

Things to Bring for Study/Reflection/Spiritual Connection

- Bible
 - Translation — New International Version (NIV) - **OR** - New Revised Standard Version (NRSV)
- Journal — You can purchase a relatively inexpensive one @ Dollarama. It's nice to start a retreat with a new journal. Use the journal to take session notes, journal
- Pen/pencil
- Highlighter
- Ruler — 6" will do
- Three personal items for meditation/prayer, e.g., favourite candle, icon, spiritual image, prayer beads, prayer shawl; anything thing that reminds you of God's love and aids in bringing you into God's presence.

Of course, don't forget to pack clothes, toiletries, and any items necessary for comfort and personal care!