

Dear Uniteen Sponsors, Youth Ed Directors, parents and guardians,

The 2022 Uniteen summer retreat, "Oneness", will take place from June 19 to June 24. The focus in experiencing our Oneness, both individually and collectively is the use of Cispus Challenge Course (a ropes course), Unity based curriculum and creating a mindful trust culture within our community. One of the challenges in life is in remembrance of and engaging God within and all around. The challenge course, with its emphasis on the individual and group problem solving, approaching conundrums and conflict while stepping into one's growth zone 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, meditation, water play, and campfire circles. Creative expressions are present throughout the camp experience. Check it out at www.cispus.org

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 within.

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

If a Uniteen has an IEP or 504 while in school the parent/guardian must discuss this within the application process so Unitreat staff can best support their child. If you feel guided — **join us**. We desire Uniteens **AND** elders who want to sing, play, create and connect.

We will be blessed by the twenty + adults willing to serve on the Unitreat staff. These adults come from ministries throughout the NW, NGUers and you! Please call or email when you are willing to support and grow. Lead Counselors arrive Friday night or by Saturday 9AM for team building, training and to prepare for the youth. Staff members need to arrange for assistance from other church adults in transporting their Uniteen group members who are attending, so all youth arrive on Sunday. If you want to apply to serve on the Unitreat staff or if you have any questions, please call or email Chris Castaldi @ 503-913-0898 or cbchris.2010@gmail.com

NEW – Additional Camp Assistants are prayerfully requested! Can you come for 3-4-5 days? Can you come for the week and serve in an assistant –helper position? Craft helper, cabin helper, Service project support – what is your gift to give? Are you willing to grow with us?

Chris Castaldi, Unity Worldwide Ministries, NW Region, Uniteen Consultant
503.913.0898 cbchris.2010@gmail.com

Blessings from the Unitreat Planning Team

Fall Unitreat – Nov 11, 12, 13 2022

This is a Friday - Sunday retreat. Veterans Day offers us this 3 day weekend. We hope sponsors and youth can attend this together to build the connections between each other.

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 at Cispus 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 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. It is the variety within the programs, 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 being present in one's growth zone.

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, after your lunch, between 12:30-1:30 p.m. on **Sunday, June 19.**

Plan to depart Friday, June 26, 1PM after our 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. Please communicate any needs on your application. Many Youth with multiple food allergies have brought food from home which the professional kitchen prepares.

HOW DO I RECEIVE MESSAGES?

In an EMERGENCY, the number is (360) 497-7131. Call person-to-person. In any emergency you can get a message to staff and youth or from the camp to you. There is no cell phone reception at Cispus. See Cispus @ www.cispus.org

WHAT DO I BRING?

- ☞ Medical Release Form (your copy)
- ☞ Sleeping bag and pillow
- ☞ Towel/wash cloth
- ☞ Personal care items – mosquito repellent, sun block, **water bottle**
- ☞ Dancing shoes *
- ☞ Love offering *
- ☞ Props & Music — Bring anything you think might be useful in a skit or Spirit Share. Also bring any musical instrument/written words you would like to share during campfire. (Spirit Share @ camp fire)
- ☞ 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.**

DO NOT BRING:

Cell phones, MP3s, are only used at bedtime if absolutely necessary to assist in sleeping, song lyrics must meet Heart Agreements. Arrangements for use during sleep must be on application and discussed with Wellness during registration. Cell Phones are not used during the Retreat, they will be returned at our closing ceremony for pictures and contact exchange.

Money — For LOVE Offering only as there's no place to spend it

Fireworks - parents will retrieve fireworks & child

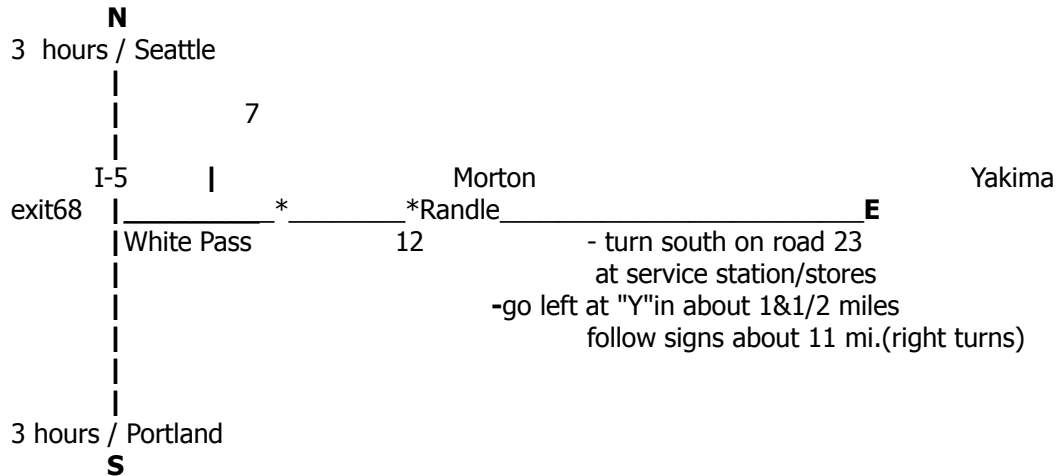
Pop, gum, candy or food (we will furnish all food and snacks)

Knives – no need for this camp equipment

CAMP APPLICATION FORMS: There are six: the Unity Camper Information, Pre-application, Permission to Treat/Liability Release, Ropes Course, a Unitreat Camp Agreements, and a Photo release form. They **must all be filled out and signed**. The Permission to Treat/Liability Release form must be copied in triplicate with 1 copy given to the driver in case of an emergency on the road to / from Unitreat. One copy sent with camp payment, one copy stays with your home church. Note that the minister must sign the Unitreat Camp Agreements. Incomplete registration will **not** be accepted and may incur a delay in campers registration.

WHERE IS UNITREAT? <http://www.awsplearningcenters.org/cispus/>

Cispus Environmental Learning Center is located off Highway 12 south of Randle, Washington. Better maps online!



The following pages contain **the 6 FORMS** 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. **All forms are double-sided.**

#1 UNITEEN Pre-Application FORM -not necessary for returnees unless there is significant changes.

The Youth Services Team hopes this next form helps start appropriate discussions when a youth's readiness for the Unitreat experience is a topic of discussion. Our Unitreat camp counselors are church members and volunteers who give a week of their time to support the Unitreat experience. We follow best practices in keeping our campers safe and happy yet we are not child developmental or behavior specialists. As many of us only see our Uniteens for 1-2 hours a week it is important to have the entire Unitreat application filled out and have the answers to these basic questions known. Please call Nick or Chris for any questions with this form.

_____ demonstrates maturity, self-discipline and self-responsibility, plus also has a sincere desire to attend and is able to participate in camp activities.

Unity Church _____ Name of Minister _____

Phone (____)_____

Youth Education Director: _____ Email _____

Phone (____)_____

CHURCH CHECK LIST – REQUIRED

This participant

- 1) Is actively involved in our ministry
- 2) Meets all camp qualifications
- 3) Has a completed Parent check list
- 4) Is approved and sponsored by this ministry to attend this event.
- 5) Can communicate their needs independently

This ministry guarantees payment of all registration & other fees in the event this participant’s fees are not paid in full.

_____ Date _____
Signature of Minister or YE Director

PARENT CHECK LIST: REQUIRED

My child ...

- 1) Is actively involved in a Unity Church.
- 2) independently follows directions.
- 3) Has had 3 successful overnight stays away from home without family.
- 4) Exhibits appropriate behavior.
- 5) Can effectively communicate their needs in a way that is appropriate in a group setting.
- 6) Demonstrates ability to follow group agreements.
- 7) Is independent in personal hygiene and care needs.
- 8) Independently participates in group activities and projects

I have read and understand the Unitreat Information Flyer. This event is facilitated and supervised by adult volunteers from regional churches who are team leaders providing all daily structure to their campers.

PARENT SIGNATURE: _____ Date_____

#2 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 the following for use in materials they may create.

PRINT name of minor here

Signature _____ Date_____

(Parent/Guardians signature if under 18 years old)

#3 CAMP CISPUS PARTICIPANT RELEASE OF LIABILITY FORM

Addendum to Cispus Liability Release 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 this minor/adult 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 _____

CAMPER'S NAME ABOVE

PARENT OR LEGAL GUARDIAN SIGNATURE FOR MINOR

RETURN ALL FORMS TO CHRIS CASTALDI 410 Monroe St Oregon City, OR 97045

#4 UNITREAT CAMP HEART AGREEMENTS for Youth & Adults

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 does not foster a closer awareness of your inner Light, they are not a part of this camp experience.
- 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 players, cell phones at home, Music is shared at community gatherings only
- 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) will make arrangements to pick me up within 8 hours.**

_____ **UNITEEN**

_____ **PARENT**

_____ **MINISTER**

| | | |
|--|-------------------|-------------------|
| *****!!!!!!!!!!!!!!!!!!MEALS & T-SHIRTS !!!!!!!!!!!!!!! ***** | | |
| Child’s Medium ___ | Child’s Large ___ | Adult Small ___ |
| Adult Medium ___ | Adult Large ___ | Adult X Large ___ |
| Adult 2X___ Adult 3X | | |
| MEAL Requirements: Vegetarian ___ No Dairy ___ Other ___, Explain below | | |
| | | |
| Cispus supplies only 1 type of milk replacement “Soy Joy, non flavored” Please supply any other forms of meal time needs, and it will be available at every meal. | | |

My child's behavior allows for cooperative participation in various camp settings without disruption to others or compromising their safety or the safety of others. Yes___ No___

I certify that this Uniteen has not been ill OR knowingly exposed to anyone known to be infectious in the last 2 weeks.

Signature _____ Date _____
Parent/Guardian

Signature _____ Date _____
Witness: minister, youth education director, trustee or notary

Please verify that Section II, Authorization to treat form has been completed. Thank you

#5 Northwest Region Uniteen Event for youth & Adult

Section II AUTHORIZATION TO TREAT CAMPER - PARENT / GUARDIAN SECTION
Make three copies: 1 sent with camp applications, 1 for local church, 1 copy to carry to and from event. Authorization is valid for one year. PLEASE PRINT NEATLY.

FULL NAME OF CAMPER _____
Print

Medical Insurance Coverage

Name of Company & Policy Number OR copy of front and back of card attached to this record

Name & Phone of Youth's Physician or Clinic _____

Is the minor currently under health care guidance for: Epilepsy__ Diabetes__ Asthma__ Ear Infections__ Fainting__ Headaches__ Recent Hospitalization/illness__ Head lice (recent)__ Sleepwalking__ Bed Wetting__ Seizures__ Tuberculosis__ Heart Defect/Disease__ Counseling__ ADHD/ADD__
If **yes** to any of above questions please give more info on back of form.

Date of last Tetanus shot ____ Are your child's immunizations current? Yes__ No__ If No or None, please explain. _____

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. Should the applicant be accepted as a participant I agree to indemnify 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 camper or counselor no matter how caused.

Signature of Parent/Guardian _____ Date _____

Unitreat has a Certified First Aid provider in camp at all times. When necessary we transport to Morton General Hospital, 521 Adams Avenue Morton, WA 98356 (360) 496-5112 in Morton WA. As in all health care it is necessary to show proof of insurance at the time care is received.

Please copy your child's insurance card on the back of this form.

Thank you. A copy of an Insurance card makes all treatment and billing go smoother.

Fall Unitreat – Nov 11, 12, 13, 2022 The FALL Retreat starts Friday @ 3pm and closes Sunday at 1pm. Registration opens at 3:30 pm

Uniten Retreat Preparation for Sponsors
Northwest Region Unitreat

UNITEEN LEADERS/SPONSORS PLEASE PREPARE YOUR UNITEENS FOR A WONDERFUL RETREAT EXPERIENCE IN THE FOLLOWING WAYS...

1. DISCUSS THE UNITREAT HEART AGREEMENTS.

Everyone who is attending the Unitreat has signed a heart agreement. Review the Heart Agreements, what do they mean? Facilitate a discussion focused on appropriate behavior and positive cooperation by each person that contributes to a satisfying experience for everyone.

Explain also that anyone (adults & youth) breaking a heart agreement will be held accountable for their behavior. Discuss the clarity & integrity their signature carries on the Heart Agreement.

2. DISCUSS INDIVIDUAL EXPECTATIONS FOR UNITREAT.

It is important for each person to set individual goals for their time at Unitreat. Typical goals might be feeling closer to God, making friends, renewing friendship, taking time to pray-meditate, learning to speak up in a group, sharing a special talent or ability, learning to appreciate or get along better with others. Be sure to consider and discuss any questions or apprehensions of Uniteens or adults who will be attending their first retreat.

3. DISCUSS INDIVIDUAL CONTRIBUTIONS TO THE RETREAT.

Encourage the Uniteens to get to know as many new people as possible, as well as helping others who are shy or in need of encouragement to be drawn into the "oneness" of the group. Encourage your Uniteens to give all speakers and presenters loving attention and support.

4. DISCUSS EACH PERSON'S RESPONSIBILITIES AT THE RETREAT

All individuals (adults and Uniteens) must attend all activities and stay with the group at all times. No one may be in cabins during scheduled activities. Everyone must arrive on Sunday and not leave until after closing on Friday (for June Unitreat or Friday – Sunday for November Unitreat).

Please do your best to get your group to Unitreat during registration time frame as this will support your group's integration into the retreat Whole.

Uniteens will be expected to clean up after themselves and to assist in general clean up after activities, meals and Sunday morning. Family groups may be assigned to assist in specific clean up activities. Discuss the importance of everyone doing their part and present the idea that cheerfully performing helpful tasks with friends can be satisfying, fun. And is a part of becoming a young person (verses a child)

DISCUSS IMPORTANT RETREAT ACTIVITIES

FAMILY GROUPS—Every youth and adult will be assigned a family group. Family groups provide a small group setting to discuss and share retreat experiences.

CAMP FIRE—This is an opportunity to share your talent with everyone. The spirit of sharing will be one of support, cooperation and appropriateness. Only those Uniteens that have discussed in full their Talent Presentations with their Uniteen leader will be put on the campfire schedule. This can be songs, instrumentals, poems, stories, skits. (1campfire in November)

6. LEAD YOUR UNITEENS IN PRAYER, SENDING LOVE AND BLESSINGS TO THE EVENT, PLANNING TEAM AND ALL RETREAT PARTICIPANTS AFFIRMING UNITY, HARMONY AND ONENESS FOR THE UNITEEN WEEKEND.

Adult Unitreat Participant Expectations Adult Retreat Role

Prior to Retreat:

- Read and sign Heart Agreements and this Expectation form & Unitreat Code of Conduct-sent upon request.
- Send a copy of your church's background check to Chris. If not available Chris will send you the form to complete for a Regional background check.
- Read and Sign Code of Conduct for Uniteen Adult participants, sent to you when you contact Chris
- With the Uniteens promote a prayerful consciousness for spiritual growth, extending friendships and full participation.

During Retreat:

- Be a role model of the choices & behaviors you want to see reflected by Uniteens.
- Circulate and participate with youth in your family group during all activities, observe the group configurations.
- Promote attention & respect during group activities. Ask a facilitator for support if you are in your growth/danger zone or that which is no longer healthy for you.
- Check regularly to make sure your Uniteens are accounted for when family or workshop leaders are not responsible for a group.
- Advise Chris Castaldi immediately if you are unable to locate a Uniteen.
- Be aware of special medical needs of your Uniteens and collaborate with Wellness. Our camp First Aid person will contact Lead counselors of individual needs.
- Be available for emotional, physical, spiritual support or disciplinary issues of your Uniteens
- Remain on grounds during entire Retreat
- Lock automobiles securely
- Handle discipline with loving, firm, encouraging approach; no harsh words or actions, name calling or profanity. Training & discussion will be presented on Saturday prior to camp start.
- Report any disciplinary actions/issues to Chris Castaldi
- Handle minor violations of the heart agreement with a loving approach. If you are not clear what a minor issue is please discuss this with Chris. "Please make a different choice; Thank you"
- If the behavior persists or is serious, report immediately to Chris Castaldi.
- Uniteens are not allowed to disrupt activities or family group.
- All adults sleep in camp dorms with youth
- Check dorm rooms before and after all dorm times to be sure all youth have gotten to the next event.
- Promote clean-up after meals, activities and on Sunday before departure.

Signature _____ **Date** _____
Send to Chris Castaldi at cbchris.2010@gmail.com or 410 Monroe St Oregon City OR 97045