

KY Itinerary

Sunday

8:30 am	Arrive Holy Spirit to pack vehicles
9:30 am	Holy Spirit Send-Off Mass with family and community**
10:30 am	Leave Holy Spirit
1:00 ish	Lunch at rest area in WV.
2:30ish	Rest stop...Sheetz Ripley WV.
4:30ish	Rest stop...Exxon Louisa KY.
6:00ish	Arrive CAP Mission Center! Unpack and settle into designated areas. Host will go over guidelines and expectations for the location we are staying as well as a group and safety orientation from 6:30pm. Supper will be at Dairy Dream – a restaurant down the road. After supper and CAP Presentation QUIET TIME to prepare for evening prayer and reflection
?? pm	Evening prayer and reflection. (about one hour)
10:30 pm	Quiet Time until 6:30 am
11:00pm	Lights out

Monday

6:30	Rise and shine. Rosary and morning prayer. (voluntary)
6:45-7:30 am	Pack lunches / Breakfast / Cleanup
7:30-8:00 am	Orientation/Safety Guidelines
8:30 am	Leave for worksite
5:00 pm	Arrive back at Mission Center
6:00-6:45 pm	CAP Reflection before Supper/Supper
7:00-7:30 pm	Clean up (kitchen & dining room)
7:30ish pm	QUIET TIME to prepare for evening prayer and reflection
8:00ish pm	Evening prayer and reflection. (about one hour)
10:30 pm	Quiet Time until 6:30 am
11:00pm	Lights out

Tuesday – Wednesday

6:30	Rise and shine. Rosary and morning prayer. (voluntary)
6:45am-7:45 am	Pack lunches / Breakfast / Cleanup
8:00 am	Leave for worksite
5:00 pm	Arrive back at Mission Center
6:00-6:45 pm	CAP Reflection before Supper/Supper
7:00-7:30 pm	Clean up (kitchen & dining room)
7:30 pm	CAP Night
8:00ish pm	QUIET TIME to prepare for evening prayer and reflection Evening prayer and reflection. (about one hour)
10:30 pm	Quiet Time until 6:30 am
11:00pm	Lights out

Thursday

6:30	Rise and shine. Rosary and morning prayer. (voluntary)
6:45am-7:45 am	Pack lunches / Breakfast / Cleanup
8:00 am	Leave for worksite
4:30 pm	Arrive back at Mission Center
5:30-6:45 pm	CAP Reflection before supper/Supper
7:00-7:30 pm	Closing/Evaluations & service hrs.
8:00ish pm	QUIET TIME to prepare for evening prayer and reflection. Evening prayer and reflection. (about one hour) Pre-clean the facility so there will be less work to perform in the morning. Everyone cleans up the lodging facility.
10:30 pm	Quiet Time until 6:30 am
11:00pm	Lights out

Friday Morning

6:30 am	Rise and shine. Rosary and morning prayer. (voluntary)
7:15 am	Breakfast.
8:00 am	Clean up at lodging location (leave it cleaner than we found it)
9:00 am	Depart for home. Please be flexible. We may perform an additional service project for CAP before we depart. We may not depart until late morning.
4:00 pm	Approx. arrival home

(Schedule is subject to change, please be flexible)

Everyone must wear a seat belt. Seating is open but it is valuable if people change seats, so we get to spend time with different people.

** Participants and their families can sit anywhere in the church for the send-off Mass. Please leave the church quickly so we can get on the road. Use the restrooms before Mass.