



Dear Prayer & Action Participants,

For each week, the check in time is from 5:00 - 5:15 p.m. on Sunday. Departure is NOON on Friday. If you are a high school student and are coming with a parish group, your parish sponsor is responsible for providing transportation to the host parish site. If you are coming as an individual high school student, your parent is responsible for transportation, unless otherwise confirmed between them and the Diocese of Dodge City.

If you are a high school student and have not turned in your medical/permission form you will need to do so before you attend the mission. The \$100 fee also needs to be paid before you attend. This money goes towards t-shirts, food, and supplies that you will be using during Prayer and Action.

College students are responsible for finding their own transportation and can fill out their medical forms upon arrival at the host parish site.

The following is a checklist of items that should be brought on the trip:

1. Clothing
 - a. Work clothes (something appropriate to paint in and no short shorts or yoga pants/shorts)
Light-weight long pants for yard work
 - b. Mass clothes
 - c. Recreational clothes
 - d. Sleepwear
 - e. Swim suits
2. Personal medications (prescriptions must be in their original containers, clearly labeled)
3. A water bottle
4. Towels
5. Sun screen
6. Notebook/journal & pen
7. Toiletries (soap, shampoo, toothpaste, deodorant, etc.)
8. Pillow, sleeping bag, cot, inflatable mattress, or whatever you need for sleeping on the ground level
9. Bible and Rosary
10. Recreational games (playing cards, Frisbees, football, etc.)
11. Snack food (to be shared with the group)

Please note: After Sunday evening, cell phone usage among youth participants will be limited.

If possible, groups are asked to bring the following, clearly labeled with either personal and/or parish name: Paint brushes, scrapers, work gloves, and common tools.

The tentative daily schedule is as follows:

6:45 a.m. Morning Prep
7:00 Mass & Rosary
8:00 Morning reflections
8:30 Breakfast and prepare sack lunches
9:15 Travel to work sites
12:30 Angelus/Eat lunch at work site
3:15 Clean up, pray, and leave work site
4:00 Shower and free time
4:45 Dinner preparations and adult chaperone meeting
5:30 Dinner
7:00 Evening activity
8:00 Collatio (large group, skit, prayer and worship time)
9:15 Parish group time
9:45 Free time
10:45 Night Prayer
11:15 Lights out

If you have additional questions, please do not hesitate to contact me!

In Christ,
Gentry Heimerman
Director of Prayer and Action
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