Our Lady of Mercy Catholic High School

FLAME #19 Retreat information
October 12-14, 2018
Camp Covecrest Tiger, GA
(706) 782-5961 landline to their office

Which forms do we need?
You must use the link on the website to register through our Google form and have 2 forms signed by a parent/guardian and turned in to the front office before you are able to attend the retreat. Early sign-up due August 31st & regular sign-up September 21st:
1. Google Registration Form (online)
2. Signed Parental Consent (Mercy Field Trip Form)
3. Signed Covecrest Lifeteen Liability Waiver

September 26th, 2018 is the deadline for refunds.

Academic expectations:
We are so fortunate to be in a faith-based educational environment where we can take time from school to strengthen our relationship with God and our peers in an open and accepting environment at Our Lady of Mercy. Attending a wonderful spiritual function like this retreat is a privilege and we expect the following:
- Students must plan ahead and take care of their homework and any classwork they may miss in advance or as soon as possible and NOT use the retreat as an excuse for not completing their work on time.
- Additionally, if a student currently has a low or failing grade in any class due to missing work, we expect them to advocate for themselves and go to their teachers to make a plan on how to take corrective action before the retreat. This is simply to reinforce personal responsibility and to create a culture where working cooperatively along with diligence results in successful outcomes. This is how we may glorify God in all that we do.

Practical matters:
What do we do with our stuff?
All participants must bring their luggage to the side door near the chapel between 7:00am - 7:40am on Friday, October 12, 2018.
FLAME team will mark the bags with blue tape for boys and pink tape for girls.
- Make sure your name is on EVERYTHING! FLAME Team will load it on to the buses for you
- You must put everything you wish to bring in a secure bag with a zipper or other type of closure. Open bags will not travel well and you will lose something during handling and transit. Duffle bags and backpacks are best.
- Loose pillows, blankets, and sleeping bags should be placed in a large plastic bag
- This is an active retreat with much time spent outdoors-no really nice clothes or excessive grooming supplies are needed

When do we leave?
Students will be released at 1:15pm (after 6th period) on Friday, October 12th.
There will NOT be an announcement to leave. Please take it upon yourself to get on the bus for the retreat. Teachers will have a list of participants.
Please use the restroom, as the bus will not stop on the way. PROCEED DIRECTLY TO THE BUSES. THIS IS NOT THE TIME TO GO TO VENDING MACHINES OR CALL HOME TO TRY AND GET SOMETHING YOU FORGOT.
There are assigned buses:
There will be a roster for each bus and you will be notified as to which bus you will be on by the chaperones loading the buses.

YOU MAY NOT SWITCH BUSES WITH ANYONE AT ANY TIME-THIS IS FOR YOUR SAFETY! PLEASE RESPECT THE SCHEDULE AND OUR TIME (we want to beat the Atlanta traffic!)
Buses will leave the parking lot promptly at 1:30pm. Failure to get on the bus on time will result in you being left behind.
When do we get back?
We will arrive in the Mercy parking lot at about 3pm on Sunday, October 14th.
Students will call when we are leaving Camp Covecrest (about 1pm).
Please arrange your rides ahead of time and be sure you are picked up in a timely manner.

DIETARY NEEDS:
Friday we will have cheese and pepperoni pizzas. Covecrest will serve breakfast lunch and dinner on Saturday and breakfast and lunch on Sunday cafeteria-style. They can accommodate some dietary restrictions like gluten free and vegan.
Please let us know on the Google registration form of any limitations you have and we will alert the kitchen staff.
**YOU MUST TELL THEM YOUR RESTRICTION WHEN YOU ARE IN LINE FOR YOUR FOOD AND THEY WILL GET YOUR REQUESTED MEAL ACCOMMODATION.**

HEALTH CONDITIONS:
Students may bring their own daily medications and are responsible for taking them on their own.
If there are any chronic conditions we need to know about, please alert us on the Google registration form and include an appointment with Mrs. Cawley to communicate your action plan for the condition along with the items your student will have on them to help carry out the plan like an EpiPen.

What do we bring?
- Sleeping bag or bedding & pillow-bed size: twin--**no linens are provided**
- Towels
- Toiletries
- Shower shoes (flip flops)
- Gym type clothing for activities
- Long pants and long sleeves-it can get cold in the mountains!
- Bring layers of clothing-it will be warm during the day (85 F) but very cold at night (45 F)
- Light rain jacket
- Bathing suit for hike to waterfall (if you plan to wade in the water….brrrr)
  - Both boys and girls MUST wear a short sleeve t-shirt over your bathing suit-no tanks no midriffs showing. Shirts should be conservative-no white shirts, no spaghetti straps or gaping arm holes – no mid-riff showing (ie. no bellybuttons!) no offensive slogans
- Close-toed shoes (you may wear flip-flops-just be sure to bring tennis shoes/sneakers that can get dirty for outdoor activities)
- Shorts should be modest and not too short
- Allergy medications/inhalers
- Sunscreen, bug spray
- Flashlights are always handy

Do we have to follow school rules?
Absolutely! Remember that our goal is to get to know new people, develop our relationships with our peers, and grow closer to God. Everyone should be respectful and courteous and abide by the rules set forth by the OLM student handbook during the retreat. Failure to do so may result in parents being called to pick you up. Rules include, but are not limited to the following:

**NO CELL PHONE OR ELECTRONICS ALLOWED DURING SCHEDULED RETREAT ACTIVITIES. THIS IS SO WE ARE ATTENTIVE DURING THE TALKS AND ACTIVITIES THAT FLAME TEAM HAS WORKED SO HARD TO PLAN FOR THEIR PEERS:** Students may use them on the buses, during free time, and at night in their rooms. **FLAME Team members will carry backpacks to all activities and will offer to place cell phones in the backpack for safe keeping during scheduled activities and give them back when it is a good time to take pictures...etc.**

Please communicate with your retreat participant to reinforce the value of unplugging to get in tune with God and being considerate to FLAME Team members who have worked since summer to organize a fulfilling retreat for their peers. Thank you!
Failure to comply will result in your phone being taken until bedtime. Please note that cell phone coverage is spotty at best so do not be surprised if you cannot call out. Covecrest has a landline to their office (706) 782-5961 or you may call my cell phone in an emergency 404-680-6910 (I have A&T and tend to get pretty good coverage. Verizon, T-Mobile, Sprint, and MetroPCS are very spotty or none at all)

RIGHT TO PRIVACY: No Snapchatting, Instagramming, or posting to any other social media outlet any photos/videos of Covecrest staff, Mercy students, or adult chaperones without their consent. This is the law and is taken very seriously. We will not tolerate any negative representation of anyone on this retreat.

NO SWITCHING CABIN ROOMS: It is for your safety just like the buses. There are assigned cabin rooms. Students are grouped by gender and grade. Chaperones take roll a few times per night to ensure all are present. If you are not in your cabin, we will find you and you will be placed in a room with the chaperones for the rest of the retreat. Chaperones sit in shifts all night long to ensure your safety.

NO LEAVING THE PREMESIS: You may not leave the areas where activities are scheduled with out a chaperone. Under no circumstances should you leave the area without an adult knowing. This retreat is about fellowship with all participants and wandering off alone or in a small group is inappropriate, potentially unsafe, and not allowed.

RESPECT FOR THE ENVIRONMENT-LEAVE NO TRACE: Please be mindful that we are stewards of the facility we are using as well as the grounds. Please pick up ALL trash and recycle all cans, bottles, and cardboard. All areas should be left as you found them. Do not break limbs on trees or throw rocks at any time.

RESPECT OTHERS: Please keep your hands to yourself. We will be sharing our beliefs, feelings, and opinions and we must do so with mutual respect. Support and build each other up.

BE REVERANT: All participants are required to attend Mass and Adoration. Please be mindful that Jesus is present and we must show our reverence by wearing appropriate clothing. While it is still casual, make sure you are wearing modest shorts or pants, shirt, and shoes.

FINAL CLEAN-UP: Camp Covecrest requires that all rooms must be emptied of personal belongings by 11am. Additionally, all trash must be taken to the cans outside of the cabins. Failure to complete this clean up process will result in you missing the last activity of the retreat and in the company of a chaperone; you will clean up your dorm room and/or bathroom.

PLEASE ENSURE ALL RIDES PICK YOU UP ON SUNDAY IN A TIMELY MANNER! We should arrive at about 3:30pm--Chaperones will be very tired and ready to go home. Thanks in advance for your consideration.

Please remember that this is a spiritual retreat and not a fall break vacation with your besties. The definition of a spiritual retreat is this: To temporarily leave behind the usual distractions we all face for a time long enough to allow relaxation and for an inner change to occur: the ongoing conversion of heart that is critical to deepening faith. Our purpose is to slow down and be different than usual to quiet ourselves to hear our inner voice of who we truly are and who we want to be and we seek this through Jesus Christ.

It is to that end that we, the FLAME Team, have worked so hard to prepare meaningful activities for you to have an opportunity to explore yourself, your relationships with family & friends, and your relationship with God.

We truly hope that it will be a wonderful and memorable experience for you. Thank you for cooperating with us!