



# SUMMIT POINT YOUNG ADULTS

## SUMMER RETREAT GUIDE

### **What is it?**

Our summer retreat doesn't have a fancy name or even a theme (Jesus can be our theme if you need a theme), but it will hopefully be an awesome time for all of us to connect with our God as we encounter Him in His creation and in His Word that leads to an all-out worship of Him in our community. Our chief goal is going to be seeking our Lord this upcoming weekend inviting Him to continue to do a transformative work in us through His Spirit leaving us and our community changed by Him as we head back into our sphere of influence of family, friends, co-workers, classmates etc...

### **Where are we going?**

Norris Lake (30182 County Rd. 2100 E. Farmington, IL 61531). It will come up as Norris Outdoor Adventure on GPS. It is located in between Farmington and Canton. It's a 30-acre private strip mine lake complete with lake house that has great fishing and great opportunities for swimming, lake slides, sand beach, water activities, sand volleyball, and much more.

### **When are we going/coming home?**

Arrival: You can arrive at Norris Lake as early as 4:30p if that suits you to set up camp and enjoy the lake. It will take around 45 minutes for you to get there from Peoria. Dinner will be at 6p.

**Departure: Final departure is at noon on Sunday.** You don't have to stay that late and anything formal will end earlier in the morning, but you are welcome to stay and enjoy the lake. We will not have lunch provided on Sunday.

Our goal is to make this retreat accessible to every young adult. That's why we chose a location only 45 minutes from Peoria. We fully understand as young adults you may have to work or have a tent, but still desire to be a part of the weekend. We are great with that! Sign-up and talk to me about your situation. If at all possible, we want you with us!

### **What will we be doing?**

We will have a schedule for the weekend, but it very intentionally will have a lot of open space in it. We have a night session with a preach/worship Friday night/Saturday night and morning worship/devotion on Saturday/Sunday. Saturday night we will have a whole hog roast and a Hawaiian luau. So, sit back, relax, and enjoy God's Creation and take the opportunity to grow together in this community!

### **What will we be eating (Tentatively):**

**Friday Night:** Pizza

**Saturday/Sunday Morning:** Coffee and Hot Breakfast

**Saturday Lunch:** Sandwiches/Chips

**Saturday Afternoon Snack:** 😊

**Saturday Night: (8p)** Hawaiian Luau with whole hog roast

**Sunday Morning:** Coffee and Hot Breakfast

We will have some additional snack food/drinks items around throughout the weekend. If you have food allergies, please let me know and we will do our best to accommodate you.

### **What to Bring:**

- Your Bible/pen/notebook
- Bring clothes. Don't pack for a week. If there is something you REALLY need there are places close by. Hawaiian shirt or Hawaiian gear.
- Bug Spray/Sunscreen (sweat/water resistant is best) ...unless you want to be a burnt itchy mess.
- Bring a hat and sunglasses (Hopefully it will be sunny and nice)

- Hand sanitizer or anti-bacterial hand wipes
- Modest Swimsuit/Towel- Ladies, if you have any questions on swimsuits, please ask one of the lady leaders. Guys you can ask me if you have the same questions. If in doubt, err on the side of modesty.
- Bring a sleeping bag/pillow/camping pad/tent. Ladies you are welcome to set up in the house that has AC/out of the weather or to camp outside. There will most likely not be enough beds so plan accordingly. If you want to bring a camper (please ask me on details). Guys if you don't have a tent, please let me know and we can make sure you aren't out in the open...unless you want to be.
- Flashlight or headlamp
- Personal Medications- If you have any health conditions we should be aware of, please let us know. You are adults and you will be in charge of your own medications.
- Toiletries-Shampoo, soap, comb, deodorant, toothbrush, toothpaste, or earplugs. We will have a guys and ladies locker room with showers and bathroom in addition to other bathrooms in the house. With many more bathrooms, showering/shower schedule shouldn't be as big of deal. Just be respectful of the time you take. I will be buying Camp Suds if you want to clean off in the lake.
- Water floats, kayaks, paddleboards, fishing gear (catch and release only) and any other things to enjoy the lake. You can bring ATVs and golf carts to get around lake. Campers are welcome, but talk to me first.

**Items NOT to take:**

- Immodest clothing. Use good discernment and if you lack good discernment; ask a godly man or woman in your life.
- Bad Attitudes/Complaining: Please leave these back in Peoria. Take the mentality that this is more of a family camping trip than a luxurious 5-star resort type trip and set your expectations accordingly.
- This goes without saying: No drugs. No alcohol. No weapons.
- Your online life. Can you survive 3 days without your online presence? Yes, and you will probably be more joyful and less anxious while doing that. I am not going to take away your phones like some sort of survival show or as if you are in junior high. Take advantage of an opportunity to unplug though and connect with your God and others!

**Trip Rules:**

- There may be changes, delays, and things that will happen that won't go according to plan. Please be flexible without complaining and maintain a godly attitude toward the situation and the rest of our community. Roll with the unexpected.
- Treat others like you want to be treated.
- Make sure you go beyond only talking to your "besties" and be intentional about getting to know others on the retreat.
- This is not a romantic weekend getaway for you and your significant other. Spend time with others this weekend. It is good and healthy for relationships to allow for breathing room.
- No guy/lady should be alone together (outside of married couples) at any time during this trip. Guys should not be in the ladies inside sleeping area/locker room at any point. Ladies should not be in the guy's locker room/guys tents alone. All this goes without saying, but now it's said. You are young adults that love the Lord. Rather than implementing a police state over the weekend, make good choices.
- Be respectful of others, the facility, and the lake which means being respectful of things that are not your own as well as respecting other's sleep if you are a night owl.
- Look for opportunities to act on being loving, serving others, caring for others, and encouraging one another in the Lord. It is really tough to do overdue genuine encouragement, love, and selfless service.

**Questions**

While I tried to exhaustively overwhelm you with information, let me know if you have any further questions.