

WHAT TO BRING TO 8-DAY SILENT RETREAT at JRH:

The retreat house provides linens and towels and you will have your own room with a sink. Showers and toilets are in the hall bathrooms.

- WARM, comfortable clothes for one week. JRH is a big, old building that can be hard to heat! Think in terms of clothes that you can layer, both for indoors and outdoors. Bring lots of underwear, socks etc. but you don't need different pants and sweaters for every day. You will NOT have access to laundry.
- Hats, gloves, scarves, boots – remember, you will be outside every day and it is January – in Cleveland!
- Slippers or comfortable shoes for indoors – CANNOT walk in stocking feet indoors
- Digital alarm clock (you will NOT have your cell phone); you can get a cheap one at CVS etc.
- Personal toiletries – don't forget shower shoes, toothbrush, contact solution, medicine, aspirin etc...since it is a hall bathroom: perhaps a shower caddy
- Bible
- Pen and paper/notebook/journal (even if you do not usually journal you might find yourself wanting to do some writing)
- Snack(s) to share with group (cookies, chips, granola bars etc.)
- Payment (\$100 cash or check payable to JCU) if you haven't already submitted it

OPTIONAL/STRONGLY SUGGESTED:

- Please consider bringing your own pillow or small blanket for additional comfort
- Any other "things" that help you pray (e.g. rosary beads, etc. – no candles!)
- iPod, personal music player/CDs for prayer and worship
- Sporting equipment or Crafting/hobby materials (e.g. basketball, knitting, art supplies...)
- books for reflection (REMEMBER: nothing you "have" to read; just things that might be a help during the retreat)
- additional \$/check – there are vending machines as well as some religious books, cards, CDs available for purchase at the Retreat House
- flashlight or small clip light (not necessary, but may be helpful for walking paths at night, reading/writing in Chapel without overhead lights, etc.)
- earplugs -- not necessary, but it is an old building with "loud banging pipes" especially if your room is in the lower level

WHAT NOT TO BRING TO JRH:

- cell phone (unless you plan to give to Paula at the start of the retreat for locked safekeeping for the duration of the retreat)
- electronic games
- books/magazines/other "work" to do... if it is the type you won't be able to put down
- I would discourage (but not prohibit) bringing a laptop – there is no wireless and you may not use it in the common areas; consider whether games or other files will distract you