

2023 LABOR DAY RETREAT

Mid-American Chinese Christian Summer Retreat

PARTICIPANT HANDBOOK



NAME:

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WELCOME TO MACCSR!

Dear Youth and Adults,

Welcome to this year's MACCSR (Mid-American Chinese Christian Summer Retreat)! Whether this is your first or eleventh time attending, we are excited to have you join us. Our goal over the upcoming days is to provide you with an enriching experience of spiritual growth, a deep sense of God's love, and the joy of fellowship within God's family.

This year's retreat theme is "Home Not Alone," focusing on the concept of "Home."

What does "home" mean to you? I was born in the US but raised in Hong Kong during my childhood and in Beijing during my teenage years, so I've always found it challenging to answer that question. My identity is a blend of various cultures, making it hard to connect with just one fully.

You've likely come across the saying, "Home is where the heart is," in today's world, where relocation is common and digital screens bring the world to your fingertips, this sentiment holds even truer. What and where we invest our hearts truly matters.

In my perspective, home surpasses being merely a physical location or a place of origin; it's also about our destination. It's a haven of comfort and safety where we feel embraced and cherished. Perhaps, at this moment, you might feel that such a place is absent from your life. However, remember that the Father's home always welcomes you, and we hope that you'll find a sense of belonging during these upcoming days with us.

Consider this your welcoming home.
Sincerely,

Jonathan Wong
Director

(Please see schedule on back of booklet.)

**THEME: HOME
NOT ALONE**

RULES AND REGULATIONS

I. GENERAL RULES:

1. Every participant in the retreat must follow the schedule and be **on time** for each activity, worship, and workshop. A schedule is provided in this booklet.
2. For your safety and others' sakes, do not leave the retreat area by yourself or with anyone else, except with permission from the retreat director or Pastor(s).
3. Love and respect one another in words and actions always. Put-downs, gossip, rough play, or fights will not be tolerated. Do not touch persons of the opposite gender as an expression of affection.
4. The use of cell phone, music player, video player, laptop, tablet, video game, e-reader, or other such devices is NOT allowed during this retreat, unless authorized by counselors. Misused devices will be confiscated. MACCSR is not responsible for lost, confiscated, or forgotten valuables. The retreat does not provide long-distance phone service out; use a phone card, mobile phone, or collect calls.
5. During the retreat period, participants may NOT drive cars including their own car except with permission from a director. After your arrival, please leave your car at the parking lot.
6. To avoid unnecessary distractions, always dress clean and modestly. Guys' pants/shorts must come down close to the knees. Girls may wear capris, pants, or skirts or shorts that cover up to the knee. Tank tops, sleeveless shirts, and spaghetti straps are not allowed for either guys or girls.

7. For swimming, guys use boxer-style swimming trunks and girls use one-piece swimwear.
8. Please take good care of the retreat property. Leave everything at least as good as or better than you found it. When entering the building especially after rain or in returning from the lake, please wipe your shoes to keep the carpet clean.
9. Close doors always to keep the bugs out. When air conditioning is on, keep doors and windows closed to save energy.
10. The speakers are glad to chat and counsel with you, but please respect the time others may need with them and their own time to prepare and rest.
11. If you are sick, please contact a counselor only he may take medicine from the closet. Should you need to miss class because of your illness, if possible, first inform the retreat director.
12. When you are outside, please walk on the blacktop or on the lakeside gravel road. All the grass has chiggers and ticks which can make you feel itchy for two weeks. Very warm water and some medications may relieve such bites. But it's best to prevent insect bites by avoiding the grass or by using a spray repellent such as "Off".
13. Before leaving the retreat, please return your room keys.

II. CLASS LIFE:

1. Participants are required to attend each class **ON TIME** except with the permission of the retreat director.
2. **During the classes, please do not leave the classroom as you wish. It will disturb others.**

3. During class, please take notes while paying close attention to the lesson.

III. DORM LIFE:

1. Do your fair share in keeping your cabins neat.
2. Guys in gal's cabins and gals in guy's cabins are **strictly prohibited**.
3. All participants are expected to be in their assigned cabins by 9:20 PM for sharing, prayer, wash-up, etc.
4. **Lights out time is 11:00 PM.** Lights out and curfew will be strictly enforced. After lights out, please keep your room quiet. There will be consequences for those who make noise.
5. The last one who leaves the room must turn off all the lights.
6. If you have any needs, please contact your group leader or counselor for help.
7. Please plan your shower time. Some people prefer showering in the morning, some in the evening. Cooperate with your roommates to not run out of hot water.
8. Your counselors and Group leaders have invested enormous amounts of time and have made sacrifices for your sake and because of their love for God. Please make their job a joy: submit to the counselors as they lead this retreat.
9. After lights out, everyone must stay in his/her room. No pranks. Anyone who breaks this rule may be disciplined, including suspended from the next Retreat.

IV. RETREAT SPIRIT & DISCIPLINE

1. Pray for the other participants, the staff, and the speakers. Encourage them! It's really hard to harm or distract someone if you are always wishing and doing what is best for them.
2. Always maintain a spirit to learn the word of God and pursue His will.
3. Submit to God and to all the coworkers and counselors.
4. If you break a rule, the following consequences may result:
 - (a) A warning and work discipline (picking up trash, cleaning toilets, washing dishes, etc.).
 - (b) Meet with Pastor McCray, or the Retreat Director.
 - (c) A call to the parent or guardian to take you home.
 - (d) Suspension from the next Retreat.

LAKE DONIPHAN SITE MAP



DAY 1: DEVOTIONAL

The Theme for this year is 'Home'.

1. What does the word home mean to you? How would you describe a home? What is needed to make a home? Is home a safe place, a good place, a peaceful place?

(Read 2 Corinthians 5:1-10)

2. This life is compared to a tent, that is temporary and flimsy. How should knowing that affect how we live? What should be a priority while we are still living in this life?

3. Our highest priority should be to prepare for eternity. If you are saved, then you will live with the Lord. If you are not saved, then you will not live, but you will experience eternal death. When this temporary life is over, will you have a home with the Lord or will you have a home without the Lord?

DAY 2: DEVOTIONAL

Having a strong home.

(Read Matthew 7:24-27)

1. What is the difference between a house that stands and a house that falls?

2. What kind of a house should you build on a strong foundation? What qualities does a person have whose life stands the test of time?

(Read 2 Peter 1:5-9)

3. What are the qualities that you can build into your life (your house)?

DAY 3: DEVOTIONAL

We will pursue what we love

1. What can you do to ensure that you love Jesus more than other things?

(Read John 14:15-23)

2. How do you show that you love God?

3. How can you know the commandments of Jesus?
What does it mean to keep His commands?

4. What does it mean that Jesus will manifest Himself to a certain type of person?

5. What does it mean that God will make His home in your heart? What does that look like?

LAKE DONIPHAN ACTIVITIES



There are many activities available for you to enjoy in your free time.

Complimentary Activities for all Ages (Free):

Disc Golf

Horseshoes

GagaBall

Volleyball

Pickleball

Basketball

Fishing

Facilitated Activities (Limited Availability)

Archery

Canoes

Kayaking

Paddle Boats

SCHEDULE

9/01 FRIDAY

4:30 PM	Registration	
5:30 PM	Dinner	Dining Hall
7:00 PM	Evening Worship	Lower Lodge Room
8:00 PM	Leadership meeting	Kitchen / Snack Room
8:45 PM	Games and Sharing	Lower Lodge Room
10:00 PM	Back to Cabin	
11:00 PM	Lights Out	

9/02 SATURDAY

7:00 AM	Rise and Shine	
7:30 AM	Breakfast	Dining Hall
8:30 AM	Quiet Time / Devotion	
9:00 AM	Morning Worship	Lower Lodge Room
9:30 AM	Workshop	
10:30 AM	Announcements	Lower Lodge Room
10:45 AM	Break/ Snacks	Kitchen / Snack Room
11:00 AM	Workshop	
12:00PM	Lunch	Dining Hall
1:00 PM	Free Time	
3:00 PM	Leaders Meeting	Kitchen / Snack Room
5:30 PM	Dinner	Dining Hall
7:00 PM	Evening Worship	Lower Lodge Room
7:30 PM	Combine Session	
8:30 PM	Break / Snack	Kitchen / Snack Room
9:00 PM	Prayer and Sharing	Cabin Groups
10:00 PM	Back to Cabin	
11:00 PM	Lights Out	

SCHEDULE

9/03 SUNDAY

7:00 AM	Rise and Shine	
7:30 AM	Breakfast	Dining Hall
8:30 AM	Quiet Time / Devotion	
9:00 AM	Morning Worship	Lower Lodge Room
9:45 AM	Workshop	
10:45 AM	Break/Snack	Kitchen / Snack Room
11:00 AM	Workshop	
12:00 PM	Lunch	Dining Hall
1:00 PM	Free Time	
3:00 PM	Leaders Meeting	Kitchen / Snack Room
5:30 PM	Dinner	Dining Hall
7:00 PM	Evening Worship	
7:30 PM	Combine Session	
8:30 PM	Break / Snack	Kitchen / Snack Room
8:45 PM	Group Activities	Lower Lodge Room
10:00 PM	Back to Cabin	
11:00 PM	Lights Out	

9/04 MONDAY

7:00 AM	Rise and Shine	
7:30 AM	Breakfast	Dining Hall
8:30 AM	Quiet Time / Devotion	
9:00 AM	Morning Worship	Lower Lodge Room
9:30 AM	Workshop	
10:30 AM	Break/ Snacks	Kitchen / Snack Room
10:45 AM	Combine Session	Lower Lodge Room
11:45 AM	Announcements	
12:00 PM	Lunch	Dining Hall
1:00 PM	Check Out	

WORKSHOP LOCATION

Location		Junior HS	Senior HS	College/ Adult	Combined Session
		Lower Lodge	South Mini	North Mini	Lower Lodge
Friday	8:45 PM				
Saturday	9:30 AM	Michael	Vivian	Jason	
	11:00 AM	Michael	Vivian	Jason	
	7:30 PM				Michael
Sunday	9:45 AM	Michael	Vivian	Jason	
	11:00 AM	Michael	Vivian	Jason	
	7:30 PM				Vivian
Monday	9:30 AM	Michael	Vivian	Jason	
	10:45 AM				Jason

SURVEY

Thank you for coming to the MACCSR Labor Day Retreat. Please share with us your thoughts about our program.

1. What did you like most in this retreat?
2. What did you not like about this retreat?
3. Which messages benefited you the most?
4. Do you have any speakers in mind for next year?
5. What topics would you be interested in hearing about?
6. What were your favorite activities?
7. What were your favorite foods and/or snacks?
8. In what ways can we improve the retreat?
9. Are you interested in volunteering? If so, what area?
10. Other comments:

NAME: _____