



St. Val's *Pulse* FALL RETREAT '10

Dear Parents/Guardians and Teen,

Below is important information that you and your parents will need to know regarding the Fall Retreat – December 3-5, 2010.

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- Please meet in the Newman House parking lot of St. Valentine Parish on **Friday, December 3rd NO LATER THAN 5:00 PM**. Earlier if you can. Please eat dinner before you arrive.
 - We return Sunday, December 5th at approximately 3:30 PM. We will have snacks and a brief “de-briefing” in the Newman House library when we return. **Parents are *strongly encouraged* to attend as you will get to hear retreat stories from all of the teens.** We will conclude around 4:30 PM.
 - EMERGENCY PHONE NUMBERS:
If you need to reach me in case of an emergency please call Julie’s cell phone 412-841-6907
Camp Alleghany emergency number 724-758-5546 then press 8.
 - Please feel free to contact me with any questions.

PLEASE SEE REVERSE FOR WHAT TO BRING AND NOT TO BRING



St. Val's *Pulse* FALL RETREAT '10 RETREAT CHECKLIST

PLEASE BRING!

- ✓ A good attitude.
- ✓ Clothes for 3 days.*
**Please remember that we are going on a religious retreat. Please bring clothes that are appropriate for such a time. If you are dressed immodestly you will be asked to change.*
- ✓ Your 2010 Pulse t-shirt (it would be cool if we could all wear them on Saturday)
- ✓ Personal effects (soap, shampoo, robe, towels, deodorant! toothbrush, etc.)
- ✓ A warm coat.
- ✓ You will need to bring sheets and a sleeping bag/blankets and pillow! No bedding is provided.
- ✓ Flashlight (you will need easy access to this on Friday night)
- ✓ Camera
- ✓ Any musical instruments, favorite board games, cards, football, frisbee or anything that you might like to do during free time.

PLEASE DO NOT BRING!!

- ✗ Drugs & alcohol
(please notify Julie of all prescription medicine)
- ✗ No tobacco
- ✗ No TV's, MP3, CD or tape players, computers.
- ✗ No cell phones, pagers, electronic games.
- ✗ No alarm clocks or clock radios - we will wake you up!
- ✗ Please do not bring valuables i.e. Expensive jewelry, etc.

**SATURDAY
NIGHT
80's dance
night!
Dressing up is
optional but
totally rad!**

If you have any questions please feel free to contact me!

412-831-6466 or pulse@stvals.org

If you need to contact me on Thursday or Friday please call my cell phone 412-841-6907.