

WHY RETREATS

- They provide youth with opportunity to experience.
- Growth in awareness.
- Healing of hurts.
- Opportunity to love and create
- Belonging.

PLANNING AND SHAPING YOUR RETREAT

Themes, activities flow out of:

- The needs of teens. Know your kids and respect them.
- A vision of healing and awareness you want to offer them.
- Tune in to emotional and spiritual levels.
- Know yourself - what can you do with integrity.

Develop a Plan

- Are your meals required at specific times?
- What are your arrival and departure times?
- Is there a curfew limit?
- Any other restrictions?
- What special recreational opportunities available at your location?
- Season when scheduled.
- Target group of teams - determine leaders.
- Non-repetitive activities and topics.
- Provide a flow that is coherent yet diverse.
- Details of location and cost.

TIPS ON SCHEDULING

- Friday night through Sunday night has worked well.
- Read energy levels - encourage rest during free time if needed. Play energizing games or conduct creative activities to wake them up.
- Schedule activity till late (they will be up anyway).
- Set things up so that those who wish to stay up a little later will not be keeping up those who need to sleep (strongly discourage and hinder staying up all night).
- Free time following meals and Saturday afternoon - long period.

CREATIVE ACTIVITIES

- Puppets
- Gifts
- Growth Collages - skits and roleplaying
- Banners - family dinner table
- Tropical Party
- Videos
- Journey Posters
- Headline Activity
- Qualities Paper Bag Activity
- Book of Your Life
- Brainstorming
- Mailboxes
- Record Album Activity
- Crosses
- Letters
- Messages In A Bottle

FUN AND GAMES

- Family Crisis
- Football
- Volleyball
- Family Feud
- Charades
- Pictionary
- Word Games
- Frisbee
- Board Games

RETREAT TEAMS

Selection

- Maturity
- Commitment to Faith and Youth
- Responsible Life Style
- Desire to serve
- Enthusiastic

Training

- Helping skills - enabling - empathy
- Understanding of teen problems and needs
- Self awareness and psychology
- Group dynamics and leadership techniques and roles
- Communication skills - active listening, dealing with conflict
- Spiritual formation
- Review of expectations including discipline
- Understanding of Retreat Theory and Format

Support

- Training
- Preliminary team meetings - build community - review details, preview talks
- Ongoing contact with Director
- Team meetings within retreat - 4 to 5 meetings
- De-briefing meeting

CREATIVE WORSHIP AND PRAYER

- Passion and Truth Candle Service
- Reconciliation Candle Service
- Worship Service
- Prayer for Retreat Dinner
- Small Group Prayer
- Grace at Meals
- Body of Christ Meditation - Globe
- Stable Meditation
- Laying On Of Hands
- Mirror Pieces and Water

FOOD

- Tropical Theme
- Pizza Party
- Share preparing
- Kids bring snacks
- Simple menus

Breakfast

Cereals
Rolls
Donuts
Bagels
Juice

Lunch

Hotdogs
Burgers
Pizza
McNuggetts

Dinner

Chicken
Turkey
Pasta
Veggies, salad,
etc.

Desserts

Ice Cream
Snack Cakes
Jello & Pudding
Fruit

COMMUNITY BUILDING

- Icebreakers - Famous Names, Bingo, Autographs, Team Games, Pair Ups, Stickers, Buttons, Four Corners.
- Feedback
- Closing Activity

RETREAT FOLLOW UP

- Retreat Dinner
- Letters to Parents
- Monthly Recharge Retreat Nights
- Varieties of Retreats as follow up
- Opportunities for service
- Prayer Meeting

-music

FILMS

- Oh Happy Day
- All Out
- The Parable
- 17 Going on Nowhere
- The Stray
- Solo
- "The Star"
- Land Before Time
- Mother Teresa
- The Mission
- Attention Must be Paid
- Rocky
- Jesus of Nazareth
- Mr. Kreugers Christmas
- Number One
- MY LIFE
- RUDY

Cartoons

- The Christmas Gift
- Plus One - Minus One
- Your Face

STORIES

- The Giving Tree
- The Little Prince
- Jonathan Livingston Seagull
- The Velveteen Rabbit
- The Rabbi's Gift

TALKS

- Stories
- Ghostbusting
- Lessons Learned Through Life
- Video
- Comedy
- Personal Sharing - emotional level

SOME RETREAT PRESENTATIONS

- All Out - looking at my values.
- Growing As A Person - liking and being your real self.
- Relationships
- Growing through Others - friends and family.
- Responsibility to others.
- Life As a Journey.
- Ghostbusters - Facing obstacles to spritual growth - poor self esteem, guilt, laziness, baggage and fear.
- Love In Action.
- Communication
- Growing in Faith
- The Unity of Life
- Growing in a Relationship With God
- Young Adult Years
- Changing Relationships
- Your Life's Dreams
- Growing Tomorrow - life beyond the retreat.

SMALL GROUPS

- Separate friends and couples.
- Balance - males and females
racial and ethnic
talkers and quiet
- 30 - 45 minute sessions.
- 5 or 6 teens plus 1 or 2 leaders.
- Between 4 - 6 sessions over weekend following major talks and films and activities.