

NEXUS Summer Retreat  
2021  
6.25-6.28



## Purpose:

To fellowship, grow in our faith, build community, and have fun!

## DESCRIPTION OF TRIP

- Small Group Sessions
- Worship
- Games, Beach time & time at Pier Park

## Cost \$75

- Includes: Lodging, 8 meals, transportation, t-shirt
- Extra Money for 2 fast food meals, on the way & back, and restaurant meal

## DEADLINE

- Money Due Sunday June 6th: Make checks payable to church with student's name on it

# RETREAT GUIDELINES

1. Embody the fruit of the Spirit in all interactions.
2. Respect and show gratitude to our adults and student leaders.
3. Clean up after yourself – throw away your own trash and put things back nicer than when you found them.
4. No males in female rooms or females in male rooms.
5. Respect the feelings and property of others.
6. Respect the retreat center and facilities. Our goal is to leave the camp in a better condition than when we arrived.
7. Put your phones, iPods, and other electronics away during group and worship time.
8. Have a little fun – participation in all planned activities is required.
9. No public displays of affection except hugging when appropriate. Girls are pink; boys are blue – no purple! Our focus is on God this weekend.
10. During break time, remain inside the boundaries of the camp, and always travel in groups of at least three. You must let an adult know when you leave the building.

# RETREAT SCHEDULE

## FRIDAY, 6.25.2021

8:00am-8:30am: Arrive at Restore  
8:30-9:00am: Pack Vans & Review Rules  
9:00am: Leave Restore  
11:30am: Stop for lunch- Andalusia  
12:30pm: back on road  
2:00pm: Arrive at Laguna Beach Retreat Center- Check In  
2:30-4:00: Room assignments, unpack  
4:00pm-5:30pm: Free Time/Settle in  
5:30pm/6:00pm: Dinner  
7:00pm: Group Lesson (ice breaker, Intro to anchored)  
8:00pm-9:00pm: Free Time  
9:00pm-10:00pm: Get ready for bed  
10:30pm: Lights Out

## SATURDAY, 6.26.2021

8:00am: Everyone Rise & Shine  
9:00am: Breakfast  
10:00am: small group  
11:00am: group discussion  
12:00pm: Lunch  
1:30pm: Free time  
5:30pm: Dinner at cottage  
6:30pm: Beach campfire lesson  
7:30pm: Small group discussion  
8:00pm: Campfire & S'mores  
9:30pm: Back to room  
10:00pm-11:00pm: Get ready for bed  
11:15pm: Lights out

SUNDAY, 6.27.2021

8:00am: Everyone Rise & Shine

9:00am: Breakfast

10:00am: Lesson

11:00am: Small group

12:00pm: Lunch

1:00pm: Head out to Pier Park and Rosemary Beach

6:00pm: Dinner (Restaurant)

7:30pm: Head back to retreat center

8:00pm-9:45pm: Cleanup/pack/get ready for bed

10:00pm: Lights out

Monday, 6.28.2021

7:00am: Everyone Rise & Shine

8:00am: Breakfast

8:30am: Clean up

9:00am: Load vans & Vehicles

10:00am: Leave Retreat Center

12:30pm: Lunch in Andalusia

4:00 pm: Arrive at Restore

# What to Bring

\*The facility does not provide sheets/pillows/blankets for sleeping. We will have some available but please make every effort to send these with your student.

## Basics

- Full size Sheets (Full is best if you have those)
- Pillow for sleeping
- Pillow case if wanted
- Blanket for sleeping
- Toiletries
  - Soap
  - Shampoo/Conditioner
  - toothpaste
  - toothbrush
  - deodorant
- At least 2 Towels & wash clothes for bathing
- Clothing for hot/humid weather for 3 nights & 3 days
- Recommended: Extra clothing as we won't be washing any
- Tennis Shoes
- Money for 2 fast food lunches on the way down and back(\$20 should be plenty)
- Money for dinner out- (\$25-\$30 should be sufficient)
- Money for any souvenirs/activities they may want to do or purchase at Pier Park and Rosemary Beach (candy store only here) on our outing day.
- Recommended: Snacks for ride down and back & drink with top that can close

## For Beach

- SUNSCREEN
- Water bottle
- Bathing suit
  - Ladies, no bikinis/thongs. 2 pieces are fine but midriff needs to be covered.
  - Gentleman: Swim trunks- no bikini bottoms/speedos
- Beach Towel
- Flip flops/Sandals
- May want:
  - Hats
  - sunglasses
  - coverups
  - any fun beach items your student enjoys

Student / Staff Name: \_\_\_\_\_

Allergies: \_\_\_\_\_

Event Name/Location: \_\_\_\_\_

**Emergency Phone:** \_\_\_\_\_

The Medical Representative of The NEXUS Youth Ministry will monitor all medications and collect any prescription and non-prescription medication from students and staff when deemed necessary; and will administer medication at appropriate times throughout the course of the event.

**Release/Waiver:**

I/We, the parent/guardian, do hereby release and acknowledge consent to allow the Medical Representative for the above stated event to collect and administer prescription and non-prescription medication to my self/child throughout the period of the above stated event. I/We also give permission for attending Medical Representative to administer the following medications (as marked) as needed during this event:

\_\_\_\_ Tylenol    \_\_\_\_ Benadryl    \_\_\_\_ Antibiotic Ointment    \_\_\_\_ Ibuprofen  
\_\_\_\_ Benadryl Cream    \_\_\_\_ Sudafed    \_\_\_\_ Robitussin    \_\_\_\_ Dramamine  
\_\_\_\_ Hydrocortisone Cream    \_\_\_\_\_ (Other)    \_\_\_\_\_ (Other)

**Please list here all medications the participant is currently taking.**  
(If not currently taking any medications please mark NONE.)

Name & Strength of Medication	Dosage:	Times to be taken:
-------------------------------	---------	--------------------


[ ] NONE

Student / Staff Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent / Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_





## Medical Release & Permission Form

I, the student, have read the rules of conduct, the above evaluation of my health, and permission to participate in youth group activities. I agree to abide by the stated personal limitations and code of conduct.

Student signature: \_\_\_\_\_ Date: \_\_\_\_\_

Activities may include, but are not limited to: cookouts, boating, water skiing, swimming, basketball, rollerskating, games in the park, soccer, broomball, ice skating, volleyball, softball, baseball, camping, hiking, biking, concerts, Bible studies, miniature golf, hayrides, rafting, theme and water parks. Note: If you desire to limit your child's participation in any event, please submit your wishes in writing to the church youth pastor prior to that event.

(Student's name) \_\_\_\_\_ has my permission to attend all youth activities sponsored by First United Methodist Church of Alabaster (hereinafter the "Church") from January 2021 to December 2021.

**This consent form gives permission to seek whatever medical attention is deemed necessary, and releases the Church and its staff of any liability against personal losses of named child. This consent means you understand our conduct expectations, have reviewed them with your child and understand the parent is responsible for any costs associated with misbehavior.**

I/We the undersigned have legal custody of the student named above, a minor, and have given our consent for him/her to attend events being organized by the Church. I/ We understand that there are inherent risks involved in any ministry or athletic event, and I/we hereby release the Church, its pastors, employees, agents, event sites and volunteer workers from any and all liability for any injury, loss, or damage to person or property that may occur during the course of my/our child's involvement. In the event that he/she is injured and requires the attention of a doctor, I/we consent to any reasonable medical treatment as deemed necessary by a licensed physician. In the event treatment is required from a physician and/or hospital personnel designated by the Church, I/we agree to hold such person free and harmless of any claims, demands, or suits for damages arising from the giving of such consent. I/We also acknowledge that we will be ultimately responsible for the cost of any medical care should the cost of that medical care not be reimbursed by the health insurance provider. Further, I/we affirm that the health insurance information provided above is accurate at this date and will, to the best of my/our knowledge, still be in force for the student named above. I/we also agree to bring my/our child home at my/our own expense should they become ill or if deemed necessary by a student ministries staff member due to misconduct

Parent/guardian signature \_\_\_\_\_ Date \_\_\_\_\_

\*Do not sign until in front of Notary Public

State of Alabama

County of \_\_\_\_\_

Before me \_\_\_\_\_ (name of notary) on this day personally appeared

\_\_\_\_\_ (person signing) known to me (or through description of identity card or other document) to be the person whose name is subscribed to the foregoing instrument and acknowledged to me that he executed the same for the purposes and consideration therein expressed.

Given under my hand and seal of office this \_\_\_\_\_ day of \_\_\_\_\_ (year).

\_\_\_\_\_  
Notary Public's Signature

### MEDIA RELEASE

I/We hereby consent to the participation in interviews, the use of quotes, and the taking of photographs, movies or video tape of the Student names above by the church. I/We also grant to the church the right to edit, use, and reuse said products for non-profit purposes including in print, on the internet, and all other forms of media. I also

hereby release First United Methodist Church and its agents, employees and volunteers from all claims, demands, and liabilities whatsoever in connection with the above.

Parent/guardian signature \_\_\_\_\_ Date \_\_\_\_\_