

Redefining Me

Middle School Girls' Retreat 2014

Dear Parents,

Thank you for allowing your daughters to be a part of the Redefining Me Retreat. Here is some additional information for the weekend.

Arrival and Departure:

Please drop the girls off at 6:30 pm on Friday, June 6 at Trinity Western University, South Fraser Hall. As you enter the campus you will drive past the security office in the center of the road, continue on pass the gymnasium until you get to a three-way intersection. Turn off and take a right and then take the next right into a large parking lot. We will have volunteers on site to meet you and take the girls to their dorm rooms. On Sunday June 8, the girls will be picked up at the same location at 12 pm.

What to Bring:

- Sleeping bag or bedding (for single beds) and pillow
- Bible
- Journal/notebook and pen
- Toiletries: towel, soap, toothbrush, toothpaste, shampoo, deodorant, etc.
- Pajamas for the PJ Pizza Party
- Water bottle
- Running shoes/athletic footwear
- Workout and comfortable casual clothing
- Jacket, hoodie, rain Gear if needed (weather appropriate clothing)
- Exercise/yoga mat (for Monica's exercise class)
- Frisbees, out door games
- **Medication:** only if recorded on registration form, **labeled clearly** with daughter's **name** and **instructions** (these will be given to first aid volunteers for safety and proper dispensing)
- Sunscreen
- NUT FREE snacks if desired (and tea, hot chocolate, etc.)
- Flash light (as needed, not necessity)

What NOT to Bring:

- Electronic devices: phones, mp3 players, music or video devices, game or web devices, laptops
- Laser Pointers

Inappropriate behavior:

Volunteers at the Redefining Me Retreat reserve the right to send participants home if their behavior is unacceptable, hurtful, or harmful to themselves or other participants. In such cases, parents will be called to pick up their daughter or have someone available to do so.

The last day for full refund due to cancellation is Friday, May 30th.

If at any time you need to contact us regarding the retreat, you can reach us at the following:

Sujina Unger	Email: sujina_u@hotmail.com	Phone: (778) 858-0074
Lynn Gettel	Email: lynn.gettel@gmail.com	Phone: (604) 354-9150

If you would like to stay in contact with your daughter's group leader at any time during the retreat, please request her number at registration and she will be accessible if you have any questions.

On behalf of all the volunteers, we are so excited to connect with your girls and hope this retreat will be a rewarding and wonderful experience! Please pray that God speaks to each of them and reminds them of their uniqueness, their worth, and their strength in Him.