

# January 2012 MUUGs Retreat Registration Form

A Middle School Unitarian Universalist Gathering

## When and Where

Friday, January 13 at 7:30 pm until Monday, January 16 at Noon  
Unitarian Universalist Society of Sacramento  
2425 Sierra Boulevard  
Sacramento, CA

Are you a 6-9th grader? Would you enjoy meeting other amazing UU middle school youth? At a MUUGS Retreat, you'll be able to meet other youth in small group meetings for play, fun and just talking. Of course, there will be regular meals, snacks, a movie, youth worship and large group activities. The leaders at the retreat will be youth, young adults, and adults who particularly enjoy working with middle school youth.

## When:

6:30 pm, Staff arrives, including middle school age staff  
7 pm: Registration begins  
7:30 pm: Program begins  
NOTE: No dinner will be served on Friday, please arrive fed!

**Cost:** \$50/youth (postmarked by January 6)

First time youth attendees pay \$25

Registration costs include snacks, three meals on Saturday, breakfast on Sunday and all activities. We want all middle schoolers to be able to attend, please ask for a scholarship from the registrar if needed.

After January 6, 2012 there is a \$10 late fee.

Late registrants must contact the registrar to confirm there is space.

## Do you have questions?

Questions about registration go to our registrar, Marlene Abel:  
707 763-0443 (home), 707 364-4526 (cell), marlenea@sonic.net  
Address: 133 Maria Drive, Petaluma, 94954. Please make checks payable to PCD.

Questions about the retreat go to Co-Retreat Convenors:

Tom Zolot <[zolot.thomas@gmail.com](mailto:zolot.thomas@gmail.com)> or Odessa MacLean <[dessarose08@yahoo.com](mailto:dessarose08@yahoo.com)>

The Deans for this retreat are : Mike Songster <[mikey@biosearchtech.com](mailto:mikey@biosearchtech.com)>, Odessa MacLean <[dessarose08@yahoo.com](mailto:dessarose08@yahoo.com)>, Evan Stapleton-Hart

## What to bring

Sleeping bag, pillow, and pad  
Pajamas  
Clothing for Saturday and Sunday  
Toiletries (toothbrush, toothpaste, deodorant, etc.)  
Any required medication (to given to staff at registration)  
An open mind  
Books, music, or games to share

## Leave at home

Illegal drugs, paraphernalia, alcohol, tobacco products  
Weapons  
Hurtful language  
Valuables  
Bad attitudes  
Tarantulas and other pets

## **Some Basics about MUUGs**

### **What is MUUGs?**

MUUGs stands for Middle School Unitarian Universalist Gatherings and it is a district-wide program created to help congregations meet the needs of their middle school youth.

### **Why is there a need for district-wide programming?**

We hope to support our congregations' ministry with youth by offering youth from both small and large congregations an opportunity to meet, connect with, worship and celebrate with other UU youth. An overnight retreat provides an extended period of time in which youth can really let down their barriers and be open to learning about themselves and others. Particularly for our smaller congregations, this additional connection with a larger group of UU youth can help to reinforce many of the values we hope our youth adopt as part of their world view: social responsibility, good decision-making, a life-long search for truth and meaning, self-acceptance, embracing of diversity, as well as a sense of our mutual interconnectedness and interdependence.

In the middle-school years, the most critical role models are often peers and older youth. The MUUG program is designed to capitalize on this by having older youth/young adults serve as positive role models, and by encouraging younger youth to take ownership of the program. Working with the guidance of young adults, the middle school youth learn leadership skills and are provided with opportunities to put them into action by helping clean and plan meals, co-leading small groups, sharing their unique talents in workshops, helping to lead worship, and co-leading the very retreats that they are attending.

### **Electronics and Personal Items**

Youth are encouraged to leave electronic devices such as cell phones, iPods, or computers at home. These items can distract from building community and possibly be lost or misplaced. If they are brought to Retreats they should remain in a pocket, suitcase, or other personal container. The Pacific Central District and MUUGS planning team cannot be held responsible for loss or damage to personal items.

### **What types of things happen at MUUG retreats?**

**Touch Groups:** In many ways, touch groups are the most important part of a retreat. A touch group is a smaller group, led by an older youth and/or adult, which meets regularly throughout the week-end, usually after meals. These groups are designed from the start to build community. It should be emphasized that the name "touch groups" has absolutely nothing to do with physical touching. Touch groups aren't about touching bodies; they're about keeping in touch with each other's experience.

**Workshops:** These are 60-90 minute long small groups doing activities such as playing or learning music, discussing a topic, learning something physical like a dance or yoga, or playing a game.

**Worship:** Worship occurs daily and is led by one or two older youth. This is a spiritual activity, often organized circularly, with the chalice in the middle; focused on a communal exploration of shared spiritual experience. Worship will usually include song, readings, and self-reflection, and may be centered on such themes as facing fear, accepting change, or working towards a goal.

**All Retreat Activities:** At every retreat there will be at least one activity in which the entire community will participate at the same time, in the form of a game, a social action event, or a guest speaker.

**Unnamed Event:** This is the name we give to a talent show, which often happens on the last night of the retreat. This gives youth a chance to show off some talent, be it amusing, beautiful or interesting, in front of a group of loving peers. Unlike many talent shows, however, there are no judges! This opportunity to share of oneself with a non-critical audience is important for this age range.

**Meals:** Breakfast, Lunch, Dinner and Dessert will be served on Saturday. A light breakfast will be served Sunday morning. At every meal there will be a vegetarian/vegan option, and once a day there will be at least one meat dish served. The cooks and the youth will make these meals.

### **Where do youth sleep at retreats?**

These retreats will be held at UU churches and youth will be sleeping in rooms provided by the church.

**Our Community:** To keep our community safe and healthy place, we adhere to our Covenant, which was created by MUUGs' youth in March of 2011.

We, as the attendees of the Middle School Unitarian Universalist Gatherings covenant to:

1. Act without malicious intent, physically or verbally.
2. Use honest, intentional communication with the goal of fostering good relationships.
3. When interacting, attempt to create a supportive, safe, affirming space where all parties feel comfortable and equal.
4. Be a constructive part of the community.
5. Consciously take care of yourself in all ways.
6. Acknowledge the self worth of yourself and others, and encourage the building of self worth.
7. Defend those who need defending.
8. Step up, step back.
9. Respect the physical spaces we utilize and keep them clean and usable.
10. The more you contribute, the more you receive. Push your boundaries to an extent that is comfortable for you.
11. Respect the sacred spaces of yourself and others.
12. Respect personalities and boundaries, your own and others'.
13. Learn about yourself openly and honestly.
14. NO MEANS NO! Don't be afraid or ashamed to say it!
15. Listen actively and question if you don't understand.
16. Ask before acting.
17. Attempt to preserve confidentiality
18. Accept and include others.
19. When resolving conflict, talk, give space, and seek allies to assist in the resolution of the conflict as needed.
20. This community has a goal of empowering all members.
21. While in this community, only use electronics to build this community.
22. Follow the covenant to the best of your ability.
23. Do not bring to retreats articles which endanger the community, such as:  
Drugs, Weapons, Sex, Pets, Alcohol
24. We, as community, encourage and practice Culture of Consent
25. At retreats there will be a chance for the brown bagging of any unwanted articles you have brought.

If the covenant is broken:

1. Peer councils may be called by any party in a conflict. Peer councils will consist of: one dean, one youth in a leadership role, two uninvolved youth, one chaplain, and one adult if asked for by either of the conflicting parties. The objective of the peer council will be to reach consensus on how to resolve the conflict.
2. If a chaplain and the conflicting parties reach a consensus on how to solve the conflict, then it will be considered acceptable.

This is a living document that can be changed as needed.

**Registration Form**

Pacific Central District UUA MUUGs Retreat  
January 13-16, 2012

Please mail this form with your check payable to PCD for \$50/youth (\$25 if this is the first retreat for a youth) postmarked by January 6, 2012 to: Marlene Abel 133 Maria Drive, Petaluma, 94954. We offer scholarships to youth in financial need. Please contact the registrar to make a request for financial assistance or carpooling possibilities. We do not want cost or transportation issues to keep youth from participating

NOTE: Do not mail registrations after January 6, instead contact the registrar to confirm there is space, (Marlene Abel at 707-763-0443 or [marlenea@sonic.net](mailto:marlenea@sonic.net))

Name of Youth \_\_\_\_\_

Grade: \_\_\_\_\_ Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: \_\_\_\_\_

Congregation: \_\_\_\_\_

Youth's email (if checked) \_\_\_\_\_

Does Youth want to Lead a Workshop? If yes, list workshop \_\_\_\_\_

Emergency Contact Information

Name \_\_\_\_\_

Relationship to Youth \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Name \_\_\_\_\_

Relationship to Youth \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Food Needs: (Vegetarian, vegan, omnivore, allergies) \_\_\_\_\_

Medical Information:

Health concerns for the retreat: \_\_\_\_\_

Any Current Medication: \_\_\_\_\_

Medication to be Taken During Retreat \_\_\_\_\_

Physician name \_\_\_\_\_ Phone \_\_\_\_\_

Health Plan \_\_\_\_\_

Health Plan ID # \_\_\_\_\_

Anything else that you would like us to know about your youth? \_\_\_\_\_

\_\_\_\_\_

**RELEASE:**

I give my consent for my child/ward, \_\_\_\_\_, to participate in the PCD-UUA MUUGs Retreat, January 13-16, 2012. I agree and hereby do release and hold harmless PCD-UUA , the Unitarian Universalist Society of Sacramento and all adult supervisors from and for any and all liability that may arise for damages, loss or injuries, either to person or property, which my child may sustain while at the retreat. I give my consent and authority for paid or volunteer adult staff of the program to take any reasonable action to help ensure the safety, health and welfare of my child/ward. I give permission for any emergency medical care deemed immediately necessary or advisable to safeguard my child/ward's health, when I cannot be contacted. I also agree to pay and be responsible for all medical, hospital or other expenses, which the Unitarian Universalist Society of Sacramento and/or any and all adult supervisors may incur as a result of securing such treatment. I understand that if my child/ward violates the rules of the retreat, I may be required to retrieve him or her.. Severe infractions may result in barring my youth/ward from future MUUG events.

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I have read the Covenant for MUUGS retreats (listed above). I understand that violating the Covenant may result in my being sent home early, and may result in my being unable to attend future MUUGs events. I understand that this covenant was created in order to support a healthy community during the retreat.

Youth Signature: \_\_\_\_\_ Date: \_\_\_\_\_

[ ] I CONSENT to allowing my youth's photo to appear on the PCD website, MUUGs Programming materials or publications, or PCD Currents (PCD weekly electronic newsletter) or other Unitarian Universalist publications.