

Mission Statement

LIFT is an interactive retreat designed to inspire young people to make positive choices that will benefit their lives, and the lives of others: spiritually, socially, and physically.

Goals

- Inspire SDA 7th and 8th graders to commit or recommit their lives to Jesus
- Encourage teens to make healthy lifestyle choices
- Encourage teens to choose a drug-free lifestyle
- Train youth to share our unique Adventist lifestyle with others

Student Eligibility & Registration Requirements

1. LIFT is a program sponsored by the Michigan Conference for 7th and 8th graders. School board approval is required for students to participate in this program.
1. Each school may bring up to twenty (20) 7th and 8th grade students. Should more students wish to come from your school, please email Jeremy Hall <jhall@misda.org> We will be more than glad to accommodate your school's needs as room allows.
2. **Each school attending must submit the completed LIFT Breakout Form to the Office of Education by September 17, 2021.**
3. The following must be turned in for each student at LIFT registration:
 - LIFT Student Registration Form
 - Camp Au Sable Trail Ride/Activity Wavier Form (Signed by parent/guardian)
 - \$70.00 (Checks need to be made out to: Michigan Conference)
4. Each school must provide a chaperone(s) from their school or church who will be in charge of the student(s) during the day and in the cabin at night. A "Chaperone's Information Sheet" is included in this packet. **Note:** If you have a mixed group of students and can send only one chaperone, please make arrangements with another school to be responsible for the other students at night. Please inform our office regarding these arrangements. Students will need to agree to be fully cooperative with the supervising school personnel.
5. We encourage chaperones to be chosen in the following order of preference:
 - A. Teacher/Principal (Substitute teacher costs will be covered by the Conference)
 - B. Pastor
 - C. A supportive and qualified parent/church member
6. If a school selects a volunteer chaperone it is their responsibility to ensure that the volunteer has completed a Volunteer Data Sheet as well as completed Adventist Screening Verification and provided a certificate of completion to the school.

Note: Before asking a Michigan Conference hourly employee to be a chaperone (Teacher Assistant, Janitor, Secretary, etc.) please clear with the Office of Education.

LIFT Retreat Fee

The charge for each student in attendance is **\$70.00**. This Michigan Conference subsidized fee includes 8 meals, 3 nights lodging, and all materials provided at LIFT. There will be no charge for one male chaperone for every 1-6 boys and/or one female counselor for every 1-6 girls. We will consider requests from other adults who may wish to come to LIFT as volunteers.

What to Bring to LIFT

Items Students/Sponsors Need to Bring:

1. Bible
2. Clothing adequate for three days (Please anticipate cool or even cold weather)
3. Toiletries, towels
4. Bedding
5. Jacket
6. Extra shoes
7. Refillable water bottle

Items Students Should **Not** Bring:

1. Soft drinks, junk food, excessive amounts of gum/candy
2. Electronic devices/media (MP3 players, movies, video game systems-handheld or otherwise, computers, iPads, etc.)
3. Jewelry
4. Valuables (expensive cameras, new towels etc.)

Please Note:

Students who bring cell phones (of any type) must leave them with their sponsors, when they are not being used to call home. These devices may not be used during meetings and breakouts.

Chaperone Information Sheet

Chaperones are valuable partners in the LIFT ministry. Thank you for being part of this program. Your assistance in the following areas will be greatly appreciated and help us to reach our goals.

1. The primary focus of LIFT is to provide an atmosphere for spiritual revival and an opportunity for students to commit to making positive choices in all areas of life. Please help us to make this possible by:
 - A. Having students sit with you at all general sessions and encouraging them to be reverent.
 - B. Reminding students to get drinks and use the bathroom before entering the auditorium.
 - C. Not allowing your students to leave the auditorium during general sessions except in dire emergencies.
 - D. Not allowing cell phone use during general sessions and breakouts.
2. Supervise the students throughout the day; attend all general sessions and recreational times. Please eat with your group at meal times.
3. Chaperones are needed to assist during recreational activities and breakouts.
4. Please assist your group to complete their assigned duties well, and in a timely manner.
5. You will be assigned a cabin with your students. Boys must stay out of the girls' village. Girls must stay out of the boys' village. Please respect the quiet time at 10 pm. LIFT staff will conduct a quick cabin check after quiet time begins. A night watch will be on duty to assist as needed. Please do not plan on walks around the lake after the evening meeting.
6. It is important that Chaperones lead out in morning cabin worships, and in a reflection and prayer time each night before bedtime. Materials will be provided.
7. Please monitor students and tactfully counsel them to live "safely."
8. Schools will be charged for student vandalism of any kind. There will be a charge to the school (\$150.00) for any student who should set off a fire alarm or extinguisher for any reason other than an actual fire. Fees for cabins left dirty will be charged to the school.
9. If an emergency arises, please notify Jeremy Hall (517-643-4728) Brian Kittleson (253-653-0854), Charlotte Green (616-375-7258).
10. A camp nurse will be on duty 24 hours a day during LIFT. They should be contacted if a student is sick, injured, or in need of any medical help.
11. Students are not to leave Camp Au Sable during LIFT. **Please do not make exceptions.**
12. Students should not keep money or other valuables in their cabin. Students have also been instructed not to bring jewelry, soft drinks, junk food, excessive amounts of gum/candy and electronic devices such as MP3 players, movies, video game systems (handheld or otherwise), computers, iPads, etc.
13. Attendance will be taken by breakout presenters and LIFT staff at all breakouts. Please take attendance of your own students at meals, general sessions, evening recreation, etc. **Note:** Before afternoon recreational activities your students need to let you know what they are choosing to do.

This special ministry would not be possible without your assistance. Thanks!

Breakout Sessions

Spiritual Breakouts

A. Sketch the Scriptures:

Come be creative in God's Word and take a deeper look at favorite passages and scriptures that were meant especially for you. Join our Bible Journaling breakout, as we sketch the Scriptures with colored pencils, markers, pens, washi tape, and stickers. We will learn how to respond creatively to the Word, worshiping through art.

B. The Bible: God's Gift to Us!:

Do you know where to find Bible verses to help a friend who is discouraged? Can you open your Bible and turn to the "faith" chapter? Have you marked the chapters that tell how Jesus died for you? The *Bible is God's Gift* to us! Please bring your Bibles when you come.

C. Finish STRONG:

Are you on fire for God? Do you want to be? This breakout will explore ways to share your love of Jesus with those around you. Please bring your Bibles when you come.

D. How to be a Kingdom Influencer:

In this session we will learn some practical steps that one can implement in his or her life to build relationships for the Kingdom. We will talk through strategies that will give each student the keys needed to bring people to Jesus by the life they live. I am excited to see what God is going to do!

E. Petoskey Stone Secrets: Secrets to be Shared. God never intended for anyone or anything to experience death. Learn lessons about life that God can teach us from the Petoskey Stone which came about because of death and The Flood.

Social Breakouts

A. Who's in My Face; Who's in my Space? - Internet Safety 101:

Your online profile can be viewed by anyone; are you comfortable with what yours says about you? Do you also have an understanding of the dangers that exist online and how to deal with them? Some teens say and do terrible things to each other online because they don't see the direct effects of their actions. So what should you do if you're being cyber-bullied? If you use computers or cell phones to communicate with friends, this breakout is for you.

B. Relationships 101: (boys only)

When is it the right age to start dating? What do I look for in a dating relationship? How can my romantic relationship honor God and the people around me? How can I safeguard myself in a hyper-sexual world to honor God and my future wife?

C. Art Around Us:

Hidden among the common things of nature are beautiful patterns and artwork designed by a loving Creator. In this class you will create your own art compositions. Art provides another opportunity to draw closer to our Creator.

D. Creating the Perfect Image: (girls only)

Let's get real, ladies! If you're like most girls, you want to look good! But have you stopped to consider that you're advertising with every outfit you put on? Your clothes tell the world who you think you are and it's possible that what you are saying about yourself isn't really what you would want people to think about you! This breakout will explore why God cares about what is in your closet.

E. Gift of Music:

Does music touch your heart in a special way? Do you enjoy praising God through singing or playing an instrument? Learn how to be an effective song leader in selecting music, song transitions, leading a small group, congregation, or your school assembly in praises to God through song! We invite you to bring your singing voices and instruments in order to participate in the breakout. However, please note that we will be using chords and lyrics for our songs so if you have an instrument such as a trumpet or saxophone, you will need to be able to play by ear as specific music for the key of your instrument will not be available.

Physical Breakouts

A. Team Building:

Do you like to work together with others to accomplish a task? If that's the case, come and join us for some fun team building activities. Accomplishing a goal in life takes a group of people working together for a common purpose. This activity will help illustrate how wonderful it is to team up with God to accomplish His work!

B. Kitchen Creations:

Have fun baking and making yummy smoothies. You'll also learn some interesting facts that will help you make better choices in what you eat.

C. Feeling Good!:

See how a balanced life full of exercise, healthy eating habits, and time with God can help you feel better than you ever have before!

D. Trail Building:

Making a trail through a natural area, and still having it look natural is an art...and a lot of work! We are connecting the two ends of the existing boardwalk with a "Lakeside Trail". Some of this new section of trail is completed other parts are under construction including building two bridges. Join a team and witness how many hands can accomplish a lot as we work together to help complete this project!

E. Car Care 101:

Learn the basic principles of caring for a car! How to change a tire, check your oil, belts, and much more! When the time comes for you to have your own car, you'll be ready!

Students will all attend 1 spiritual, 1 social, and 1 physical breakout. Please have them select their top 4 choices for each category.

Breakouts do have limited space. Please let your students know that they may not get the breakouts they want—but we will try to honor as many requests as possible!

Tentative Schedule

LIFT Workshop

Sunday, October 3, 2021

3:00 – 4:30	Registration
5:00 – 5:45	Supper/Cleanup
6:30 – 7:15	Recreation
7:30	Worship
10:00	Quiet Time

Monday, October 4, 2021

7:30 – 8:00	Breakfast/Cleanup
8:45 – 9:45	Worship & General Session
10:00 – 11:00	Breakout I
11:15 – 12:15	Breakout II
12:30 – 1:00	Lunch/Cleanup
1:30 – 3:30	Recreation
3:45 – 4:45	Breakout III
5:00 – 5:45	Supper/Cleanup
6:30 – 7:15	Recreation
7:30	Worship
10:00	Quiet Time

Tuesday, October 5, 2021

7:30 – 8:00	Breakfast/Cleanup
8:45 – 9:45	Worship & General Session
10:00 – 11:00	Breakout I
11:15 – 12:15	Breakout II
12:30 – 1:00	Lunch/Cleanup
1:30 – 3:30	Recreation
3:45 – 4:45	Breakout III
5:00 – 5:45	Supper/Cleanup
6:30 – 7:15	Recreation
7:30	Worship
10:00	Quiet Time

Wednesday, October 6, 2021

7:00 – 7:50	Cleanup of cabins/rooms, loading of vehicles
7:50 – 8:00	Song Service
8:00 – 8:45	Worship & General Session
8:45 – 9:15	Breakfast
9:30 – 10:30	Cleanup/Departure

PLEASE NOTE: Showers will be closed after Quiet Time until 5:30 AM.

LIFT Student Registration Form

Camp Au Sable
October 3 – October 6, 2021

School _____ Chaperone's Name _____

Student's Name _____ Male Female Grade _____

I will be in a cabin with a Chaperone: ___ From my school or ___ From another school: _____
(name of school)

STUDENT COMMITMENT

As a student participant, I understand that the LIFT Retreat has been planned so that I can learn more about living a balanced, godly, healthy, and drug-free lifestyle.

This application indicates my desire to be a part of the LIFT experience, and my willingness to cooperate with my counselor and all the adults helping out with LIFT. I will be sure to follow these guidelines:

1. I will attend and participate in all song services, worships, meetings, assigned breakouts, meals, camp duties, recreational periods, etc.
2. I will let my chaperone know where I am at all times. I will not leave Camp Au Sable grounds, without appropriate permission from LIFT leadership, at any time during the LIFT Retreat.
3. I understand and respect that the boys' cabins are off-limits to the girls and the girls' cabins are off-limits to the boys.
4. I will not bring electronic devices (MP3 players, movies, video game systems -handheld or otherwise, computers, iPads, etc.), jewelry, valuables, soft drinks, junk food, or excessive amounts of gum or candy to LIFT.
5. I understand that if I break my student commitment I may be sent home.

Student Signature _____ Date _____

I, the undersigned parent/guardian, of _____ (student), grant permission for him/her to attend the LIFT Retreat at Camp Au Sable and participate in all the activities at this year's LIFT Retreat. Activities will include such things as canoeing, go-carts, soccer, basketball, etc. I understand that I must also sign a Camp Au Sable Trail Ride/Activity Waiver. I understand that my child may be sent home if the above Student Commitment is broken.

Parent's Signature _____ Date _____

I recommend that this student be allowed to attend this year's LIFT program.

*Principal's (or Pastor's) Signature _____ Date _____

* Needed for students not currently enrolled in an SDA Michigan Conference Church School.

Michigan Conference is pleased to sponsor this opportunity for your son or daughter.

The following need to be brought to LIFT:

- LIFT Student Registration Form
- Camp Au Sable Trail Ride Waiver: Activity Waiver Form
- \$70.00 Registration Fee

Checks made out to: Michigan Conference

Camp Au Sable

Trail Ride Waiver

Activity Waiver

I am applying for my camp attendee to engage in camp activities such as rock climbing, horseback riding, rope courses, water skiing, canoeing, gymnastics, go carts, snowmobiles (hereafter collectively referred to as "activities"). I understand that such activities have inherent risks that include, but are not limited to, loss of control, collisions, obstacles and other potential dangers that could result in personal injury.

I represent that my attendee has no health or physical problems that will interfere with camp activities. In consideration of being given the opportunity to participate, my attendee and I assume and accept all risks of injury and dangers involved in horseback riding and other activities. I agree that my camp attendee is responsible for his or her own abilities.

I do support, and applicant agrees to abide by all camp regulations and policies. As parent or legal guardian of the camp attendee, or for myself if I am over 18 years of age, I release the Michigan Conference, the Camp Management, its employees and agents, from any and all liability for damages which might result from the camp attendee's participation in these activities.

Print Rider Name (please print neatly)

Rider's Signature

Date

Signature of Parent or Legal Guardian
(Please Circle One)

Date

LIFT Breakout Form

School: _____

Date of School Board Approval: _____

Name(s) of male chaperone(s): _____

Name(s) of female chaperone(s): _____

Please have your students sign up for their 4 top choices in each category, in the order of preference. Each person will be assigned one breakout in each category. All breakouts meet twice—1 hour each time.

Names PLEASE TYPE NEATLY	Gender	Spiritual Breakouts					Social Breakouts					Physical Breakouts				
		A Sketch the Scriptures	B The Bible: God' s Gift to us	C. Contagious Christian	D. Charge Ahead	E. Petoskey Stone Secrets	A. Who' s in My Face Internet Safety	B. Relationships 101	C. Art Around Us	D. Creating the perfect Image	E. The Gift of Music	A. Team Building	B. Kitchen Creations	C. Feeling Good!	D. Trail Building	E. Car Care
Example: Chris Clark	M	4		1	2	3	3		2	1	4	2	4	1		3

Please fill this sheet out (*please type names or print them neatly*) and email OR fax it to Sheri Castanon by September 17, 2021. Email: scastanon@misda.org or FAX: (517) 316-1582

