

<p><b>Travel:</b>          Airline ticket          Passport (photocopy of main page elsewhere with you?)          Photo ID (Driver's License)          Sweatshirt/Jacket (it will be Nov when we return)          Money for food enroute          Money or check for donation Saturday of the retreat          Money/<del>credit card</del> <b>checks</b> for MOP items (books, CDs, T-shirts) Saturday          Cellphone – enable Jamaica option          Credit card (above) enable Jamaica option          Cellphone, camera <b>and elec razor</b> chargers (power is same as USA)</p>	
<p><b>For Jamaica:</b>          Cap/Hat/sunglasses/sunscreen          Sandals better than sneakers if they get wet          OFF! or some bug spray          Bite stick          Personal Hand sanitizer (<b>any carry-on liquid must be 3oz or less</b>)          Sandals or flip-flops for shower          Rainproof windbreaker (in pouch)          Fanny pack for work days          Camera          Notebook/Journal &amp; couple of pens          Wet wipes in packets/baby wipes/Wet Ones          Surgical gloves, buy a box, keep some for yourself and give rest to MOP          Single bedclothes to be left behind          Bath towels to leave behind  <b>LED Keychain flashlight (its really dark at the retreat when "lights out")</b>  <b>Small pads for knees when praying at the retreat</b></p>	
<p><b>Personal care</b> (Think campground camping):          All in one bodywash/shampoo/conditioner          Very small liquid laundry soap for washing clothes          Pepto Bismol tablets          Immodium          Aspirin/Tylenol          Ear plugs for sleeping?          Your daily pills/supplements          ½ roll of toilet paper flattened?</p>	
<p><b>Liturgical Activity Notes:</b>          Long pants /skirts for chapel          Shoes/Sandals/caps off in chapels          Angelus beforehand          Always bow during "Glory be to the Father, Son and Holy Spirit"          Communion by mouth (host dipped in wine)          In chapels, stay in rear/side (the chapels are mostly for the Brothers).          Bring Rosary          Perhaps <u>Catholic Devotional</u> &amp; <u>Daily prayer book</u>          Good spiritual reading book to read (you will have time esp. during retreat)</p>	

**Retreat Prayer** (thanks to Sonia Sassani)

Lord Jesus Christ, you told the apostles to retire to a desert place and rest a while. I am taking this time to follow your example. Grant that I may obtain all the fruits that I can from this retreat. Enable me to make it in union with you, to know myself better and to get closer to you. Help me to listen attentively, to ponder prayerfully, and to speak wisely. Let me emerge from this spiritual renewal as a more committed Christian, better equipped to advance along the path that you have laid out for me. Amen.

**VISIT FROM YOUR DESKTOP:**

<http://moponline.wordpress.com/>

<http://www.missionariesofthepoor.org/>

<http://9kidfitness.com/the-missionaries-of-the-poor-everyday-heroes#>

<http://divineoffice.org/>

<http://www.ewtn.com/expert/answers/breviary.htm>

**Church Collections:**

**We plan to insert flyer in bulletin weekends of 9/30 and 10/7**

**Do collection at the doors 10/13 & 14**

**Get \$\$ to Roy and we will get medicine order together with documentation**

**Select what can go in our one suitcase, rest transported to Roy's**

**Roy will transport to MOP Monroe or ?? when return.**

**I will make up flyer master for each church.**

**+Intentions cards – the rest of the parish can participate in the pilgrimage.**

**+ Envelope attached address to MOP Atlanta – if anyone wants to mail it.**

**Airport Transportation:**

**Supposed to be there at 4:10AM**

**Ticket counter not open till 4:30AM**