



5th-8th and 9th-12th Grade

Sleep-Out for Mercy House

Saturday March 18, 9 PM-

Sunday March 19 after 8 AM Mass

-GUIDELINES-

- Please arrive to St. Helen promptly at 9 PM. Enter thru the CHURCH doors!
- Register on-line! Print out and bring with you your sponsor form and money the night of the event.
- You may NOT bring anything to eat or drink-we will have Green and plain Bagels in the morning and donuts before the 8 AM Mass.
- Bring a sleeping bag, pillow, air mattress or mat (strongly recommended) to sleep on as we will be sleeping on the floor in the gathering space in the church.
- Please leave behind jewelry and personal belongings. Cell phones are permitted but we asked for them to remain off and only used in the event of an emergency.
- Wear whatever clothes you are going to sleep in. (the idea is to experience and raise awareness to what it is like to be homeless)
- You may bring a tooth brush/paste, soap and small towel.

