



MARCH 20-22, 2015  
**NORTH CENTRAL  
 REGIONAL GATHERING**  
*The Joy of the Gospel*

ITEMS TO BRING	
✓	<b>An open heart and joyful spirit</b> , ready to receive what the Lord offers!
	<b>Brown Tunic</b> for BSCD members ( <i>white tunic if you do not have a brown one</i> )
	<b>Air Mattress</b> – <i>not needed if you don't hear from us this week, asking about doubling up.</i>
	<b>Breviary</b> for Liturgy of the Hours and <b>Rule/Const/Directory</b> books
	<b>Notebook</b> or <b>Journal</b> and <b>Pen</b> for taking notes
	<b>Snack to Share</b> – <i>As part of our Saturday evening social time, feel free to bring a snack to share. We will have some snacks and desserts provided, but some supplements would be great!</i>
	<b>Coffee/Tea Mug</b> – <i>Retreat Center has no cups or mugs, so if you want coffee or tea, you'll want to bring a mug! Bring one that is unique so you can locate it.</i>
	<b>Water Bottle</b> – <i>There is a filtered water machine there, with cold &amp; hot, so bring a bottle to refill</i>
	<b>K-Cups</b> for Keurig Coffee Machine ( <i>Bring a few of your favorite kind to share or to use for yourself. We'll provide some as well, so no worries if you don't bring any</i> )
	<b>Checkbook</b> for payment of final registration fees ( <i>email coming to you soon with your balance</i> )
	<b>Slippers</b> – <i>Retreat Center prefers that shoes are not worn to help protect the carpeting from outside dirt/mud, but we have permission for those who need shoes for stability to keep them on all weekend</i>
	<b>Personal Snacks</b> – <i>We will have some snacks available, but having a few of your own is good</i>
	<b>JMT or BSC-related books/music</b> to share or trade. We will put a table out for these
✓	<b>NOTE: The retreat center does provide bed linens, pillows, and towels/washcloths</b>

A Few Basic Logistics	
<b>Parking</b>	<i>La Salle Manor has a long driveway off of Galena Road. Parking is available on the right (west) side as you get near the buildings, and for those unable to walk long distances, there are some spaces right next to the dormitory building on the left side (Handicapped Parking is available)</i>
<b>Stairs</b>	<i>There is no elevator at the retreat center. We will be meeting and eating some meals on the main (ground) floor. But there are some stairs up/down to the split-level dormitory rooms, and stairs to the lower level where the dining room is located. For those who cannot use stairs, we can bring food up for any meals served in the lower level, or can assist you in using the stairs.</i>
<b>Food</b>	<i>Meals are provided during the weekend, and accommodations are being made for those with allergies or intolerance to gluten, dairy, etc. Note that the <b>breakfasts</b> will be simple, as BSCD is bringing our own breakfast food to save several hundred dollars. Bagels, yogurt, Viola's Granola, hardboiled eggs, and fruit are planned, and let us know if there is a special need you might have regarding breakfast (beyond what you already listed on your registration form)</i>
<b>Prayer Chapel</b>	<i>La Salle Manor has a chapel on site, with the Blessed Sacrament present in a tabernacle. Feel free to pray with the Lord during free times and breaks, and even during the wee hours of the morning if the Lord is calling you make a vigil!</i>

***“The rule of the brothers and sisters is the cross of our Lord Jesus Christ. We should be troubled about nothing except this all-encompassing rule. All that matters is that one be created anew.” (Scripture Rule, I)***