

Good Shepherd Catholic Church

Year 2 Confirmation Retreat – November 16 - 17, 2019

LOCATION & CONTACT INFO:

- Marelo Youth Retreat Center
6530 Wells Avenue, Loomis, CA 95650
- Website: www.marelloyrc.org
- Map: *attached*
- Emergency Phone Number to reach us @ Marelo YRC: (916) 652-6155.

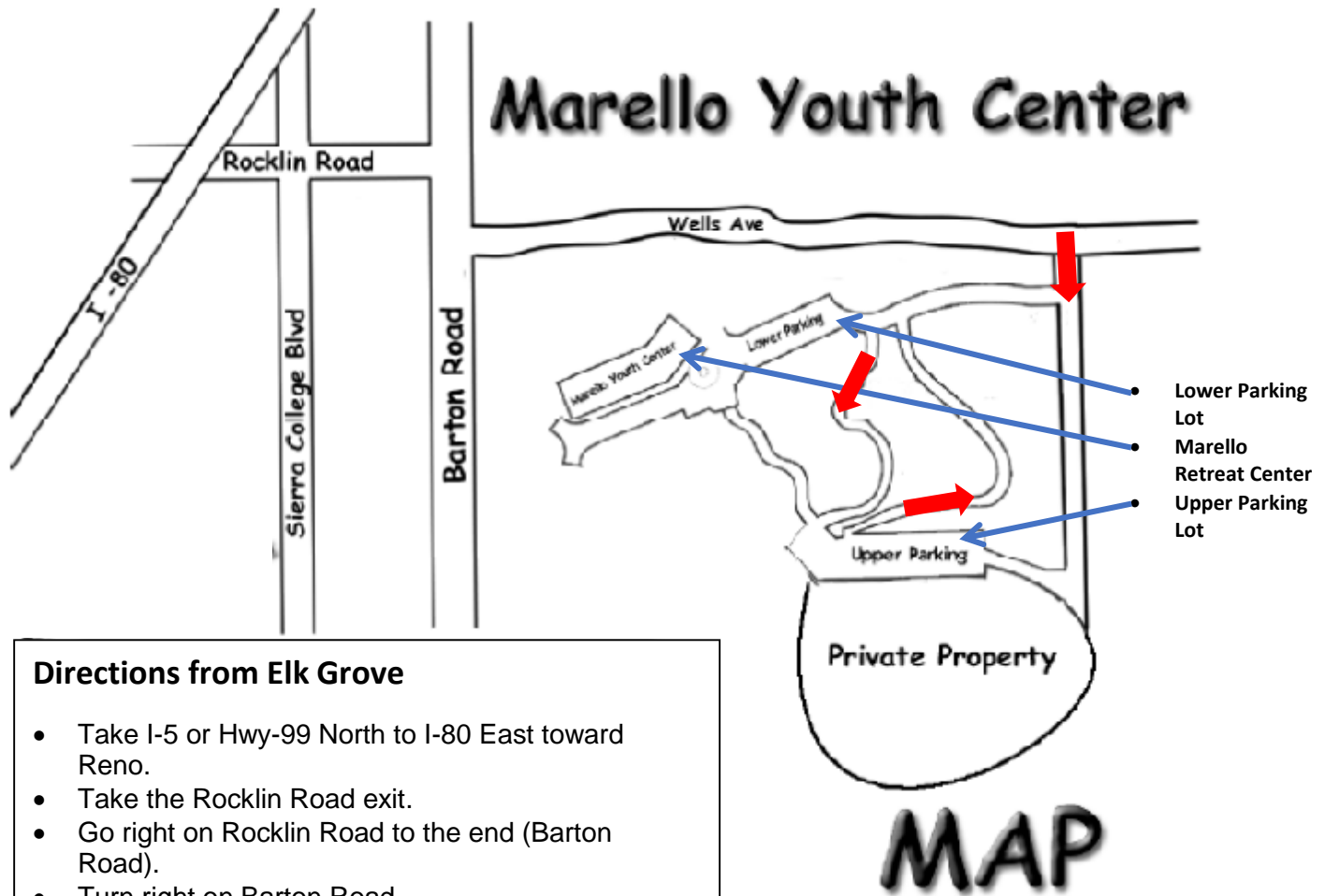
TRANSPORTATION & SIGN-IN / SIGN-OUT PROCEDURES:

- Parents are responsible for transporting students to & from the retreat.
- CARPOOLS **TO** the Retreat are encouraged; however, we ask that ALL FAMILIES join us at the end of the Retreat for the Family Mass prior to Sign-Out.
- A PARENT or (authorized) ADULT is responsible for signing their student IN on Saturday and OUT on Sunday for the Retreat.

RETREAT SCHEDULE

- **SIGN-IN: November 16, 2019 from 8:30 – 9:00 AM.**
I CAN'T STRESS THIS ENOUGH...PLEASE BE ON TIME!
- **FAMILY MASS: November 17, 2019 tentatively scheduled for 12:00 PM.** You will be notified if Fr. Stephen changes the Mass time on our agenda.
Mass will be followed by cleanup, SIGN-OUT & departure
- *Please be sure to arrive early for Mass and follow the signs showing where you can wait and then enter the center to join us.*

DRIVING DIRECTIONS



Directions from Elk Grove

- Take I-5 or Hwy-99 North to I-80 East toward Reno.
- Take the Rocklin Road exit.
- Go right on Rocklin Road to the end (Barton Road).
- Turn right on Barton Road.
- The first street on the left is Wells Avenue.
- Turn left on Wells Avenue.
- About ½ mile up Wells Avenue on the right is the entrance to the Mareello Retreat Center.
- We will try and have balloons at the entrance.

PARKING

If the Lower Parking Lot is full, continue up the driveway to the Upper Parking Lot. Use the Stations of the Cross pathways to walk down to the Retreat Center. Bring your bag and sleeping bag with you from the car.

What to Bring...and what NOT to bring with you!

Basic Information & Expectations

1. Dress Code:

We ask that participants dress appropriately for the retreat environment. Clothing should not be distracting, suggestive, revealing or restrictive. For example, questionable or disrespectful pictures or images, distasteful language, tight clothing, or skimpy clothing is inappropriate. Participants who are inappropriately dressed according to the Retreat Center standards will be asked to change clothes, or the parents will be called and the participant asked to leave.

2. Behavior:

All participants are expected to exercise Christian conduct, respecting themselves and each other at all times. Common courtesy, good manners and polite language are the standard of behavior.

3. Sleeping Arrangements:

There are no individual sleeping rooms for the retreat. Honoring the parents of the Blessed Mary, the St. Anne room and the St. Joachim room are set aside for girls and boys respectively. Girls sleep in the St. Anne room with access to the girl's restroom facilities and showers. Boys sleep in the St. Joachim room with access to the boy's restroom facilities and showers.

What to Bring to the Retreat!

- A positive attitude and an open heart to let God lead you in to a more intimate relationship with Him this weekend!
- Sleeping bag & a pillow – NO blow up mattresses or cots
- Towel & wash cloth – showers are available or you can wait until you are home on Sunday.
- Personal Toiletries: toothbrush, toothpaste, deodorant, brush, comb, soap & shampoo – PLEASE DON'T FORGET THESE!
- NO medications should be in your personal possession (unless an epi pen or inhaler is arranged with our medical staff ahead of time). All medications (prescription AND over the counter) should be accompanied with a Medications Form and turned in during Check-in.
- Comfortable and appropriate clothing for sleeping on Saturday night and a change of clothes for Sunday. For the girls: To ensure comfort and ease of movement during "icebreaker" activities, or during times when groups might sit on the floor, it is recommended that girls wear pants or other appropriate attire (rather than skirts).
- **FLASHLIGHT** – Fr. Stephen has an outdoor evening activity planned for us.
- Clothing appropriate for the weather – Please check the weather as we get closer to the date. Water/Wind proof jacket for outside activities during the retreat if the forecast calls for it. And include an umbrella if the weather forecasts rain.

What NOT to Bring to the Retreat!

- **NO Phones or Electronics of ANY kind** - Cell phones, electronic games, computers, and headsets are NOT permitted during the retreat. Retreat leaders and Core Team will have cell phones and electronics for emergency preparedness and as may be required to facilitate the retreat experience. We will confiscate any electronics that we see for the duration of the retreat and only return them to the parent(s) at the end of the retreat.
- **NO Gum & Snacks of ANY kind** - No chewing gum is allowed due to the potential for inappropriate disposal. Our food coordinators will ensure that snacks are provided throughout the retreat weekend in addition to our regularly scheduled meals.

September 2019

RE: CONFIRMATION RETREAT – Dietary Information

Dear Parents and Guardians of Confirmation Candidates:

Meals and snacks will be provided for your children during our Confirmation Retreat. Mickey and I strive to achieve a nutritional balance on all food served AND we maintain a menu for the weekend that already addresses peanut allergies. In order for us to adequately prepare for the weekend, information regarding your child and their needs may be necessary for the following reasons:

- 1. Your child has specific medically documented allergies other than peanuts.**
- 2. Your child is a vegetarian/vegan.**

If either of these applies to your child, please Email us at watson.g@comcast.net by **Wednesday, November 6, 2019**. We will follow up with a phone call to discuss your individual situation.

Please list as the subject matter in the Email, **“Confirmation Retreat Menu”**.

If you do not have access to Email, contact either Mickey or I at (916) 798-7791. On behalf of Mickey and I and the entire retreat team, we look forward to seeing you and your Candidate at the retreat.

Yours in Christ,

Gary and Mickey Watson
Food Service Coordinators

Palanca Letters

Palanca in Spanish means, “lever”. Palanca, for our purposes, is a spiritual lever used to gently and lovingly move people toward God. In this case, it comes in the form of a letter written to give support and guidance in the form of prayer, sacrifice, and heart to heart communication to the candidate.

Who is a Palanca Letter from, and who is it for?

We ask that each parent/guardian & the Candidate’s Sponsor write a Palanca Letter to your confirmation candidate attending the Confirmation Retreat.

What can a Palanca Letter do?

The long and short range results of Palanca Letters are quite positive and very moving. Often times it reopens the lines of communication between parents and teens, allowing each to gain insight and understanding of the other. God also takes advantage of this opportunity, revealing Himself to us through each other.

Why is it important to write a Palanca Letter to my student?

It is important that at least one parent writes a Palanca Letter to their student - consider the benefits listed above that can result from this heart to heart communication of support and encouragement for your student. Also, consider your teenager’s feelings if everyone *but* your son/daughter receives a Palanca Letter at the retreat.

What should be included in a Palanca Letter?

- ✚ Tell how much you love him/her and how grateful you are for all/she is to you and others.
- ✚ Describe specifically why you believe this teenager is such a wonderful and unique creation of God. What is it about who they are that demonstrates their goodness and holiness?
- ✚ Describe the special place in the family this young person holds; what you look for in him/her that no one else can give; how he/she has brought love and joy to the family and to others.
- ✚ Describe how proud you are of this young person for his/her preparation for Confirmation – the effort, service, prayer, concern, and care that he/she has shown.
- ✚ Encourage your teen to come to you in times of pain, discouragement, and failure. Include an expression of sorrow for those moments of weakness or failure in your own life.
- ✚ Express the hope that he/she will always strive to grow in his/her relationship with Jesus Christ and His Church.
- ✚ Mention any prayer/sacrifice you have offered on their behalf while they are at the retreat or longer.

When and Where should I deliver the Palanca Letter(s) for my student?

1. Each Palanca Letter should be in its own sealed envelope and should be addressed: **“PALANCA LETTER for (FIRST & LAST Name of your Confirmation Candidate)”**.
2. If you have more than one Palanca Letter for your student, please place all of the individual envelopes in one larger manila envelope and address the large manila envelope the same way: **“PALANCA LETTERS for (FIRST & LAST Name of your Confirmation Candidate)”**.
3. **All Palanca Letters should be delivered to me in the CFF or PARISH Office NO LATER THAN Wednesday, November 6, 2019.**

Confirmation Retreat Medication Form

Please complete ONLY if you are sending over-the-counter OR prescription medications with your child.

First & Last Name of Student: _____

Medication Name	Dose	Time of Administration	Reason for Medication

Concerns or special directions for medication administration:

- All prescription medication must be in its original and clearly marked medication bottle with the prescription label on the bottle.
 - Over the counter medications must be in the original medication bottle.
 - We will not accept any medications that are not in their original containers.
 - **All medications AND this completed form are to be placed in a Ziploc bag labeled with the student's full name.**
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- Inhalers for Asthma and Epi-Pens for anaphylactic reactions may be kept with the student during the retreat, but must be listed on the form above and the form turned in at CHECK-IN.
 - All other medications will be checked in when the student arrives to the retreat. The medication will be kept in a secured location and will be dispensed to the student at the prescribed time.
 - If you would like to discuss your child's health issues and/or medication prior to the retreat, you can contact Paula Gonzalez at gspelkgrove@comcast.net. Paula is a registered nurse with EGUSD and will be in attendance at our Confirmation Retreat that weekend.

Parent Authorization:

I authorize my student to have the above medications at the Confirmation Retreat and I understand the medication will be given to my student at the prescribed time. All remaining medication and medication bottles (containers) will be returned at the end of the retreat.

Parent Signature

Date