

What to pack?

- Toiletries (soap, shampoo, toothbrush, toothpaste, floss, deodorant, hair care products, etc.)
- Towel
- Sleeping bag AND pillow
- Warm layers for outdoor activities
- Rain gear
- Camera
- GOOD ATTITUDE!!!

What to leave at home?

- Cell phones
- Any electronic device that plays something other than music.
- Drugs and alcohol
- BAD ATTITUDES!!!

What about medication?

All medication, including over the counter medication, should be put into a clear plastic bag, clearly labeled, and given to either your sponsor or the wellness person upon arrival at the camp. Clearly indicate the dosage and time of day medication is to be administered. Inhalers and epi-pens can be kept on the person. All else must be held by an adult.

Who do I contact in case of emergency?

The number for Unity Christ Church is (763)521-4793. You may also call André Samples at (612)209-1859 if you have questions or an emergency.

Stop & Smell the Roses



Youth Of Unity Western Area-Wide Event

April 13-15, 2012

Unity Christ Church Golden Valley

**4000 Golden Valley Rd,
Golden Valley, MN 55422**

What is it?

An opportunity for Youth Of Unity (Y.O.U.) chapters from across the western area to come together, grow spiritually, and commune with each other in a safe, supportive environment.

Where is it?

Unity Christ Church in Golden Valley, MN. We will be spending the weekend in and around the church, and the Courage Center across the street.

What is the cost?

The registration fee is \$70 per person. Please make checks out to Unity Christ Church.

Where do we send our registrations?

Send registrations postmarked by March 12th to:
Unity Christ Church
4000 Golden Valley Rd
Golden Valley, MN 55422

When should we arrive? Leave?

Registration will begin at 4:30pm on Friday, April 13th, with dinner being served at 5:30 pm, and meetings starting by 6:15pm. Closing celebration will be done at 12:00pm on Sunday.

What will be happening?

At our event Y.O.U.ers will be given the opportunity to explore their spiritual lives more deeply through small family groups, joy songs, Truth Talks, large group meditations, vespers, spiritual dancing, and more all connected to our theme, Stop & Smell the Roses. There will also be a dance, and free time activities, which may include basketball, swimming, board games, and more.

What is there to eat?

We will be providing meals from Friday dinner, through Sunday breakfast. We suggest packing extra snacks for the weekend.

Where will we be sleeping?

We will be sleeping on the floor of the church, so bring whatever you need to feel comfortable doing so. Also be aware that we will be using the sleeping spaces during the day for other activities, so be prepared to pack up all your belongings in the mornings.

What can I expect weather-wise?

Well, it is Minnesota in April, so who knows. It's best to pack for cooler weather, and for rain. We will also be outside to move between buildings, so make sure you have appropriate outdoor footwear. Flip-flops are not recommended this time of year. We may have some outdoor activities, so be prepared for that as well.