

Retreat Guidelines

Confidentiality

What is said here let it stay here. This is an anonymous program. Respecting this principle is the heart of the program.

No Cross-talk

No verbal comments about what others are sharing either during their sharing or after. Comment only about yourself. If you wish to refer to someone else's sharing, ask them individually for permission. Body language is a form of cross talk. No touching. No gestures. These can be distracting for the one sharing and those listening. Just give delighted attention when listening.

Safety

Our stories of our lives are the most personal item we bring to the retreat. Respect each other. See the hurt wounded child in the other person. Provide a space of safety around you. A space in which the most vulnerable and hurt of all children would feel safe. The retreat is for healing and not for confrontation.

Boundaries

Do your own work. If you try to fix, take care of, or offer advice or counsel to others, then you are actually dividing and building walls. Create a space where no one feels attacked. Take care of yourself. Ask permission. Excuse yourself as needed from a meeting or conversation. It is OK. It is your program. Ask for what you need. Give to others only if your input is requested.

Affirmations

Use only affirming comments to others and about ourselves. Never be critical or offer judgments. If you make a negative statement, rephrase it into a positive.

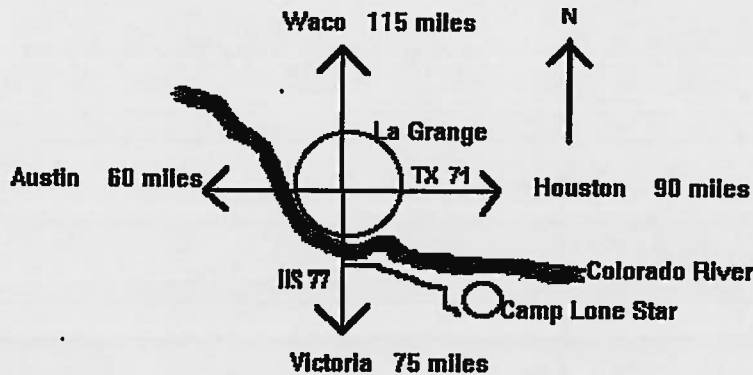
Listen

Often, the caretaker in us thinks we have something that everyone can use. We get so interested in sharing this wonderful bit of news that we are willing to violate another's boundary because we know what is best. But, please, keep it to yourself! This is a time for reflecting on what we hear. Open your heart and ears and close your mouth. Allow the healing power of being heard during your time to share and the healing power of listening to work in your life.

If you do not agree with the spirit of these guidelines and feel you cannot maintain them, then perhaps you are not ready for this retreat. Be concerned for your own healing, respect others with detached compassion and let God do the rest.

Directions to Camp Lone Star

2016 Camp Lone Star Road, La Grange, 78945



From AUSTIN: Take U.S. Hwy 71 East toward La Grange, which is 52 miles east of Austin-Bergstrom Airport. Turn right (south) at U.S. Hwy 77 (Giddings/Schulenburg exit). Travel 2.2 miles, passing through the town of La Grange. Cross over the Colorado River and immediately turn left on Camp Lone Star Road. Travel 1.8 miles to the entrance of Camp Lone Star.

*To find your specific lodging and parking area, please refer to the directions at the bottom of this page.

From HOUSTON: Take I-10 West toward Columbus, which is 70 miles west of Houston. At Columbus, follow signs to U.S. Hwy 71 West (La Grange exit). Travel 22 miles on U.S. Hwy 71 to La Grange. Turn left (south) at U.S. Hwy 77 (Giddings/Schulenburg exit). Travel 2.2 miles, passing through the town of La Grange. Cross over the Colorado River, and immediately turn left on Camp Lone Star Road. Travel 1.8 miles to the entrance of Camp Lone Star.

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From SAN ANTONIO: Take I-10 East to Schulenburg, which is 100 miles east of San Antonio. At Schulenburg, follow signs to U.S. Hwy 77 North toward La Grange (13.5 miles). Pass through a flashing light at an intersection with State Hwy 155 and continue on U.S. Hwy 77 for 0.5 mile to Camp Lone Star Road. Turn right on Camp Lone Star Road. Travel 1.8 miles to the entrance of Camp Lone Star.

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From WACO: Take U.S. Hwy 77 South toward La Grange, which is 120 miles south of Waco. Pass through the town of La Grange and continue 1.0 mile south on Hwy 77. Cross over the Colorado River, and immediately turn left on Camp Lone Star Road. Travel 1.8 miles to the entrance of Camp Lone Star.

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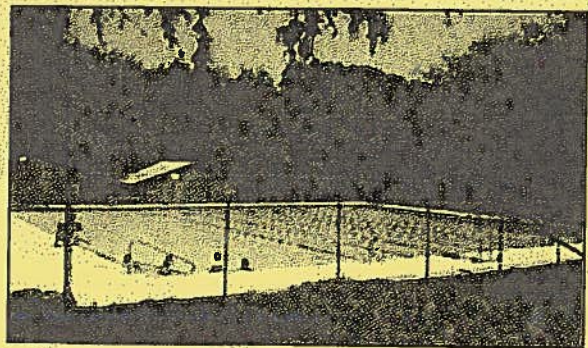
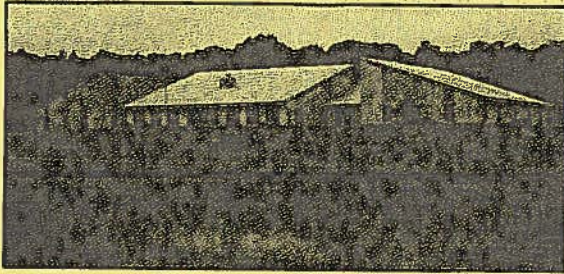
*Johnson Retreat Center: Continue 0.25 miles. Turn left into the Johnson Retreat Center parking lot.

*Base Camp cabins: Continue 0.5 miles. Find the parking lot and cabins straight ahead.

*Selah House: Continue 0.6 miles (curving to the left when you see the Base Camp cabins). Find the Selah House to your left and parking areas to your right.

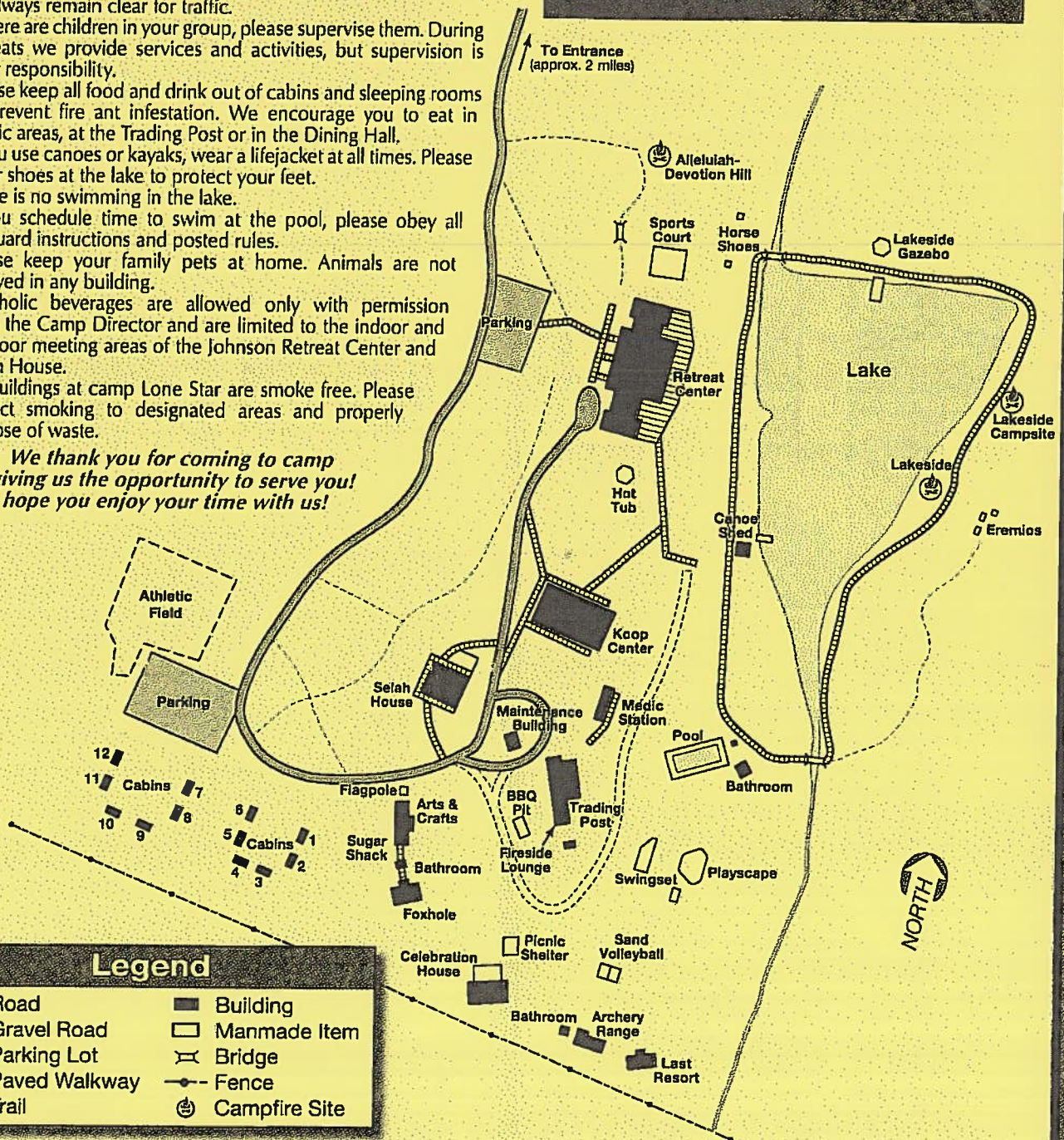
Welcome to Camp Lone Star!

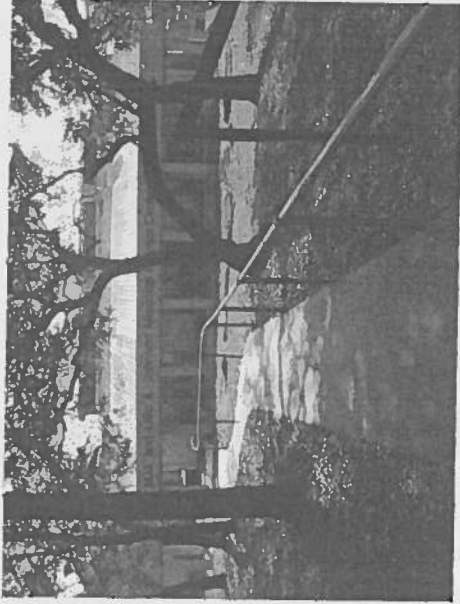
To help you enjoy your stay, here are some guidelines to keep in mind:



- Please keep your vehicle in a designated parking area so that all roadways remain clear for traffic.
- If there are children in your group, please supervise them. During retreats we provide services and activities, but supervision is your responsibility.
- Please keep all food and drink out of cabins and sleeping rooms to prevent fire ant infestation. We encourage you to eat in picnic areas, at the Trading Post or in the Dining Hall.
- If you use canoes or kayaks, wear a lifejacket at all times. Please wear shoes at the lake to protect your feet.
- There is no swimming in the lake.
- If you schedule time to swim at the pool, please obey all lifeguard instructions and posted rules.
- Please keep your family pets at home. Animals are not allowed in any building.
- Alcoholic beverages are allowed only with permission from the Camp Director and are limited to the indoor and outdoor meeting areas of the Johnson Retreat Center and Selah House.
- All buildings at camp Lone Star are smoke free. Please restrict smoking to designated areas and properly dispose of waste.

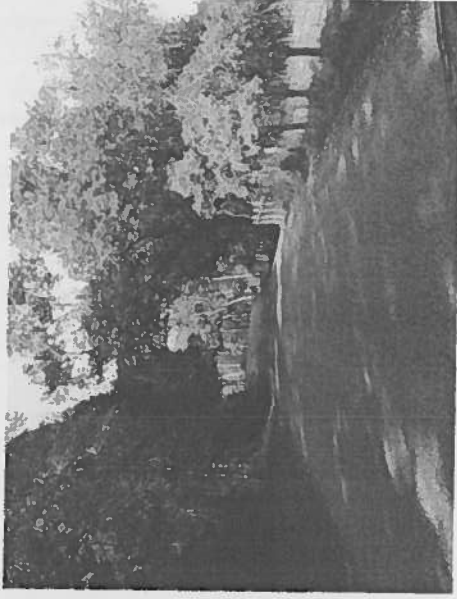
*We thank you for coming to camp
and giving us the opportunity to serve you!
We hope you enjoy your time with us!*





**Camp Lone Star is located at
2016 Camp Lone Star Road in
La Grange, Texas 78945**

**It is approximately 2 miles off
Highway 77 at the end of
Camp Lone Star Road**



It is suggested that you bring snacks for Friday night, Insect repellent, flash light, musical instruments, hiking boots/sneakers, folding camp chair, light jacket, ear plugs, night light for windowless rooms, personal toiletries/hair dryer, sleeping clothes (co-ed environment) and foods for special dietary needs.