

## Welcome to Family Retreat

### Check-In / Late Check-In

- Check-in is Saturday 8/7 at 9AM.
- Late arrival, please find Auntie Melissa Sum 714.726.6057.
- **COME** and look forward to God's presence and blessings at camp.
- **Prepare your heart to worship Almighty God.**
- **Worship begins punctually in the Sanctuary at 10AM.**

### Prayer

- **Pray** that ALL campers, beginning with yourself, will experience spiritual renewal, unifying fellowship, safety & good health.
- **Pray** that the Pastors, Speakers, Counselors & Staff will be empowered by the Holy Spirit as they serve the Lord and minister to us.
- **Pray** that the children & youth will learn Biblical principles to grow spiritually.

### Guidelines

1. Be respectful of our host facilities; represent our Lord with gratitude & grace.
2. Bring your Bible, handbook, and pen to all sessions.
3. **Safety first!** Watch out for one another. **Report concerns to Pastor Godfrey.**
4. Children must be under the direct supervision of an adult.
5. The weather will be warm. Avoid over exhaustion and stay hydrated.
6. Be on time for programs and meals.
7. Respect lights out and not staying up late. Quiet hours 10 pm – 8 am.
8. Lost keys will be charged.

### Youth Guidelines

1. Cooperate with adult leaders, Pastors, Counselors, Directors.
2. Report all medications to your counselor. If you feel ill or need first aid, ask your counselor to report to the camp doctor.
3. Respect lodging areas. Keep noise to a minimum. Youth must stay out of opposite sex quarters.
4. Limit yourself to no more than 1 can of soda each day. Also, limiting the intake of milk and dairy products may help prevent stomach aches (gas).

### Praise Presentation

- Sunday evening special invitation! Share a talent to praise the Lord. It can be a:
  - solo, couple, or group presentation
  - musical song or hymn, visual arts, memory verses, folk dance, body worship, Bible story skit, or anything creative expression of praise!
- Requirements: (1) 5 minutes or less (2) must be God glorifying.
- Sign-up by emailing godfreyhom@gmail.com. Hurry! Space/time is limited.

### Dress Policy

- All clothing must be modest and of good taste. No bare midriffs, low-cut or revealing blouses or shirts, short-shorts or skirts. Garments shall be sufficient to conceal undergarments for males and females.
- **MODEST SWIMWEAR.** Only one-piece modest swimwear is to be worn on the grounds of Forest Home. A T-shirt or cover-up must be worn outside the pool and lake areas.
- Bring "dressy casual" comfortable clothing & good walking shoes.
- Light jacket for evenings.

### Packing List

***Bring sheets, pillow, blanket, towels (except upgraded rooms).***

What to bring	DO NOT bring	Optional
<ul style="list-style-type: none"><li>• A joyful heart</li><li>• Bible</li><li>• Medications, Water bottle</li><li>• Comb or Hairbrush</li><li>• Jacket, Pajamas, Undergarment</li><li>• Soap, shampoo, conditioner</li><li>• Summer clothing</li><li>• Sun hat/glasses</li><li>• Lotion/sun screen</li><li>• Swimwear and towel</li><li>• Comfortable walking shoes/socks</li><li>• Toothbrush/Toothpaste</li><li>• Chapstick / lip balm</li><li>• Dining room "booster chairs" for infants/toddlers</li></ul>	<ul style="list-style-type: none"><li>• Alcohol, Drugs, Tobacco</li><li>• Video games</li><li>• Music or videos</li><li>• Firecrackers/Fireworks</li><li>• Food to your cabin room (wild animals)</li><li>• Matches or lighters</li><li>• Pets</li><li>• Skates/skateboards</li><li>• Weapons</li></ul>	<ul style="list-style-type: none"><li>• Walkie-talkies</li><li>• Fans</li><li>• Bug repellent</li><li>• Beach chairs, towels at the lake</li><li>• Sunglasses, hats</li><li>• Flashlight</li><li>• Pre-purchased Store Cards for coffee house</li><li>• Table Tennis (Ping-Pong) paddles &amp; balls</li><li>• volleyball, basketball</li><li>• Hair dryer</li></ul>