

# Retreat Basics...where do I start?

## Prioritize!

### People–Program–Facility

...in that order.

#### People:

- Who is the retreat intended to attract – jr. high or sr. high youth? young adults? parents? senior adults?
- Who will provide the leadership for this retreat?

#### Program:

- What do I want to accomplish at this retreat? as a result of this retreat?
- What changes will take place in the participants lives as a result of this retreat?
- How will you follow up on decisions or changes that occur at this retreat?

#### Facility:

- What place will meet the needs of the people involved and the program goals I have set?
  - Camp Aldersgate?
  - Camp Asbury?
  - Camp Wanake?

## Typical Weekend Camp Schedule:

### Friday:

- 7:00 p.m. Arrive at Site
- Unpack and settle in
- 8:30 p.m. Ground Rules/Ice-breakers/ Theme Introduction
- 9:30 p.m. Sessions or Special Activity
- 10:30 p.m. Snack and get ready for bed
- 11:00 p.m. Lights Out!

### Saturday:

- 7:00 a.m. Arise and Shine
- 8:30 a.m. Breakfast
- 9:30 a.m. Sessions
- 11:30 a.m. Break time
- Noon Lunch
- 1:30 p.m. Free Time
- 4:00 p.m. Electives or Group Activity
- 5:30 p.m. Dinner
- 6:30 p.m. Sessions
- 8:30 p.m. Evening Activity
- 10:30 p.m. Snacks and get ready for bed
- 11:00 p.m. Lights Out!

### Sunday:

- 7:00 a.m. Arise and Shine
- 8:30 a.m. Breakfast
- 9:30 a.m. Cabin Clean-up and pack
- 10:30 a.m. Worship
- Noon Lunch
- 1:30 p.m. Head Home!



## Conduct Covenants:

### The Ten Commandments:

1. Thy car shall not be used during the retreat.
2. Thy body shall not leave the retreat grounds.
3. Thy body shall not be with the body of the opposite sex in the opposite sex's room.
4. Thou shalt not puff a weed of any kind, space out on any pills or drink alcohol during the retreat.
5. Thou shall report any injury immediately to the counselor/adult.
6. Thou shalt not burn any fireworks or any other flammable material.
7. Thou shalt not trespass on thy neighbor's body or self esteem.
8. Thou shall be at scheduled events on time.
9. Thou shall observe all camp site rules.
10. Thou shall be okay.

## Retreat Themes or Ideas...

- Body Building (group building)
- Prayer
- Life of Christ
- Basic Christian Beliefs
- Future or Group Planning Time
- Trust
- Deeper Faith
- Particular Social Issues
- Particular Bible Stories
- Mission focus
- Spiritual Gifts or Talents
- Healing
- Living out the Great Commandment



### CAMP ALDERSGATE

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### CAMP ASBURY

10776 Asbury Road  
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### CAMP WANAKE

9463 Manchester Rd. SW  
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www.campwanake.org  
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## Retreat Planning Checklist:

### Six months before...

- prepare budget/secure permission from powers that be
- recruit adult volunteers
- set up planning committee of youth and adults
- select a theme or purpose for the retreat
- choose a site for the retreat
- schedule dates and times for the retreat
- organize registration – price, deposit, max/min number of participants, registration forms
- plan and begin publicity

### Four months before...

- involve as many youth as possible in various planning task groups
- brainstorm ideas for Sessions, Games, Activities, Devotions, Worship
- contact all leaders for sessions and games, etc.
- continue publicity
- review and list behavioral expectations and consequences
- determine transportation needs; secure insurance

### Two months before...

- recruit drivers
- organize refreshments and meals (is retreat facility providing or are you?) who will organize, shop, cook, clean-up, etc.
- double check on registrations
- provide list of things to bring
- prepare schedule
- distribute and collect permission forms, medical release forms
- plan a parents meeting to inform them of details, answer questions

### Immediately before...

- contact all leaders to make sure prepared
- contact retreat site
- contact drivers
- collect all supplies and food
- prepare a first aid kit

### During the retreat...

- pay fees to camp site
- post and follow schedule
- plan regular discussions with leaders to review
- guide devotions and prayer
- ask participants and leaders to evaluate the retreat
- be sure to clean up the site

### After the retreat...

- reimburse drivers for gas
- meet with task force to go over evaluations
- plan appropriate follow-up programming for needs discovered at retreat
- list recommendations for next retreat
- send 'thank-yous' to all who helped

## Things to bring on the Retreat:

- Bible
  - Proper clothing and shoes
  - Swimsuit (weather permitting)
  - Rain or snow gear
  - Notebook, pen
  - Toothbrush, paste and other toiletries
  - Medications
  - Camera and film
  - Insect repellent
  - Plastic bags for wet or dirty clothes
  - Teddy bear/blankie
  - Jacket/gloves/hat
  - Sunglasses
  - Suntan lotion
  - Towel
  - Washcloth
  - Sleeping bag
  - Pillow
  - Medical release form/permission slip
  - An open heart to let God work in you during the retreat
  - A proper attitude
- NO CD PLAYERS, RADIOS, ETC.**



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