



fall retreat



parent guide

before fall retreat

1. Check out the packing list.

Don't wait until the night before to get everything together.

What to Bring

- 3 sets of clothes (make sure to pack LAYERS)
- Sleeping bag and pillow
- Toiletries
- Towel
- Bible and pen
- Swimsuit and towel (for the lake or pool)
- Spending money for the camp store & snackshop
- Refillable Water Bottle

What NOT to Bring

- iPods/iPads/Video Games/Laptops
- Firearms/Fireworks
- Tobacco Products/Alcohol/Drugs
- Valuables (anything you wouldn't want to lose or break!)
- Energy drinks (Monster, Red Bull, 5 Hour Energy, and all other energy enhancement drinks and/or supplements)

*LCBC reserves the right to confiscate any of these items

*LCBC is not responsible for the loss of any money or belongings.

2. Arrive at your campus on time so that your student can get checked in.

There will be volunteers and staff members directing you where to go when you arrive.

Check In Times (Friday)

- Berks - 3:45pm from Ephrata
- BranchCreek - 4:15pm
- Columbia-Montour - 5:30pm
- Ephrata - 3:45pm
- Hanover - 3:45pm from York
- Harrisburg - 4:00pm
- Hazleton - 6:00pm
- Lancaster City - 3:45pm
- Manheim - 3:45pm
- Waynesboro - 1:45pm
- York - 3:45pm



3. We will provide a chicken sandwich meal for all students. If your student has specific allergies please pack a nut free dinner for your student.

We will have a light snack on Friday evening once we arrive at camp.

4. If your student does not end up in the room that they requested, this does not constitute an emergency.

LCBC staff work hard to organize rooming in a manner that allows every student to have a great week. If you have a serious concern about your student's rooming, please speak with your Campus Director.

5. Once your student is checked in, staff and volunteers will be sure that your student is in good care.

To help transition our students well and take their minds off of being away from home, we ask that parents leave after checking in their students.

6. We discourage students from bringing their cell phones to Fall Retreat, as it is a great time to "unplug".

However, the final decision lies with the parent/guardian. If you believe that your student is capable of being responsible with their device, they may use it at appropriate times. If any student has a cell phone, please be aware that cell phones should only be used at appropriate times and for appropriate reasons. If cell phones are used inappropriately, they may be confiscated and returned at the end of the weekend. If you have a question regarding a student's cell phone use, please connect with your campus director.

7. Students will travel via busses or vans to Lake Champion camp.

All vehicles will have appropriate levels of chaperones for the amount of students in that vehicle.

8. When students arrive at camp, they will get situated into their rooms, have a snack, and then head to the first gathering.

All of our gatherings includes worship and biblical teaching.

during fall retreat

1. Follow along with us throughout the weekend on social media!

Instagram - @lcbchsm
Facebook - LCBC HSM
#LCBCFR18

2. Staying hydrated will be very important as students will be outside.

Please make sure that your student brings along a refillable water bottle for the weekend.

3. Your student may want to make some purchases at our camp store.

This is where we will have all of our Fall Retreat-branded souvenirs, as well as books, Bibles, and lots more! Please make sure your student knows that they are responsible for their cash and store purchases.

4. Please make sure that your student is aware of the policies and guidelines in this booklet.

We want them to be aware of all Fall Retreat policies and procedures before they arrive for the retreat.

5. You may be wondering what your role is for the weekend. First, we ask you to pray.

Please spend time praying for your students and what God has planned for their time at Fall Retreat. Secondly, please check out our LCBC HSM Instagram page. We will be posting daily pictures and videos throughout the weekend. We would like for you to stay informed on what's going on at Fall Retreat so that you'll personally know, but also so you have material to connect with your child later (i.e. What was your favorite adventure activity? Or, did you enjoy the worship experience?) Lastly, once your students get home, use the Conversation Starters (found later on in this packet) to start meaningful conversations with your student about what they learned and experienced at Fall Retreat.

Schedule

Friday

8pm - Arrival and Fun
9:30pm - Gathering One/LIFE Groups
12pm - Lights Out

Saturday

8am - Time with God
8:30am - Breakfast
9:15am - Large Group Activity
10:30am - Gathering Two/LIFE Groups
12:30pm - Lunch
1:15 - 5pm Free Time
5:30pm - Dinner
7pm - Gathering Three/LIFE Groups
10pm - Mission Impossible
12am Lights Out

Sunday

8:00am - Time with God
8:30am - Clean up Cabins
9:15am - Breakfast
10am - Gathering Four/LIFE Groups
12:15pm - Lunch Pickup
12:30pm - Departure

Safety

Safety is a major priority for us. We have taken several steps to ensure that your student is safe and taken care of.

1. Your student will be assigned to a cabin with a leader(s) who is background checked and cleared to serve in LCBC Student Ministry.
2. In the case of an emergency, your student's leader or our staff will contact you via the information you provided during registration. If you are having a family emergency and need to reach us you can contact Lake Champion camp at (845-856-6871 or LCBC Central Offices at 717-928-2155 (after-hours answering service available).
3. We are bringing our own security and medical teams that will be present throughout the entire weekend at Lake Champion.

Discipline

Per your agreement during registration, students will be held to the following guidelines during the weekend:

- Respect other students and leaders
- Respect the camps' property and the property of others
- Always stay in groups of 3 or more
- Be on time for gatherings and meals
- No inappropriate physical contact
- **NO PRANKS!**
- We have zero tolerance for picking on others, bullying and/or fighting
- No boys in girls' cabins and no girls in boys' cabins.

*If a student is not able to respect these expectations, LCBC Staff will determine if a student should be removed from the experience. If a student's conduct results in their removal from Fall Retreat, parents/guardians will be responsible to pick their student up from camp as soon as possible, in order to protect the experience of Fall Retreat for other students.

Medication

If your students are taking medications with them to Fall Retreat, we will need to know the type of medication and the reason it is taken. This allows us to be prepared in the event of an emergency.

Please let us know of any changes prior to Fall Retreat. Our staff will keep a record of any medical concerns and medications, which will be kept confidential and utilized only by those providing direct care and emergency services to your student.

Please note that we CANNOT hold on to or dispense the prescriptions that your student brings. We ask that they keep the medication with them and take it as prescribed.

Please prepare them ahead of time to take their own medications. We ask that all medications come with students in the prescription bottle that was originally provided to them and marked with their name and dosage. A trained medical volunteer will be present at all times during Fall Retreat to assist with medical needs and emergencies.

If you have any medical or medication concerns please email studentministry@lcbcchurch.com



after fall retreat

1. Please review the pickup time for your campus to ensure that you are there to pick your student up on Sunday.

Arrival Times (Sunday)

- Berks** - 5:30pm from Ephrata
- BranchCreek** - 4:15pm
- Columbia-Montour** - 3:30pm
- Ephrata** - 5:30pm
- Hanover** - 5:30pm from York
- Harrisburg** - 4:30pm
- Hazleton** - 3pm
- Lancaster City** - 5:30pm
- Manheim** - 5:30pm
- Waynesboro** - 7:15pm
- York** - 5:30pm

2. Conversation Starters

Your student will likely have lots of stories from the weekend, be ready to listen! Throughout Fall Retreat we'll be focusing on four areas: comparison, doubt, cynicism, and pride. Your student will be following along with their cabin group after Fall Retreat through the Bible reading plan, Jesus Calling: Enjoying Peace in His Presence. Start a conversation about your student's Fall Retreat experience with the questions below:

- Who are some people you spent time with at Fall Retreat?
- How was Mission Impossible?
- What food did you eat while you were there?
- How was worship and the teaching? Any funny stories or moments you remember?
- Which talk stood out most to you? Why?
- Is there something/someone you've been comparing yourself to that we can help remind you of the truth that you are enough?
- Has there been an area in your life, or our life, that you've found it hard to trust God with?
- Do you feel like it's safe to doubt God?
- How can you see Jesus more often at home?

*We would love for you to follow along with us on our Bible reading plan as well to continue the conversation with your student.

Thank you for partnering with us and for praying for your students and for Fall Retreat 2018! If you have additional questions please email studentministry@lcbcchurch.com

