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“Speaking Truth” Theology of the Body Day Retreat Info

Check-In: Begins at **10:00 am on Saturday July 20th** in Cargill Hall at St. Mary of the Expectation Catholic Church (1612 E Walker St. League City, TX 77573). **Parents you must check in your teen.** Teens must be checked in by 10:20 am.

Details: This year’s Theology of the Body (TOB) Day Retreat will discuss the language that our body speaks in all aspects of our lives. We will look at what it means to be creatures of both body AND spirit and how our body and spirit can be communicating differently causing conflict between our body and soul. We will discuss how we can unify our body and soul in our physical, intellectual, communal, and spiritual aspects of our lives.

Check-Out: 9:00 pm on Saturday July 20th in Cargill Hall at St. Mary of the Expectation Catholic Church (1612 E Walker St. League City, TX 77573).

Cost: \$35 (Includes lunch, supper, and t-shirt)

Deadline: June 21st, 2019

What to bring:

- Positive attitude
- Closed-toed Shoes (for games)
- Bible/rosary
- Re-fillable water bottle
- Prescription medicine in clearly labeled bottle or Ziploc baggie with teen’s name and care instructions (only bring prescription if they are needed during the time we are at the retreat)
- Comfortable and *modest* clothing, in order to help all participants focus on JESUS (This is for both guys and girls).
 - T-Shirts and jeans are appropriate for all the activities; we will attend Mass
 - What NOT to wear: Tank tops, Cut-off sleeves, spandex or clinging pants or shirts, spaghetti straps or open mid-riffs.

What not to bring:

- Negative attitude
- Expensive clothes/Jewelry/Electronics (we are not responsible for lost or missing belongings)
 - **Cell Phones:** your teen may bring their cell phone; *however*, cell phones must be put away during regular Lock-In sessions and small groups.
- The obvious ones – no Knives/weapons, drugs, or alcohol
- Anything else that may distract your teen from having a meaningful Lock-In experience

Emergency Contact Numbers:

Clint Carton (713) 534-2978 – **This number is for emergencies only!!!**