



Location

Summit Lake Retreat Center - 7610 Hampton Valley Rd. Emmitsburg, MD 21727

<http://summitlake.org/>

Dates

Friday, Feb 13th-Monday, Feb 16th 2015 (President's Day Weekend)

Cost

- Early Bird - \$180 thru Thurs, Jan 15th
- Midway - \$199 thru Thurs, Jan 29th
- Final - \$220 thru Sun, Feb 8th (Registration deadline: Feb 8th)

Registration & Payment:

You can register your child just by turning in payment and all required forms (see pg.9) to Pastor Steffen. Checks can be made payable to "National Community Church."

Required Parent Meeting

Parents, if your child is planning to attend, please join us for a short parent meeting in the performance space of Ebenezers Coffeehouse from 4-4:30pm on Sunday, February 8th.

Drop-Off Time/Location

Feb 13th/4pm/Ebenezers Coffeehouse-

Pick-Up Time/Location

Feb 16th/2pm/Ebenezers Coffeehouse

**Why do we retreat?**

Students are being pulled in dozens of different directions all school year long. Truth can become blurry and pressures can really begin to weigh in. Retreats afford students the opportunity to step away from the distractions, think clearly, experience Christ in fresh ways and grow in spiritual maturity. Jesus sets for us this example, as He would often retreat to desolate and quiet places to pray (Mk 1:35). Each week at Uprising we roughly get 1.5 hours to pour into your child, which in comparison to the amount of hours spent outside of youth ministry, isn't much. At our winter retreat we get three days! These three days create opportunity for solid discipleship and to build godly community.

What does the cost of the retreat cover?

The cost of the retreat covers just about everything: Nine meals, lodging, transportation, all activities, retreat keepsakes etc.

What is the cut-off date for retreat registration?

The cut-off date is Sunday, Feb 8th so be sure to sign-up fast!

Are there any retreat discounts?

The earlier you register, the greater the discount you get for registration. Students who invite a friend are eligible to get \$50 off the price of their retreat cost or their invited friend's cost **Friends cannot be a relative or a friend who already comes to Uprising Youth Ministry.*

What will students do during the retreat?

Our winter retreat will be tailored to engage students with the gospel in ways they understand. Students will enjoy solid Biblical teaching, high-energy worship, small group discipleship, special retreat exclusive elements and your typical Uprising shenanigans!

What are the retreat sleeping arrangements?

Students will be staying in cabins. They will be assigned according to their age and gender. Each cabin will also contain 1-2 adult leaders.

Can my child partially attend the retreat?

If you or your child has a conflicting obligation or maybe your child isn't too sure about going on a retreat for three days, it may still be possible for them to attend. Please contact Pastor Steffen at steffen.humbert@theaterchurch.com for additional details.

Can my child pick who they want to room with?

Students cannot pick who they want in their room. You can imagine trying to accommodate everyone according to his or her rooming preference becomes exceptionally difficult. At the same time, we try our best to organize the cabins according to who we know will want to room together. The only exception is if a student brings a friend who does not attend Uprising. We will be sure to accommodate them in their rooming preference.

Are the cabins heated?

Yes

How will my child be transported to the retreat?

Currently we will either be taking an old-fashioned yellow school bus or vans. All vehicles will only be driven by NCC approved and responsible volunteers.

What will my child eat while away?

Your child will be fed three square meals a day and provided with all necessary nutrition.

How will my child be supervised?

Each student will have an assigned adult small group leader (aka Tribe Leader) who will be responsible for overseeing their group. All adult leaders have been background checked and in addition we feel have a strong calling to serve students. Our hope is more than just supervision but discipleship.

How can I see what’s happening while my child is away?

Each night Pastor Steffen will send an email to all parents about what has happened that day and how parents can partner with us in prayer. You can also follow us on Facebook @<https://www.facebook.com/Uprisingncc> or Instagram @uprisingncc. You will want to pay close attention to the hashtag #uprisingescape2015

Why is there a required parent meeting?

We want parents to be completely informed about the details of our winter retreat as well as what to expect from us. In addition we want parents to have full disclosure as to what we expect from their children as it relates to rules and guidelines.

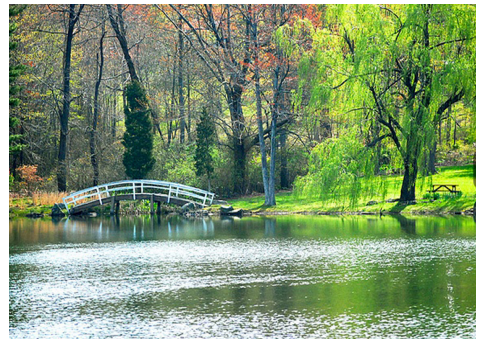
What do I do now that my child is away?

We hope that this time away will equally refresh you and your marriage. A slightly quieter home may create for a conducive space of extended time spent in devotion, reflection and prayer. Also, husbands...its Valentine’s Day Weekend...need I say more?

My child doesn’t know anyone and is nervous about attending, what can I do?

Going on a retreat can be intimidating because your child may not know anyone, or maybe they are unsure and nervous about what a retreat will be like. I have never seen an environment create community like retreats/camp. If your child has great friendships at school or on a sporting team, it is likely because they spend lots of time in an environment that naturally grooms those friendships. Retreats are a springboard into building lasting and godly relationships in Youth Ministry. It may just be time to jump in! We are proactive in making sure students acclimate well to new environments and set our retreat up to foster new friendships. Most often the same students that are nearly dragged to camp are the ones I have to drag home to leave!

Summit Lake Camp Photos:





RETREAT READINESS CHECKLIST

Here is a checklist for you to use to make sure you have everything. Most important in this list is the Registration, Medical & Liability Release form. This form is essential to make sure we are prepared to provide care for your child in the event they should need it. You can bring them with your child to one of our Uprising Gatherings or you can drop them off at our required parent meeting on Sunday, February 8th @ 4pm in the performance space of Ebenezers Coffeehouse.

Students will not be able to join us for Uprising's Winter Escape until we have received ALL applicable forms. This packet will include:

- **PACKING LIST**
- **RETREAT SCHEDULE**
- **RULES & GUIDELINES**
- **MEDICATION FORM**
- **REGISTRATION, MEDICAL & LIABILITY RELEASE *Required Form**

If you have any questions about any of these forms or about our winter retreat in general, you can reach me directly at (954) 551-1731 or email me at steffen.humbert@theaterchurch.com. I take it as a great privilege to partner with you in your child's spiritual formation.

In Christ,
Steffen Humbert
Youth Pastor
National Community Church



RETREAT PACKING LIST

Every student is permitted to bring one suitcase and one backpack. We would suggest the following items:

- Your Bible, pen, and a notebook. If you don't own a Bible, let us know. We'd love to give you one. Or, you can download one on your phone at <http://www.youversion.com/download>
- Clothes for 4 days. (Be prepared to change twice a day) This should include:
 - Clothes that can get a little messy
 - Warm clothing (jackets, scarfs, gloves etc...)
- Tennis shoes
- Sleeping Bag, Blanket & Pillow
- Plastic garbage bag for dirty clothing
- Personal hygiene items: soap, shampoo, toothbrush and toothpaste, deodorant, (please don't forget this) etc....
- \$10 for lunch on the way home

Additional (Optional) Items

- Any Medications
- Spending Money for souvenirs or additional snacks



RETREAT SCHEDULE

Emergency Contact:

Steffen Humbert - 954-551-1731

General Daily Schedule

Friday

4:00pm - Meet at Ebenezers Coffeeshouse for departure
6:00pm - Arrive at Summit Lake Retreat Center
7:30pm - Dinner
8:30pm - Nightly Rally
10:00pm - Small Groups
10:30pm - Late night Uprising activities
11:30pm - Lights out

Saturday & Sunday

7:30am - Wake-up
8:30am - Breakfast
9:00am - Morning Devotionals
9:30am - Quiet time
10:00am - Morning Uprising activities
12:30pm - Lunch
1:30pm - Afternoon Session
2:30pm - Free time
4:00pm - Afternoon Uprising activities
5:30pm - Dinner
6:30pm - Nightly Rally
8:00pm - Small Groups
9:00pm - Nightly Uprising activities
11:00pm - Lights out

Monday

7:30am - Wake-up
8:30am - Breakfast
9:00am - Morning Devotionals
9:30am - Quiet time
10:00am - Clean-Up
10:30am - Depart Home
12:30pm - Stop for Lunch
2:00pm - Arrive at Ebenezers Coffeeshouse

Drop off & Pick Up:

- Drop-off will be at **Ebenezers Coffeeshouse** (201 F. ST NE Washington, DC 20002) on Friday, Feb 13th @ 4pm. ALL FORMS should have already been turned in by the time your child is dropped off.
- Pick-up will be at **Ebenezers Coffeeshouse** on Monday, Feb 16th @ 2pm.



RETREAT GUIDELINES

These rules are given as guidelines for every student to follow. This code of conduct has been established for your protection and the benefit of every person present. They must be obeyed at all times. You have pledged yourself to abide by this code during the days you are on the retreat.

1. *The daily schedule must be observed and attendance at all retreat activities is required.*
2. *Please respect the facility. Students are responsible for any damages.*
3. *Please stay with your small group leader (aka tribe leader) AT ALL TIMES!*
4. *YOU ARE NOT ALLOWED TO LEAVE YOUR ROOM FOR ANY REASON after lights out.*
5. *No boys in girl's rooms. No girls in boy's rooms.*
6. *CELL PHONES: Student will be permitted to use their cell phones only for calling home.*
7. *Please do not wear your pajamas outside your cabin...this ain't Walmart.*
8. *No electronics permitted: including iPod, MP3 players, video games, laptop etc....*
9. *Everyone is allowed only one suitcase and one backpack.*
10. *ABSOLUTLY NO PRANKING*
11. *Be respectful of bus driver and all rules on bus*
12. *Please maintain appropriate hygiene and clean up after yourself.*
13. *Be attentive at all times. Avoid any and all disruptions.*
14. *No PDA or "Purple". This is not the time to find a boyfriend or girlfriend, but to grow closer to Christ.*
15. *No weapons, firearms, drugs, alcohol or tobacco.*

DRESS CODE: All attire must be modest and appropriate. Retreat leaders are the final judges of what is modest and appropriate.

1. *Girls: No tank tops, see-thru shirts, short shorts/skirts, clothing with suggestive writings or shorts with writing on the rear. Please be modest in your attire at all times. No see-thru shirts.*
2. *Boys: No tank tops, see-thru shirts, clothing with offensive writing or baggy pants that reveal your underwear...ain't nobody want to see that!*

Please be advised the adherence to these rules is mandatory. **A lack of adherence to these rules is subject to consequence and is not limited to expulsion from retreat at parent's expense. The lack of cooperation, unnecessary roughness, lack of respect for property, or an unwholesome attitude on the part of any camper can result in expulsion from the retreat.** Parents are asked to help explain these rules to their children and encourage compliance. Parents will be responsible for the transportation home of any dismissed camper. No refunds will be given.

RETREAT MEDICATION FORM

Will your child be taking any medication of any kind? _____
 If YES, please identify what your child will be taking and how often? _____

Will your child need any assistance in administering their medication? _____

If no, please provide your signature indicating that your child is permitted to administer their own medication.

Parent Name: _____ Parent Signature: _____

If yes, please provide the name of the medication. Then check which days and times your child will need to take their medication.

Name of Medication: _____

Day of the Week	Morning	Day	Evening	Before Bed	Additional Notes
Friday					
Saturday					
Sunday					
Monday					

Name of Medication: _____

Day of the Week	Morning	Day	Evening	Before Bed	Additional Notes
Friday					
Saturday					
Sunday					
Monday					

RETREAT REGISTRATION

⇒⇒ required form

This form must be completed and returned before any student may participate in any Uprising activity or event.

Participant Full Legal Name: _____ Age: _____ Birth date: _____

Address: _____ Phone: _____

School: _____ Grade: _____ Parent/Guardian Name(s): _____

Work Phone(s)/Cell Phone(s): _____ / _____ / _____

Participant Instagram: _____ Participant Email: _____

Parent/s Email Address: _____

T-Shirt Size (Please Circle): XS S M L XL XXL

TO WHOM IT MAY CONCERN

The undersigned hereby give(s) permission for our (my) child: _____ (“Participant”), to attend and participate in National Community Church’s Uprising Student Ministries activities, events, and retreats during the calendar year 2015 (from December 31, 2014 to December 31, 2015). Including, but not limiting to:

- Uprising Gatherings
- Small Group
- Small Group Activities
- Uprising Day Events
- Retreats & Camps (Winter, Summer & Fall)

LIABILITY RELEASE

In consideration of National Community Church allowing the Participant to participate in Uprising Student Ministries Activities, we (I), the undersigned, do hereby release, forever discharge and agree to hold harmless National Community Church, its directors, employees, volunteers and agents (collectively herein the “Church”) from any and all liability, claims or demands for accidental personal injury, sickness or death, as well as property damage and expenses, of any nature whatsoever which may be incurred by the undersigned and the Participant while involved in the youth activities. We (I), the parent(s) or legal guardian(s) of this Participant, hereby grant our (my) permission for the Participant to participate fully in Uprising Student Ministries activities, including trips away from the church premises.

Furthermore, we (I) [and on behalf of our (my) minor participant(s)] hereby assume all risk of accidental personal injury, sickness, death, damage, and expense as a result of participation in recreation and work activities involved therein. Authorization and permission is hereby given to the Church to furnish any necessary transportation (within the limitations of church insurance and the law), food, and lodging for the Participant. The undersigned agree(s) to hold harmless and indemnify the Church for any liability sustained by the Church as a result of negligent, willful or intentional acts of Participant, including expenses incurred attendant thereto.

MEDICAL TREATMENT PERMISSION

We (I) authorize an adult, in whose care the minor has been entrusted, to consent to any emergency x-ray examination, anesthetic, medical, surgical or dental diagnosis or treatment and hospital care to be rendered to the minor under the general or special supervision and on the advice of any physician or dentist licensed under the provisions of the Medical Practice Act on the medical staff of a licensed hospital or emergency care facility. The undersigned shall be liable and agree(s) to pay all costs and expenses incurred in connection with such medical and dental services rendered to the aforementioned child or youth pursuant to this authorization.

EARLY RETURN HOME POLICY

Should it be necessary for our (my) child or youth to return home due to medical reasons, disciplinary action, or otherwise, the undersigned shall assume all transportation costs and responsibility.

TRANSPORTATION PERMISSION

The undersigned does also hereby give permission for our (my) youth to ride in any vehicle driven by an approved ADULT chaperone while attending and participating in activities sponsored by the Church. My child and I understand that SEAT BELTS SHALL BE WORN AT ALL TIMES during transportation.

STUDENT COVENANT OF CONDUCT

My child and I understand that the Uprising Student Covenant of Conduct is applicable to the Participant at all times while involved with Uprising Student Ministries and the sponsored activities and events. My child and I agree to:

- Recognize that everyone in the group is a part of the body of Christ. I will help everyone feel welcome and important.
- Respect the physical and emotional well-being of others by “doing unto them as I would have them do unto me.” This includes refraining from harsh play or violence, refraining from harmful jokes, respecting the need for sleep, etc.
- Respect the health of my own body by refraining from the use of tobacco, alcohol, and illegal drugs. I understand that the use of these substances is absolutely prohibited.
- Respect the things I use and the property of the places I visit. The areas used for all events, including transportation, shall be left clean.
- Participate fully in all scheduled group activities and abide by additional group guidelines made during a special event or trip.
- Act appropriately with members of the opposite sex. This means no couples alone at any time, and no public displays of affection.
- Follow all instructions given by leaders/chaperones without protest. An instruction may be politely and discreetly questioned.
- Stay within the group or assigned sub-group at all times. I will not wander off alone or leave the activity site unless granted permission by an adult, and I will report for all designated check-in times.
- Hold safety in the highest regard, and refrain from compromising my own safety or another’s safety.
- Provide a trusting environment for my peers. When others share something about themselves in a group discussion, I will not repeat that information outside of the group.
- Take the initiative to inform my guests of their responsibility to follow these guidelines when they visit or participate in an event.

GUIDELINES FOR CONSEQUENCES

Consequences will focus on restoring peace with reconciliation among the parties involved. The goal of resolving each problem will be growth and learning through repentance and forgiveness. Any problems encountered will be handled within the group and by the adult leaders to the extent that this is possible. However, should a situation persist or become uncontrollable, the parent/guardian will be contacted and informed of the problem. Should the situation be urgent, the parent/guardian will be contacted immediately and will be responsible for picking up the youth from an event or providing for his/her transportation home.

MEDICAL INFORMATION

Covered by medical insurance: YES: NO: Insurance Company: _____ Policy/Group ID #: _____

Allergies or Medical Conditions: _____

Prescriptions or Medicines: _____

If needed, do you authorize giving pain medicine (e.g. Tylenol or Advil) to your student? YES: NO:

EMERGENCY CONTACT INFORMATION

Name of Emergency Contact (if Parent/Guardian cannot be reached): _____

Relationship to Participant: _____ Phone Number: _____

Email: _____

STUDENT/PARTICIPANT AND PARENT/GUARDIAN SIGNATURES

My signature on this Annual Permission / Consent / Liability Release and Student Covenant Form is an acknowledgement that I have read and understand these guidelines. I recognize that this a permission slip, medical release, liability release, and covenant for the calendar year of 2015. I commit to abide by the provisions of this Release Form and submit to National Community Church’s Uprising Student Ministries.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Student Signature: _____ Date: _____