

## ***Directions, Arrival Time, What to Bring***

### ***Retreat Site:***

***Kavanaugh Retreat Center, Crestwood, Kentucky (Map forthcoming)***

### ***Arrival Time:***

**BETWEEN 1:00 and 1:30 p.m.** on Friday. There is NO lunch meal on Friday. Please eat before arriving. Starting on time is important. Plan your day accordingly and account for Friday traffic. Be On Time.

### ***Departure Time:***

2:00 p.m. on Sunday

### ***What to Bring:***

Bring a sleeping bag, pillow, towel, toiletries, comfortable clothes and shoes. Also, bring a notebook and a pen.

### ***Meals:***

There will be six meals, Friday evening dinner, three meals on Saturday and two on Sunday.