party!
10:00pm	Quiet Hours and bonfire prayer/Teens Dismissed to rooms
10:30pm-	All Core Meeting
11:00pm-	Lights Out!

### SUNDAY:

7:45am-	Morning Prayer
8:00am-	Breakfast/Pack Up/Rooms Emptied before Session
9:15am-	<b>Session 5: Echo</b>
11:00am	Large Group Photos/Clean Up/Free Time
12:30pm-	Lunch
1:15pm-	<b>Session 6: - Closing</b>
2:00pm-	Load up the Carpools and Depart for Holy Family
3:00pm-	Teens arrive back at Holy Family. See you next year!