

S.t.e.p.-U.p.
Spiritual Teaching, Everywhere Practical, Understanding your Power

November 6, 7, 8, 2009

Registration begins @ 7PM on Friday November 6th

DINNER ON YOUR OWN BEFORE ARRIVAL!

At
Cispus Center
near Randle, Washington

Sponsored by the NorthWest Region Association of Unity Churches

WHO - All Uniteens must be 12 or be in 6th grade and be no more than 14 years old and in a middle school or junior high school program. Uniteens must have attended at least 4 Uniteen meetings or be a new member of the church. Each must also have signed a contract agreeing to abide by the Group Agreements.

WHAT –This weekend retreat offers your group a shared adventure, group building and bonding experiences and an opportunity to experience spiritual concepts in fun and active ways. This weekend retreat includes a day on the challenge-by-choice Ropes Course and exploring one's connection with Spirit with their retreat family.

WHEN-

-Check-In **Friday November 6th @ 7PM-HAVE dinner before you arrive**
-Check-Out **Sunday November 8th @ 1PM after lunch**

HOW - Read this Brochure, send in your camp paperwork and join the Adventure

FEE - \$140 - This is non refundable after October 30th due to our financial commitment to the camp. We will offer a \$40 credit toward the June 2010 Unitreat when cancellation is due to illness or family emergency.

Uniteen sponsor **mail registration to:**
Jackie Green
Western Region Youth of Unity Consultant
7710 E Beverly
Spokane Valley WA 99212
(509) 928-0896

****Registration Closes OCTOBER 30th****

Dear Uniteen Sponsors,

The 2009 Uniteen Fall retreat, "S.T.E.P U.P.", will take place from November 6th to November 8th. The focus is experiencing our journey using the Cispus Challenge Course (a ropes course) and experiential Unity curriculum. One of the challenges in life is in remembrance of and engaging in God within and all around. The challenge course, with its emphasis on group problem solving, conflict resolution, and going just a little farther than we think we can, provides a unique opportunity for supporting growth, awareness, & self responsibility to all connections we experience in life.

Camp Cispus is a beautiful outdoor setting. It provides an excellent space for games, meditations, creativity, and campfire circles.

We want to stress that Unitreat is a spiritual adventure - a quest, an opportunity to experience aspects of our God selves as an emerging teen. This requires a willingness to focus our energies, to honor and celebrate the differences we find in each other, and to actively seek the divine connection. We ask that those who choose to come to camp do so with the intention of exploring their inner space and discovering their unique expression of the Christ.

Unitreat (Uniteen Retreat) requires a commitment on the part of Uniteens and their parents. We have certain rules that must be followed for the safety and well being of all the participants. Most of the rules are common sense and listed in the heart agreement for the Uniteen, Parent and Minister to read & sign. The participants must agree to follow these rules.

If a Uniteen has an IEP or 504 for school please discuss the particulars of this plan with Chris so we can best support the Uniteen. Please join us. It is the participation of committed Uniteen supporters that allows our Fall Unitreat to be what it is!

Chris Castaldi, Unitreat Site Director,
16722 S. Brockway Rd. Oregon City, OR 97045
503.632.7792
503.913.0898
chriscastaldi@bctonline.com

Blessings from the Unitreat Planning Team

WHAT IS A CHALLENGE COURSE?

The Challenge Course is a kind of outdoor laboratory where individuals in groups can experiment with problem solving and risk taking in a controlled, safe environment. The variety of challenges available to the group allows the facilitator to select activities appropriate to the skill, maturity and physical ability of the group. The activities parallel the more complex challenges we all face in our lives at home, at school, at church and at work. The challenges are designed to require group cooperation to accomplish them.

WHY A CHALLENGE COURSE?

Participating in a challenge course adventure may produce the following outcomes: improved communication skills, increased group cohesion, better awareness of group process, increased trust experiencing successful goal setting, increased self confidence, improved physical fitness, and fun. By facing and overcoming a sequence of increasingly challenging obstacles, some of which may at first seem insurmountable, group members gain confidence in their problem solving abilities. Individuals get a chance to look at what keeps them from seeing solutions to problems or participating fully in those solutions. Learning from each experience is applied to the next challenge, until by the end of the day, the group is working together effectively and smoothly.

ISN'T IT DANGEROUS?

Not really. Many people take one look at our materials and say something like; "I could never do that." In fact, most people are intimidated by the prospect of doing some of the activities involving heights. Fear of heights is a normal, natural part of most people's makeup. That is why the high element portion of the program is effective: it poses a real challenge. It is the other parts of the program, the building of group confidence, of overcoming seemingly insurmountable obstacles, the trust and security of being part of a group which supports the individual and shares the risk in some way, which enable most people to actually do these otherwise "unbelievable" activities.

I'M NOT "ATHLETIC." CAN I PARTICIPATE?

Athletic ability is not necessary to enjoy these activities which emphasize cooperation rather than competition. The successful completion of the challenges requires an atmosphere of emotional safety. No individual can be excluded or isolated by the group without resulting in failure to accomplish the goal. There can be no put-downs, insults or other verbal abuse. One of the most important roles of the facilitator is to focus the group's attention on the harm done to the individual and to the group by any behavior violating this emotional safety requirement. This emphasis on cooperation and emotional safety allows people with all levels of physical ability to participate with joy.

IS IT STRENUOUS?

Most of the activities are not strenuous, nor aerobic. Our program works for people of all ages, sizes, and physical abilities. Our philosophy of "**Challenge by Choice**" plus the focus on keeping everyone included at their level of ability to participate welcomes all who wish to experience personal growth through challenge.

WHAT ARE YOU TRYING TO ACCOMPLISH?

"When I play with people in a games, curriculum, skills, technical, corporate, or whatever workshop, I ask them to:

- * Cooperate — Try to make things work
- * Communicate — Talk about what's going on without fear of being put down
- * Trust — Physically and emotionally, without the worry of harm or embarrassment
- * Accept fun and challenge as a vehicle for personal growth
- * And Commit to all the above.

(Doing these things goes) toward building a hands-on vehicle for personal and group happiness. If you and others are happy with the situation and one another, good things happen. So make them happen!"

Karl Rohnke, Bag of Tricks - 1990

WHEN DO I ARRIVE AND LEAVE?

Plan to arrive between 6-7 p.m. on Friday, November 6th. *Dinner will not be served on opening night.*
Plan to depart Sunday, November 8th, 1PM after lunch.

WHAT WILL I EAT?

All meals are served family style and are similar to public school lunches. The Cispus staff attempts to meet special dietary needs when requested in advance.

HOW DO I RECEIVE MESSAGES?

In an EMERGENCY, the number is (360) 497-7131. Call person-to-person. Youth must have a phone card or 800 number to call home. There is no cell phone reception at Cispus. See Cispus @ www.cispus.org

WHAT DO I BRING?

- 1 Medical Release Form (your copy)
- 1 Sleeping bag and pillow
- 1 Towel/wash cloth
- 1 Personal care items – mosquito repellent, sun block, water bottle
- 1 Dancing shoes *
- 1 Love offering *
- 1 Your favorite tape/digital file (with your name on it) *
- 1 Props & Music — Bring anything you think might be useful in a skit. Also bring any musical instruments you would like to play during campfire.
- 1 Clothing — Bring warm, cold, and wet weather clothing. **Extra tennis or running shoes** (with some grip), or light hiking boots. Wear loose fitting pants. Please, **no large belt buckles, watches, rings, earring, or anything else that might scratch, jab, or entangle someone on the challenge course.**

* Optional

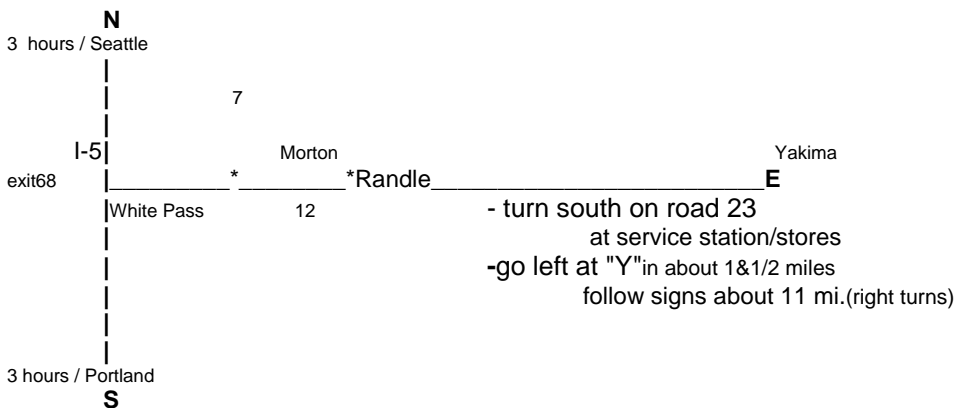
DO NOT BRING:

- Walkmans, MP3s are only used at bedtime if absolutely necessary to assist in sleeping.
- Money — there's no place to spend it
- Fireworks - parents will retrieve fireworks & child
- Pop, gum, candy or food (we will furnish all food and snacks)
- Knives

RELEASE FORMS: There are four forms: the Unity Medical/Liability Release form, Ropes Course form, a Unitreat Camp Agreements form and a Photo release form. They **must all be filled out and signed**. The Unity Medical/Liability Release form must be copied with 1 copy given to the driver in case of an emergency on the road to / from Unitreat; the other copy is to be returned with registration. Note that the minister must sign the Unitreat Camp Agreements. Registration without all forms will **not** be accepted

WHERE IS UNITREAT?

Cispus Environmental Learning Center is located off Highway 12 south of Randle, Washington.



The following pages contain **the 4 permission slips** necessary to complete your Unitreat application. Please note that your minister's signature is required on the Camp Agreements form, your parent's signature is required on every form, a church staff member or trustee must witness the Medical-Liability form.

#1 PHOTO RELEASE

I _____, grant Unity, The Association of Unity Churches, and persons acting for or through them, the right to use, reproduce, assign, and or distribute photographs, film, sound recordings of _____,

PRINT name of minor here

for use in materials they may create. Date _____

Signature _____
(Guardians signature if under 18 years old)

#2 CAMP CISPUS PARTICIPANT RELEASE OF LIABILITY FORM

DISCLOSURE- The Challenge Course Programs offered at Uniteen Camp at Cispus involve a variety of activities that often include warm-ups, games, group initiative problems, high and low challenge course elements and other physical adventure activities. The level of participation in the Challenge Course activity is at all times completely the individual's choice. Yet there is a risk which must be assumed by each participant that he or she may suffer an emotional or physical injury and disability.

RELEASE OF LIABILITY- I understand that parts of the Challenge Course program may be physically or emotionally demanding. I affirm that my health is good, and that I am not under physicians care for any undisclosed condition that might endanger my health or that of other participants. I recognize the inherent risk of injury or disability in Challenge Course activities. I understand that each participant must assume the risk of physical injury that could result from any of these activities.

DATE _____

PARTICIPANTS SIGNATURE (IF AT LEAST 18 YEARS OLD) **PRINT NAME IF UNDER 18**

PARENT OR LEGAL GUARDIAN SIGNATURE FOR MINOR

RETURN ALL FORMS TO JACKIE GREEN, NORTHWEST REGION ASSOCIATION OF UNITY CHURCHES

Y.O.U./UNITEEN CONSULTANT 11115 E. 29TH SPOKANE, WA. 99206

#3 UNITREAT CAMP HEART AGREEMENTS

RESPECT is an attitude of honoring oneself and others and caring about their rights. Behaving respectfully makes life more peaceful and orderly for everyone.

You are practicing **RESPECT** with these agreements:

- Treat each person the way you want to be treated. Honor and celebrate each other as the unique & perfect spiritual beings we are.
- Treat the property of the camp and others with special care and respect
- Remain out of the dorm of the opposite gender
- Work out problems peacefully, using only appropriate words
- Listen when others are talking
- Arrive & Participate on time for all functions
- Ask an adult to help if you are losing control
- Use of all tobacco products and nonprescription drugs are not allowed.
- Having a dating relationship while at camp is not in alignment with the intentions of this camp, honor yourself and all God's spirit around you by being open to everyone's friendships.
- Honor the camp boundaries set by your camp leaders.
- Honor the rules and boundaries of your family group
- Leave all radios, MP3, tape players at home, Music is shared at community gatherings.
- Any food brought to camp will be lovingly offered to everyone in your dorm or eaten by the field mice when we are not in the dorm.
- Money is only necessary for a Love offering at our closing ceremony
- Be receptive to the wisdom of your elders
- Respect lights out and quiet time
- Honor all dorm bed and family assignments

Because we are here to have fun, to love, to learn, and grow together, all human beings need love & acceptance and each person deserves to be treated with dignity and respect; we will follow these agreements. I have read the above and I understand my parent(s) will be called to take me home if I am unable to show respect for myself, the counselors and my peers. **If I am sent home, my parent(s) are expected to make arrangements to pick me up within 8 hours.**

_____ **UNITEEN**

_____ **PARENT**

_____ **MINISTER or Y.E.D.**

#4 UNITEEN MEDICAL LIABILITY RELEASE

INSTRUCTIONS: Complete this form, make 3 copies. Print or type, PLEASE. 1 copy send to Jackie

Green, 1 copy is for your church, 3rd copy is to be carried to & from all Uniteen activities. *Valid for 1 year*

Email address _____

NAME OF MINOR ADDRESS CITY STATE ZIPCODE

Birth Date _____ AGE _____ MALE ___ FEMALE ___

NAME OF LEGAL GUARDIAN, ADDRESS IF DIFFERENT FROM MINORS ABOVE

CONTACT INFO FOR PARENT/GUARDIAN, HOME, CELL, WORK (include area codes)

If in an emergence I can not be reached CALL _____

Name & Phone

My son/daughter has my permission to travel and participate in Uniteen, Unity activities. I am familiar with and approve the mode of transportation and leadership accompanying my child.

I certify that my son/daughter is in good health and able to participate in all normal activities of the group
__yes __no If NO what are the limits to participations? _____

Is the minor allergic to food or medication? __yes __NO specify _____

Is minor currently under health care guidance for: ALLERGY ___ EPILEPSY ___ DIABETES ___
ASTHMA ___ ADHD/ADD ___ COUNSELING ___ Are there any life circumstances that sharing with the
camp counselors will support them in supporting your child? _____

Other conditions or special care needs? IEP or 504 while in school? Please call Chris to discuss how we can
support success for your child. 503.632.7792

List all current meds, ALL MEDS will be held and dispensed by the Camp Nurse _____

Use back of form if more space needed.

PLEASE SEND ANY over-the-counter MEDICATION you want on hand for your child's week at camp.
The Camp Nurse will store & dispense these and return to your youth any unused medication at the end of
camp

Family Insurance Coverage - _____

Name of company & policy number (or copy of card on back of this record)

Family physician NAME & PHONE # _____

Church _____ Minister _____ phone _____

When it may be deemed necessary, I authorize the calling of a doctor and or providing of other necessary medical services and unless
covered by insurance agree to pay for same. I understand that reasonable measures will be taken to safeguard the health and safety of
the young people and that I will be notified as soon as possible in case of an emergency. However should you accept applicant as a
participant I agree to indemnity and hold harmless the group leaders, or any other representative of the Church, or the Church itself, or
the Association of unity Churches responsible in the event of sickness or accident involving _____
no matter how caused

Signature _____ Date _____

Parent or guardian

Signature _____ Date _____

Witness, church staff or trustee OR NOTARIZED (do not sign until in presence of same)