

Glory Christian Church 2010 Family and Youth Retreat

Things to bring:

- ✓ Bible
- ✓ Notebook and pen
- ✓ Medicines, if needed
- ✓ Personal hygiene necessities
- ✓ **Dorm residents: sleeping bags / comforters, pillow, linens and towels**
- ✓ Flash lights
- ✓ Sun screen, sun glasses
- ✓ Bug repellent
- ✓ Beach towels if you plan to go swimming
- ✓ (Optional) Earplugs to block snoring noise
- ✓ (Optional) Basketball, volleyball, ping-pong paddle

Please do NOT bring any electronic equipment or other distracting items.

- ✓ Check in time on Friday – 4:30pm
- ✓ Check out time on Sunday – 2:00pm
- ✓ Meal time -
 - Dinner: Friday & Saturday 6:00pm
 - Breakfast: Saturday & Sunday 8:30am
 - Lunch: Saturday & Sunday 12:30pm

歡迎您參加華美基督教會 2010 年退修會

攜帶項目:

- 聖經
- 筆記本與筆
- 藥物(若有需要)
- 個人衛生用品
- 住宿舍房間請帶睡袋或棉被、枕頭、床單及毛巾。
- 手電筒
- 防曬油、太陽眼鏡。
- 防蚊蟲噴劑
- 若你要去游泳, 請帶毛巾
- (Optional) 耳塞隔絕鼾聲若
- (Optional) 籃球、排球、乒乓球

請勿帶電子遊戲機等可能妨礙靈修的物件。

- 報到: 週五下午 4:30pm 開始
- 離營: 週日下午 2:00pm
- 用餐時間
 - 晚餐: 週五及週六 6:00pm
 - 早餐: 週六及週日 8:30am
 - 午餐: 週六及週日 12:30pm