

The Pines at Word of Life Men's Retreat Packet

Driving Directions, Details, What to Bring and Menu

GPS address: 1 Sunrise Dr. N. Pottersville, NY 12860

Check-in at WOL is at 2:00pm

The trip takes about 1.5 hours from Rutland.

- **Take US-4 W towards New York State**
 - go about 25.3 miles
- **Stay/Turn left onto Broadway in Whitehall, NY near Chevy Dealer (continue on NY-22 S/US-4 S)**
 - go about 10.5 miles
- **Turn right onto NY-149 W/Ann St in Fort Ann**
 - go about 11.7 miles
- **Turn left onto U.S. 9 S in Lake George by the outlets (signs for I-87 S/Glens Falls 4)**
 - go about 0.2 miles
- **Turn right to merge onto I-87 N**
 - go about 27.3 miles
- **Take exit 26 toward Pottersville/Minerva/US-9**
 - go about 0.2 miles
- **Turn left onto Valley Farm Rd**
 - go about 0.4 miles
- **Turn right onto U.S. 9 N**
 - go about 1.7 miles
- **Turn right onto Sunrise Dr N**
 - Proceed in to the camp.
Park in the Parking lot.
The lodge will be on the left down the hill.
There are two duplex units. We are in the closer one.

What to Bring:

- Bible, Notepad or Journal, Pen or Pencil.
- Your medication, vitamins
- Any special dietary foods you may need (*tentative menu is below*)
- Clothes for two (2) days and two (2) nights.
- Towel for shower, washcloth, hand towel.
- Toiletries- Toothbrush, Toothpaste, Hairbrush, Shampoo, Deodorant, Soap.
- Extra pillow, if desired.
- Snacks to share, if you wish.

Retreat includes:

- 2 nights accommodations
- 5 meals (see tentative menu below)
 - Friday dinner
 - Saturday breakfast
 - Saturday lunch
 - Saturday dinner
 - Sunday breakfast
- 4 Gathered Worship events
- Lots of free time to fellowship and enjoy the Adirondack Mountains

Phone numbers:

- PB - 802-282-6249
- Bob R - 802-282-8772

Weekend Retreat (TENTATIVE) Menu 2016*

Friday Evening:

Venison Chili
Cornbread

Saturday Continental Breakfast:

Joe's favorite...Vermont 7 Grain Hot Cereal
Assorted Fruits, Granola, & Yogurt
English Muffins & Jam

Saturday Lunch

BLT Wraps
Tater Tot's

Saturday Dinner

"Fred's Chicken"
(B/S thighs, sundried tomatoes, pesto, olives, feta)
Confetti Rice
Roasted Brussel Sprouts
Arugula Salad

Sunday Breakfast:

Southern Grits Casserole
(pork sausage, eggs, grits, & cheese)
Assorted Fruits, Granola, & Yogurt
English Muffins & Jam

* subject to change per Fred's discretion