



BAY AREA GOYA LENTEN RETREAT 2024

Registration, Information, Liability Waiver and Permission Form

March 29 – 31, 2024 * NatureBridge Retreat Center, Sausalito, CA

INTRODUCTION

Join Bay Area GOYAns grade 6th - 12th for the annual Bay Area GOYA Lenten Retreat! Sitting on a private beach in Sausalito, this Retreat is an amazing balance of enjoying the beautiful landscape, meeting new friends, and growing stronger in the Faith.

LEADERS AND CHAPERONES

To help us run the program and facilitate discussions, Holy Cross, Belmont will utilize youth leaders who are Christ-centered, responsible, mature, liturgically-active, and who have youth ministry experience.

NATUREBRIDGE CONFERENCE AND RETREAT CENTER

NatureBridge is located 10 minutes north of the Golden Gate Bridge. For more information about NatureBridge, go to: <https://naturebridge.org/retreat-space/golden-gate>

DISCUSSION FORMAT

To better impart the content of our retreat to the participants, middle school and high school will be split up for discussions.

LODGING

Boys and girls **will** be separated for lodging.

AGE REQUIREMENT

This retreat is for those currently in the 6th-12th grades.

Sponsored by The Greek Orthodox Church of the Holy Cross
900 ALAMEDA DE LAS PULGAS ❖ BELMONT CA 94002-1604
650-591-4447 ❖ office@goholycross.org ❖ www.goholycross.org

REGISTRATION FEE

\$120 per teen. **Includes:** 2 Nights lodging and all meals on Saturday and brunch on Sunday

MEALS

All meals will be vegetarian in observance of the Lenten Fast. We will be sure to exclude ingredients that your teen(s) may be allergic to as long as you inform us of any dietary restrictions in their registration form.

CANCELLATION POLICY

We appreciate prompt notification if a teen must cancel. Refunds may be requested in writing and will only be granted if a replacement for the open spot is found, except in cases of family emergency.



PARENTS' CHECKLIST

To ensure the registration of your teen(s), the following must be completed:

- (1) Read, fill out, sign, and send in this Registration, Liability Waiver and Permission Form
- (2) Include a copy, **front and back**, of your insurance card (cell phone photos are sufficient)
- (3) Include your payment for the weekend

Submit your documents and payment by method (a) or (b):

- (a) **Traditionally** – printing this completed PDF, and sending via USPS to:
Church of the Holy Cross
900 Alameda de las Pulgas
BELMONT CA 94002-1604
(and submit your check payable to “Church of the Holy Cross”
– please write “Lenten Retreat” in the memo)
- (b) **Electronically** – by completing this entire fill-able PDF and attaching it by email to frmanoli@goholycross.org AND then submitting payment at:



<https://bit.ly/retreat-lent24> or

All forms and payment must be emailed/postmarked by **Friday, March 1, 2024**

WHAT TO BRING, AND WHAT *NOT* TO BRING

ITEMS TO BRING

- | | |
|---|---|
| 1. Clothes for warm and cool weather | 9. Undergarments |
| 2. Raincoat/poncho/rain gear (in case it rains) | 10. Pajamas |
| 3. Church clothes for Friday night service and Sunday Liturgy | 11. Towel for shower |
| 4. Jacket | 12. Flip flops for shower |
| 5. Sweater | 13. Toiletries (towels, toothbrush/toothpaste, comb/brush, shampoo/conditioner, soap) |
| 6. Long-sleeved shirt and long pants for hiking | 14. Sleeping bag or blanket |
| 7. Comfortable shoes and clothes (closed-toe/hiking shoes for outdoors - it gets dirty -- so bring shoes you don't mind getting messy!) | 15. Non-fitted or twin-fitted bed sheet |
| 8. Socks | 16. Pillow and pillowcase |
| | 17. Camera |
| | 18. Flashlight w/new batteries |
| | 19. Water bottle!!! |
| | 20. Insect repellent |

DO NOT BRING THE FOLLOWING:

1. Money
2. Valuables
3. Inappropriate clothing (i.e., references to drugs, alcohol, profanity, etc.)
4. Cell phones and other electronics (i.e., iPods, iPads, tablets, wearable devices, etc.) ***
5. Food/snacks
6. Weapons ^^
7. Drugs/Alcohol ^^

***** We understand that some parents want their teens to have cell phones. Any cellphone brought will be collected at the beginning of the retreat and returned at the end. We discourage teens from bringing cell phones to prevent any opportunity for losing them and causing distractions.**

^^ Anyone who brings any illegal substances (drugs, alcohol, etc.) or weapons will be asked to leave. Parents will be contacted immediately and be held responsible for picking up their teens if such an infraction occurs.

REGISTRATION FORM

Teen's Name: _____ Birth Date: _____

Grade Level for 2023/24: _____ Gender: _____

Teen's e-mail address: _____

Allergies/Dietary Restrictions: _____

FAMILY INFORMATION

If you are sending more than one of your teens to the retreat, you only have to fill out this Family Information section ONCE -- on the oldest sibling's form.

Check this box if Family Information below can be found on oldest sibling's form

Your parish: _____

Name(s) of Parent(s)/Guardian(s): _____

Home Street: _____

Home City: _____ Home Telephone: _____

Mom's Cell: _____ Dad's Cell: _____

Mom's e-mail: _____ Dad's e-mail: _____

Please indicate which Parent should be our primary contact: _____

Parent Marital Status: _____ Custody of Children (if applicable): _____

EMERGENCY CONTACT INFORMATION

(A) Parent/Guardian Emergency Contact name and telephone numbers:

Name: _____ Relationship: _____

Home Phone: _____ Cell Phone: _____

(B) If "A" unavailable, Alternate Emergency Contact name and telephone numbers:

Name: _____ Relationship: _____

Home Phone: _____ Cell Phone: _____

LOGISTICS AND CELL PHONES

PICK-UP/DROP-OFF INFORMATION

You do not currently need this information to complete and send in this form. Please make sure to e-mail Konstantine with this information as we get closer to the retreat.

Check this box if Pick-Up/Drop-Off Information can be found on oldest sibling's form

Who will bring your teen(s) to Holy Cross?

Relation to teen:

Who will pick up your teen(s) from Holy Cross?

Relation to teen:

TRANSPORTATION LOGISTICS

We will be departing Holy Cross for NatureBridge (formerly Marin Headlands) following the Salutations service, which begins at 7pm. It takes about 45 minutes to get to the retreat center.

To make the trip to NatureBridge as easy as possible, a carpool will be organized prior to Friday March 29. As stated above, the group will leave The Church of the Holy Cross shortly after the conclusion of Salutations on Friday night. All are encouraged to participate in the carpool, so all youth arrive at the retreat center at roughly the same time. If any youth need a ride or if any parents would like to volunteer to drive, please contact Fr. Manoli (frmanoli@goholycross.org)

Holy Cross is not responsible for taking non-Holy Cross youth to the retreat or leaving from the retreat. Parents of youth will be responsible for the transportation of their children to and from the retreat. Please contact Fr. Manoli (frmanoli@goholycross.org) for retreat drop-off and pick-up times.

CELL PHONES & CONTACTING TEENS AT RETREAT

We understand that some parents want their teens to have cell phones. Any cellphone brought will be collected at the beginning of the retreat and returned at the end. We discourage teens from bringing cell phones to prevent any opportunity for losing them and causing distractions.

Should an emergency requiring communication with your teen arise, you can call the NatureBridge facilities (415) 332-5771 or Father Manoli at (520) 243-3397

LIABILITY WAIVER AND PERMISSION FORM (section 1 of 2)

Nature of the Youth Ministry Events: Youth Ministry events for the 2023-24 calendar year are sponsored by **Greek Orthodox Church of the Holy Cross** ("Sponsor"). Greek Orthodox Church of the Holy Cross is located in Belmont, California and is affiliated with the Greek Orthodox Archdiocese of America. By signing this waiver, you agree that you may be giving up legal rights and remedies available to yourself and your family. Read and complete this waiver carefully. If you have questions, please contact an attorney.

I understand that the nature of Youth Ministry events is both social and spiritual. Youth Ministry events will take place at a variety of locations throughout the year, including **but not limited to** Greek Orthodox Church of the Holy Cross.

Nature of Risks: I understand that voluntarily traveling to and attending the various Youth Ministry events may involve certain risks beyond the reasonable control of the SPONSOR, its staff, directors, volunteers and agents in connection with the various Youth Ministry events, et al., and the Archdioceses and all parishes participating in it, and their respective officers, directors, volunteers and agents, and chaperones or representatives associated with the Archdiocese et al., including but not limited to accidents, emergencies, exposure to reckless conduct of other persons, and/or negligence of and that Sponsor et al., and the Archdiocese et al. disclaim any and all responsibility for any such risks. If at any time during the various Youth Ministry events, attendees attempt to leave the event, they do so without the permission of the Sponsor, et al., and the Archdiocese et al., and will be subject to dismissal from participation in the event.

Waiver of Liability/Hold Harmless: By signing this liability waiver, I agree and acknowledge that I may be giving up important legal rights and remedies available to myself, my family, my heirs, successors, and assigns. For value received, I agree on behalf of myself, my child's other parent if known or living, my child named herein, and our heirs, successors, and assigns ("Our Behalf") that I assume all risks and waive any liability of any nature whatsoever against and agree to hold harmless Sponsor, et al., and the Archdiocese et al., with respect to any and all actions, claims or demands that may be made or brought on our Behalf against Sponsor, et al., and/or the Archdiocese et al. arising out of or in connection with my child's travel to or attendance at the camp, or any other activity my child may engage in while in transport there. Further, for value received, for any injury to third parties that may arise because of my child's actions or omissions, I agree to hold harmless and defend Sponsor, et al., and the Archdiocese et al., with respect to any and all actions, claims, expenses or demands arising there that may be made or brought against Sponsor, et al., and/or the Archdiocese et al., including but not limited to reasonable attorneys' fees and expenses arising in connection therewith.

(continued)

LIABILITY WAIVER AND PERMISSION FORM (section 2 of 2)

(continuation)

Media Waiver: We consent to the use by Sponsor, et. al any videotape, photograph, slide, audiotape, or any other visual or audio reproduction in which my child may appear. I understand that these materials are being used for promotion of various Youth Ministry and Youth Ministry events by and for the Sponsor, et al. Such promotional activities extend to recruitment, fund-raising, advocacy, etc. I release the staff, volunteers, etc. of the Sponsor et al., and Archdiocese et al., from any liability connected with the use of my or my child’s picture or voice recording as part of any of the above or similar activities.

Medical Permissions (Limited): As a condition attending the various events, I grant permission in the event of an emergency or accident for emergency medical care to be administered to my child within the Facility and/or during or after transportation to a hospital or doctor for emergency medical care. I further understand that it is not the responsibility of Sponsor, et al., and/or Archdiocese et al., to attempt to reach my child’s emergency contacts and that I remain responsible for my child’s medical expenses.

Medical Information: Pertinent information about allergies or health problems, present medication and dosage which your child may be taking and any other information that will enable the adult leaders to obtain safe medical treatment for your teen, must be included in the attached **Teen Medication Information** section.

Limitations and Other Things We Need to Know: If teen has any limitations that may affect his/her participation in any activity, please list in an email, or on another sheet of paper. Also, please let us know of anything else that you might think would be important for our leaders to know about (behavioral and emotional issues, painful or traumatic experiences that affect behavior, etc.). If you prefer to talk to Fr. Manoli directly (frmanoli@goholycross.org) about some of these issues, please do not hesitate.



WE fully understand the consequences of and sign this LIABILITY WAIVER AND PERMISSION FORM knowingly, freely, and willingly. I also agree to notify the Holy Cross Church Office of any changes in our contact, insurance, or medical information as they occur.

*Please sign here with DocuSign or another electronic signature service
OR print and sign by-hand and scan/e-mail with your other documents.*

Signature of Parent or Guardian

Date

Signature of Youth

Date

INSURANCE/MEDICAL INFORMATION

(Please include a copy/photo, front and back, of your Insurance Card)

Policy is in the name of: _____

Insurance Company Name: _____

Insurance Policy Number: _____

TEEN MEDICATION INFORMATION

Teen Name: _____

Does not take any medication

Takes medications listed below

If you need more space, please list in an email, or on another sheet of paper and attach/include with this packet. If your teen needs to have an adult administer his/her medication, please indicate YES or NO in this table:

MEDICATION	DOSAGE	FREQUENCY	ADULT TO ADMINISTER?

YOUTH MINISTRY CODE OF CONDUCT

Youth Ministry participants agree to the following:

- Project an image of Orthodox Christian consideration, sensitivity, and respect to everyone and to the property around them through language, dress, and behavior
- Refrain from inappropriate touching and/or verbal harassment
- Respect other persons and/or property
- Refrain from actions that could result in injury and/or damage to property
- Adhere to any stated curfew
- Attend all scheduled activities, arriving promptly, and staying for the entire event
- Report problems of any kind to a trusted adult member of the ministry team
- Always tell an adult leader where they are going if they leave the main event area.

Youth Ministry participants agree to NOT:

- Possess weapons or fireworks of any kind
- Purchase, possess, consume, or distribute alcohol
- Purchase, possess, consume, or distribute illegal drugs or tobacco products
- Engage in any form of sexual activity or sexual harassment
- Use profanity, degrading language of any kind.
- Visit or gather in sleeping areas of the opposite gender
- Wear inappropriate clothing (i.e., references to drugs, alcohol, profanity)

Parent/Guardian:

I agree to instruct my child to abide by all rules and regulations as outlined in the Participant Code of Conduct as outlined above. I agree that if my child fails to abide in any way by the Code, that my child can be dismissed from a Youth Ministry event and sent home immediately at my expense for the immediate transportation home with no right of reimbursement or refund for any amount in connection therewith from the Sponsor et al., and/or Archdiocese et al.

Initials of Parent/Guardian: _____

Youth:

As a participant in a Youth Ministry event, I understand and agree to conform to both the Participant Code of Conduct. I also understand and agree that my parent/guardian will be notified at the time of any infractions requiring my dismissal from any youth ministry event and that I will be sent home at my parent's/guardian's expense. Among other things, being found with any alcoholic beverages, drugs, tobacco, or weapons is cause for automatic dismissal from the present and/or future Youth Ministry event(s).

Initials of Youth Ministry Participant: _____