

Retreat Rules and Regulations 退修會守則*

- 參加者須留在學院內直至退修會結束，如有特別事故需離開，必須通知退修會籌委主席。
All delegates must stay within Ridgetown College Campus. Please notify the Retreat Manager personally in case of any emergencies or early departure.
- 參加者須按時出席大會之聚會，衣履要整齊，停止使用及收起個人娛樂設備並攜帶聖經及手冊。
All delegates must attend all meetings and be punctual. Delegates are also expected to dress properly, terminate usage of and put away personal entertainment equipments and bring their own handbooks and Bibles along with them when attending all meetings.
- 參加者須住宿在所分配房間，如需更改必需經退修會籌委批准。
All delegates must reside in the room they are assigned. Any changes must be approved by the Committee.
- 除家人以外，參加者不可以獨自留在異性房間。
Except family members, no delegate can remain alone in room of opposite gender.
- 參加者須按時起床及就寢，晚上十一時後尤須保持安靜。
All delegates must observe the stated bedtime. Do keep quiet after 11:00 pm so that others will not be disturbed.
- 未經登記，一切探訪者不得留宿。
No visitor is allowed to stay overnight without proper registration.
- 本退修會禁止一切煙、酒、賭博活動。
Smoking, alcohol, & gambling activities are NOT allowed on the Campus.
- 康樂活動及電腦使用只限於時間表上指定之時間。
All sports, recreational, or computer activities are only allowed during the designated time as outlined in the Time Table.
- 退修會會友請勿攜帶非行裝列表內之物品。
Please do not bring anything listed under the "Non-Packing List".
- 退修會會友必須保持退修會場地清潔及負責賠償其個人損毀學院之公物及設備的更換或維修費用。
Any delegate shall keep the Campus clean at all times and be responsible for any damage caused by the delegate to the property or equipment on the Campus premises and shall be liable for all expenses incurred as a result of such damage.
- 如參加者遺失宿舍鑰匙，參加者須負責有關罰款。
Any delegate shall be liable for fine incurred if their residence key is lost.
- 參加者須自行保管財物，賓頓市華人浸會及學院概不負責。
Brampton Chinese Baptist Church and Ridgetown College shall not be held responsible for the safe custody of any delegate's personal property.
- 如有違反退修會規則，大會有關權終止其參加資格並要求其離開會場。
In case of any violation of these regulations, the Retreat Committee reserves the right to terminate a person's participation in the retreat.

*退修會規則一切以英文為準。

行裝列表 Packing List

- | | |
|--|---|
| <input type="checkbox"/> A humble, willing and learning heart | <input type="checkbox"/> 一個謙卑，渴求又受教的心 |
| <input type="checkbox"/> Bible | <input type="checkbox"/> 聖經 |
| <input type="checkbox"/> Pen / Pencil | <input type="checkbox"/> 筆或鉛筆 |
| <input type="checkbox"/> Sun protection gear | <input type="checkbox"/> 防曬用品及衣服 |
| <input type="checkbox"/> Comfortable clothes and clothes for Sunday worship (no dress-code is imposed, but many may like to dress for church) | <input type="checkbox"/> 更換衣服（註：雖然我們主日崇拜不需大家以禮服出席，但敬請準備一套端莊的衣服出席） |
| <input type="checkbox"/> Toiletries (soap, toothbrush, toothpaste, shampoo, etc.) | <input type="checkbox"/> 梳洗用品 |
| <input type="checkbox"/> Bedroll (sleeping bag, or blankets, sheets, and extra pillow, if desired) | <input type="checkbox"/> 床鋪用品（睡袋或床單，也可以多帶一個枕頭） |
| <input type="checkbox"/> Insect repellent | <input type="checkbox"/> 防蚊用品 |
| <input type="checkbox"/> Towels and Washcloth | <input type="checkbox"/> 大毛巾及洗面巾 |
| <input type="checkbox"/> Travel Alarm clock | <input type="checkbox"/> 小型鬧鐘 |
| <input type="checkbox"/> Sporting equipment and clothing appropriate to your chosen recreation activity for Saturday (glove for softball, badminton racquet, etc.) | <input type="checkbox"/> 星期六自由時間所需運動用品（壘球手套、羽毛球拍等） |

非行裝列表 Non-Packing List†

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> A bad attitude | <input type="checkbox"/> 一個自我為中心的壞態度 |
| <input type="checkbox"/> Fireworks (on-campus lighting of fireworks is PROHIBITED) | <input type="checkbox"/> 煙花（校園內嚴禁放煙花） |
| <input type="checkbox"/> Anything that is illegal to carry | <input type="checkbox"/> 任何違禁品 |
| <input type="checkbox"/> Non-prescription drugs | <input type="checkbox"/> 非醫生處方藥物 |
| <input type="checkbox"/> Smokes (cigarette, cigars, etc.) | <input type="checkbox"/> 煙草物 |
| <input type="checkbox"/> Game consoles | <input type="checkbox"/> 遊戲機 |


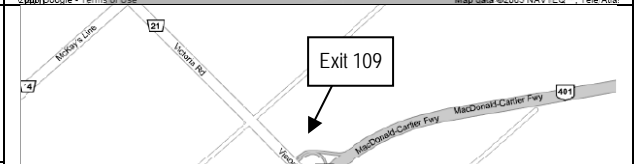
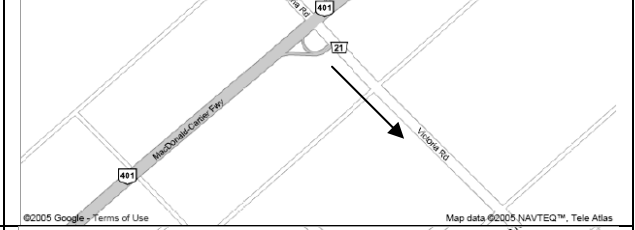


† 這些物可能會被沒收 Items may be confiscated.

	七月一日 (星期五) Friday, July 1	七月二日 (星期六) Saturday, July 2	七月三日 (星期日) Sunday, July 3		
AM	07:00 - 07:30	◦ 起床 Wake Up ◦			
	07:30 - 08:00	個人靈修 Morning Devotion			
	08:00 - 08:30	早餐 Breakfast (Cafeteria) (Wilson Hall Dining Hall)			
	08:30 - 09:00	早上八時 教會巴士起程 8:00 am Bus leaves BCBC			
	09:00 - 09:30			分組查經 Bible Study	
	09:30 - 10:00			第三堂信息 Message 3 (Agronomy 127/137)	
	10:00 - 10:30			主日崇拜 Sunday Service (10:00 - 11:45)	
	10:30 - 11:00	登記 Registration			
	11:00 - 11:30	主餐 Lord's Supper			
	12:00 - 12:30	午餐 Lunch			
12:30 - 01:00	(Wilson Hall Dining Hall)	(Cafeteria)	(Wilson Hall Dining Hall)		
01:00 - 01:30	自由活動 Free Time	大合照 Group Photo	閉幕禮及分享會 Closing & Sharing		
01:30 - 02:00	第一堂信息 Message 1 (Agronomy 127/137)	團契時間 Fellowship		清理場地 Clean up	
02:00 - 02:30	教會巴士將在 下午二時半 離開大學校園 Bus leaves Ridgetown college @ 2:30 pm Homeward Bound				
02:30 - 03:00					
03:00 - 03:30					
03:30 - 04:00					
04:00 - 04:30	運動 / 自由活動 Sports / Free Time				
04:30 - 05:00					
05:00 - 05:30					
PM	05:30 - 06:00	晚餐 Dinner			
	06:00 - 06:30	(Wilson Hall Dining Hall)	(Field Shelter / Barn)		
	06:30 - 07:00	第二堂信息 Message 2 (Agronomy 127/137)	答問工作坊 Workshop (O&A) (Agronomy 127/137)		
	07:00 - 07:30				
	07:30 - 08:00				
	08:00 - 08:30				
	08:30 - 09:00				
	09:00 - 09:30	自由時間及宵夜 Free Time & Snack	聯歡會及宵夜 Group Games & Snack		
	09:30 - 10:00				
	10:00 - 10:30	梳洗 Wash Up			
10:30 - 11:00	☾ 晚安! Light Out ☽				

Ridgetown College

120 Main St E, Ridgetown, ON

Distance: ~249 km (about 3 hours 29 mins from BCBC)

<p>1) Head West on Highway 401 toward and pass London <i>Depending on your starting point, it will take about 220 km</i></p>	
<p>2) Take the Ridgetown exit 109</p>	
<p>3) Turn left and head South at Victoria Rd (Regional Highway 17/21)</p>	
<p>4) Follow the bend and then turn into Ridgetown College</p>	
<p>5) Head toward Steckley Hall Residence to register.</p>	

Emergency Contacts:

Ridgetown College (519) 674-1500

Chris Lai (416) 670-6102