

Mind ~ Body ~ Spirit



Fit for Christ

Well hello friend,

Welcome! I am SO excited that you have decided to join us for the Fit for Christ retreat at Rosaryville Spirit Life Center. It is going to be such an amazing weekend and we can not wait to meet you! It is going to be a weekend full of fellowship and fun to refocus, regroup and refresh our mind, body and spirit. Below is some important information to assist you in preparing and packing for your retreat, including a list of what to bring. Please feel free to call, text or email me if you have any questions or concerns. See you soon!

Please leave all valuable belongings, such as jewelry, at home. Please also leave cell phones (if you feel more comfortable bringing your phone we ask that you please be sure to turn the ringer off and have the phone on do not disturb), laptops, I-pods and business work at home. **In case of an emergency, please give your family the following number to contact: 225-294-5039. This phone will be active and monitored the entire time we are on retreat.**

What to Pack:

- Bible (there are bibles at Rosaryville but please feel free to bring your own to reference as desired), Devotional, Journal, etc. (you will have personal time to spend on daily readings, prayer and meditation)
- Casual clothing that is the most comfortable for you (jeans and t-shirts are welcome).
- A lite jacket or sweater if you tend to get chilly.
- Comfortable shoes.
- Pajamas
- Any medications and special foods or drinks that you may need.
- Personal Items: deodorant, shampoo and conditioner, soap, toothbrush, toothpaste, razor, brush/comb, hair products, etc.
- Bed linens, a pillow and towels are provided. You may bring a pillow and an extra towel from home if you prefer.

Your retreat dates are: October 18-20 (Friday, Saturday & Sunday).

Please arrive at Rosaryville Spirit Life Center, on Friday, October 18th, between 5-6 PM, located at 39003 Rosaryville Rd., Ponchatoula, LA. **Please arrive on time.** For driving directions please see the map feature on the Rosaryville web site or contact myself of Rosaryville Spirit Life Center directly at 225-294-5039. **The retreat will conclude on Sunday after lunch.**

Please note that a light supper will be provided Friday night around 6:00 P.M. If you need to have something to eat before then please do so, but again please plan to be at the retreat house by 5:00/5:30 P.M. to give yourself time to check in and settle in before dinner. Please do not hesitate to contact us if you have any questions or need assistance. Our Fit for Christ Retreat Team is here to serve you.

Peace and Blessings,

Cassie Cure

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I can do all things through Christ who strengthens me. Phil 4:13 NKJV