

## CLEAR CREEK CHECK LIST

- ✓ Signed permission and medication papers
- ✓ Three changes of clothing and hiking/walking shoes
- ✓ Separate pair of shoes that are suitable for getting wet
- ✓ Clothing for church: slacks and a shirt with a collar
- ✓ Sleeping bag and/or blankets, modest pajamas/sleepwear, pillow, towel
- ✓ Shampoo, toothpaste, toothbrush, hairbrush, contact solution
- ✓ MEDICINES if needed. Parents, please indicate correct dosage.
- ✓ Rosary
- ✓ Money. We will be visiting the monk's gift shop (where they sell religious items and cheese) and the Infant of Prague gift shop.
- ✓ All meals will be provided. There are no snacks available at the monastery. You may bring snacks or buy some at any stop we make.
- ✓ You may bring cellular devices and other electronics, BUT there will be very few times you will be able to use them on this RETREAT. There is no cell reception at the monastery.

# CLEAR CREEK TENTATIVE ITINERARY

## Tuesday, June 20

- Leave Altus at 9 am. Please eat breakfast and don't be late.
- We will stop to eat lunch. It is a 4-5 hour trip so you may want to bring snacks for the trip.
- Dinner with the monks.
- Evening activity

## Wednesday, June 21

7 am: Get dressed

8 am: Breakfast at the cabin

10 am: Mass with the monks

11:30 am: Lunch, change clothes

12:30 pm: Participate in the monks' daily work schedule

Afternoon: free time to play in creek and hike; snacks provided

6:00 pm: Vespers:

7:00 pm: Dinner

8:30 pm: Retreat talk and/or confessions

9:30 pm: Evening activity, including snacks

10:30 pm: Lights out

## Thursday, June 22

7 am: Get dressed

8 am: Breakfast

9 am: Mass with Father Stanley

11am: Depart Clear Creek Monastery

11:15 am: Sequoyah State Park: picnic, lake, hiking, nature center

1:00 pm: Depart for Infant of Prague shrine, Prague, OK

3:00 pm: Infant of Prague

5:00 pm: Dinner in OKC

8:00 pm: Return to Altus