



**Spring Retreat 2019 CONSENT FORM AND LIABILITY WAIVER**

Participant's name: \_\_\_\_\_

Birth date: \_\_\_\_\_ Sex: M F

Participant's Grade (Circle one): 8<sup>th</sup> 9<sup>th</sup> 10<sup>th</sup> 11<sup>th</sup> 12<sup>th</sup>

First time on retreat? YES NO

Parent/Guardian's name: (both if applicable)

Home address: \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

T-Shirt Size: S M L XL XXL Parent Email: (where retreat info will be sent!):

\_\_\_\_\_

I, \_\_\_\_\_ grant permission for my child, \_\_\_\_\_ to participate in this activity or event that requires transportation to a location away from the parish site. This activity will take place under the guidance and direction of parish employees and/or volunteers.

Parent or guardian's name

Child's name

Name of parish: Saint Paul Catholic Church

**A brief description of the activity follows:**

**Type of activity/event:** Spring Retreat 2019

**Destination of event:** Summit Lake Retreat Center

**Individual(s) in charge:** Megan Smith and Colin Miller

**Date of Event:** Friday, March 22<sup>nd</sup>- Sunday, March 24<sup>th</sup>

**Estimated time of departure and return:** Gather at 4:00pm on 3/22, pick up at 1:15pm 3/24

**Mode of transportation to and from event:** Group bus

**Cost of the Trip (turn in with this form):**

*BEFORE 2/25:* \$120/teen (\$105 for second teen from same family)

*AFTER 2/25:* \$140/teen (\$125 for second teen from same family)

*If the cost is a prohibiting factor, please contact [stpyg@stpauldamascus.org](mailto:stpyg@stpauldamascus.org) about financial aid!*

As parent and/or legal guardian, I remain legally responsible for any personal actions taken by the above named minor ("participant"). I agree on behalf of myself, my child named herein, or our heirs, successors, and assigns, to hold harmless and defend Saint Paul Catholic Church, its officers, directors, employees and agents, and the Archdiocese of Washington, its employees and agents, chaperones, or representatives associated with the event, from any claim arising from or in connection with my child attending the event or in connection with any illness or injury (including death) or cost of medical treatment in connection therewith, and I agree to compensate the parish, its officers, directors and agents, and the Archdiocese of Washington, its employees and agents and chaperones, or representative associated with the event for reasonable attorney's fees and expenses which may incur in any action brought against them as a result of such injury or damage, unless such claim arises from the negligence of the parish/Archdiocese.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ ←

**MEDICAL MATTERS:** I hereby warrant that to the best of my knowledge, my child is in good health, and I assume all responsibility for the health of my child. (Of the following statements pertaining to medical matters, sign only those that are applicable.)

**Emergency Medical Treatment:** In the event of an emergency, I hereby give permission to transport my child to a hospital for emergency medical or surgical treatment. I wish to be advised prior to any further treatment by the hospital or doctor. In the event of an emergency, if you are unable to reach me at the above numbers, contact:

Name & relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Family doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Family Health Plan Carrier: \_\_\_\_\_ Policy #: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ ←

**Medications-** Please initial **all that APPLY.**

\_\_\_\_\_ My child is taking medication at present. List name of medication on line below:

\_\_\_\_\_ My child will bring all such medications necessary, and such medications will be well labeled. Names of medications and concise directions for seeing that the child takes such medications, including dosage and frequency of dosage, are as follows: \_\_\_\_\_

\_\_\_\_\_ No medication of any type, whether prescription or non-prescription, may be administered to my child unless the situation is life threatening and emergency treatment is required.

\_\_\_\_\_ I hereby grant permission for non-prescription medication (such as non-aspirin products, i.e. acetaminophen or ibuprofen, throat lozenges, cough syrup) to be given to my child, if deemed appropriate.

**Specific Medical Information:**

The parish will take reasonable care to see that the following information will be held in confidence.

Allergic reactions (medications, foods, plants, insects, etc.): \_\_\_\_\_

Immunizations: Date of last tetanus/diphtheria immunization: \_\_\_\_\_

Does child have a medically prescribed diet? \_\_\_\_\_

Any physical limitations? \_\_\_\_\_

Is child subject to chronic homesickness, emotional reactions to new situations, sleepwalking, bedwetting, fainting? \_\_\_\_\_

Has child recently been exposed to contagious disease or conditions, such as mumps, measles, chicken pox, etc.? If so, list date and disease or condition: \_\_\_\_\_

You should be aware of these special medical conditions of my child: \_\_\_\_\_

**Other Medical Treatment:** In the event it comes to the attention of the parish, its officers, directors and agents, and the Archdiocese of Washington, chaperones, or representatives associated with the activity that my child becomes ill with symptoms such as headache, vomiting, sore throat, fever, diarrhea, I want to be contacted at this number: \_\_\_\_\_

Signature:

\_\_\_\_\_

Date:

\_\_\_\_\_



# PARTICIPANT RULES AND REGULATIONS BEHAVIOR CONTRACT

St. Paul Youth Group promotes an atmosphere where chaperones and students support one another with genuine respect. As a participant, it is your responsibility to help make the trip a positive and enjoyable experience for yourself, fellow teens, and chaperones. All participants are expected to demonstrate high standards of conduct and to accept personal responsibility and consequences for their actions. You are expected to exhibit honesty, courteousness, and consideration toward others. This includes those in your small group, your cabin, as well as anyone else with whom you may come in contact.

StPYG's goal is to make this trip a safe and enjoyable experience for everyone. We need everyone's cooperation and commitment to the following behavior guidelines to help us meet this goal.

*We expect the participant to obey the following rules of behavior:*

- The participant is to follow the directions and the rules and regulations established by the chaperones both prior to and during the trip.
- The participant shall not be involved in any way with smoking, alcohol, illegal drugs, vandalism, theft, or any other type of behavior that is judged by the chaperones to be detrimental to the health, well-being, safety, or reputation of him/herself or anyone else in the group including the chaperones.
- The participant shall only communicate with encouraging words. Refrain from complaints, discouragement, bullying, gossip.
- We are going to grow closer to Jesus. Personal "romantic relationships" should not be the focus of your time during programming or free time. No public displays of affection, no going in cabins of the opposite sex.
- Participants will be required to use the buddy system. No going off by yourself. Even when going with a buddy an adult leader must know where you are at all times.
- Participant shall not bring any personal music players, cell phones, tablets, etc. If they need to contact anyone at home the chaperones will have cell phones for use.

If the participant should violate any of these rules, he/she may be sent home at the sole discretion of the chaperones. In such cases, the parent/guardian will be contacted and the student sent home at the parent's expense (will need to be picked up on location by a family member.)

## **Participant Contract**

I have read, and understand the behavior rules and regulations of St. Paul Youth Group. To the best of my ability, I will comply with all of these rules and regulations.

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

## **Parent Contract**

I have read and understand and support the rules and regulations of St. Paul Youth Group. I consent that my child has read the rules and regulations and will do his/her best to comply with all of these rules and regulations.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

# Spring Retreat 2019: Parent Info

*please read in full*

**Parents** of StPYG teens attending Spring Retreat,

God is so good! We are blessed to have the opportunity to minister to the teens attending this retreat, and we thank each of you for choosing to sign up your son or daughter! Our spring retreat could not be a success without parents putting their faith in what our ministry is capable of through this weekend, and encouraging their teens to attend.

This year, our retreat theme is **Timeless** – we will explore how God has been present with us in our past, lives intimately with us in the present, and desires to give us a future full of hope. Teens will learn that the Lord, who formed our inmost being, has created us for greatness. Our fervent prayer is that when the teens encounter the love and mercy of Christ dwelling in the sacraments, they will realize that God’s plan is better and more beautiful than anything they could have imagined. We have an incredible team of volunteers this year, and we are praying for each teen who says “yes” to the invitation to attend.

What you need to know:

- **We will meet in the Church Hall FRIDAY, MARCH 22, at 4:00 pm!** Please be on time, there is a lot to do before we can head on our way and so we need everyone to arrive promptly. (If this is a problem for you, please discuss with me as soon as possible)
- We will be traveling by bus to Summit Lake Retreat Center (near Emmitsburg, MD) You can find the emergency contact info at the end of this letter.
- The packing list for our trip can be found at the end of this packet, and includes what to bring as well as what not to bring!
- We will have a vigil mass on Saturday night so we can stay at Summit Lake for our final session on Sunday morning. **We will be back at 1:15 pm, teens should be picked up at that time in the Parish Center.**

There are 3 things I would like to ask of you. The first is to *send a sharable snack/drink with your teen* (see the packing list for more information). These next two things are very important:

- ★ The best possible thing you could do for us is to **PRAY**. Pray that our retreat goes well logistically, but most importantly pray for your teen and the other teens attending, that they may be able to truly open their hearts this weekend and that the Lord will fill them with an understanding of His truth and His love. Pray also for the adult ministers, that we may stay strong through the stress and sleep deprivation to be instruments of God’s message to the hearts of our teens.

★ It is a retreat tradition here at St. Paul's (and many other parishes too!) to hand out "Palancas" -- personal letters written by parents and/or others who are dear to them -- to the teens on retreat. These letters are meant to express your love for your teen and to show that you support them in their faith journey. We try as best as we can to keep this element of retreat a surprise to the teens, so any letters you would like to send for your teen need to be emailed to us before March 20th or dropped off at the rectory before March 21st, (*in an absolutely emergency-situation only* the palanca can be handed to us discreetly when you drop your teen off for retreat March 22nd.) Make sure you clearly label the envelopes for the letters. Email if you have any questions (stpyg@stpauldamascus.org). I encourage you to take care of this as soon as you can, we need to be sure EVERY teen has at least one letter. Our goal is to have 1-3 letters for every teen. Please keep in mind: 3 is maybe even one too many, more than 3 is too many / can become a distraction. We ask that you focus on quality over quantity.

★ Finally, I strongly encourage you to **discuss the retreat** with your teens after they get home. It's an awesome opportunity to get them talking about their faith life. Let's face it, for some teens it's tough enough to get them talking about what happened in school today, so being open about their spirituality isn't so easy. Hopefully sharing stories from our retreat can break the ice a bit between you and your teen when it comes to their faith.

Please don't hesitate to contact me if you have any questions about our retreat. The email address, once again, is stpyg@stpauldamascus.org. On the next page you will find the emergency contact information for when we are on retreat. Further down you will find the packing list for our retreat. Please review it with your teen before they pack!

God bless, and thank you for your prayers!

In Christ,

Colin Miller and Megan Smith

*"Brothers and sisters, **open wide the doors for Christ**. Do not be afraid. Christ knows 'what is in man'. He alone knows it." (Pope John Paul II)*

# Emergency Contact Information:

**Megan Smith Cell: 301.466.8553**

**Colin Miller Cell: 301.641.6558**

*(cell reception in the mountains is pretty terrible, if it is an emergency and you cannot reach us, please call the retreat center.)*

**Summit Lake number (if you cannot reach us): 443.340.3093**

Summit Lake Retreat Center

7610 Hampton Valley Road

Emmitsburg, MD 21727

## PACKING LIST

Remember, this is only a 3 day trip (really one full day and two half days). Teens should not be bringing their entire wardrobe and everything else in their bedroom with them. Please limit your teen to one main bag (of reasonable size), and one smaller purse/bag/backpack if necessary (plus bedding). **Everything should be labeled, even if it is just a strip of masking tape stuck on the outside.** (This includes pillows!)

- Bedding
  - Our cabins have bare mattresses, you bring a sleeping-bag/sheets/blanket/etc. and a pillow. Do not bring bedding loose. At the very least, put it in a labeled trash bag. Pro tip: send an extra trash bag for the ride home, in case they have to rip open the first one when they unpack.
  
- Clothing
  - Make sure the clothing you bring is weather appropriate (and just plain old appropriate!) Remember, it gets chilly up in the mountains, so you should bring a layer (sweatshirt/jacket) to throw on over your outfits, as well as a winter coat if the temperature is low
  - There will be free time, so bring an extra pair of sneakers/comfortable clothes if you plan on running around or playing sports
  - Warm, appropriate pajamas, changes of socks, etc.
  
- Toiletries
  - Shower necessities (Shampoo, Conditioner, Soap, etc.) as well as a TOWEL.
  - Tooth brush/tooth paste
  - Any other item you require (face wash, hair brush, feminine products etc.)
    - Note: Extra items like excessive makeup/beauty products, etc. just are not necessary. This truly is a weekend to get away from it all and realize what's important. Focusing on making sure you look your best would be missing the point.
  
- Spiritual Aids
  - Anything you think you may need for your own spiritual reflection (i.e Bible, Rosary, Notebook/pen, spiritual reading, etc.). These things are not a necessity (we will provide bibles/rosaries in our shared space) but your teen may want to have them for their own personal time/prayer.

*Continued on next page...*

- **Snack**

- Throughout the weekend, between meals, we will have a snack table with items to be shared with the group. We are asking that participants bring the following to share with the group:

- Last Names beginning with A through K = Snack to share

- Guidelines: Something easily sharable, remember, everyone is bringing something, so we don't need to you feed an army, just bring what you might bring to a party...but something that can sit out on a snack table unrefrigerated.

- Last Names beginning with L through Z = Drink to share

- Guidelines: Set of juice boxes or *small* water bottles. The small short water bottles work better than the full size, capri-suns or other small snack drinks work well too.

This item should not be packed in your bags, but brought separately with you when you arrive on Friday.

- Remember: No one should pack personal snacks/drinks in his/her bag (dietary needs? See below)

- Sports Equipment

- Feel free to bring a football, basketball, soccer ball, frisbee, etc.

## Special Notes

- Dietary Needs

- If you have specific dietary needs, please contact me. The meals provided to us may not allow much option by way of allergies/dietary needs/etc.
- Teens with special dietary concerns in the past have had no problem packing their own meals and storing them in a refrigerator that is open for our use. If you do this, please give me a heads up and make sure everything is labeled with your teen's name and "St. Paul"

- Medication

- Any medication you bring must be handed to adult leaders in a ziploc bag clearly labeled with your first and last name BEFORE we leave the church grounds. Speak with us at drop off if you have any questions or clarifications.

## WHAT NOT TO BRING

- Cell phones (a. there is no service on the mountain. b. if a parent needs to reach you, or you need to reach a parent, the adults can lend you a phone. c. if you are really worried about keeping time, wear a watch.) If a teen does bring their cell phone they will be required to turn it off and keep it in their bag.
- Any other electronics (i.e. mp3 players, handheld video games, laptops etc.)
- Drugs, Alcohol, Weapons
- Medication that hasn't been given to adults to hold on to (Sorry, even over-the-counter meds)
- School work (this should really be time away from it all)
- Money. There is literally nothing you would even be able to spend money on during this trip.
- Any other "valuables". Don't bring your coach purse, wear your diamond earrings, pack your oakley sunglasses... the only thing those are good for on a mountain is getting lost.
- And as mentioned above, don't pack personal snacks in your bags

*See you on Retreat! :)*