

Bring...

- Bible & notebook
- Clothes for inside and warm ones for outside
- Sleepwear, PJ's, etc.
- Coat or jacket, sweatshirt
- Sleeping bag & pillow
- Bath towel & wash cloth
- Personal Items: shampoo, soap, toothbrush, medicines, etc.
- Flashlight with batteries
- Bathing suit & towel

Don't bring...

- Cell phones, iPods, CD Players, Nintendo DS, laptops, etc.
- Anything else of great value (jewelry, etc.)
- Anything harmful to yourself or others

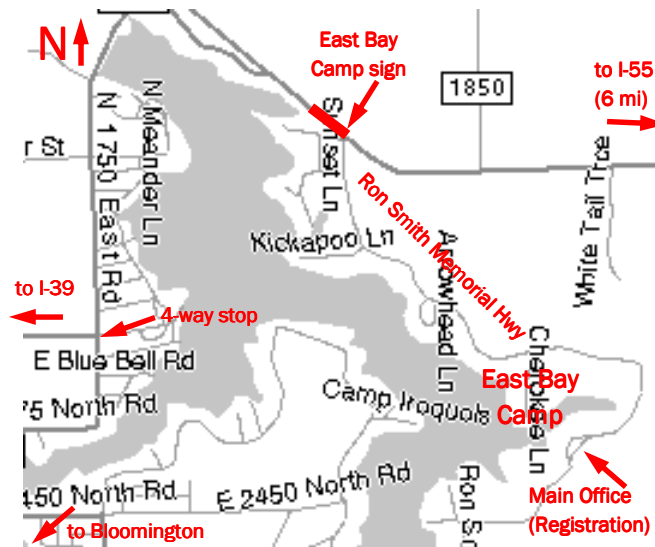
Camp Emergency Phone Number is

(309) 829-7531

Directions to East Bay Camp Retreat Center: 24248 Ron Smith Memorial Hwy, Hudson, IL

From Chicago: Take I-55 south towards St. Louis. Take exit 178 toward Lexington. Keep right at the fork to go onto PJ Keller Hwy, CR-8. Turn LEFT onto CR-63

From Rockford: Take I-39 south toward Bloomington / Normal. Take exit 5 toward Hudson. Turn left onto CR-12/E 2200 N Rd. Continue to follow CR-12. Turn left onto N 1700 East Rd./CR-31. Turn right onto E 2350 North Rd./CR-31. E 2350 North Rd. becomes CR-63.



For more information,
contact your youth leader

or Beth Freese Dammers
(630) 833-6600
bethfd@eypc.org

or Teri Peterson
(815) 459-1132
teri@rcipc.org

The Presbyteries of Blackhawk and
Chicago are proud to present...

Middle High Winter Retreat

open to all 6th–8th graders and
their middle school-aged friends

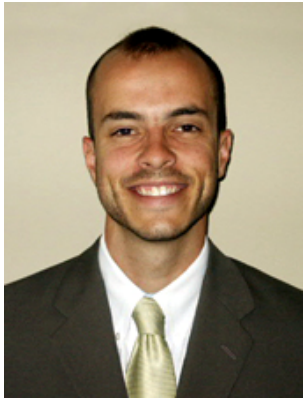


East Bay Camp, Hudson, IL

[15 m north of Bloomington, IL]

January 29–31, 2010

Rev. Sean Miller is an associate pastor at First Presbyterian Church of Arlington Heights. Sean is passionate about music. He loves to sing and is particularly interested in West African drumming,

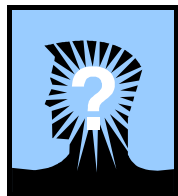


which he studied during his last three years of undergraduate work.

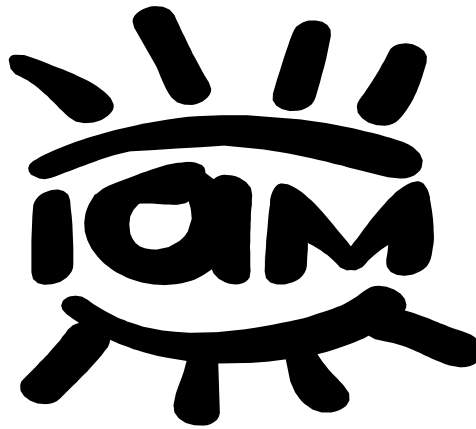
His ministry has taken him as far as Ghana, West Africa while serving and leading a two-week mission trip for young adults and adults. He has a passion for mission and feels called to share that passion with youth, especially.

Registration begins at 7:00 PM on Friday, January 29, with the first session starting promptly at 8:30.

The retreat ends on Sunday, January 31, at 11:00 AM., immediately following worship.



Come find out who our mystery musician will be!



He then asked, "And you - what are you saying about me? Who am I?"

Mark 8:28, The Message

What we are saying about Jesus says a lot about who we are as his followers. What we are saying about him might even help us understand a little bit more about who we are as God's children. What we are saying about him could even help us understand a little bit better about who God is calling us to be in the future.

This year's retreat is all about discovering who Jesus is and thinking more about who Jesus is calling *you* to be. Jesus says he's a good shepherd, the resurrection and the life, and the vine, but what does that mean for you and I as followers of Christ?

LOTS OF GREAT FREE-TIME OPTIONS:

- ✓ Indoor Recreation Center for Basketball & Volleyball
- ✓ Indoor Pool
- ✓ Hiking trails
- ✓ Ping Pong
- ✓ Pool table
- ✓ Carpetball

Complete and return the following to your youth leader:

1. Covenant and medical release form (requires a parent's signature)
2. A check made out to your church for \$_____

Registration deadline is January _____. Fees are non-refundable.

[Youth Leaders: fill in cost and date accordingly.]

**MUSIC
FUN
FRIENDS**

and a
friendly
Rock Band
competition,
too!