

LightQuest Workshop

Dear **LightQuest** Participant,

The first leg of our seven-day **LightQuest** workshop is rapidly approaching. We're looking forward to an exciting time together!

We will be meeting at **Lawler Alpine Group Center, Idyllwild, CA**. On Friday, **March 15th**. The **LightQuest** workshop registration will begin promptly at 5:30 p.m. Separate instructions will be provided concerning driving directions and packing suggestions for this mountain location.

On Friday, wear clothes you find comfortable. On Saturday, wear **very comfortable** clothes, like sweats, warm-ups, T-shirts, tennis shoes, etc. Please **do not wear shorts**. You may choose to bring nicer clothes for Sunday.

During the three-day portion of **LightQuest**, you will be lodged in cabins at the Group Center. Men and Women will have their own separate group cabins. On Friday, you'll go into Idyllwild Village to eat dinner as a group, you'll be provided dinner on Saturday evening, and breakfast on Saturday and Sunday morning at the camp. During the day we will make available snacks during your breaks. The three-day portion of **LightQuest** will be completed about 2 p.m on Sunday, **March 17th**. At that point you'll return to your homes going down the mountain with your driving buddies.

Beginning about a week before the **LightQuest** workshop, please **avoid** alcohol and any recreational drug use. Do your best to avoid being overly involved in dramas or activities that might **distract** or **drain** you of your workshop **focus** and **intentions**. There will be plenty of time to discuss things at the completion of the workshop. The four-day portion of the **LightQuest** workshop will begin the following week on Friday morning, **March 21st** and finish on Monday, **March 24th**.

In the event of a family emergency please share this number with your household, Bernadette's Cell: (909) 263-0851

With Great Expectations,

Greg, Bernadette and Staff
LifeQuest Counseling

LightQuest Workshop

Packing List For Three-Day Mountain Retreat

Bring:

Clothing for 3 days and 2 nights

Nicer clothes for Sunday (optional)

Weather appropriate items like sweaters, jackets, gloves, sweats, hats, etc. (Camp Lawler Alpine is about one mile in elevation; it can get chilly/cold in the evenings and mornings)

Robe (optional)

Shoes appropriate for outdoor use, please no flip-flops or open-toe shoes! May want to bring slippers and/or shower shoes

Bathroom/Shower items

Towel & Washcloth

A personal refillable water bottle for yourself, and a personal cup or mug for drinks.

Sleeping Bag, or Sheets & Blankets, and a Pillow (The bunk beds have a four inch mattress with no bedding). You will also use your pillow during some exercises in the workshop room on Sunday. Each cabin has a furnace, so temperature wise it should be comfortable.

Flashlight (with new batteries - the Bathroom & Shower facilities are separate from the cabins)

At least 2 each "Presto" type logs for the fireplace in the training room, we will also collect these from you when you arrive. Riverside County has requested our group to refrain from having campfires outdoors.

Anti-Mosquito/bug lotion or spray (Depending on the season and weather conditions, flying bugs can be really persistent at this location).

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Driving Instructions to Lawler Alpine Group Center

Allow about an hour and a half from the Pomona area to Lawler Alpine Group Center. The distance is about 70 - 75 miles from the Pomona area.

1. Go East on the **San Bernardino Freeway** (I-10), towards San Bernardino
2. After about 55 miles, get off at the **8th Street** off-ramp, (Hwy. 243), in Banning.
3. Follow the Hwy. 243 signs up the mountain towards **Idyllwild**
4. The **Lawler Alpine Group Center** is about 18 miles from the 8th Street off-ramp.
5. Once you pass **Lake Fulmer** (on the Left), you've got about 2 1/2 miles to **Lawler Alpine Group Center**
6. The driveway will be on your right, look for the **Lawler Alpine** sign.
7. If you get to the **Lawler Lodge Ranger Station**, or to **Idyllwild village**, **YOU'VE GONE TOO FAR!!**