

ST. MONICA PARISH

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R.O.C. RETREAT CHECKLIST

To all Confirmation Retreat Participants and Parents/Guardians:

Below is a list of things you will need for our 2016 confirmation retreat.
Please make sure that you are fully prepared for the retreat by bringing the following:

BRING

- Sleeping bag [or your own bedding] and own pillow
- Indoor slippers/shoes [otherwise participants will only wear socks inside]
- Outdoor shoes
- Appropriate outdoor clothing to stay warm for periods of time while outside
- Toiletries [ie. shampoo, soap, towel, toothbrush, etc]
- Pen or pencil
- Bible, Rosary, prayer journal. [other items to help you pray]
- Own snacks/drinks or dietary foods
 - These will be kept in dining area only – food brought into sleeping area will result in immediate expulsion from the premises due to allergy considerations
 - If bringing snacks, please write the participants name on the outside.
- Musical instruments are optional
- An open mind and an open heart!!

DO NOT BRING:

- Ipods, Ipads, Tablets, PEDs, video games of ANY sort etc.
- Cell Phones
- Jewellery, or expensive items
- Drugs, cigarettes or alcohol [if found we will require the retreat centre staff to contact parent[s] and appropriate legal authorities for underage activities and the participant will be asked to leave the premises.

The Confirmation retreat has been one of the key experiences for most teens during their confirmation preparation process. We have had occasions where language, attitude and behaviour have resulted in having participants expelled from the premises.

Please make a point of discussing with your candidate that they are expected to behave with respect and a Christian attitude.

The Confirmation Retreat is directed, supported and supervised primarily by volunteers offering their time. Inappropriate behaviour will not be tolerated on the retreat for the sake of the R.O.C CREW team AND particularly for the other participants.