

Spring Retreat Rule of Life:

A Rule of Life is absolutely essential to any community's life. It says 'this is who we are, this is our story'; and it reminds us of those things God has put on our hearts, calling us back to our foundations. The idea of a Rule of Life was developed in Celtic Christian communities in order to bring stability and accountability. It serves as a framework for freedom – not as a set of rules that restrict or deny life, but as a way of living out our vocation alone and together. It is rooted in Scripture, pointing always to Christ; and, in the words of St Benedict, it is 'simply a handbook to make the very radical demands of the gospel a practical reality in daily life.'

A Rule then is a means whereby, under God, we take responsibility for the pattern of our spiritual lives. It helps us to stay centered, bringing perspective and clarity to the way of life to which God has called us. The word derives from the Latin 'regula' which means 'rhythm, regularity of pattern, a recognizable standard' for the conduct of life. A Rule is an orderly way of existence but we embrace it as a way of life not as keeping a list of rules. It is a means to an end – and the end is that we might seek God with authenticity and live more effectively for Him.

Here then are the things that we will value and pursue as we gather in the presence and love of the Father, the Son, and the Holy Spirit.

- Be Respectful, Responsible and Ready
- Be PDA free
- Wear closed toe shoes outside unless you are on the beach
- Walk wherever you are going
- Keep rooms, bathrooms and lodges clean
- Follow directions from leaders immediately
- Keep your hands to yourself and off of others and their personal possessions
- Show up early for all gatherings and activities
- Be an excellent listener
- Be prayerful and thankful throughout the day and night
- When we gather for worship...sing loud and proud
- Do all you can to be at peace with others
- Be kind, considerate, and forgiving
- Use appropriate words when in conversation
- Keep your heart open to the Word and Voice of the Triune God

I have read, understand and agree with all materials pertaining to camp. I have only packed and am bringing to camp what I have been directed to bring. I am not bringing with me to camp a cell phone, electronic games, media or social or any other digital devices, gum, candy, extra money, magazines and books, firearms and knives, tobacco products, drugs, fireworks, skimpy or immodest or questionable clothing. I understand and I am committing myself to the Rule of Life written above.

Campers signature: _____ Date: _____

Parents signature: _____ Date: _____