

*Be still and know that I am God.*

*- Psalm 46:10*

## Important Info

### Departure Info

Friday, March 6, 2009  
Meet @ CUMC at 5:00 pm  
Eat before you come

### Return Info

Sunday, March 8, 2009  
Arrive at CUMC at 1:30 pm +/-  
We will stop for lunch on way home.

### Snacks

Each participant is asked to bring 1 snack item or 2-Liter bottle of soda to share with everyone.

### Contact Information

Joel Cell—443-880-3589  
Janet Cell—410-251-2597

### Cell Phones

If your child has a cell phone I encourage them to bring it. One segment of the Retreat will utilize their cell phones.

### Required to Bring

Bible  
A Fun (non-school) book to read  
Pens/Pencils (several)

### Recommended to Bring

Sleeping bag or sheets/blanket  
Personal Hygiene Items  
Clothes  
Pillow  
Towels  
Digital Camera  
\$\$\$ for Lunch on Sunday

Some activities will be outside, so bring clothes appropriate for all kinds of weather.

### Personal Electronics

Ipods, etc are allowed and can be used during free time.

Personal/Handheld Game Devices are **NOT ALLOWED**

*March 6-8, 2009*

**Sabbath**  
HIGH SCHOOL RETREAT '09



Christ United Methodist Church  
211 Phillip Morris Dr.  
Salisbury, MD 21804

Address Service Requested

*Sabbath*  
HIGH SCHOOL RETREAT '09