

Retreat 101!!

What is a retreat?

Come away for the weekend and spend some time with God and friends old and new! It's an opportunity to reflect on and grow in our personal faith and relationship with God as well as to develop Christ-centred friendships with others. The retreat will explore a faith-focused theme through movies, games, discussions, Bible study, music, and more!

Where are we going?

Camp Brebeuf is a beautiful 110 acre site in Rockwood, Ontario, about 15 minutes north of Guelph.

Where do we sleep?

We will be staying in cabins (either dormitory-style or with smaller rooms). Guys and girls will sleep separately.



What do we eat?

All our meals will be prepared by the experienced cooking staff at the camp. They specialize in providing well-balanced meals with lots of variety and options so that there is a lot to choose from, and are happy to accommodate any dietary restrictions and/or food allergies (please be sure to specify these on your registration form!).



What will we be doing?

Our retreat will include many different activities such as indoor and outdoor games, movies, journaling, small group and large group discussions, reflection time, prayer, hikes, and a campfire. The retreat time will be centred on a particular faith-based theme relevant to the Grade 8 – 12 age group.

Bringing the retreat home!

Families can help to support their young person by praying for them while they are away, talking about the experience with them once they are home, and continuing to support their involvement in the life of the parish. Retreats are not just about going away for a fun weekend, but about putting whatever you gain from your retreat experience into action in your life. We all need the support of our loved ones as we strive to grow in our faith and build a deeper relationship with Christ our Lord, and we invite our families to be along for the journey with us.

Important Info

Age Group: Grade 8 – 12 (the retreat is offered for youth group leaders and Digging Deeper members, as well as any other students in Grades 8 – 12 who would like to take part)

What to bring:

- Bible
- Pillow
- Sleeping bag or bedding (sheets, comforter, etc)
- Personal toiletries (toothbrush, toothpaste, shampoo, soap, etc) and towels
- Medication (prescriptions, Advil or Tylenol if prone to headaches, etc)
 - Please note that medication (other than Epipens and inhalers) is not permitted to be kept with personal luggage. It must be turned in to a designated adult upon arrival and will be given out as prescribed or as needed by that adult.
- Reusable water bottle
- **A nut-free snack item for our snack table (bag of cookies, case of tangerines, etc)**
- Clothing (bring several changes as we're not sure what the weather will be like):
 - Sweaters, long pants, long-sleeved shirts, T-shirts...
 - Several pairs of socks (they get wet quickly and take forever to dry!)
 - Long johns (if you have them for an extra warm layer if needed)
 - Weather-appropriate outdoor clothing – check the forecast! (rain jacket, winter coat, boots, etc.)
 - 2 pairs of warm and waterproof shoes (rain boots, running shoes, etc)
- Optional items: journal, flashlight, slippers to wear indoors

What not to bring:

- Snack food and drinks (besides the item you are bringing for the snack table): Lots of snacks will be provided throughout the weekend.
- Think about leaving your electronic devices (cell phones, iPods, etc) at home for the weekend. The decision is up to each family as to whether you would like your child to have a cell phone with them or not. You will be asked to leave your electronics in your cabin during the retreat activities so that you can enjoy the full experience without any distractions, but are welcome to use them during free time.

Rules and Expectations:

- Boys and girls stay in their own rooms/sides of the cabin unless granted permission to enter
- All behaviour and clothing are to be appropriate for a church event
- Hand in medications to the designated leader when you arrive at the bus on Friday
- Food and drinks are not permitted in the cabins (except for water) because they pose a health risk to those with allergies. Participants may be required to have their bags checked for food and drinks.
- Leaders need to know where everyone is at all times, so ask a leader before you leave the group

Cost for the weekend: \$40

- Payment can be made by cash or cheque (please make cheques payable to St. Francis Xavier Parish)
- Please contact Wes if there is a concern about the cost – we don't want anyone to not attend because of this
- **Registration forms must be turned in by Monday, January 27 at the latest**

Departure: Friday, January 31 @ 6:00 PM from the church parking lot

- Please **arrive at the church by 5:45 PM** to sign-in and load the bus.
- **Have your dinner before you come! We'll only be having snacks Friday night.**

Pick-up: Sunday, February 2 @ 12:00 PM in the church parking lot

Wes can be reached at all times during the retreat at **(905 – 730 – 0946)**.



DIOCESE OF HAMILTON

700 King Street West, Hamilton, Ontario, Canada L8P 1C7

PARENT/GUARDIAN INFORMATION, AGREEMENT AND REQUEST FOR OUT-OF-CHURCH PROGRAMS

*This form is to accompany the adult leader during the program.
PLEASE BE SURE TO FILL OUT ALL SIDES OF THIS FORM.*

Parish: _____ Date: _____

Participant's Name: _____

OUT-OF-CHURCH PROGRAM INFORMATION

Activity: retreat weekend

Location: CYO Camp Brébeuf (Rockwood, ONT)

Date of Program: January 31 - February 2, 2020

Leaving From and Arriving Back At: St. Francis Xavier Parish (main parking lot)

Time Leaving: 6:00 pm Time Returning: 12:00 pm

Type of Activity: prayer, discussions, games, MASS, outdoor activities

Method of Transportation: School bus

Adult Supervisors: Wes Moga (parish youth minister) & adult youth ministry volunteers

Cost of Program/Participant: \$40

CURRENT EMERGENCY INFORMATION

Participant's Name: _____

Home Phone #: _____

Mother's Phone #: _____ Father's Phone #: _____

Emergency Contact Name: _____

Emergency Contact #: _____ Relationship to Volunteer: _____

CURRENT MEDICAL INFORMATION

1. Is your son/daughter allergic to any drugs, foods, medications/other? YES: _____ NO: _____

IF YES, PROVIDE DETAILS: _____

2. Does your child take any prescription drugs? YES: _____ NO: _____

IF YES, PROVIDE DETAILS: _____

3. What medication(s) should the participant have on hand? _____

4. Who should administer the medication? _____

5. Specify any other physical limitations your child has that may affect full participation in this program. Provide pertinent details or contact supervising adult leader(s).

**MEDICAL SERVICES AUTHORIZATION
(OPTIONAL SIGNATURE FOR PARTICIPATION)**

I/We give consent, in the event of injury or illness, for medical personnel to administer medical and/or surgical services including anesthesia and drugs with the understanding that every reasonable effort will be made by the church/hospital to contact me.

SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____

ACCIDENT INSURANCE NOTICE

St. Francis Xavier Roman Catholic Church does not provide any accidental death, disability, dismemberment/medical/dental expenses insurance on behalf of the child participating in the activity.

ELEMENTS OF RISK NOTICE

Out-of-church programs involve certain elements of risk. Falls, collisions and other incidents may cause injuries that range from minor sprains and strains to more serious injuries affecting the head, neck or back. Some injuries could lead to paralysis or prove to be life threatening. These injuries result from the nature of the activity and can occur without any fault on either the part of the child, or the church or its employees or agents, or the facility where the activity is taking place. By choosing to participate in the activity you are assuming the risk of an injury occurring. The chances of an injury occurring can be reduced by carefully following instructions at all times while engaged in the activity.

St. Francis Xavier Parish attempts to manage as effectively as possible the risks involved for children while participating in out of church programs.

TRANSPORTATION INSURANCE NOTICE

St. Francis Xavier Parish requires all authorized volunteer drivers to have a minimum of \$2,000,000.00 third party liability insurance coverage. Furthermore, for the protection of your child(ren) against a minimally insured third party, the Church recommends that the child's parent or legal guardian strongly consider obtaining the Family Protection Endorsement/"OEF Number 44" of their vehicle in order that their child be covered as passengers in the vehicle of the program driver.

INFORMED CONSENT AGREEMENT

St. Francis Xavier Parish or its employees, servants or agents shall not be liable for injury or loss or damage to personal property arising from, or in any way resulting from participation in the above listed activities, servants or agents while acting within the scope of their duties.

REQUIRED SIGNATURES FOR PARTICIPATION

ACKNOWLEDGMENT OF RISKS

I/We read and understand the notices of accident insurance, transportation insurance, elements of risk and informed consent. I/We hereby acknowledge and accept the risks inherent in the planned out-of-church program and assume responsibility for my/our child for personal health, medical, dental and accident insurance coverage.

SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____

REQUEST TO PARTICIPATE AND BEHAVIOUR AGREEMENT

I/We request my child be permitted to participate in the out-of-church program and agree to pay any damages which may be occasioned through the misconduct or carelessness of my son/daughter/ward to the person or property of any other party or parties. The participant agrees to behave as a Catholic person would be expected to behave, and to obey all proper direction of Parish staff, chaperones, and/or employees of the facility being utilized.

SIGNATURE OF PARENT/GUARDIAN: _____ DATE: _____

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FREEDOM OF INFORMATION NOTICE: The information provided on this form is protected under the Freedom of Information & Protection of Privacy Act and will be utilized only for the purposes related to the Diocese's policies on Out-Of-Church Program.