**Holy Cross Men’s Retreat**

**@ Lutheran Valley Retreat (LVR)**

**TH Sept14 (7p) –**

**SUN Sept17 (12noon)**

**Cost: $160**

(Covers program, food, cabin, Price is same for bringing your own tent or trailer.)

**Early Registration (by 6/30):**

Receive 6 giveaway tickets

**Toys to Bring:**

**Whatever it is you like to do while enjoying time in the mountains.**

**Other Things to Bring:**

**Bible**

**Sleeping bag/pillow**

**Toiletries & Towel**

**Appropriate clothing for being outside all day**

**Donation $ for Ministry Drawings!!!**

**(Amazing items this year)**

**Schedule of Events**

**Thursday**

**7p Opening Program**

**8:30p Ministry Support Drawings**

**9p Refreshments/Fun**

**Friday & Saturday**

**5:30a (14ner Hike Friday only)**

**7a Breakfast**

**8a Devotion**

**8:30a Prepare for your day**

**9a Adventuring Options**

**1p Adventuring Options**

**5:30p Dinner**

**7:00p Program**

**8:00p Ministry Support Drawings**

**8:30p Refreshments/Fun**

**Sunday**

**6a (optional Sunrise hike)**

**8a Breakfast**

**9a Worship (with communion)**

**11a Clean Up/Pack**

**12p Leave for Home**

**Adventuring Options**

**(NOTE: ALL OPTIONS CONTAIN DANGEROUS ACTIVITIES—You will be asked to fill out a Liability Waiver and Release Form)**

* **Competition Zombie Zip-Line**
* **Close Quarters Combat (CQB) Training groups of 8 will “play” in various scenarios while learning appropriate tactics using Airsoft.**
* **Rappelling (200 foot)**
* **Tree top swing /Comp. Grenade Field**
* **14ner Hike, (Friday morning only)**

**4 Hour Conceal Carry Class by Certified Instructors.**

**The Adventuring Sections are each 4 hours in length. This should allow you to experience just about everything you want. However, you have the option of utilizing the four Adventuring Sections any way you want—a nap, a short hike, a mountain bike trek, playing cards.**

**THEME:**

**uncomMEN**

**Go to the Holy Cross website to register & Pay**

**www.holycrosscs.org**

**Questions? Contact Doug Karges:**

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