

PCD UUA MUUGs' Retreat

November 1-3, 2019

a Middle School Unitarian Universalist Gathering
Friday evening through Sunday at 11:00 am.

Are you a *6-9th grader? Would you enjoy meeting other amazing UU middle school youth? At a MUUGS Retreat, you'll be able to meet other youth in small group meetings for play, fun and just talking. Of course, there will be regular meals, snacks, a movie, youth worship and large group activities. The leaders at the retreat will be youth, young adults, and adults who particularly enjoy working with middle school youth.

** MUUGs programming is designed for Unitarian Universalist middle-school youth and most consistent with the needs of 7th and 8th graders. Also welcome are youth in 6th grade and 9th grades.*

Friday **7 pm:** Registration begins

8 pm: Program

 NOTE: No dinner will be served on Friday, please arrive fed!

Sunday ***Programming ends at 11:30 am.*** All youth must be picked up by noon.

Place : ***Unitarian Universalist Society of Sacramento***

2425 Sierra Boulevard

Sacramento, CA 95825

Cost: \$50/youth until 11:59 pm Tuesday, October 29, October 30-31, \$60, November 1,\$75

Registration costs include snacks, three meals on Saturday, breakfast on Sunday and all activities. First time participants in MUUGs pay \$25. Make checks payable to PWR.

Beginning October 25, do not mail registration form, but bring to retreat. Please email or phone Marlene Abel, to let her know your youth is attending.

Questions about registration go to our registrar, Marlene Abel:

707 763-0443 (home), 707 364-4526 (cell), marlenea@sonic.net

Address: 133 Maria Drive, Petaluma, 94954

Questions about retreats go to the Retreat Coordinator for the MUUGs Ministry:

John Large, phoenixark123@gmail.com.

Please be sure to remember to bring your own sleeping bag!

What to bring

Sleeping bag, pillow, and pad. Sharing NOT permitted.

Pajamas

Clothing for Saturday and Sunday

Toiletries (toothbrush, toothpaste, deodorant, etc.)

Any required medication (please review medication policy.)

An open mind

Books, music, or games to share.

Leave at home

Illegal drugs, paraphernalia, alcohol, tobacco products

Hurtful language

Bad attitudes

Tarantulas and other pets.

Please be aware that all items brought to retreats are the bringer's responsibility, including electronic items such as phones and laptops. The Pacific Central District and MUUGs planning team cannot be held responsible for loss or damage to personal items.

Retreat Policies and Guidelines

Sleeping Policy: At each retreat the youth have a choice between a gender (either male or female) identified quiet room, and the gender-neutral room. A movie is played in the gender-neutral room. Each youth must have their own sleeping materials (sleeping bag/blanket, pillow and sleeping pad). At any point in the quiet rooms, and once the movie is over in the co-ed room, all participants are expected to be asleep. Each room has at least 2 adults in it who remain awake until all youth are asleep and who are available to be awoken when needed. Additionally, there is a retreat Chaplain in a designated Chaplain room who can also be awoken at any time.

Medications: Please ensure that any medication that a youth may require is brought in a clearly labeled bag, with the intended dosages and timings easily available to the Registrar, Marlene Abel (or her designate in her absence). The chaplains will ensure that the youth will receive their medication on time, and that it is kept safe. If possible send only the dosage needed for the length of the event.

Policy on Sexuality and Community for All Participants:

While sexuality is a healthy and important part of young people's lives, there are times and places where sexual behavior is inappropriate. This policy seeks to create a healthy and safe space for all participants.

Exclusive relationships detract from the community. All participants must abide by the following policies:

- Participants must respect each other's physical boundaries.
- Participants shall refrain from sexual, seductive or erotic behavior while at the event.
- Sexual behavior between participants at the event and sexual harassment are not permitted and will not be tolerated.
 - *Any harassment regarding race, color, national origin, religion, age, sex, gender, sexual orientation, or disability will not be tolerated. Such harassment includes unsolicited remarks, gestures or physical contact, display or circulation of written materials or derogatory pictures directed at any of these categories. In addition, sexual advances, jokes, explicit or offensive pictures, requests for sexual favors, sexting, and other verbal or physical conduct of a sexual nature constitute sexual harassment.*

Covenant: The Youth participants of have agreed on the following covenant in order to keep our community a safe and healthy place.

We, the attendees of the Middle School Unitarian Universalist Gatherings, do covenant to:

- Treat others the way they want to be treated while respecting your own boundaries.
- Seek to understand before seeking to be understood. Listen with your heart and head; respond with consideration of what was said.

- Respect everyone’s identities and the different ways we move through the world.
- Try your best and encourage effort, not perfection. Criticize actions, not people. Be a compassionate bystander, utilizing support when needed.
- Practice Culture of Consent. Remember consent must be freely given and “no” needs to be an option.
- Be inclusive; Invite Tom.
- Challenge yourself to share honestly. Ask rather than assume.

Parents/guardians are invited to discuss these policies and this covenant with youth.

Behavioral Guidelines for Participants

- Respect the Policy on Sexuality and Community
- No drugs, weapons, or alcohol.
- All participants will remain on-site during the event
- Participants must provide all requested, signed permission and release forms.

I have read and agree to adhere to these policies and guidelines while at the event. I understand that breach of the Covenant, Policy on Sexuality and Community, or Behavioral Guidelines will result in disciplinary action up to and including dismissal from the event and the inability to attend future PCD MUUGs events.

Youth Signature: _____ Date: _____

I have read and understand the policies, guidelines and covenant that the youth I am responsible for is expected to follow. I agree to be available to retrieve my youth should disciplinary action be taken.

Parent/Guardian Signature: _____ Date: _____

Registration Form

Pacific Central District UUA MUUGs Retreat
November 1-3, 2019

Please mail this form with your check payable to PWR for \$50/youth postmarked by October 25 to: Marlene Abel 133 Maria Drive, Petaluma, 94954. After October 25, bring form to retreat. The retreat charge increases to \$60 on October 30 and 31, and \$75 on November 1. We offer scholarships to youth in financial need. Please contact the registrar to make a request for financial assistance or carpooling possibilities. We do not want cost or transportation issues to keep youth from participating

If your youth is arriving at the retreat with forms, please notify Marlene Abel of youth's name and congregation by October 31. (Marlene Abel at 707-763-0443 or 707-364-4526. or marlenea@sonic.net)

Carpooling Assistance- Do you permit the release of your email address and phone number to parents/guardians in your geographical area who request carpooling assistance? Yes _____ No _____

Name of Youth _____

Grade: _____ Birthdate ____/____/____ Pronouns _____

Congregation: _____

Youth's email (if checked) _____

Does Youth want to Lead a Workshop? If yes, list workshop _____

Emergency Contacts Information

Name _____

Relationship to Youth _____

Phone _____ Email _____

Name _____

Relationship to Youth _____

Phone _____ Email _____

Food Needs: (Vegetarian, vegan, omnivore, allergies) _____

Medical Information:

Health concerns for the retreat: _____

Medication to be Taken During Retreat _____

Physician name _____ Phone _____

Health Plan _____

Health Plan ID # _____

Anything else that you would like us to know about your youth? _____

Release:

I give my consent for my child/ward, _____, to participate in the PCD UUA MUUGs Retreat, November 1-3, 2019. I agree and hereby do release and hold harmless PCD UUA ,the Unitarian Universalist Society of Sacramento and all adult supervisors from and for any and all liability that may arise for damages, loss or injuries, either to

person or property, which my child may sustain while at the retreat. I give my consent and authority for paid or volunteer adult staff of the program to take any reasonable action to help ensure the safety, health and welfare of my child/ward. I give permission for any emergency medical care deemed immediately necessary or advisable to safeguard my child/ward's health, when I cannot be contacted. I also agree to pay and be responsible for all medical, hospital or other expenses which the Unitarian Universalists of Napa Valley or any and all adult supervisors may incur as a result of securing such treatment. I understand that if my child/ward violates the rules of the retreat, I may be required to retrieve them. Severe infractions may result in barring my youth/ward from future MUUG events.

Parent/Guardian Signature: _____ Date: _____

I have read the Covenant for MUUGS retreats (listed above). I understand that violating the Covenant may result in my being sent home early, and may result in my being unable to attend future MUUGs events. I understand that this covenant was created in order to support a healthy community during the retreat.

Youth Signature: _____ Date: _____

I DO NOT CONSENT to allowing my youth's photo to appear on the PWR website, MUUGs Programming materials or publications, or other Unitarian Universalist publications.
(Revised and approved 9/20/2014)