

NAME:

HIGH SCHOOL
**M.U.D.
RETREAT**



CLARITY IN THE CHAOS

1 CORINTHIANS 13:12

FEBRUARY 7-9, 2020 | CASCADES CAMP & CONFERENCE CENTER

GUIDELINES & REMINDERS

- Respect all leaders and camp staff. Please avoid any destructive or inappropriate behaviours.
- Please do not litter.
- Please keep driving to a minimum. If you must, please do so at an extremely slow speed with everyone inside the vehicle.
- No girls in guys' housing and no guys in girls' housing. Feel free to hang out in general meeting spaces instead.
- Please stay in your room during quiet hours (10:30pm-7am).
- Feel free to enjoy the waterfront, but do not swim (except for the Polar Bear Plunge). Use boats only during scheduled free times.
- Summit Chapel is available as a quiet space during sessions if you need to step outside. Journaling, art, and sensory items are available at the tables in the back. A few pairs of sound-reducing headphones are also available at the sound table. Please let your leader know first!

IN CASE OF EMERGENCY: Call 911 and then alert a Cascades staff member who will meet and escort EMS.

For minor assistance, the camp nurse will be wearing an orange vest and will be in the Nurse's Station in Longmire

RETAIL HOURS

Espresso	7:15-8:30am
Saturday & Sunday	9:00-9:30am
	1:00-5:00pm

Gift Store	1:00-5:00pm
Saturday	

Candy Cab	9:00-9:30am
Saturday	1:00-5:00pm

FRIDAY SCHEDULE

- 6:00pm Check-in (Longmire Room)
- 8:00pm Session #1 (Rainier Center)
- 10:15pm Head to Bed
- 11:00pm Good Night!

SATURDAY SCHEDULE

- 7:45am Leader's Meeting (Timberidge Lodge)
- 8:30am Breakfast
- 9:00am Activity Sign-ups (Summit Chapel)
- 9:30am Session #2
- 11:00am M.U.D. Bowl XV (Ball Field)
- 12:30pm Lunch
- 1:15pm 1st Free Time*
- 2:30pm 2nd Free Time*
- 3:45pm 3rd Free Time*
- 5:00pm Reconnect with Your Youth Group & Get Ready for M.U.D. Ball
- 5:30pm Dinner: M.U.D. Ball
- 6:30pm Session #3: Stations
- 9:00pm Youth Group Time
- 9:30pm M.U.D. Goes Viral (Rainier Center)
- 10:30pm Head to Bed
- 11:00pm Good Night!

SUNDAY SCHEDULE

- 7:45am Leader's Meeting (Timberidge Lodge)
- 8:30am Breakfast
- 9:00am Session #4
- 10:30am See You Next Time!

FREE TIME OPTIONS

First Block

Saturday 1:15pm - 2:15pm

Make Your Own
Wire Photo Holder

(Brightwood Station)

Seminar: "Rez Life" with
Mending Wings

(Summit Chapel)

Ultimate Frisbee

(West Lawn)

Climbing Tower* - \$7

(Timber Rock)

Zip Line* - \$10

(Timber Rock)

Trail Ride* - \$15

(Sunrise Ranch)

Bunco

(Timberidge Lodge)

Second Block

Saturday 2:30pm - 3:30pm

Make Your Own Cake Pop

(Brightwood Station)

Seminar: "Journeying with
Depression" with Kristi Smith

(Lakeside Lodge)

Classic Camp Games:

Mafia, Spoons, Etc.

(Summit Chapel)

Climbing Tower* - \$7

(Timber Rock)

Zip Line* - \$10

(Timber Rock)

Trail Ride* - \$15

(Sunrise Ranch)

Archery Tag

(Timber Rock Rec Hall)

Third Block

Saturday 3:45pm - 4:45pm

Make Your Own Body Scrub
(Brightwood Station)

Seminar: "Oh the Places
You'll Go: How to Pick the Right
College for You" with Brett Widman
(Lakeside Lodge)

Polar Bear Plunge
(Waterfront)

Zip Line* - \$10
(Timber Rock)

Trail Ride* - \$15
(Sunrise Ranch)

Paintball* - \$15
(Ball Field)

Hike to Paradise Point
(Meet @ the Flag Pole)

Self-Serve

All Three Free Times

Board & Card Games
(Lodges)

Basketball/Tennis/Pickleball
(Sport Court)

Espresso/Gift Store/Candy Cab
(Nisqually)

Frisbee Golf
(Sport Court)

Boating
(Waterfront)

9-Square in the Air
(East Lawn)

Gaga Ball
(Timber Rock)

Volleyball
(East Lawn or Sand Volleyball Court)

SESSION #1 NOTES:

Sermon Title: _____

The One Thing: _____

Scripture: _____

God _____ you.

Even when you can't _____ God, God can _____ you.

Do we have to suffer? _____

The Christian life isn't perfect, but now we know _____.

Romans 8: _____

Romans 8: _____

God will use _____ to heal.

SESSION #2 NOTES:

Sermon Title: _____

The One Thing: _____

Scripture: _____

What is not allowing you to _____?

Are you opening yourself up to be _____ again?

_____ affects the way you life.

Wash in the _____.

Romans 12: _____

God has the power to heal, now _____ in it.

SESSION #3 NOTES:



LEADERSHIP



MOVEMENT



SESSION #4 NOTES:

ADDITIONAL NOTES:

CASCADES

CAMP & CONFERENCE CENTER

22825 Peissner Road SE | Yelm, WA 98597
360.894.3838 | cascadescamp.org

To Main Entrance



Cascades Map Key:

- Parking
 - Main Office
 - Public Wi-Fi
 - Restroom
 - Restroom with Shower
 - Activities
 - Camping
 - Fire Ring
 - Dining
 - Espresso
- 1/8 mile

- Paved Road
- Gravel Road
- Walking trail
- Paintball
- Waterslide
- RV Sites
- Tent Sites

*Building sizes are not to scale