

# SENIOR RETREAT

Prairie Star Ranch, Williamsburg, Kansas May 13<sup>th</sup>-14<sup>th</sup>, 2010

*Seniors,*

*Busses will leave the senior parking lot at 3:00 p.m. so please come to the New Grande Salle by 2:45. The retreat concludes at 12 noon on Friday.*

## *What to Bring:*

\_\_\_\_\_ Sleeping bag OR bed sheets and a pillow.

\_\_\_\_\_ Jacket for outdoor, evening activities. (Bonfire with S'Mores and great stories!)  
Check the weather channel on Wednesday night for Thursday's forecast and bring the appropriate wear.

\_\_\_\_\_ Snacks to share with the group  
Allen to Kimmis: Fruit or Veggie Snacks  
Klein to Thill: Cookies, Candy, or Chips  
Turner to Zhu: Drinks. (Liters of juice or pop)

\_\_\_\_\_ OLD tennis shoes or closed toe shoes for outdoor hike and/or running shoes if you'd like to be part of an early a.m. run around the ranch!

\_\_\_\_\_ Flashlight

You will be asked to put away your cell phones and "music gear" during large group sessions, meals and prayer to give us all the best opportunity to stay "present" and attentive to the wonderful people at your side!

Everytime you get up  
And get back in the race  
One more small piece of you  
Starts to fall into place...  
Then you stand...Then you stand.  
*-Rascal Flatts, "Stand"*