



FEAST

SPRING RETREAT INFO PACKET | MARCH 8TH - 11TH

PARENTS,

Thank you for entrusting us with the care of your teen for the 4-day retreat "FEAST". We are excited to help create opportunities for them to encounter Christ and draw nearer to Him. This information will be helpful for you and your teen as you prepare for the retreat. It is an honor to help lead your teens closer to Christ. If there is anything we can do to better serve you and your family in this mission, please let us know. We are praying for you!

TEENS,

We are so excited to hang out with you for a weekend at the retreat "Feast"! This packet includes information on what to bring and what not to bring, along with a few helpful tips for how to get ready for the retreat. Know that we are praying for you, your family and friends. See you soon!

AQUINAS LT CONTACT

Chilo Salinas | 623.935.2151 ext 271
chilo@staycatholic.org

ITINERARY

Friday, March 8th, 2024

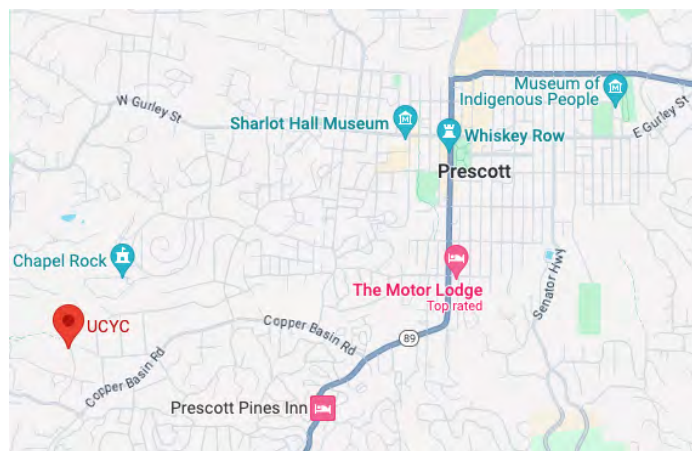
3:15pm - 4:00pm - Check-in at The DOC in the courtyard at the church & early dinner

4:15pm - Buses Leave for Camp

6:30pm - Arrival at UCYC

Monday, March 11th, 2024

1:00pm - Arrival back at St. Thomas Aquinas



UNITED CHRISTIAN YOUTH CAMP (UCYC)

1400 Paradise Valley Rd
Prescott, AZ 86303
Office: 928-445-0391

ABOUT THE RETREAT

As Catholics, we believe that the Eucharist (Holy Communion) is not a symbol, nor a sign, but a **FEAST!** The Eucharist is a sacramental banquet where Christ is received as food, and it is a memorial of His Passion and the work of salvation accomplished through His life, death, and resurrection. It is a sacrifice of thanksgiving and an act of worship.

The goal of this retreat is to inspire a movement where the teens are healed, converted, formed, and unified by an encounter with Jesus in the Eucharist—and who are then sent out on mission “for the life of the world.” This echoes the mission of the entire Catholic Church during the National Eucharistic Revival this year.

INFO FOR PARENTS

We tried out the concept of a 4-Day Retreat last year with Kingdom Come and it was such a success, the Holy Spirit very much had it on our hearts to do it again. Unlike three-day retreats, we have a full extra day for content and fellowship, allowing the teens even more opportunities to experience the loving power of our Heavenly Father.

We’ve planned this along with the local school district to run into spring break, and therefore teens might be able to attend AND not miss any school. However, if they DO need to miss school, we are more than willing to send a request to the school attendance office for them to be excused for the retreat.

Please see the packing list and ensure your teen is packed and their clothes are in line with our modesty policy and “what not to bring” guidelines.

If there is an emergency, please call Chilo (623.935.2151 ext 271). We promise to contact you as soon as possible in the rare event of a medical emergency at the retreat. If you need to contact us during retreat, please keep in mind there is limited cell phone service at camp so it may take time for a return call.

You can find pictures of the teens on retreat on the @staycatholic Instagram story. We’ll also share photos and videos after retreat.

LEADERSHIP



CHILO SALINAS



ANDREW STARBUCK



MIGUEL NUÑEZ

AND OUR AWESOME CORE TEAM

CLERGY



FR. ESTEVAN WETZEL



FR. GABRIEL TERRILL

PACKING LIST

You are allowed to bring one bag. We recommend a duffel bag not a rolling suitcase as gravel roads can damage wheels and difficult to navigate. A bag you/your teen can carry yourself is a big plus!

WHAT TO BRING:

- a positive attitude
- flashlight
- sleeping bag or bedding (twin size bunks)
- pillow
- towel & toiletries (toothbrush, deodorant, soap, shampoo, etc)
- comfortable & appropriate (modest) clothes for the weekend
- sweatshirt and/or jacket (it will be cooler in Prescott)
- closed-toe shoes (tennis shoes are great)
- at least one set of athletic clothes good for competition
- set of clothes for paintball (optional)
- laundry bag
- reusable water bottle
- bible, rosary, journal & pen (a separate drawstring bag is appropriate for these items)
- any medications (which will need to stay with the RN on retreat and the teens will be responsible for requesting their meds at the appropriate times)



WHAT NOT TO BRING

- Electronic devices or watches
- Non-prescription drugs, tobacco, vapes, or any alcohol
- Knives or weapons of any kind
- Immodest clothing/pajamas
- Energy drinks

ZERO TOLERANCE

There is a zero tolerance policy for drugs, alcohol, tobacco (including vapes), or weapons on retreat. Any teen in possession of these items will have their parent called and will need to be picked up from retreat immediately.

TYPICAL RETREAT DAY

The Core Team plans, prepares, and facilitates the programming, liturgies and activities for each day. Each day you'll experience daily Mass, opportunities for the Sacrament of Reconciliation, and other powerful prayer experiences. Sessions are led by dynamic speakers & will break open scriptural topics to lead your teens into a more authentic encounter with Christ. All of this alongside music, singing, games, and much more.

Each day retreatants will enjoy three delicious meals and snacks.

We do not share the exact details of each day because we want you to experience it for yourself.

RETREAT GUIDELINES

PARTICIPATION:

It is expected that all participants will be present and on time at scheduled sessions during the retreat. Participants may not leave early without prior approval of the youth director.

APPROPRIATE DRESS:

All participants are expected to dress in a fashion that represents modesty, good taste, and dignity to themselves and others. Clothing must cover all undergarments, midriffs, and not be excessively form fitting or short.

SPEECH & ACTION:

Participants are expected to use positive and uplifting speech during the retreat. Foul and abusive language will not be permitted. Youth are not to hurt anyone verbally, emotionally, physically, or sexually. Treat everyone with respect, patience, integrity, courtesy, dignity, and consideration.

HOUSING:

No guys in girl's rooms and no girls in guy's rooms. All teens are required to be in their assigned sleeping facilities with lights out by the designated time and will not leave them until morning call/check in or in case of emergency.

RETREAT FAQ'S

CAN MY TEEN COME UP LATE OR LEAVE EARLY?

No, all teens must ride the bus together. One huge focus of this retreat is community and working together. If a teen comes late then we need to restart the cycle again (rules, teamwork, info, etc..) and this takes away from our community building process. We build on concepts and experiences throughout the weekend, so missing any at the beginning or end would take away from the retreat as a whole.

CAN MY TEEN HAVE THEIR PHONE?

No, all teens must either leave their phones and electronics (this includes smart watches) at home or turn them in before getting on the bus. The biggest reason retreat is up at a camp two hours away is to get away from distraction. A majority of the distraction (and drama) in a teens' life comes from their phones. This is an opportunity for a digital detox!

CAN THEY BRING HOMEWORK?

They will not have time. Make sure to stay on top of schoolwork the week before and to plan ahead. You will also have time on Monday evening.

WHAT ARE THE CABINS LIKE? WHO WILL MY TEEN BE ROOMING WITH?

Each teen is assigned to a cabin with three rooms that sleep up to 10 teens. There's a fourth, separate room for chaperones. Each room has it's own bathroom. No sharing of beds is allowed and male and female cabins are separate.