



UPSTATE NY AREA GOYA LENTEN RETREAT

THE LENTEN PRAYER OF SAINT EPHRAIM



RETREAT SCHEDULE

11:00am	Orthros
12:00pm	Lunch
12:45pm	Icebreakers
1:30pm	SESSION 1 (Adult Session w/Eva)
2:15pm	SESSION 2
3:00pm	BREAK
3:15pm	SESSION 3
4:00pm	Orthodox Trivia
5:15pm	Vespers
6:00pm	Dinner
7:00pm	Departure



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GROUP ROTATIONS

GROUP 1	SESSION 1 - FR. CHRISTOS SESSION 2 - FR. MICHAEL SESSION 3 - FR. DAVID
GROUP 2	SESSION 1 - FR. DAVID SESSION 2 - FR. CHRISTOS SESSION 3 - FR. MICHAEL
GROUP 3	SESSION 1 - FR. MICHAEL SESSION 2 - FR. DAVID SESSION 3 - FR. CHRISTOS



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RETREAT GUIDELINES

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 GOYAn(s) 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. GOYAn(s) 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.

SUPERVISION AND CHECK IN/CHECK OUT

GOYAn(s) must come with their parish group with chaperones OR must come with parents. Parish groups must be able to provide one (1) adult for every six (6) GOYAn(s).

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, GOYAn(s) 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 GOYAn(s), regardless of their age, drive themselves to/from a Retreat. GOYAn(s) 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).