

FALL RETREAT INFO



ARRIVAL FRIDAY

Please arrive at Cabela's 3065 Palladium Dr, Ottawa, ON K2T 0N2 at **1:15PM**. We are scheduled to leave at **1:30PM**.



TRANSPORTATION

We will travel to and from Camp Cherith via carpooling. Our cars leave at **1:30PM** on Friday night and return for **4:30PM** on Sunday.



MEDICATIONS POLICY

For the safety of all students, no medications (prescription or over the counter) are to be shared or self-administered during the retreat.

All medications must be turned in at check-in and will be managed by our designated medical leader, Deborah Mufuele, a registered nurse. Please ensure all medications are clearly labeled with the student's name and dosing instructions.

If your child requires an inhaler, EpiPen, or other emergency medication, please notify us in advance so we can ensure proper access while still maintaining safe oversight.



WHAT TO BRING FOR THE WEEKEND

When joining us for this weekend here is a list of the items you need to pack in your ONE suitcase/bag:

- Warm Clothes (sweaters, jeans, sweatpants)
- 2 -3 outfits
- PJs
- Extra Socks
- Flip Flops for showers
- Toiletries: shampoo, body wash, toothbrush, toothpaste, deodorant
- Footwear (ex. running shoes)
- Refillable water bottle
- Modest swimwear/clothes for waterfront activities, swim towel
- Jacket (Rain jacket if desired), flashlight, Sunscreen, Insect Repellent
- Small Backpack/Bag (useful for showers, bringing Bibles to sessions)
- Bible, journal, binder and something to write with (pen, pencil, highlighters, etc.)
- Bedding (pillow and sleeping bag/blankets, these may be packed separately if absolutely necessary)



WHAT NOT TO BRING

We encourage students to stay unplugged and leave their cell phones behind.

PLEASE NOTE: We will not take responsibility for any lost or stolen items.

- Things that will distract you (cell phones, iPad, iPods, etc.)
- Valuables
- Expensive Clothing, Jewelry, etc.
- Anything that could hurt someone else
- Snacks that contain nuts



SLEEPING ACCOMMODATIONS

Camp Cherith has 10 spacious cabins sleep 10 individuals each. Complete with bunk beds, large windows, space to store suitcases, covered porches and electricity. Students will be grouped together with their small groups and small group leaders. If your child(ren) requires additional accommodations for sleeping (ie night lights, etc.), please inform us by email in advance to discuss.



SATURDAY ACTIVITIES

The following activities will be available to our students: Swimming, water trampoline, canoeing, kayaking, mountain bikes, volleyball, tetherball, archery, range, fishing, camp fire (all weather permitting). There will be a professional Lifeguard on-site to supervise the water activities.

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DIETARY REQUIREMENTS

Camp Cherith does not use or have nuts on the premises. Nuts are not used in the meals. Please inform us of your child's special dietary needs when you register, and we will be glad to accommodate them.

If you are sending snacks with your child, please ensure they are nut free.
Please contact us at youth@hopeottawa.ca with any questions you may have about this.



UPDATES WHILE WE ARE AWAY

Deborah will be sending email updates to all parents at the following times:

- when we arrive at Camp Cherith (Friday)
- at the end of each day (with 3 highlights, what is coming up and ways to pray)
- when we leave Camp Cherith (Sunday)
- updates as needed



ARRIVAL & PICK-UP ON SUNDAY

Please be at Cabela's 3065 Palladium Dr, Ottawa, ON K2T 0N2 to pick up your child(ren) at **4:30PM**.



WAYS TO PRAY

We invite you to join us in fervent prayer for our youth and leaders as they embark on a crucial weekend. Please pray with us over the passages of Scripture that will be unpacked in their main sessions and small groups.

Specifically, we are praying for a return to Jesus, our first love, guided by these themes:

Msg 1: Return to Your First Priority (Revelation 2:1-7)

Big Idea: Jesus wants our intimacy with Him before our activity for Him.

- i) That Jesus would be enough for us
- ii) That we would surrender to Jesus our hearts before our hands
- iii) That we would stay close to Jesus and press on.

Msg 2: Return to Your First Pursuit (Psalm 27)

Big Idea: God is all you need, so seek satisfaction in Him alone.

- i) We would trust God's provision He has given us in the gospel at all times
- ii) That Jesus would be the "One thing" we would seek after.
- iii) We would seek the face of God before the hand of God.

Msg 3: Return to Your First Posture (John 15:7-8)

Big Idea: To bear fruit for God's glory, we must abide in Him through prayer.

- i) Our prayers would be guided by God's Word
- ii) That we would abide in Jesus and He would display His glory through the fruit of our lives.

Msg 4: Return to Your First Perspective (Matthew 6:25-33)

Big Idea: Our purpose is God's Kingdom, so we must His Kingdom first.

- i) That we would have faith to trust the Lord that He will provide all we need as we seek Him first.
- ii) That we would prioritize God's Kingdom priorities of His Kingdom and His righteousness in our lives.

Thank you for your prayers and support.