



**PRA Y**



**FAST**



**GIVE**

**UPSTATE NY YOUTH LENTEN RETREAT**

**Our Practical Guide to  
GREAT LENT**

**SATURDAY, MARCH 19, 2022**

**12:30PM - 6:30PM**

**Hosted at the  
Annunciation Family Life Center - Lancaster, NY**

**This Lenten retreat is FREE  
and open to all youth ages 8-18.**

**Join us for fellowship, Lenten meals, and thoughtful  
discussions during this sacred time of the year. A discussion  
track will be available for parents/adults/chaperones, as well.**

**All participants (youth and adults) must register online by March 1, 2022**

**Register at [www.detroit.goarch.org/NYGOYA](http://www.detroit.goarch.org/NYGOYA)**

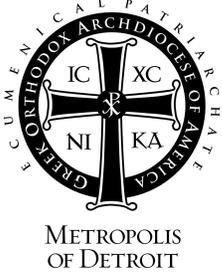


**METROPOLIS  
OF DETROIT**

**PRAY**

**FAST**

**GIVE**



**UPSTATE NY YOUTH LENTEN RETREAT**

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## **RETREAT SCHEDULE**

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12:30PM - 1:00PM

CHECK-IN AND WELCOME

1:00PM - 1:55PM

LUNCH AND ICEBREAKERS

2:00PM - 2:45PM

WORKSHOP #1

2:50PM - 3:25PM

WORKSHOP #2

3:30PM - 4:25PM

BREAK/OUTDOOR ACTIVITY

4:30PM - 5:15PM

WORKSHOP #3

5:15PM - 5:50PM

VESPERS

6:00PM - 6:30PM

DINNER AND DEPARTURE



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## RETREAT GUIDELINES

**Please read this information carefully with your youth 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 or youth@detroit.goarch.org**

### **CONDUCT**

All participants (youth and adult) 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. Youth participants are, at no time, allowed to have drugs, alcohol, tobacco, vape pens, or weapons with them at any time during the Retreat. Possession of these items will 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 youth participant. Please come in and check in your youth participant. 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 youth participant before the conclusion of the retreat or if someone other than a parent/guardian will bring your youth participant home, 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 exactly who will be picking them up.

### **MASKS REQUIRED**

It is of utmost importance that we ensure the safety of all participants at the retreat, as well as their families at home. Therefore, it will be mandatory that all participants wear masks while they are indoors. We thank all participants, in advance, for their compliance with this requirement. Prior to the event, we will email all registered participants regarding changes or updates to the retreat's COVID-19 protocols/procedures.

### **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 Clergy will be present. In addition, we will be spending time in the sanctuary of the Church. Therefore, please do not wear clothing with inappropriate/offensive messages (alcohol/tobacco advertisements, offensive jokes/photos, etc.) or clothing that is too revealing. This includes, but is not limited to: “saggy” jeans, shirts with large cut-outs, bare midriiffs, short shorts/skirts, “yoga” pants, etc.

### **PHONE/TECHNOLOGY USAGE**

Youth participants are advised to leave their technology (tablets, smartphones, computers, music players) at HOME! If it is necessary for a youth participant 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 youth participant 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 child, please 1) Contact the host parish 2) Contact the Parish Youth 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 youth participants regardless of their age, drive themselves to/from a Retreat. Youth participants 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 or 2) There is an emergency where the parent/guardian must pick them up.



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# LOCATION/CONTACTS

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### RETREAT LOCATION

The Family Life Center and Holy Cross Chapel are located at  
5992 Genesee St., Lancaster, NY



### CONTACTS

**Eva Konstantakos**  
youth@detroit.goarch.org

**Nick Malamas**  
nickjmalamas@gmail.com