



Confirmation 2012 Fall Retreat to CROSS Missions In Charlotte, NC

Date: September 30—October 2

**Departure time: 4:30 p.m.
Meet in parking lot behind church**

***Cost: \$45.00**

Checks payable to Westminster Presbyterian Church

We will arrive back in Greensboro on October 2nd around noon.

All meals are included except for dinner on Friday night. Please bring money for a fast food meal on the way to Charlotte.

***Confidential scholarships are available contact Lucy Jefferies or Marti Reed Hazelrigg**



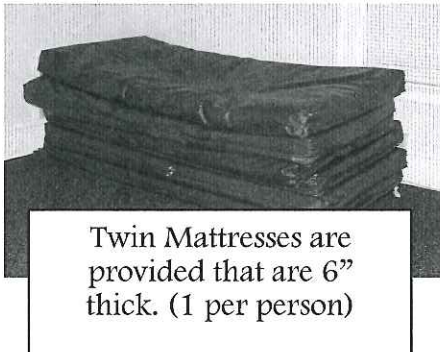
CROSS Missions Packing Checklist

Dress will always be casual - shorts/jeans and T-shirts being standard. Work clothes will be subject to wear and tear.

What to Bring

- Bible
- Personal medicine
- Sleeping bag OR Blanket and twin fitted sheet
- Pillow
- One set of outside work gloves
- Money for fast food dinner on Friday night (\$10)

Mattresses are provided, see picture below.



Clothes to bring

- Jeans/Shorts (no sophee shorts for work sites)
- Shirts (shirts with sleeves for work sites- no tanks)
- Undergarments
- Sweater/Jacket
- Shoes and Socks (No sandals, flops or crocs for sites only sturdy tennis shoes & socks)

Sleeping and Showering

- Clothes suitable for coed area
- Soap, shampoo, toothbrush, toothpaste, etc
- Toothbrush, toothpaste
- Towel(s)
- Other necessities

Optional Items

- Alarm clock (provided in each room)
- Frisbee, etc.
- Games, cards, reading material, etc.
- Sandals (cannot be worn at worksites)
- Sunglasses
- Inhalers for those with asthma

DO NOT BRING!

- Alcohol or non-prescription drugs
- Electronic or computer games
- Fire crackers
- Irreplaceable clothes/jewelry/electronics
- Lots of \$\$

Work Site Clothing Requirements:

Clothing for Adults and Youth

This list is what ministry sites require for all participants concerning clothing:

LONG SHORTS- If shorts appear to short, youth and adults will be asked to change. *Sophee Shorts for girls are unacceptable.* These shorts only have a 2" inseam, which is extremely too short. Shorts must have a 4" inseam at ministry sites. Female participants will need to find shorts that meet these guidelines for the days they participate in mission work.

One pair of pants- Rain and other factors may lead to pants being a necessity. (Also if all shorts are too short, the individual will be asked to change into pants)

Shirts with SLEEVES- NO Tank tops or low necked shirts when participating in mission work at various ministry sites. If shirts are too revealing, you will be asked to change. (no underwear or bellies showing).

Tennis Shoes- NO sandals, clog, or croc shoes to be worn to sites.

If you have any questions regarding these clothing requirements, please call before your trip. Thank You 704-927-1282

The Clothing Attire that is stated above will be enforced for ministry sites only and CROSS sponsored events. Leaders use their opinions during group's free time regarding clothing.

Group Covenant for CROSS Mission Trips

For Adult and Youth Participants

- ✚ I know that I am loved and appreciated as a child of God. Therefore, I will make an effort to get to know and treat others as children of God during the mission trip.
- ✚ I understand that I represent not only my home church and the CROSS program at Myers Park Presbyterian Church, but the love of Jesus Christ in the world. Therefore, I will conduct myself in a manner which shows Christ's love and grace at ministry sites I visit, at Myers Park Presbyterian Church where I will be sleeping/eating/recreating and at various places my group visits during the time spent in Charlotte, NC. If inappropriate behavior occurs at ministry sites the individuals may be asked to be dismissed from the program.
- ✚ I will not use language that is not appropriate for church and will degrade or embarrass others.
- ✚ I will leave ALL electronic devices (CD/MP3 players, cell phones, IPODS, etc) at the church/van instead of bringing them with me to sites. These items isolate me from other and divert my attention from the mission purpose of serving others instead of myself. (adults may bring cell phones)
- ✚ I will not be alone during the week, which means adults need to be in MPPC buildings that are occupied by youth and that youth need to travel in pairs to and from buildings at MPPC.
- ✚ I will not give money or identification information such as address or phone numbers to anyone I meet at ministry sites. We are there to provide our time and talents, not our treasures.
- ✚ I will dress appropriately, meaning I will dress in clothing that is not too revealing, unkempt or tight. I am portraying an image of God to others and I do not want my appearance to detract from my witness.
- ✚ I understand that the use of and/or possession of alcoholic beverages, and any illegal medications (those you cannot buy over the counter at a drug store and/or those that have not been prescribed by a doctor for you) will not be tolerated under any circumstances. I understand if these substances are found in my possession, emergency contacts will be notified and I will be dismissed from the CROSS program.

I understand that violation of any part of this covenant will result in appropriate actions which may involve calling emergency contacts or in extreme cases being dismissed from the CROSS program. This covenant is meant to be signed by each CROSS participant both adult and youth and the parents of youth. It is not meant to be a contract, but rather a commitment to an experience in which God will be at work in your life and in the life of others.

(By signing the bottom of the medical form you agree to abide by this covenant.)

Myers Park Presbyterian Church CROSS Mission Program

Medical and Liability Release Form

Youth and Adult CROSS participants please fill out the following section:

Note to Participants: This form (1) waives Myers Park Presbyterian Church from all liabilities from damage, injury, illness, death to CROSS participants (2) gives the CROSS staff and your group leader's authorization to secure medical aid for your youth should it be necessary.

I/We the undersigned parent(s) or guardian(s) of (youth participant) _____ or the adult participant (adult participant) _____ hereby acknowledge that participants will be participating in the CROSS Mission experience or related activities and will be using facilities at the mission team participants' own risk. I/We on our own behalf, hereby release, discharge and indemnify Myers Park Presbyterian Church, its directors, officers, employees, agents and all volunteer personnel from all liabilities, claims and causes of actions or action of any type whatsoever arising out of or in any way connected with my participation in the activities of CROSS Mission, including but not limited to liabilities of damage, injury, illness and death to the mission participants or their property during their participation in or travel to or from any CROSS Mission experience or related event. I/We agree to pay any and all expenses incurred by group participant for damage, injury, illness, accident, and death.

I/We the undersigned hereby authorize any hospital, clinic, physician, doctor, nurse, or technician to furnish my youth, named above, any medical care and treatment necessary as a result of injuries sustained, or other emergency medical care and treatment as the circumstances require, while at the church, while being transported from and back to the church, and while at the place of destination. I/We the undersigned further authorize a representative of Myers Park Presbyterian Church or _____ (your church name) to retain or acquire said medical care and treatment in behalf of the undersigned as if personally done by me/us.

This ____ day of _____ (Month), _____ (Year).

Emergency Contact: _____ Relation: _____

Home Address: _____

Phone Number: HOME () _____ Work Number of Contact stated above () _____

Participant Name: _____

Insurance Information: _____

Group Number: _____

Physician: _____ Phone #: () _____

Please circle if you have been or being treated for any of the following:

Diabetes Elevated Cholesterol Asthma Other: _____

High Blood Pressure Back Pain Heart Disease

Epilepsy Muscular Problems Arthritis Date of last tetanus shot: _____

Please list all medications that you are currently taking: _____

ALLERGIES: _____

By signing below, indicates I have filled out the above information correctly and will abide by the GROUP COVENANT accompanying this form. I also permit the taking and use of photographs, audio, and video of my children/myself at Myers Park Presbyterian Church to be used in church publications and materials only. I relinquish any right to examine and approve the completed materials prior to publication and release Myers Park Presbyterian from any liability.

Signed, CROSS participant (adult and youth) _____

Parent(s)/Guardians(s) of youth under 18 only _____