



Spring Retreat 2024 Info Packet

Source | UPC Youth

University Presbyterian Church

2562 Rouse Rd, Orlando, FL

(407) 384-3300

Register online



What is Spring Retreat?

Spring Retreat is designed for teens to disconnect from the hustle and busy-ness of Orlando, connect with God, and grow closer as a community.

Departing and Returning

- Departing from University Presbyterian Church:
5pm, Friday, May 3.
- Returning to University Presbyterian Church,
3pm, Sunday, May 5.

Cost and Registration

- \$100 per person, \$200 max per family
- Fees cover food, transportation, and accommodations
- Register by **midnight, April 28, 2024**
- [Register online here »](#)

Register online



5 Rules of Retreats

1. **RESPECT.** Respect all people around you.
 - a. Respect your fellow Spring Retreat participants.
 - b. Respect your instructors and Spring Retreat staff.
 - c. Respect the Deerhaven staff and building. Deerhaven is an excellent retreat location, and we want to glorify God with our conduct while on their property.
2. **PARTICIPATION.** All participants **MUST** participate fully in all activities.
3. **LEARN.** Do your best to learn something new.
4. **FRIENDS.** Spring Retreat is a place to make new friends, so be friendly!
5. **FUN.** Above all, have fun and enjoy the week.

About respecting the retreat rules:

In the event that a Spring Retreat participant does not respect the rules:

1. On the first instance, a verbal warning will be given by a Youth leader, along with an explanation of why the behavior was unacceptable.
2. If there are repeated instances, the participant's parents will be contacted using the emergency contact information provided at registration.
3. If the participant shows no improvement in their behavior, they may be removed from retreat activities. Spring Retreat staff will make the decision that is in the best interest of the retreat's staff, volunteers, and other participants.
4. Fighting: one warning will be given on the first day of retreat when we are explaining the rules of the retreat. Any fighting may warrant an instant dismissal from the retreat.

Valuable items should be left at home. Any dangerous possessions may be confiscated.

Emergency Contact

In the event of an emergency, **please contact Jonathan Trousdale at 321-387-9108.**

Accommodations

We will be retreating to **Montgomery Center in Starke, FL**, a camp and retreat center owned and operated by the Presbyterian Church (USA). The 167-acre property includes several cabins and meeting facilities, and housing for up to 175 persons.

Website: www.montgomerycenter.org

Office phone: 352-473-4516

Address: 88 SE 75th Street, Starke, FL 32091

Tentative Schedule

Friday evening

- Arrive at UPC at 5:00pm
- Dinner at UPC
- Travel to the retreat location
- Orientation and worship time
- Games and coffee time together

Saturday morning

- Breakfast together (Teams assigned to prepare and clean up)
- Morning session and Morning devotions
- Morning activity and games outdoors

Saturday afternoon

- Lunch together (Teams assigned to prepare and clean up)
- Afternoon outdoor activity
- Free time for reflection

Saturday evening

- Dinner together (Teams assigned to prepare and clean up)
- Evening session (brief teaching time followed by time for sharing and worship)
- Campfire and music

Sunday morning

- Breakfast together (teams assigned to help prepare and clean up)
- Pack and tidy up rooms (teams assigned to organize cleaning)
- Morning session
- Group picture
- Depart for UPC

Packing list for Spring Retreat

Luggage

1 Duffel bag, backpack, or overnight suitcase

Shoes

Tennis shoes / sturdy shoes
Flip flops / sandals
Socks

Clothing

Pants / jeans
Shorts
Socks and underwear
Pajamas
Sweatshirt / sweat jacket / light jacket

Swimming

Swimsuit
Swim shoes (optional)
Beach towel
Sunscreen

Bed linens

Sleeping bag
Pillow

Personal items

Toiletries (toothpaste, toothbrush, personal soap, shampoo, etc)
Bath towel and washcloth
Plastic bags for wet / dirty clothes
Water bottle (optional)
Bible, pen / pencil

Medication

Do not bring over-the-counter medication. Prescription medication should be given to the leader with instructions.

CELL PHONE POLICY

Campers may bring cell phones, but they must be left in the rooms at all times while at the retreat center.

DO NOT BRING

Radio, cd/mp3/dvd player, tobacco, alcohol, drugs, fireworks, firearms, pets, video games, water guns, skate boards, skates, unicycles, expensive clothes and shoes, jewelry, or other valuable items