

## College Park Baptist Church

2010 Spring Retreat

March 19-21, 2010

### RETREAT ITINERARY

Friday, March 19

6:30 pm

Arrive @ church to pack up bus and leave for Merriwood

7:00 pm

Arrive at Camp Merriwood for the night

Saturday, March 20

10:00 am – 4:00 pm

at FBC Winston-Salem and Surrounding areas for mission projects

4:30 pm

Back to Merriwood for the night

Sunday, March 21

9:00 am

Return to College Park for normal morning schedule

12:00 noon

Retreat ends

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### WHAT TO BRING

- Sleeping bag or twin sheets and blanket
- Pillow
- Comfortable clothes and shoes
- Old clothes and shoes (for Mission work)
- Insect repellent
- Sunscreen
- Toiletries
- Towel and washcloth
- Hat
- Flashlight
- Rain Jacket or poncho
- Copy of Insurance Card
- Cell Phone (to call home at least once)

### DON'T FORGET THESE THINGS!

- Bible
- Pen/Pencil
- A Great Attitude and a smile
- Playing cards (Uno, Spades, etc.)
- Sports equipment (football, baseball glove, i.e. whatever you want to use during free times)
- **Snack foods to share with the group (brownies, cookies, popcorn, chips, etc.)**
- **BALANCE DUE AND NOTARIZED PERMISSION FORM**

### SPECIAL NOTE ON ELECTRONICS

- Please do not bring any electronic devices – mp3 player, ipod, itouch, portable game devices, etc.
- Cell phones will be allowed but with restrictions. They can be used on the road to and from Merriwood with a phone call home once the group arrives. Cell phones will be collected during the weekend and kept with Jeff.
- Adults will have their cell phones all weekend for emergency purposes. Please feel free to call Jeff's cell if necessary – 336-978-4686.
- Parents - these special notes on electronics and cell phones are vital to the success of the retreat. It is similar to the rule put in place for youth camp this past summer as well as Ridgecrest. If you have questions, please feel free to ask.
- Thanks for helping us follow this important rule!

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### CONTACT INFORMATION:

**Church** 336-768-5870  
**Camp Merriwood** 336-766-5151

**Jeff Allen** 336-922-6282 (home)  
336-978-4686 (cell)