



LUMOS

S O P H O M O R E R E T R E A T



Welcome to Chaminade's Sophomore "Lumos" Retreat! We are happy that you are coming and we hope that your retreat is a rewarding and memorable experience!

TRAVEL INFORMATION: Our retreat will take place at **Canyon Creek Retreat Center, 41600 Lake Hughes Rd. Lake Hughes (661)724-9184**. Campus Ministry's direct phone line is (818) 347-8996.

DAY OF DEPARTURE: In the morning, you may drop off your luggage in Campus Ministry as early as 7:15am. The bus will depart from school at 2:45 PM. **Please report to Campus Ministry no later than 2:30pm to pick up your luggage and load the bus** (on even days, you will have an early-out from your last block). Please note, you will not be able to leave your backpack or computer in Campus Ministry.

STUDENT CARS/PARKING: Please make sure that your parking permit is displayed and you park in student parking. Do **NOT** park on the street.

DAY OF RETURN: We will be back to Chaminade by 3:00pm, depending on traffic.

WHAT TO BRING:

- A **snack to share** with the entire group (i.e. bag of chips, cookies, bananas, oranges, pretzels, etc.)*
- Toiletries (toothpaste/brush, soap, shampoo/conditioner, etc.)
- **Towels, sleeping bag & pillow.**
- Modest clothing (NO spaghetti straps, bare midriffs, or short shorts) for 3½ days (socks, underwear, shirts, shorts, pants/jeans, pajamas/night clothes). **If necessary, Retreat Director will provide change of clothes.**
- Sweatshirt or jacket for cool evenings
- Shoes (closed-toed) & flip flops for shower.
- Any medications: prescription drugs, aspirin/Tylenol, cough syrup, etc. (We may not distribute any medication)
- flashlight

*Please let us know as soon as possible if you have any special dietary needs.

WHAT NOT TO BRING:

- **NO Alcohol, drugs, cigarettes or any such items.** We cannot stress the prohibition against drugs, alcohol & smoking enough. **Anyone** bringing alcohol, drugs, cigarettes, e-cigarettes, vapes, etc. will be referred to the Dean.
- **NO Homework, iPods, computers, electronic games, alarm clocks, watches.** You are going to want to focus on the retreat activities and can do without the distraction of these items.
- **NO Cell phone.** If you choose to bring it, we will ask you to turn it in to us when you arrive at the retreat center. You will receive your phone back before heading back at school.

MANDATORY REPORTING: Though confidentiality is stressed within the retreat setting; please be aware, leaders will follow the reporting policy for child abuse as outlined in Chaminade's Student/Parent Handbook. The safety and well-being of our students is a top priority.

OTHER: Retreats are school functions. Therefore, school rules are enforced (dress code, alcohol, drugs, "lights out" policy, etc.). Students choosing to violate rules may be sent home from the retreat, referred to the Deans, and/or put his/her continued attendance at Chaminade in jeopardy. If you have any questions, before, during or after the retreat, please feel free to ask. We are happy that you've chosen to be a part of the retreat program and hope that you enjoy your experience. We'll be praying for you!

Blessings, The Campus Ministry Team