



TENTATIVE SCHEDULE

(Schedule is subject to change. Arrival and Dismissal times are final.)

TIME	ACTIVITY
11:30am– 12:00pm	Arrival and Check-In
12:00pm – 12:45pm	Lunch
12:45pm – 1:25pm	Icebreakers
1:30pm – 2:10pm	Session I
2:15pm – 2:55pm	Session II
3:00pm – 4:30pm	SERVICE PROJECT
4:30pm – 5:10pm	Session III
5:15pm – 5:55pm	Session IV
5:55pm – 6:15pm	Evening Prayers
6:15pm – 7:00pm	Dinner
7:00pm	Closing Prayer/Dismissal

Dear Youth and Adult Participants,

We understand that some of you might have other commitments before and after the retreat. However, we kindly ask that you plan to stay through evening prayers. During this sacred time of the year, it is important for us to all pray together and give glory to God!

Thank you!

GOYA LENTEN RETREAT

PARTICIPANT INFORMATION SHEET

Please read this information carefully with your GOYAn(s) regarding their participation in this Retreat. If there are any questions about these guidelines, please feel free to contact the Metropolis Youth Director at (248) 823-2411.

CONDUCT

All GOYAnS are expected to behave in a way that is befitting an Orthodox Christian. We encourage fun, fellowship, and for everyone to learn and grow in Christ. GOYAnS are, at no time, allowed to have drugs, alcohol, tobacco, or weapons with them at any time during the Retreat. Possession of these items could be grounds for removal from the Retreat.

CHECK IN/CHECK OUT

CHECK IN: Parents... if you are not attending as a chaperone, please do not simply "drop off" your GOYAn. Please come in and check in your GOYAn. If you did NOT register your child online, they will not be able to stay at the retreat unless we get the required emergency contact info.

CHECK OUT: If you need to pick up your GOYAn before the conclusion of the retreat, please 1) include that in the registration OR 2) email youth@detroit.goarch.org before the retreat OR 3) let the Retreat Leaders know at Check in.

DRESS CODE

All youth will be asked to wear the retreat t-shirt provided. All participants are free to wear casual clothing (t-shirt, jeans, athletic shoes). However, participants should remember that the Metropolitan and/or Clergy will be present. In addition, we will be spending time in the sanctuary of the Church. So please do not wear clothing with inappropriate or offensive messages (alcohol/tobacco advertisements, offensive jokes/photos, etc.) or clothing that is too revealing. Includes, but is not limited to: "saggy" jeans, shirts with large cut-outs, bare midriffs, short shorts/skirts, "yoga" pants, etc.).

PHONE/TECHNOLOGY USAGE

While at the retreat, GOYAnS are advised to leave their technology (tablets, smartphones, computers, music players) at HOME! If it is necessary for a GOYAn to bring one of these items to the Retreat, they must be stored away and not used for the duration of the Retreat. If a GOYAn is using this technology at any time during the Retreat, any of the chaperones or Retreat Leaders reserve the right to confiscate the device(s) until the conclusion of the Retreat. If you need to contact your GOYAn, please 1) Contact the host parish 2) Contact the GOYA Advisor in attendance with your parish group or 3) Wait until the conclusion of the Retreat, at which time they can use their phones.

TRANSPORTATION TO/FROM RETREAT

It is not recommended that GOYAnS, regardless of their age, drive themselves to/from a Retreat. GOYAnS will not be allowed to leave the Retreat at any time, unless 1) The Retreat Leaders are notified at least 24 hours in advance of alternate arrangements 2) There is an emergency and a parent/guardian must get their GOYAn(s).



FREEWILL DONATION LIST

Since this retreat is FREE, we are asking each participant to bring as many of the following items as they can to be donated to **ORTHODOX DETROIT OUTREACH** for their food bank. Please read this list carefully before purchasing items to be donated. Thank you!

ORTHODOX DETROIT OUTREACH IS LOOKING FOR ITEMS THAT MEET THESE NEEDS.

- Shelf stable, ready to eat food.
- **POP top cans needed and preferred**, but not restricted to pop-top cans.
- Nothing that requires cooking except simple microwave

CANNED FOOD ITEMS

Fruit

NON-condensed soup

Beef stew

Chili

Baked beans or pork & beans

Spaghetti

Ravioli

Beefaroni

Small jars of peanut butter

Tuna

Canned chicken

Spam

Vienna sausages

Ramen noodles

Microwave mac & cheese (not boxed mix)

Microwave shelf stable meals – like Hormel Complete meals

Individually wrapped

Crackers & cheese or peanut butter

Granola bars

NON-FOOD ITEMS

New Socks

Individually-wrapped toilet paper

Small Kleenex (travel size)

NO pasta, NO rice, NO weird food, NO boxed cereal, NO glass jars, NO expired food