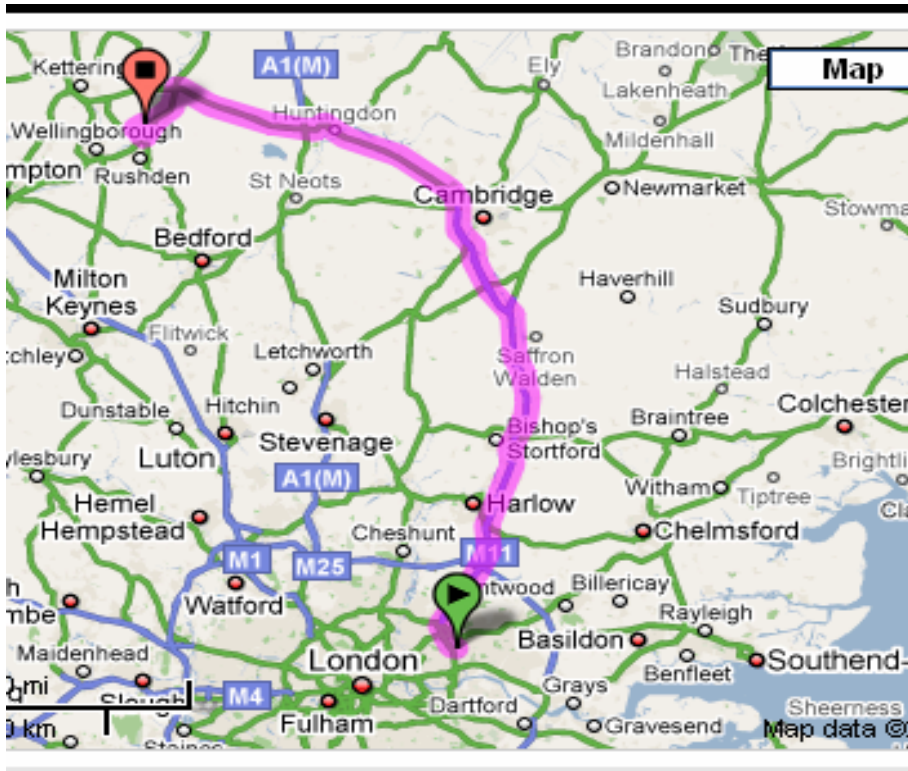


Map & Directions to the Frontier Centre



Directions to Frontier Centre From South East

- * Take M11 and continue straight ahead for 42.3 miles
- * Continue straight ahead onto A14 HUNTINGDON RD. Proceed for 28.2 miles
- * Leave the roundabout onto A45 and proceed for 4.9 miles
- * Enter the roundabout STANWICK ROUNDABOUT and proceed for 0 miles
- * Leave the roundabout onto A45 and proceed for 1 miles
- * Enter the roundabout CHOWNS MILL ROUNDABOUT. Proceed for 0.1 miles
- * Leave the roundabout onto A6 STATION ROAD and proceed for 0.7 miles IRTHLINGBOROUGH
- * Enter the roundabout NENE PARK ROUNDABOUT and proceed for 0 miles. Rushdent & Diamonds stadium on your right
- * Leave the roundabout onto A6 STATION ROAD and proceed for 0.2 miles
- * Turn right onto ADDINGTON ROAD, Signposted to Frontier
- * Frontier Centre's entrance is on the right, just after you leave the residential area.

Additional Sat Nav notes:

Please note, if you are using a Sat Nav, it will direct you to an housing area – as this used to be the old entrance to the Frontier centre. Please continue along Addington Road, up the hill until you pass The Crows Nest Pub which is on your right. After the pub, take the next right turning and you will arrive at the Frontier Centre.

Parking: Parking is available on site.

East Sector Retreat 2009



Welcome to our first East Retreat!!

We are excited about the Retreat and we know that God will make our time together very special.

“How good and pleasant it is when brothers live together in unity!

For there the Lord bestows his blessing, even life for evermore” Ps 133 v 1, 3.

Please Keep this leaflet safe—you will need to refer to it prior

Arrive: Fri 3 July 2009 Check in from 5pm

Depart: Sun 5 July 2009 Depart by 5pm

Location: Frontier Centre
Addington Road
Irthlingborough
Northants NN9 5UH
Tel: 01933 651718

WHAT TO BRING

Bedding & Pillows will be provided at the Frontier Centre and should be collected on registration.

However, please can you bring the following:

1. Bible
2. Towels
3. **Appropriate clothing—keep an eye on the weather forecast!**
4. **Outdoor & Indoor Shoes**
5. Toiletries
6. Torch
7. Camera
8. **Change for Tuck Shop - if required**
9. **Travel Cot – if needed**
10. **Child booster seat —there are only 3 high chairs available at the frontier centre, so if require one for your child, and have one at home, please bring along for your meal times** 😊



PAID ACTIVITIES

For those who have registered for paid Activities, please also bring along:

- 1 pair of trainers for dry activities
- 1 pair of trainers for water activities & a complete change of clothes !
- Towels
- Jogging bottoms/shorts (no jeans—especially for water activities)
- Sweatshirt/T-shirts
- Waterproofs

RETREAT SCHEDULE

FRIDAY

From 5pm	Arrival & Registration
5.30 - 6.30pm	Tuck shop
7.30 -9.00pm	Dinner
9.15 -9.30pm	Camp Fire Devotional

SATURDAY

7.00 - 7.45am	Bible Study : Abrahamic Covenant - Part 1 (Optional)
	Women's Prayer Group: (Optional)
8.00 - 9.30am	Breakfast & Family Group Devotionals
9.40 – 10.10	Congregational Worship
10.15 - 12.15	Congregational Sports & Games:
	A range of optional activities including:
	Women's Class Karate Lesson Table Tennis Wii Dodgeball
	Five a Side football Volleyball Craft Making Board Games
11.00 - 11.30	Tuck Shop Open
12.30 -2.00pm	Lunch
2.00 - 5.30pm	Free time for fellowship & Paid Activities (Tuck Shop 3.30-4pm)
5.30pm - 7pm	Dinner
7.15 -8.15pm	Talent Show
8.15 -11.00pm	Disco: featuring DJ Twin B
8.15 -10.00pm	Family Movie
10.30pm -00.30	Late Movie

SUNDAY

7.30 -8.15am	Bible Study : Abrahamic Covenant - Part 2 (Optional)
	Women's Prayer Group (Optional)
8.30 -10.30am	Breakfast & Clear Rooms
10.30 -11.00am	Finish Clear rooms
11.00 -12.00pm	Family Worship Service
12.30 -2.00pm	Lunch
	Depart by 5pm