

MAY 6, 2022

PARENT RESOURCE GUIDE

ST. MATTHEW'S YOUTH RETREAT



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Drop-Off Details

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



Covid-19 Precautions

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



General Schedule

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

Lights Out

Sunday, June 5

breakfast

Morning Prayer

Session 5

Lunch

Depart



Spiritual 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 ownership 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 Thanksgiving, 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: