



The time is drawing nearer for your Prayer & Action Week. Here is some important information including schedule and packing list.

- Emily Lindeman is the STA- Parish Leader for Prayer & Action.
- Please meet at St Thomas Aquinas Plaza at 3pm on Sunday, June 25<sup>th</sup>. We will be leaving at 3:30pm in order to arrive in Arkansas City by 5pm. If for some reason you will not be able to make it by 3:30pm, please let Emily know.
- Travel by private vehicles to:
  - Sacred Heart Catholic Church
  - 302 S B St, Arkansas City, KS 67005
  - Parish phone #: (620) 442-0566
- Return Friday, June 30 around 1:30pm.
- ***After Sunday evening, cell phones will be surrendered until Friday noon***

Here is a typical schedule.

Time	Activity / What to Bring
6:30 am	Wake-up
7:10	Silent Prayer
7:40	Rosary
8:00	Mass
8:30	Breakfast/change clothes/pack lunches
9:15	Garage Meeting (where we get our work assignments and supplies for the day)
9:45-3:15	Work at sites
3:30	Showers –A swimsuit is recommended for more privacy. Showers are not separate stalls.
4:00	Dinner crew prep/free time
5:00	Dinner
6:00	Evening activities
6:45	Collatio (large group time with music and presentations)
8:00	Free time
9:00	Evening Eucharistic Adoration
9:30	Night prayer
10:30 pm	Bed time/lights out



## Packing List

### What to Bring

- Toiletries (soap, shampoo, toothpaste, deodorant)
- Towels
- Personal medications in original containers (if applicable)
- Spiritual book and/or Bible
- Notebook and/or journal
- Pen
- Rosary if you have one (otherwise rosaries will be provided)
- Appropriate clothes (pants, capris, skirts, modest dresses) HINT: You can wear the same each day)
- Work clothes (long shorts, light-weight pants for yard work, close-toed shoes, shirts) HINT: clothes you don't mind getting paint on
- Hat
- Water bottle
- Sun screen
- Bug Spray
- Tools (i.e., outdoor paint brushes, scrapers, garden tools)
- Swim suit (in case of non-private showers)
- Small bag for change of clothes, towel and toiletries
- Recreational clothes (i.e. long shorts, comfortable pants, shirts, dark-colored tee cover up)
- NO short shorts, running shorts, yoga pants or tights, deep-ripped shirts
- Games (i.e., favorite board game, cards, Frisbees, soccer balls)
- Snacks to share with whole group
- Sleeping bag (or twin sheets and blanket)
- Inflatable mattress or foam pad (recommended)
- Pillow
- Sleepwear