

TM/MM 2024 退修會注意事項

房間分配	<ul style="list-style-type: none">● 部分房間沒有冷氣, 但是有風扇● Cabin 都沒有提供寢具, 包括床單、棉被、枕頭及毛巾● 所有房間都沒有盥洗用具, 包括香皂、洗髮精等
Check-in	<ul style="list-style-type: none">● 週五 3:30-5:30pm, 在 Administrative Lounge● 超過這個時間 請打電話: 銘源長老(408)828-1492; Ivy (510)565-8555
週五	晚餐 5:30-7:00pm 活動及崇拜7:20pm開始
自由活動	週六 1-5pm <ul style="list-style-type: none">● 健行: 樹蔭不多, 要做好防曬準備● 游泳池: 開放1-5pm, 有救生員 14歲以下兒童需要通過游泳測試以進入深水區, 並要求至少一位父母陪同● 球類活動: 有籃球、排球● 遊戲室● 射箭: 小孩1-3pm, 大人3-5pm● 攻防箭: 1-3pm● 攀岩: 3-5pm
主日禮拜	請注意主日禮拜 9:30 開始
全體照	週日 1:15-1:30pm, 在Ark 請穿著 2024迦南 剛強壯膽 T 恤
禁止	<ul style="list-style-type: none">● 吸煙、電子菸、任何酒精飲料● 攜帶腳踏車、滑板車及滑板等類似裝置● 攜帶燒烤架 或是任何明火裝置

EM/YM All-Church Retreat Pre-Departure Note

Roome Arrangement	<ul style="list-style-type: none"> ● Some rooms do not have air conditioning, but they do have fans. ● The cabins <u>do not</u> provide bedding, including sheets, blankets, pillows, or towels. ● <u>None</u> of the rooms have toiletries, including soap, shampoo, etc.
Check-in	<ul style="list-style-type: none"> ● Friday 3:30-5:30 pm, @ Administrative Lounge ● Arrive after 5:30 pm, please call Elder Mingyuan(408)828-1492; Deacon Ivy (510)565-8555
Friday	<ul style="list-style-type: none"> ● Dinner 5:30-7:00 pm ● Friday night event starts at 7:20 pm
Free Time	<p>Saturday 1-5 pm</p> <ul style="list-style-type: none"> ● Hiking: There is little shade, so be prepared for sun protection. ● Swimming Pool: Open from 1-5 pm, with a lifeguard on duty. Children under 14 need to pass a swim test to enter the deep end, and at least one parent must accompany them. ● Ball Sports: Basketball and volleyball are available. ● Game Room ● Archery: For children from 1-3 pm, for adults from 3-5 pm. ● Combat Archery: 1-3 pm. ● Rock Climbing: 3-5 pm.
Sunday	Sunday Worship starts at 10 am.
Group Photo	Sunday 1:15-1:30 pm, by the Ark Please wear the Be Bold shirt
Forbidden	<ul style="list-style-type: none"> ● Smoking, electronic cigarettes, or any alcoholic beverages ● Bringing bicycles, scooters, skateboards, or similar devices ● Bringing barbecue grills or any open flame devices