AWAKEN
MEN'S RETREAT

REGISTRANT INSTRUCTIONS

Retreat: **August 18-22, 2027**

Please review the following as it contains everything you will need to help you prepare for the Awaken Event!

ITEMS TO BRING:

- Bring only 1 suitcase or bag if possible
- Bible and journal
- Sheets/pillow case/blanket for bedding
- Pillow
- Hand & bath towel
- Toiletries (shampoo, deodorant, soap, etc.)
- Small flashlight
- Ear plugs (snorers)
- Sunscreen, chapstick, etc.
- Plastic rain poncho or umbrella (look into weather)
- Bug spray/medicine for insect bites
- Wristwatch (DO NOT rely on your cell phone)
- Alarm clock (DO NOT rely on your cell phone)
- Appropriate medication for headaches, allergies, motion sickness, etc.
- Pocketknife (optional)
- Backpack (in addition to your suitcase)
- Outdoor clothing, jacket, gloves, hat, etc. (you will need to check the weather forecast for Luther, MI for the weekend we are there)
- Casual clothes
- Slippers or house shoes.
- Clothes for Sunday service
- Tennis shoes or good hiking boots (fast day)
- Hammock for the fast day (if desired)
- Camping chair

PLEASE DO <u>NOT</u> BRING:

- Firearms
- Alcohol
- Illegal substances or any kind
- iPods or iPads
- Laptop computers
- Other electronic devices

DAY OF ARRIVAL:
Arrive at 1:00-1:30pm on August 18
Camp Living Waters
536 East 6 Mile Road, Luther, MI. 49656

FOOD:
Your first meal will be dinner Wednesday night after the arriving at the facility. We recommend having lunch before you arrive at the church. If you would like to bring your favorite snacks, you are welcome to do so. All other food and meals will be provided during the event.

FAST:
We will have a day of fasting during Awaken. If you are concerned about the fast day and how it may affect you physically, please consult your doctor. You can begin preparing for that day now by reducing your carb intake and increasing your protein. Also, **begin to eliminate caffeine from your diet**. **You will not have any caffeine the day of the fast. Lack of caffeine can cause MAJOR headaches. We cannot stress this enough!** You may also want to try a day of fasting before you attend The Awaken. Fasting is a spiritual discipline. You need to prepare your heart as well as your body. Romans 1:20 tells us that the character of God is clearly seen in what He has made; therefore, they day of fasting will be an experienced entirely outdoors (moderate physical exertion may be required). Dress appropriately if the forecast is calling for rain.

CELL PHONES:
You will be asked to turn off your cell phone and put it away for the duration of the event. Please let your family members know that you will not be talking to them again until Sunday when you see them at church. **If there is an emergency, we will notify you ASAP.**

EMERGENCY CONTACT:
In case of an emergency, we will use the contact you provided at registration.

RETURN HOME:
We will return to Resurrection Life Church on Sunday in time for the 11:00am. **There will be reserved seating for you and your family during the service.** If our schedule changes for any reason, the person you indicated as your Emergency Contact will be notified at the number you provided. If you have any questions, call the church or email Pastor Mark at **<u>vanderdistributorship@gmail.com</u>**

POST EVENT FOLLOW UP:
Sept. 14 @ 6:00 pm. Location TBD

HOSTED BY
RESURRECTION Life CADILLAC
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