



Family of Christ / Holy Cross Men's Retreat

@ Lutheran Valley Retreat (LVR)

**TH September 17 (7p) –
SUN September 20 (12noon)**

Cost: \$180

(Covers program, food, cabin, Price is same for bringing your own tent or trailer.)

Toys to Bring:

Whatever it is you like to do while enjoying time in the mountains.

Other Things to Bring:

Bible

Sleeping bag/pillow

Toiletries & Towel

Appropriate clothing for being outside all day

**Donation \$ for Ministry Drawings!!!
(Amazing items this year)**

Schedule of Events

Thursday

7p Opening Program
8:30p Ministry Support Drawings
9p Refreshments/Fun

Friday & Saturday

5:10a Sunrise Cedar Mountain Hike (optional)
7a Breakfast
8a Devotion
8:30a Prepare for your day
9a Adventuring Options
1p Adventuring Options
5:30p Dinner

7:00p Program
8:00p Ministry Support Drawings
8:30p Refreshments/Fun
Sunday
5:10a (optional Sunrise hike)
8a Breakfast
9a Worship (with communion)
11a Clean Up/Pack
12p Leave for Home

Adventuring Options

(NOTE: ALL OPTIONS CONTAIN DANGEROUS ACTIVITIES—You will be asked to fill out a Liability Waiver and Release Form)

- Competition Zombie Zip-Line
- Close Quarters Combat (CQB) drill or paintball in the field.
- Rappelling (200 foot)
- Tree top swing /Comp. Grenade Field
- Archery Tag
- Target shooting at the new LVR gun range!! (BYOA)
- Hiking
- On – Site Service Project TBA

The Adventuring Sections are each 4 hours in length and are considered free time. This should allow you to experience just about everything you want. However, you have the option of utilizing the four Adventuring Sections any way you want—a nap, a short hike, a mountain bike trek, playing cards, etc.

FOC is joining Holy Cross for their Men's Retreat and the theme is: **READY FOR BATTLE!**

1 Chronicles 7:40 is the theme verse.

Go to the Family of Christ website to register & Pay

www.foccs.net

Questions? Please Contact:

John Harris (johnwharris31@gmail.com)

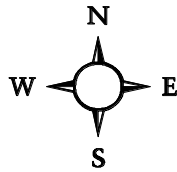
Tom Keithley (tomkeithley@gmail.com)

Steve Johnson (steveo@lvr.org)

Lutheran Valley Retreat

719-687-3560

(How to get there without getting lost!)



Access through Lost Valley is restricted.

Cedar Mountain Road past Four Corners deteriorates and requires good clearance. Four wheel drive when wet. Not recommended.

Wildhorn Road is well maintained. (Mileage shown from Wildhorn Junction)

Cedar Mountain Road from Four corners to LVR is a narrow forest road. It follows a ridge. (Mileage shown from Four Corners)

Trail Creek Road from Westcreek to Four Corners is poorly maintained but passable. It follows a valley all the way. (Mileage shown from Westcreek)

Cedar Mountain Road is Teller County 51 from Divide to Four Corners. It follows a ridge top all the way. It is a wide and well maintained paved road & then gravel road. (Mileage shown from Divide)

Wildhorn Rd. from Florissant to Four Corners is wide and well maintained. It follows a valley for 4.5 miles, winds along a mountain side for 1.7 miles, and then climbs to Four Corners (Mileage shown from Divide)

Golden Bell & Highland Lakes Subdivision this way!

