



Youth Retreat FAQs

WHO: Youth in grades 6 to 12, their leaders, and adult volunteers

WHEN: 7:00 pm on Friday, October 16, to approximately 12:30 pm on Sunday, October 18, 2026

WHERE: Foothills Lutheran Church in Calgary

How much will it cost?

\$75/person for youth and leaders, or \$55 for volunteers who come for the whole weekend. (There are no fees for volunteers who sign up for kitchen shifts.) This includes accommodations on the floors at the church, programming, and five meals (breakfast, lunch, and dinner on Saturday, and breakfast and lunch on Sunday). Showers at a nearby swimming pool are included on Saturday. Fees are not refundable – once you've registered online we're counting on your attendance and your registration fees. However, a registration transfer may be allowed – please ask if this applies to your group.

Why is the cost so low?

The bulk of the cost is for food and swimming, and because we sleep at the church and don't have to cover big expenses like travel and honorarium for a speaker, which helps keep the cost low. We also rely on lots of volunteers and having everyone pitch in to help do things like taking a turn in the kitchen and tidy up the building, and on churches sending youth leaders who want to help lead Bible study groups.

If we can only come for part of the weekend, is there a reduced fee?

No, we can't offer a reduced fee. Also, we strongly discourage people from attending only part of the weekend. *Leaders must be present for the whole weekend, and must supervise their youth at all times.* Switching leaders in and out is not permitted without special permission for extraordinary circumstances. If there are extraordinary circumstances, you must notify the retreat planners so we have accurate headcounts.

How do I register?

A registration package is available for download from our website, and **the final registration deadline is midnight, Friday, October 2.** Once your youth and leaders have completed their forms and returned them to you, **register your group online at www.foothillslutheranchurch.com/youthretreat no later than midnight on October 2.** You are required to bring with you to the retreat all original copies of the parental permission and waiver forms. See the enclosed registration checklist for more information.

What's happening at the retreat?

Eating, sleeping, worship, Bible studies, swimming, games, crafts, and a servant event! There will be a very tentative retreat schedule posted on the website to give you an idea of the weekend's activities.

Who's the speaker?

This retreat we're doing things a little differently than we have at Foothills in the past, and instead of having sessions with a speaker and Bible studies back-to-back, which we've been told is too much sitting, we'll have worship services led by Foothills' pastor, Rev. Glenn Worcester, followed by small group Bible studies. We plan to adapt LCMS Youth E-source resources for the Bible study materials.

What is a 7+1 Leader?

Every group that attends must have at least one leader who is responsible for a maximum of 7 youth. This means if 7 or fewer youth attend, 1 leader must accompany them. If 8 attend, 2 leaders must accompany them, etc. 7+1 Leaders are responsible for the care and nurture of each youth in their group throughout the retreat. Leaders are expected to attend all retreat activities and participate fully with their group.

Who can be a 7+1 Leader?

A 7+1 leader must be a confirmed member of Lutheran Church-Canada, be at least 21 years old at the time of the retreat, be approved by their pastor/elder/church worker for their role as a Youth Leader and submit a police check that is less than three years old. *(We strongly discourage congregations from sending leaders under 21. However, if another leader over 21 is attending and will co-lead, an exception may be made.)*

Do I send a male *and* a female 7+1 leader if I have more than 7 youth?

You are only required to send one leader for every seven youth. However, we recommend that you consider having a 7+1 leader of each gender, as the boys and girls sleep in different areas of the church, making the opposite gender harder to check on at night.

Why does the registration form ask if I have a car?

We expect that the youth leaders will drive their group to the pool when we go swimming – but if this is an obstacle for your group, please let us know.

Can I come if I'm not a youth or a leader?

There are also opportunities for volunteers to attend the retreat. These volunteers assist as needed with kitchen duties, leading games or Bible studies, and other jobs. Volunteers must have finished grade 12 at least one year ago, and provide a police check, as well as a reference from a pastor, church worker, or elder.

We also need people to come in over the weekend to help cook a meal or two. This is a short-term commitment to help our kitchen manager prepare, serve, and clean up after one of the five meals, and a police check is not required for this role because it does not involve sleeping at the church or spending time with youth in a leadership role.

Kitchen shifts are: Saturday breakfast, Saturday lunch, Saturday dinner, Sunday breakfast, and Sunday lunch.

What's the deal with police checks?

All adults (persons over the age of 18) attending the retreat in a youth leadership role and/or sleeping at the church must provide a police check (vulnerable sector). When you register online you will be asked to confirm that you will a recent police check (less than three years old). This is done out of a desire to protect our youth and see to their safety to the best of our ability. Check with your local police department – some of them will give you a discount on the fee if you provide a letter from your church.

Do I *have* to get a police check?

Yes! All adults (people over the age of 18) attending the retreat as leaders or volunteers (except for short-term kitchen shifts) must provide a police record (vulnerable sector) check done within the last three years! Please do not come to the retreat without a police check, because you will not be able to stay.

How do we pay our registration fees?

We accept cheques or cash. Cheques should be made payable to Foothills Lutheran Youth Group. If paying by cheque, bring just one cheque for the whole group. Please do NOT make cheques out to the church.

Why do you want all of these paper forms? Can't we just go paperless?

We need all the paper registration forms with original signatures on file for legal reasons!

Why are you asking for a phone number for WhatsApp?

We will have a WhatsApp chat for all the adults attending the retreat so we can easily communicate any info, and hopefully build a community of leaders as well, but it is optional.

What should I bring to the retreat?

- Bible, notebook, and pen/pencil
- Seasonably appropriate clothes/footwear for being inside and outside
- Pjs appropriate for a group setting
- Sleeping bag and pillow
- Mattress or foamy
- Water bottle with your name on it
- Towel and bathing suit
- A quarter or a lock for the pool lockers
- Toiletries
- Nut-free snacks to share (optional)
- Games to share (optional)
- Please avoid bringing electronic devices if at all possible – youth are not permitted to use the church wifi

Other questions? Contact Michelle Heumann (michelleheumann@gmail.com).



Registration Checklist

- 1:** Choose one person to be the main point of contact for registering your group. This person doesn't need to be a leader attending the retreat; for example, a church office administrator would make a good point of contact.
- 2:** Ensure the leader(s) who will be attending have a current police check (vulnerable sector) or have ordered one. In Calgary they can take up to six weeks to arrive, so plan ahead! (Kitchen volunteers who are only at the retreat for a few hours [not overnight] do not need to provide police checks.)
- 3:** Distribute registration forms to youth, leaders, and volunteers, and kitchen volunteers.
- 4:** Set an internal registration deadline for everyone to return their completed forms, police checks, and fees to your coordinator. Each leader also needs to sign a group registration form.
- 5:** Fill out an online registration form for everyone in your group before midnight on Friday, October 2. They can be found at: www.foothillslutheranchurch.com/youthretreat
- 6:** Get one cheque for the fees for your whole group, payable to *Foothills Lutheran Youth Group*. (We will accept cash on site.) Please do NOT make cheques payable to the church.
- 7:** Bring all of the original forms, police checks, and the fees of your entire group with you to the retreat.

The paper registration package you prepare must include:

- ☐ An original registration form for each youth, signed by his or her parent or guardian
- ☐ An original registration form for each leader (and volunteer, if applicable)
- ☐ An police check for each adult leader / overnight volunteer
- ☐ An original group registration form signed by each leader
- ☐ One payment for the entire group

You should receive a confirmation email within a week of the registration deadline. If you do not, please follow up with michelleheumann@gmail.com.



7+1 Leader Responsibilities

Before the retreat:

1. Pray for God's blessing on the retreat and the preparations.
2. Encourage your congregation to support the youth and their friends.
3. Reach out to all youth of the congregation with info about the retreat and encourage them to invite friends.
4. Involve the youth in planning, registering, making travel arrangements, fundraising, etc.
5. Request a police check in adequate time for it to be received before the retreat (it may take up to 6 weeks).
6. Lead a pre-retreat information session reviewing the expectations of the youth in your group.
7. Review any communication from the retreat planners and be familiar with the plans for the weekend.
8. Discuss any youths' medical concerns or allergies with the parents, and be sure the information is recorded accurately on their registration forms.

During the retreat:

1. Register your group upon arrival and provide all the required paperwork.
2. Be responsible for your 7+1 group at all times. Know their location and let them know where you are at all times. Make sure they are aware of the retreat rules and the self-discipline necessary in a large group. Monitor any health concerns. Provide discipline/consequences for behaviour as necessary.
3. Attend and participate in all events and encourage your group to participate.
4. Transport your youth to and from off-site venues.
5. Conduct late night checks and get up early.
6. Pray that, through the work of the Holy Spirit, all involved would be encouraged in the faith.

7+1 Leader Registration Form

Name: _____

Title (if applicable): _____

Address: _____

City: _____ Prov: ____ P.C. _____ Gender (M or F): _____

Phone: (____)_____

Cell phone for WhatsApp group: _____

Email: _____

Home Congregation: _____

Pastor: _____

Emergency Contact Name: _____

Emergency Contact Number: _____

Allergies (indicate severity, e.g. nuts=anaphylactic shock/carries EpiPen):

Special Needs (indicate medications or medical conditions):

☐ We will have enough vehicles on site to drive our group around

License plate number: _____

☐ I would like to lead a Bible study/discussion group (materials will be provided)

How long have you been a member of LCC? _____

☐ I will have current first aid certification

Youth Leader Agreement

I have read the stated expectations for being a 7+1 leader (on page 1) and I agree to carry out the role to the best of my ability.

Signature: _____ Date: _____

Authorization for Collection of Personal Information

I, _____, authorize Foothills Lutheran Church to collect personal information appropriate for my application to serve as a volunteer at the youth retreat. I understand that the information obtained will be confidential but may be shared with Lutheran Church-Canada synodical offices.

Signature: _____ Date: _____

Photo/Video Release Form

I hereby give permission for images of myself, captured during regular and special retreat activities through video, photo, and/or digital camera, to be used solely for the purposes of the Foothills Lutheran Church youth retreat, and/or Lutheran Church-Canada promotional material and publications, and waive any rights of compensation or ownership thereto.

Signature: _____ Date: _____

PRIVACY STATEMENT: FOOTHILLS LUTHERAN CHURCH AND *Lutheran Church-Canada is committed to safeguarding the information provided on the retreat registration form. Your information will not be shared with any organization beyond Lutheran Church-Canada, its institutions, boards and agencies.*

Permission to Serve as a 7+1 Leader

I, the Pastor/Church Worker/Elder (please circle one) of _____ Church, give permission on behalf of our congregation to _____ to act as a youth leader at Foothills Lutheran Church's 2026 youth retreat. He/She has read and understands the 7+1 requirements on page 1 above, and I believe he/she is fully equipped to take on this responsibility.

Signature: _____ Date: _____



Youth Registration Form

Name: _____

Address: _____

City: _____ Prov: _____ P.C. _____

Parent or guardian name: _____

Parent or guardian phone: (____) _____

Email: _____

Birth date (m/d/y): _____

Age: _____ Grade: _____ Gender: M or F (*circle one*)

Leader: _____

Home Congregation: _____

We will be celebrating the Lord's Supper on Sunday; to help us prepare the right amount, please check this box if this youth is a confirmed/communing member of LCC (or Synod in fellowship):

☐ confirmed/communing member of LCC (or Synod in fellowship)

Emergency Contact Name: _____

Emergency Contact Number: _____
(Someone other than the parent or guardian already listed)

Health Care #: _____
(if their card is not with them at the retreat)

Allergies (indicate severity, e.g. nuts=anaphylactic shock/carries EpiPen):

Special Needs (indicate medications or medical conditions):

Authorization for Collection of Personal Information

I, _____, authorize Foothills Lutheran Church to collect personal information required for my youth to attend the youth retreat. I understand that the information obtained will be confidential but may be shared with Lutheran Church-Canada synodical offices.

Signature: _____ Date: _____

Photo/Video Release Form

I hereby give permission for images of my youth, captured during regular and special retreat activities through video, photo, and/or digital camera, to be used solely for the purposes of the Foothills Lutheran Church youth retreat, and/or Lutheran Church-Canada promotional material and publications, and waive any rights of compensation or ownership thereto.

Signature: _____ Date: _____

PRIVACY STATEMENT: FOOTHILLS LUTHERAN CHURCH AND *Lutheran Church-Canada is committed to safeguarding the information provided on the retreat registration form. Your information will not be shared with any organization beyond Lutheran Church-Canada, its institutions, boards and agencies.*

Parent/Guardian Permission/Waiver

I thank God for the opportunity to send my son/daughter to Foothills Lutheran Church's 2026 youth retreat. In order to clearly proclaim the Gospel of our Lord Jesus Christ, I realize that the church and retreat planners will do their best to make this an exciting, meaningful, and safe experience for my youth. I give permission for my youth to attend the retreat and I release Foothills Lutheran Church and its staff and volunteers from any liability. I give permission for the retreat planners to make arrangements for qualified medical attention for my youth in the event of an emergency and I understand that I will be notified by the quickest means possible if this authority is exercised.

Signature: _____ Date: _____



Group Registration Form

Each group of seven youth attending from each congregation be accompanied by at least one group leader. Being a group leader requires that you are willing to participate in all retreat events as required by the planners of the retreat. It also means that you will be willing to supervise and care for the needs of your group at all times, as per the 7+1 Leader Responsibilities listed on the Leader Registration Form. The position of group leader carries with it a lot of responsibility, but also promises to be an opportunity for growth: in your relationships with your group members; as a leader and as a Christian servant. You agree to supervise and care for the members of your group, listed below.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Group Leader Signature: _____

Name: _____

Home Congregation: _____



Volunteer Registration Form

Being a volunteer requires that you are willing to participate in all retreat events and help with jobs as needed. Volunteering carries with it great responsibility, but also promises to be an opportunity for growth as a leader and as a Christian servant.

What is a volunteer?

Adult volunteers are eager to serve in a variety of ways at the retreat as requested – it involves being flexible and being willing to help wherever needed, usually behind the scenes.

Who can be a volunteer?

Volunteers must have been finished grade 12 for at least one year at the time of the retreat, and must register, provide a recent criminal record check (vulnerable sector) arranged by your local police department, and a church leader's authorization. Please beware that police checks can take up to six weeks to complete, and that adults may not attend without one. If you identify that you require a police check for a volunteer position, they may provide the record check free of charge. If there is a cost, it should be assumed by the volunteer.

Do I *have* to get a police check?

Yes! All adults (people over the age of 18) attending the retreat as leaders or volunteers (except for short-term kitchen shifts) must provide a police record (vulnerable sector) check done within the last three years! Please do not come to the retreat without a police check, because you will not be able to stay.

Volunteer Registration Form

I am registering as (select one): ☐ a volunteer for the whole weekend (or) ☐ for kitchen shifts
(kitchen shifts are: Saturday breakfast, Saturday lunch, Saturday dinner, Sunday breakfast, and Sunday lunch – after registering you will be contacted with more information about timing)

Name: _____

Address: _____

City: _____ Prov: ____ P.C. _____ Gender (M or F): _____

Age (if under 21): _____ (or) ☐ I am 21 or older

Phone: (____)_____

Cell phone for WhatsApp group: _____

Email: _____

Home Congregation: _____

Pastor: _____

How long have you been a member at your church/LCC? _____

My particular skills/talents include *(leading small groups, cooking, drama, leading games, PowerPoint operator, etc)*:

Allergies (indicate severity, e.g. nuts=anaphylactic shock/carries EpiPen):

Special Needs (indicate medications or medical conditions):

Emergency Contact Name: _____

Emergency Contact Number: _____

License plate for parking pass, if applicable: _____

☐ I would like to lead a Bible study/discussion group (materials will be provided)

☐ I will have current first aid certification

Volunteer Agreement

I have read the stated expectations for being a volunteer (on page 1 above) and I agree to complete assigned tasks to the best of my ability.

Signature: _____ Date: _____

Authorization for Collection of Personal Information

I, _____, authorize Foothills Lutheran Church to collect personal information appropriate for my application to serve as a volunteer at the youth retreat. I understand that the information obtained will be confidential but may be shared with Lutheran Church-Canada synodical offices.

Signature: _____ Date: _____

Photo/Video Release Form

I hereby give permission for images of myself, captured during regular and special retreat activities through video, photo, and/or digital camera, to be used solely for the purposes of the Foothills Lutheran Church youth retreat, and/or Lutheran Church-Canada promotional material and publications, and waive any rights of compensation or ownership thereto.

Signature: _____ Date: _____

PRIVACY STATEMENT: FOOTHILLS LUTHERAN CHURCH AND *Lutheran Church-Canada is committed to safeguarding the information provided on the retreat registration form. Your information will not be shared with any organization beyond Lutheran Church-Canada, its institutions, boards and agencies.*

Permission to Serve as a Volunteer

I, the Pastor/Church Worker/Elder (please circle one) of _____ Church, give permission on behalf of our congregation to _____ to act as a volunteer at Foothills Lutheran Church's 2026 youth retreat. He/She has read and understands the volunteer requirements on page 1 above, and I believe he/she is fully equipped to take on this responsibility.

Signature: _____ Date: _____

DRAFT 2026 Youth Retreat Schedule

FRIDAY, October 16

7:00-8:00	Registration
8:00-8:45	Opening worship
8:45-9:00	Free time
9:00-10:00	Small group study 1
10:00-11:00	Late night options (snack, craft, board games, active games)
11:00-11:30	7+1 Time (various locations)
Midnight	Lights out

SATURDAY, October 17

8:00	Wake up and tidy up
8:30-9:15	Breakfast
9:15-10:00	Morning Prayer
10:00-11:00	Small group study 2
11:00-12:00	Free time/games
12:00-1:00	Lunch
1:00	Depart for pool
1:30-2:30	Swimming
2:30	Depart from pool with enough time to be back and ready for:
2:45	Snack
3:00-5:00	Servant event
5:00-6:00	Dinner
6:00-7:00	Big game
7:15-8:00	Evening Prayer
8:00-9:00	Small group study 3
9:00-10:30	Late night options (snack, craft, board games, active games)
10:30-11:00	7+1 Time
11:30	Lights out

SUNDAY, October 18

7:30	Wake up and clean up
8:15-8:45	Breakfast
8:45-9:00	Music
9:00-10:00	Small group study 4
10:15	Worship
11:45	Lunch