

OPEN HANDS, OPEN HEARTS 2018

JUNE 22-24, 2018

SAINT LUDMILA PARISH - CEDAR RAPIDS, IOWA

Open Hands, Open Hearts is a service outreach experience sponsored by Saint Ludmila Parish for young adults – college-age, twenty-something, and thirty-something. We will travel to Dubuque, Iowa, on June 22-24 to serve the poor, the homeless, and people at-risk in the spirit of Jesus Christ. This wonderful mission trip will include community-building, meals, and prayer as well as lots of fun. We will conclude our mission trip by celebrating Mass at Our Lady of the Holy Rosary Chapel, Sinsinawa, Wisconsin.

Our home base during *Open Hands, Open Hearts* will be Wahlert Catholic High School, which will provide clean, comfortable, and safe accommodations for sleeping, showering, relaxation, and prayer. Transportation will be via rented minivans. The cost of this mission trip is only \$100, which includes transportation, lodging, and two breakfasts; other meals are extra (but most will be taken at less expensive restaurants.) \$100 for meals/spending money should be more than sufficient.

Important information which participants need to know:

- **DEPARTURE:**

We will depart from the Saint Ludmila Church parking lot on Friday, June 22, at 6:00 PM. We will begin loading the vehicles at 5:40 PM. (NOTE: we will eat supper in Dubuque)

- **ARRIVAL:**

We will return to the Saint Ludmila Church parking lot on Sunday, June 24, around 3:00 PM.

- **PARTICIPANTS NEED TO BRING:**

- *sleeping bag with pillow (air mattress recommended)

- *towel and toiletries

- *casual but appropriate clothes and shoes (including tennis shoes) plus nicer casual clothes for Mass

- *recreation equipment (basketballs, board games, playing cards, etc.)

- *money for meals plus incidentals

- *snacks, water bottle, sunglasses, and sunscreen

- **IN CASE OF EMERGENCY:**

Parents or significant others may call Bob Gardner (via Maddie Myers @ 319.210.8399)

To register, complete the Registration/Information form and mail to or drop off to Bob Gardner @ Saint Ludmila Parish Center – 2107 “J” Street SW – Cedar Rapids, IA 52404 with your \$100 fee by Wednesday, June 6th!!! For more information please contact Bob at 298.9525 or dbq029ym@dbqarch.org.

REGISTRATION/INFORMATION FORM

FOR ADULT PARTICIPANTS

NAME _____

ADDRESS _____

PARISH _____ **CELL PHONE** _____

MEDICAL INFORMATION

SPECIAL MEDICAL CONDITIONS: _____

ALLERGIC REACTIONS: _____

PHYSICAL LIMITATIONS: _____

MEDICALLY PRESCRIBED DIET: _____

UTILIZES ASTHMA/AIRWAY CONSTRICTING MEDICINE: _____

EMERGENCY INFORMATION

NAME OF DOCTOR: _____ PHONE: _____

HEALTH PLAN CARRIER: _____ POLICY # _____

EMERGENCY CONTACT: _____ PHONE: _____

SIGNATURE _____ DATE _____