



## About

LIFT is a spring retreat for 6<sup>th</sup>-8<sup>th</sup> grade students at The Shepherd's Church. The retreat is centered on these four ideas: *Love, Identity, Formation, and Truth*. At this stage, we want our middle schoolers to grow in their love for Christ, discover their identity in Christ, be formed like Christ, and learn the truth about Christ from His Word. Accompanied by their small group leaders, our middle school students will enjoy an overnight stay at the newly renovated New Life Camp in Raleigh, NC. In addition to Bible teaching and worship, students will participate in a variety of games and activities throughout the weekend. This retreat will allow students to unplug from their daily routines so they can cultivate healthy relationships, grow in their spiritual walk, and make some memories!

## Theme & Sessions

The sessions will be led by Devin Gallagher, one of our student ministry pastors. This year's emphasis is on love.

- Session 1 (Friday night) – God is love
- Session 2 (Saturday morning) – God so love
- Session 3 (Sunday morning) – Love others

## Dates & Location

**March 21-23, 2024** • New Life Camp – 9927 Falls of Neuse Rd, Raleigh, NC 27614



## Registration

Student Cost – \$25

Cost is all-inclusive (lodging, meals, activities, t-shirt). You can register online at [shepherds.org/students](http://shepherds.org/students).

## Check-in & Transportation

Transportation to and from New Life Camp (Raleigh, NC) is not provided by The Shepherd's Church. On Friday, March 21, students can be dropped-off at New Life Camp between 5:00 and 5:45 pm. On Saturday, March 23, students will need to be picked up between 4:00 and 5:00 pm.

## Schedule

### FRIDAY

5:00-5:45	Drop Off/Check-in
6:00	Dinner
<b>7:00</b>	<b>Session 1</b>
8:00	Small Groups
8:30	Bonfire & S'mores
10:30	Head to Cabins
11:00	Lights Out

### SATURDAY

8:00	Breakfast
<b>9:00</b>	<b>Session 2</b>
10:00	Small Groups
10:30	Group Photo
10:45	Free Time
12:00	Lunch
1:00	Games & Activities
4:00-5:00	Pick Up

### SUNDAY

<b>9:30</b>	<b>Session 3*</b>
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*\*Session 3 on Sunday will take place at The Shepherd's Church Chapel. Students are encouraged to wear their retreat t-shirt on Sunday morning.*

## Packing List

- Bible
- Notebook and Pen



- Warm clothes
- Sneakers
- Coat/jacket
- Toiletries
- Sleeping Bag/Linens
- Towels
- Flashlight (optional)

## Retreat Rules

- No tobacco, drugs, or alcohol.
- No fireworks, knives, nunchucks, ninja stars, or nuclear weapons.
- Students must attend and be on time to all scheduled events. No pranks or raids allowed.
- Students must not leave the retreat site.
- All parents/students are financially responsible for any damage incurred on the retreat property by your students.
- Always bring your Bible to sessions.
- Lights out means all rooms must have their lights out and be quiet. Showering, changing clothes, and brushing teeth must be done *before* lights out.
- Have fun and make memories!!

## FAQ

### **Who are the adult chaperones/leaders going to the retreat?**

*Our leaders are a multigenerational mix of godly men and women who are eager to invest in the next generation. The team will include current grade leaders plus new leaders who have been approved (application and background check required). If you're interested in serving as an adult leader, please let us know!*

### **What are the spiritual growth opportunities at the retreat this year?**

*Each day, students will experience biblical, age-appropriate teaching, as well as rich small group discussion times to help students apply biblical truths.*

### **How will students get to and from the retreat?**

*We will not be offering transportation, so students will need to be dropped off at New Life Camp Friday night and picked up Saturday night. Please refer to check in and transportation to see the further details.*

### **Who do I contact about my student's food allergies?**

If you have any medical or allergy concerns, please reach out to Mollie Andersen at [mandersen@shepherds.org](mailto:mandersen@shepherds.org).

### **What is the cell phone policy?**



Cell phones will not be allowed on this trip, so please leave them at home. It encourages students to unplug from normal routine and focus during the retreat.

**What if there's an emergency?**

All of our adult leaders will have phones for your students to use in the event of an emergency. Your student's leader will send you their number in advance. If you cannot reach your student's leader, you can contact any of our staff members below.

## Emergency Contacts

**Caleb Cruse**

704-689-4384

ccruse@shepherds.org

**Devin Gallagher**

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**Mollie Andersen**

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