

# DO-IT-YOURSELF RETREAT

Welcome to your DIY Retreat package. This provides you with a structure you can follow to create your own retreat experience for your group. Alongside this PDF, you can access additional materials we've used for our Avalanche and Blizzard retreats; feel free to utilize whichever components you find helpful.

## HOW DOES THIS WORK?

We've provided a framework for how our retreat weekends worked. You can choose which parts you'd like to use and how you'd like to utilize them. For instance,

- A weekend retreat (Note: For the remainder of this document, we will use this as the default setup and is applicable whether you choose an online or in-person experience.)
- A week-long experience (e.g., spring break or summer camp) with a single message viewed each day
- 4 weeknights over 4 weeks (i.e., at your weekly gathering)

You may also choose to use some materials (e.g. just the message videos or a selection of the digital scavenger hunt) and/or adapt others.

The point is to use those elements that are helpful for your ministry context and goals (and leave the ones that don't make sense for you).

## WHICH PARTS DO I USE?

Here is a summary of the purpose and possible adaptations for each part:

COMPONENT	PURPOSE	ADAPTATION
Main session	Ultimately, our desire is for youth to meet Jesus, perhaps in a manner they're not used to.	<ul style="list-style-type: none"><li>- Use your own worship music (live or pre-recorded)</li><li>- Host 1 session per day</li><li>- Share a message and have people comment through a group chat (synchronous online)</li></ul>
Small groups	The key to our retreats is the small group times after each	<ul style="list-style-type: none"><li>- Have an asynchronous way to ask questions (e.g. a question</li></ul>

	session. These are times where youth can process the message, ask questions and understand how to integrate it into their personal lives/walks with Jesus.	box, a group chat, an online form, via social media)
Team Challenges	Sessions can be highly intensive and include spiritually, emotionally, mentally, and physically challenging moments. Team challenges or recreational activities allow for youth to decompress between sessions. Team challenges are also a way to build community through shared tasks / experiences.	<ul style="list-style-type: none"> <li>- Offer ways for people to participate both in groups and individually</li> <li>- Have some synchronous activities together and asynchronous tasks students can do at a time convenient to them</li> <li>- Incorporate different skills/intelligences where possible to create greater inclusivity</li> </ul>
Lead-in and Lead-out lessons	Especially in a weekend event, it's helpful to extend the experience both with a lead-in lesson (to "on-ramp" into the retreat) and lead-out (to integrate the lessons into everyday life).	<ul style="list-style-type: none"> <li>- Host a lead-in and lead-out in the regularly scheduled youth group meetings before and after the retreat</li> <li>- Break down the lessons into "bite-size" parts that can be shared asynchronously and at a higher frequency</li> </ul>
Teams	At our retreats, we group churches into one of 2-4 teams. This gives youth opportunities to work together with others and offers a larger identity to gravitate towards. The point system gamifies and gives meaning for the team challenges.	<ul style="list-style-type: none"> <li>- Create your own teams within your groups.</li> </ul>

## WHERE'S THE SUPPLEMENTAL MATERIALS?

Many of the resources we used are available online at [cbogyouth.ca/diyretreat](http://cbogyouth.ca/diyretreat).

## WHO SHOULD I INCLUDE?

A full weekend retreat is not something that should be planned and implemented by one individual. We suggest recruiting persons for the following roles:

- **General Manager:** oversees and ensures that all the various parts of the retreat are in place for your group.
- **Photographer:** captures pictures of participants and team challenge results. This can be a team of photographers.
- **Videographer:** captures video footage of participants. This can be a team of videographers. They may also choose to create a highlight video encapsulating the experience.
- **Food Services:** (for in-person experiences) ensures all food and beverages are appropriately obtained and distributed. Having water bottles available is recommended.
  - o Note: Be sure to follow your public health guidelines and church policies on any food handling. If there are restrictions, you may want to advise participants bring their own food.
- **AV Coordinator:** ensures all audio-visual requirements are operational (whether meeting in-person or online).
- **Recreation Leader:** gathers supplies and explains and enforces rules for games and other fun, team building, elements of the event
- **Prayer Leader:** ensures the group and event is covered in prayer. This may include a team of prayer persons coordinated by one individual.
- **Administrator:** ensures all due diligence requirements (e.g. compliance with the child safety policy, obtaining photo releases, etc.). This person communicates all applicable details to participants (leaders, students and parents).
- **Social Media:** shares any memorable moments via your group's social media accounts. This person may also choose to interact with other groups (or Avalanche personnel) via social media.

Please note: individuals may be able to hold more than one role, as long as you continue to have the necessary supervision for your students.

## SUGGESTED WEEKEND SCHEDULE

Friday

TIME	ACTIVITY
7:30-7:50	Team time (or hype time if you don't have teams)
8:00-9:00	Main session

9:00-9:45	Small groups
10:00-10:30	Late night options

Saturday

TIME	ACTIVITY
9:00-9:30	Team time (or hype time if you don't have teams)
9:45-10:45	Main session
10:45-11:30	Small groups
12:00-1:00	Lunch
1:00-5:00	Team challenges
5:30-6:30	Dinner
7:30-7:50	Team time/Hype time
8:00-9:00	Main session
9:00-9:45	Small groups
10:00-10:30	Late night options

Sunday

TIME	ACTIVITY
9:00-9:30	"Ask your leader" (Q&A with the leader)
9:45-10:45	Main session
10:45-11:30	Small groups
11:30-12:00	Closing ceremonies

## **PRAYING TOGETHER**

Prayer is essential in these experiences. Here are some suggestions:

- Organize times (within 2-3 weeks) before the retreat to pray for the youth joining and others involved.
- Ask your church to pray during your service or other prayer meetings. (See the prayer bulletin docs.)
- Gather a group of “prayer warriors” (i.e., those who are willing to pray for extended times) during the weekend and provide them regular updates throughout the weekend.

## **HELP AND SUPPORT**

If you need any help with setting up or implementing your DIY experience, feel free to contact Alvin Lau (text/call 416-620-2946, [alau@baptist.ca](mailto:alau@baptist.ca)).