### PARENT RESOURCE GUIDE

ST. MATTHEW'S YOUTH RETREAT



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### FRIDAY NIGHT CARPOOL DROP-OFF:

- Drop-off at St. Matthew's: 6:00 PM
- Depart St. Matthew's: 6:15 PM
- Loon Lake Gate Code: 2448

Please eat dinner before arriving as we will not be serving dinner on Friday night.

### SUNDAY AFTERNOON CARPOOL PICK-UP:

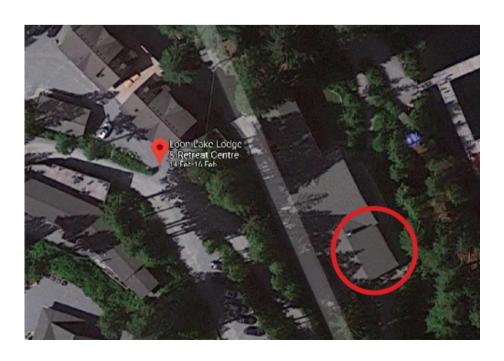
- Loon Lake Gate Code: 2448
- Drivers arrival at Loon Lake: 1:00 PM
- Depart Loon Lake: 1:30 PM
- Arrive at St. Matthew's 2:00PM to pick-up your child



### Directions

### LOON LAKE LODGE & RETREAT CENTRE 4500 Silver Valley Road, Maple Ridge BC, V4R 2R3 40 minute drive from St. Matthew's Parish

- 1. Meet at St. Matthew's Parish on Friday at 6:00 PM
- 2. Turn LEFT onto 88th Avenue
- 3. Turn LEFT onto Pacific Highway 15 and head north
- 4. Turn RIGHT onto Golden Ears Way and head east
- 5. Follow the road and cross the Golden Ears Bridge
- 6. Continue and follow Golden Ears Way until it becomes 128th Avenue
- 7. Continue on 128th Avenue and head east
- 8. Turn LEFT onto 216th Street and head north
- 9. Turn RIGHT onto 132nd Avenue and head east
- 10. At the roundabout, turn LEFT onto 232nd Street and head north
- 11. Turn RIGHT at the 3-Way Stop onto Silver Valley Road
- 12. Follow Silver Valley Road to the gate of Malcom Knapp Research Forest.
- 13. Enter the gate code: 2448
- 14. Follow the gravel road and signs for Loon Lake. You will lose cell phone reception.
- 15. Arrive at the **Student Centre Gym**. (The first large brown building, on the right side. See red circle below.)



## **Emergency Contacts**

All retreat leaders and participants will not have their phones for the entire duration of the weekend. There will be a complimentary landline for participant's use in the dining hall during mealtimes. Here is the emergency contact info provided by Loon Lake Retreat Centre:

Karim Farahbakhchian Loon Lake Manager (604) 868-2685

Dave Fraser Loon Lake Host (on site 24/7) (604) 868-2685

> Bruce Jorgensen Loon Lake Caretaker (604) 868-2685

UBC Front Gate Caretakers
UBC Research Forest
After hours and weekends
(604) 463-8148 Ext: 114

### Time limits in bathrooms

Self-check before you come--> add this to the guide
Encourage them to take a covid test
Self-check each morning --> send them home if they test positive

3 people at a time for 2 sinks



### Packing List

### WHAT TO PACK (MANDATORY):

- · Sleeping bag or bed linens
- Pillow
- Warm comfortable clothes for two nights (Such as youth ministry shirts or hoodies)
- Pajamas for the Pajama Talent Show
- Proper footwear for the outdoor weather
- Indoor shoes or slippers
- · Rain jacket and extra socks
- Towel
- Shampoo and soap
- · Toothbrush and toothpaste
- · Deodorant and other toiletries
- Water bottle labelled with your name
- Rosary
- Enough masks for three days (optional)

### WHAT TO PACK (OPTIONAL):

- Peanut-free snacks to share
- · Anything you need to perform for the Talent Show
- Extra blanket
- Favourite board game or card game (eg. Dutch Blitz)
- Earplugs in case of snoring roommates
- Medication
- Teddy Bear
- Personal hand sanitizer

#### WHAT NOT TO PACK:

Pack no more than one bag. Participants are discouraged from packing beauty products or anything else that is necessary to their morning routine.

- LEAVE ALL PHONES AND ELECTRONIC DEVICES AT HOME: All electronic devices (phones, iPods, laptops, gaming devices, earbuds, etc.) will be safely stored upon arrival at Loon Lake. Trust us, you'll love being so disconnected!
- · Anything you don't want to get lost
- Pets or bedbugs
- Lightsabers or other weapons
- Smoking materials, alcohol, illegal drugs, chewing gum

Friday, June 3
Welcome and Intro
Session 1
Worship
Community Free Time
Night Prayer
Lights Out

Saturday, June 4

Breakfast

Morning Prayer

Session 2

Lunch

Community Free Time

Worship

Session 3

Parent and Child Prayer (3:50pm)

Mass

Dinner

Session 4

Adoration

Talent Show

Sunday, June 5
breakfast
Morning Prayer
Session 5
Lunch
Depart

**Lights Out** 



## Sprititual Preparations

Here are some ways that you can spiritually support your child before and after the retreat:

#### **Before:**

- Remind your child(ren) about how loved they are
- · Be encouraging and set a positive mood
- Reinforce the importance of the Catholic Church and having a relationship with Jesus
- Pray for and with your child(ren) for the openness of their hearts and for an encounter with Christ

#### After:

- Ask specific questions about your child(ren)'s weekend such as "What stood out to you the most?" or "Was there a specific moment where you felt God's presence?"
- Don't be afraid to be vulnerable with them, it will encourage them to open up
- Practice praying and attending mass as a family
- Give child(ren) a sense of responsibility and owndership for their faith by being accountable for their prayer time
- Encourage reading the Bible by setting the example or reading it with them and discussing
- Encourage outward prayers such as prayers before meals, of Thanksqiving, etc.
- Promote interest and enthusiasm for Youth Ministry and other Catholic communities to your child(ren)
- Subscribe to our mailing list to keep up to date on what's happening with Youth Ministry!



# Parent and Child Prayer Time

On June 4 at 3:50pm, we will all pray at the same together. We ask that you join us at home!

The prayer that we have chosen is:

My prayer intentions: