



HANDICAPPED ENCOUNTER CHRIST

JOIN us for a fun-filled, spiritually uplifting weekend. Meet new people, draw closer to God, and connect with a loving and supportive community.

HEC enriches the spiritual and social life of ALL who participate, while also meeting the specific needs of adults with physical disabilities. We concentrate on abilities.

HEC is always seeking new participants. We hope you will join in the fun!



Short Journey Retreat Center

HOW TO GET THERE

Short Journey Center
2323 Cleveland Rd., Smithfield
(919) 934-7463

Take I-40 East to exit 312 (Hwy. 42)
Turn right at the light and go ½ mile
Turn left @ light onto SR 1010
(Cleveland Road)

Travel exactly 10 miles

Short Journey Center is on the right
(by the water tower)



HANDICAPPED
ENCOUNTER
CHRIST
RETREAT PROGRAM



*A Journey
to the Heart
of God*

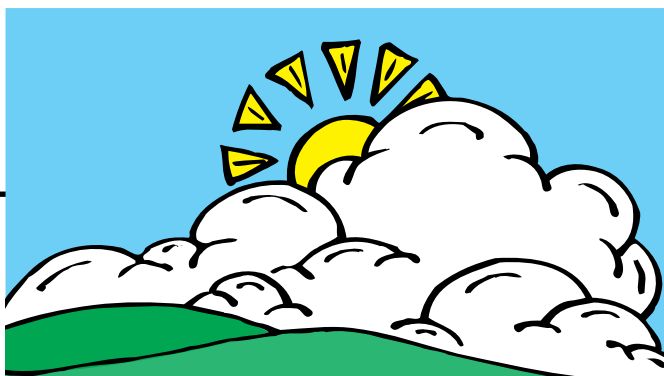
SHORT JOURNEY RETREAT CENTER

RAISE YOUR VOICES

LIFT YOUR HEARTS FOR THIS IS THE DAY THAT THE LORD HAS MADE

LET ALL THE EARTH

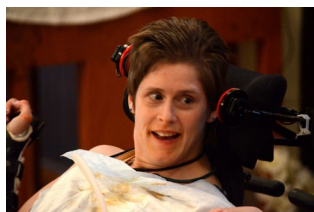
REJOICE



WHAT'S ON THE AGENDA?

Fabulous company
Great food
Dancing / DJ
Talks / Reflections
Group discussion
Craft project
The Rosary
Celebration of Mass
Passing of the Gourd

In addition to retreats,
we also have annual picnics,
dances, Christmas parties, and go
to a Durham Bulls game.



www.HEC-NC.org

HEC Retreat (Summer)

Friday, June 17, 2016, 4:00 pm to
Saturday, June 18, 6:30 pm

HEC Retreat (Fall)

Friday, Sept. 30, 2016, 4:00 pm to
Saturday, Oct. 1, 6:30 pm

If you are not able to pay the full
amount of a retreat, scholarships may
be requested from Jay Foliano at
919/906-4101 or jfoliano@aol.com

Any questions?? email Jay.

Caregivers who come to
assist with their client are
granted scholarships.

HOW TO SIGN UP

Fill out the attached registration
form (even if you have done this
before) and mail it no later than
May 9, 2016 to Jay Foliano at:

HEC

P. O. Box 383
Cary, NC 27512
or jfoliano@aol.com

**Include your name, mailing
address, contact phone number
and if you need transportation.
Include your payment or request
for assistance.**

WHAT YOU NEED TO BRING

- Pillow and pillow case
- Sheets and blanket or sleeping bag
- Toiletries and towel
- Comfortable clothes and shoes
- Large plastic drinking cup
with straws if needed
- Flashlight - umbrella (just in case)

- Transportation is available
on a limited basis.
- Medicines / instruction sheet
Mandatory for those with
medical needs.