



Life Teen Spring Retreat

March 15-17, 2019

All teens planning to attend this retreat should sign up at www.saint-mikes.org/springretreat no later than Sunday, March 3rd.

Dear Teens,

What does it take to play a sport or perform well as an extracurricular? Practice, dedication, commitment, and so many other great qualities come to mind. To excel at something requires an 'all in' or 'full contact' mentality. Jesus Christ longs for the same excellence in your relationship with Him and His Church. Throughout this retreat weekend, we'll be focusing on how the Holy Spirit guides and strengthens His Church—which is all of us! It is through the gifts of the Spirit and structure of the Church in which we are given the tools that will equip us to be the best we can be for the Lord, allowing us to come more fully into contact with Him. It'll be an opportunity to stretch ourselves and look at how we can step past a comfortable faith life into one that allows the Lord to change us. "The world offers you comfort, but you were not made for comfort, you were made for greatness." -Pope Benedict XVI

Retreat Information:

- Who:** Any and All High School Teens! (Grades 9-12) (Act fast, space is limited!)
**Teens currently in Confirmation Preparation must attend one of our two retreats as part of Confirmation requirements.
- Where:** Jamestown 4-H Center
3751 4-H Club Road
Williamsburg, VA 23185
- When:** Friday, March 15th, 5pm - Sunday, March 17th, 6pm
- How:** We will be traveling to Jamestown 4-H from St. Michael by coach bus.
- Cost:** \$115 and Release Form due no later than Sunday, March 3rd.
(\$58 for Teen Leadership Team)

**Teens in Confirmation preparation this year have already paid for one retreat through Confirmation prep fees for the year. (If you are a Confirmation teen and have already attended the fall retreat, but wish to attend the spring retreat, the \$115 fee applies. Please be sure to select the appropriate designation on the online sign up form.)

What paperwork do I need?

You need to make sure you have turned in a Youth Ministry Events Release Form for this year. It can be found on the Life Teen page of the parish website. If you haven't already turned one in for the year (since September 1, 2018), you need to make sure you have them turned in to the office ASAP. **This must be turned in by the Sunday, March 3rd deadline. We do not accept paperwork the day of retreat.**

Where do I need to be and when?

Friday, March 15

5pm - All retreatants report to Room 205 at St. Mike's for check-in using the BACK doors of the classroom wing near the rock garden. (Fish Fry will be taking place in the Commons & Hall)
(Buses will depart at 5:30 sharp, don't be late!)

Sunday, March 17

4:45pm - Buses will return to St. Mike's, teens will be attending the 5pm Sunday Mass as part of retreat. Families (& Confirmation Sponsors of Confirmation Candidates) are invited to join us for Mass.

6pm - Mass concludes and all are free to go with great memories and in good spirits!

I've never been on retreat, am I going to like this?

I realize that for many of you, this will be your first off-site, full retreat experience. We are going to have a fantastic time! It's okay if you're not completely psyched about going on retreat. Let this be a new experience for you and allow yourself to just enjoy some time away from being busy and simply enjoy the weekend with each other! You won't have to worry about homework, tests, chores, or even your phone. It'll be a relaxing, yet powerful weekend away from the outside world where you will only have one responsibility: to be your best self. This means taking topics seriously, having respect for yourself and for those around you, and allowing yourself to be open and honest so that you can discover areas of your faith life that may need some growth and continue to master those that already help you connect in faith!

Retreat Attendance Policy: In our efforts of keeping you safe and accounted for and allowing you to maximize the retreat experience by committing to be there and putting all other activities aside, all high school teens attending retreat must commit to be present for the entire duration of the retreat. This includes any "last minute/11th hour" requests before retreat. Our team works hard to lead retreatants in a faith-filled weekend. Coming and going from retreat not only takes away from the experience for each retreatant, but by association, all of the other teens on retreat. In addition, it creates layers of safety issues when tracking who should be on the property. We have had some issues in the past and thus now have a firm and fair policy.

Where are we sleeping?

We will be sleeping in large cabins & lodges that contain multiple rooms. Each room holds 14 people and has bunk beds with mattresses. Each cabin/lodge contains full bathrooms with showers. Guys and girls will be sleeping in separate buildings. Adult Core will be present around the cabins (with each building having a separate room reserved for our adult Core of the same gender). Room assignments will be at the discretion of the Youth Advocate, allowing for some acknowledgement of close friendships, but also the need to foster new ones and meet new people on retreat. **We ask that you refrain from making any room requests.** We do not have the staff, nor need to use valuable time to figure out a hotel-like request puzzle. We'd much rather spend the time planning an excellent retreat for you!

What about food?

The retreat center will provide us with three meals on Saturday and two meals on Sunday. There will be NO dinner service on Friday night. **Please make sure that you eat a meal before you arrive at St. Mike's at 5pm.** You may bring some light snacks for yourself for the two hour bus ride ONLY, not for the whole weekend. Additionally, please bring a snack to share at the retreat center:

****As March 15th will be a Friday in Lent, please do not bring any snacks containing meat!**

Last names A-G: Finger food snack (cheese cubes, fruit slices, veggies & dip, etc.)

Last names H-N: Salty Snack

Last names O-Z: Sweet Snack

Please bring enough of your shared snack to feed about 12 people. Please don't bring anything that directly contains nuts. All food will stay in the main retreat hall. **No food whatsoever is to be brought into the dorm cabins/lodges per retreat center rules.**

I take medications. Where should I keep them?

Please make sure all medications you take on a regular basis (most especially the ones you'll be bringing to retreat) are listed in the proper box on the medical/release form. This will allow us to be aware of what you have if a question or situation arises. As budding young adults, we trust that you know when to take your medication at the proper times and can handle holding on to them. If there are other arrangements for medication that need to be made, please contact Mike. Serious situations will be consulted with the on-site nurse and/or emergency services.

What should I bring? (Pack light! You don't really need THAT much stuff!)

- Sleeping bag & pillow
- Optional flat sheet to cover the mattress under the sleeping bag
- Weather and modesty appropriate clothes for 2 days (dressing in layers is always a plus!)
- Appropriate pajamas -
Ladies, no spaghetti strap camis or short shorts. Guys, boxers do not equal shorts.
- Toiletries/toothbrush and toothpaste, bath towel
- An extra towel or blanket for use on the floor in the meeting spaces
- Personal flashlight
- Please, dear Lord Baby Jesus, don't forget deodorant!
- Comfortable shoes you don't mind getting dirty
- Sandals/flip flops for showering
- Refillable water bottle
- Bible, rosary, pen
(If you don't have one of these items, now is a good time in life to go seek one out and invest in one... I'm talking about the pen, of course!)
- Deck of cards/small card games for bus ride or free time
- Your snack to share (see previous page)

What should I NOT bring?

iPads, laptops, anything valuable or precious to you. We will not be responsible if you lose something expensive or important. Please do not bring any illegal substances or items that distract you or others from your retreat experience. The Youth Advocate, or, under his direction, any adult Core team member has a right to do a bag search of your belongings at the retreat site if there is reasonable suspicion that you have items with you that are not helpful in upholding the mission of our retreat weekend.

In case of emergency for parents:

Jamestown 4-H Center: **757.253.4931**. Mike's number: 440.829.3363. Please call only in the case of emergency, starting with the center's number and then Mike's number (call/text). The center's office monitors calls regularly and will funnel any St. Michael calls to Mike. Neither number should be used for questions about paperwork or retreat logistics. (Such questions should be discussed at least a week before retreat!) On the flip side, as it is a retreat, we encourage teens to contact home only in cases of emergency. Rest assured, if we need to get in touch with you, we can and will!

Questions?

Please contact me with any questions you or your parents may have at mhorvath@saint-mikes.org or **804.527.1037 x200** I apologize in advance if it takes a couple of days to get back to you. There's nearly 150 of you and one of me, but your questions and thoughts are important and I will do the best I can to get back to you as promptly as I can. **Questions regarding paperwork can go to Sue Miyashita (smiyashita@saint-mikes.org)** There may be a few other bits of information that I will need to get out to you over the next couple of weeks. Please be sure you are signed up for and are reading all Life Teen Flocknote e-mails for important messages and news. If you are not receiving them weekly, please sign up via the Life Teen page of our parish website (right column).

I look forward to spending time together in the beauty of God's creation for a whole weekend (in this case, the banks of the James River!), as we encounter the Holy Spirit, desiring His continued presence within us and guiding us within His holy Church.



Mike Horvath