

UNITY EASTERN REGION PRESENTS

# MIND-BODY-SPIRIT



# YOU

**SPRING RALLY Friday April 25-Sunday April 27, 2025**

For high school  
age teens, YOU  
sponsors, parents,  
chaperones and  
Ministers



**DAILY ACTIVITIES:** CONNECTION / FAMILY GROUPS  
PRAYER & MEDITATION / JOY SONGS / GODWALKS  
SPIRITUAL GROWTH / FREETIME ACTIVITIES / NATURE

Early-Bird  
Registration opens  
February 15th.  
\$225.00

## Where:

**YMCA Camp Tockwogh**  
24370 Still Pond Rd  
Worton, MD 21678

Email Janell Renshaw at [youthconsultant@unityeasternregion.org](mailto:youthconsultant@unityeasternregion.org) or visit  
our website at [www.unityeasternregion.org](http://www.unityeasternregion.org) to learn more and to register

# REGISTRATION FORMS AND INFORMATION FOR YOUTH AND FAMILY DIRECTORS/SPONSORS

## Unity Worldwide Ministries Eastern Region Presents YOU Spring Rally 2025

**April 25th-27th, 2025**  
**5 PM FRIDAY—NOON SUNDAY**

**For high school age teens, YOU sponsors, parents, chaperones and Ministers**  
**YMCA Camp Tockwogh, MD**  
On the Eastern shore of the Chesapeake Bay near Worton, MD

- **Early Bird Registration opens February 15th to March 16th \$225.00**
- **Regular Registration March 17th-April 6th \$245.00**
- **Registration closes April 6th**
- **No registrations or payments can be accepted after April 6th, 2025**
- **No refunds after March 16th, 2025**

### **During this retreat participants will experience:**

- **A welcoming environment of love and acceptance**
- **Spiritual growth & transformation**
- **Fun & engaging large & small group activities**
- **Prayer, meditation, campfire vespers & silent Godwalk**
- **Music throughout the weekend**
- **All activities led by teens including “Truth Talk” Lessons**
- **Free time activities such as nature walks, climbing wall, archery and basketball**
- **A beautiful setting on the Chesapeake Bay**

**Registration available at [www.unityeasternregion.org](http://www.unityeasternregion.org)**

Registration is online only, by chapter. Chapter registration must be signed and approved by the Minister, Youth and Family Director and attending sponsor. Individual registrations will be refused. After Chapter registration is complete each participant will receive a link to complete their individual registration online. Individual registrations must be completed by participant for registration to be valid.

**Contact Janell Renshaw, [youthconsultant@unityeasternregion.org](mailto:youthconsultant@unityeasternregion.org) or 407-466-9388**

# INFORMATION ABOUT RALLY

## WHO MAY ATTEND?

Eastern region YOU'ers, sponsors, ministers, teachers, youth ed directors, parents and chaperones are all invited to join in a weekend of fellowship, fun, and Spiritual growth. YOUers must be in grades 9,10,11 or 12 or equivalent, with a minimum age of 14 and a maximum age of 19; or, if not in high school, a maximum age of 18. Teens must be accompanied to Rally by a ministry-approved adult 25 years or older of the same gender as the teen(s). Any exceptions must be approved by the Regional Consultant.

**All Adults attending must submit a copy of a national background screen within last 3 years with their registration if it has not been previously provided.**

## WHERE IS THE RALLY?

Rally is at YMCA Camp Tockwogh on the eastern shore of the Chesapeake Bay. The address is: 24370 Still Pond Neck Rd, Worton, MD. Phone: (410) 348-6000. Please note that while our group often has the camp to itself, it is also not uncommon to share the camp and dining hall with other youth groups and their adult chaperones.

## GENERAL INFORMATION:

- Check-in will be from 5:00 to 6:00 PM Friday. Please arrive during that time period so that your chapter will not miss the important 6:30 pre-Rally meetings and opening activities at 7:00pm.
- **Friday Dinner is included** - Please arrive by 5:00 pm to participate in dinner.
- ALL PERSONS registering for the Rally are committing to be in attendance for the ENTIRE WEEKEND, arriving at the camp on Friday afternoon and staying through the closing on Sunday.
- Rally will end at about Noon on Sunday. Most Rally participants meet for Sunday lunch after Rally at a nearby Pizza restaurant if you so choose. Please bring cash for Love Offering and optional Sunday lunch.

## WHAT TO BRING?

Sleeping Bag, Blankets, Bed Linens, Towel, Washcloth, Toiletries, Comfortable Casual Clothes, Jacket and Raingear, Closed Toe Shoes, Flashlight & Batteries, Sporting Gear (Optional): Basketball, Frisbee, Football, Soccer Ball, Regional Love Offering for Sunday Service and small amount of expense money.

- Please leave Valuables, Skateboards, Squirt Guns, Electronic Games/devices, computers at home.
- Neither the Rally Leadership, Region or Camp Tockwogh will be responsible for lost or stolen items.

**FEES, PAYMENTS AND DUE DATES:** Registration is online only, by Chapter. Chapter registration must be signed and approved by the Minister, Youth and Family Director and attending sponsor. Individual registrations will be refused. After Chapter registration is complete each participant will receive a link to complete their individual registration online. Individual registrations must be completed by participant for registration to be valid.

Register by Chapter ONLY Online at [www.unityeasternregion.org](http://www.unityeasternregion.org)

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QUESTIONS? Janell Renshaw Youth Consultant [youthconsultant@unityeasternregion.org](mailto:youthconsultant@unityeasternregion.org)

# **HOW TO REGISTER YOUR CHAPTER FOR RALLY**

**ONLINE CHAPTER REGISTRATION ONLY:** Register at [www.unityeasternregion.org](http://www.unityeasternregion.org).

The following forms are to be completed and uploaded during your Chapter registration ONLINE

1. Chapter Registration Form with Authorized signatures 1 Per Chapter (2 page form)
2. Group Heart Agreement Discussion (if meeting has not occurred please email forms when completed) 1 for each chapter

## **OTHER FORMS**

- Rally Flyer (Post or provide to all participants.)
- More Information About Rally (Please provide to all participants)
- Rally Preparation Meeting (Hold a Rally Preparation Meeting with all Rally Participants)

**PLEASE PRINT AND COMPLETE THE NEXT 2 PAGES TO EMAIL TO [youthconsultant@unityeasternregion.org](mailto:youthconsultant@unityeasternregion.org) AFTER YOU HAVE COMPLETED YOUR CHAPTER REGISTRATION AT [www.unityeasternregion.org](http://www.unityeasternregion.org) . YOUR CHAPTER REGISTRATION IS INCOMPLETE WITHOUT THESE FORMS.**

# CHAPTER REGISTRATION FORM (page 1)

**Youth & Family Directors/Sponsors:** Please complete page 1 & 2, and email them to Janell Renshaw [youthconsultant@unityeasternregion.org](mailto:youthconsultant@unityeasternregion.org) after registering your chapter online at [www.unityeasternregion.org](http://www.unityeasternregion.org)

Chapter & Location: \_\_\_\_\_

## Registration Contact:

Please provide a contact person who can be contacted for questions about your chapter's forms, fees

Name \_\_\_\_\_ Email \_\_\_\_\_

Please print legibly

Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

**Information Contact:** Please provide a contact person who can be contacted for any last minute information that may need to be imparted to your chapter immediately prior to Rally.

Name \_\_\_\_\_ Email \_\_\_\_\_

Please print legibly

Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

**Emergency Contact During Rally** Please provide a contact person in your Ministry who your attending sponsor or the region may contact in the event of an emergency during Rally. Emergency contact must be willing and available to receive calls during the Rally weekend.

Name \_\_\_\_\_ Cell Phone \_\_\_\_\_

## Friday Dinner at Tockwogh\*

How many of your chapter attendees will be having the optional Friday dinner? \_\_\_\_\_

## Rally Preparation Meeting:

A Rally preparation meeting is required of all participants. The Rally Preparation Meeting Form lists items to be covered with recommended discussion questions?

***YOUR SIGNATURE HOLDS YOU ACCOUNTABLE FOR FACILITATING A PRE RALLY MEETING. PLEASE SPEND EXTRA TIME COVERING HEART AGREEMENTS AND IMPORTANT INFORMATION.***

Date Meeting was held or will be held: \_\_\_\_\_

**GRADUATES:** Total number of graduates from your chapter attending Spring Rally \_\_\_\_\_

Please list all your graduates below. Certificates are provided to all graduates whether attending rally or not.

_____	_____
_____	_____
_____	_____

## CHAPTER REGISTRATION FORM (page 2)

**ADULTS:** List all adults attending Rally

Names (Print or Type)	T-Shirt Size S-XXL

**YOUers:** List all Teens attending Rally

Names (Print or Type)	T-Shirt Size S-XXL

**Ministry / Sponsor Approval:** I certify that these attendees meet the eligibility requirements to attend this event. They demonstrate understanding and adherence to YOU Group/Adult Heart Agreements, and are approved by our ministry to participate in this event.

**Signature of Minister  
or Authorized Staff** \_\_\_\_\_

Print Name \_\_\_\_\_

Title \_\_\_\_\_

Date: \_\_\_\_\_

**Signature of YFM Director** \_\_\_\_\_ Print Name \_\_\_\_\_

**Signature of Sponsor** \_\_\_\_\_ Print Name \_\_\_\_\_

# RALLY PREPARATION MEETING

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**Sponsors:** Prior to coming to Rally, please hold a meeting with all YOUers and adults attending rally to review the items below. During the meeting, lead a group discussion on the following topics.

## 1. Heart Agreements

Scenarios and discussion questions are attached as a separate document. One of the most important discussions to the Rally consciousness we are trying to create is the discussion about heart agreements. Thank you sponsors for giving attention to this topic.

## 2. Intentions and Goals for Rally

What specific goals and intentions does each YOUer and adult participant have for Rally? (Typical goals might be feeling closer to God, making friends, renewing friendships, taking more time to pray, learning to speak up in a group, sharing a special talent or ability, or learning to appreciate or get along better with others.

## 3. Individual Contributions to Rally?

What will you do before and during rally to make this a good experience for yourself and others?

## 4. Expectations

All YOUers and Adults\* must attend **ALL** activities and stay with the group at all times. No one may be in cabin rooms during scheduled activities, switch rooms, or roommates. Everyone must arrive on Friday and not leave until Closing on Sunday. (Help your group feel a part of the total experience. Arrive during check in 5:00-6:00pm in time to get settled in before the 6:30pm pre-rally meetings and the start of rally at 7:00 pm on Friday evening. Adults in the group are responsible for the YOUers they bring to Rally. Please be aware of medical needs and medications, be vigilant and check in with YOUers regularly during the event. \*Adults may be excused from large group activities to obtain needed rest.)

## 5. Share Information about rally

- a. Family Groups: Each YOUer and adult will meet 4 times during the weekend with their assigned small group.
- b. Fuzzies: This is the time when everyone exchanges friendly hugs.
- c. Business Meeting: This is the time at Fall Rally when the Regional business of the year is discussed and when new Regional Representatives are elected and installed.
- d. Spirit Share / Talent Show: This is the opportunity for Rally participants to share their talents with everyone. The Spirit of the Talent Show will be one of Spirituality, cooperation and appropriateness. Rehearsal for the show will be held during the beginning of free time on Saturday afternoon under the supervision of a Head Sponsor and/or the Regional Consultant.
- e. Adult Support Team: Several adults, both male and female, are designated as "Head Sponsors". Their job is to support the other Sponsors and assist the Regional Team in maintaining harmony and order throughout the Rally weekend.

**6. Prayers and Affirmations:** Lead your chapter in prayer, sending love and blessings to the regional team and all rally participants affirming perfect unity, harmony and order for the entire weekend!!

**THANK YOU!!!**

# HEART AGREEMENT DISCUSSION

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**Sponsors:** The scenarios below were provided for the first time prior to Fall Rally 2019 and may have been previously discussed by your YOUTers. Feel free to provide other scenarios and invite your YOUTers to suggest other situations that could arise during an event.

## General Questions

1. Why do we have Group Agreements at Unity events? What is the purpose of having Agreements?
2. What is the difference between a rule and an agreement?
3. What is the difference between breaking a rule and failing to keep an agreement?
4. What is the difference between keeping an agreement and following a rule?
5. What is the value of keeping our word? What is the nature of integrity?
6. In what ways can breaking the heart agreements at Rally affect us, our fellow YOUTers, our sponsors, the regional YOU program?
7. If a YOUTer is sent home during Rally, how does that affect others?

## Scenarios

1. A group of YOUTers are talking and giggling together near you during the Godwalk. You are upset by this as you have looked forward to the silence and the talking is disturbing to you.
2. You learn that a group of YOUTers plans to meet to smoke pot after hours on Saturday night. Most are graduates and will not be attending any other YOU events after Spring Rally.
3. Your boyfriend / girlfriend wants you to sneak out of your cabin to meet him/her after hours?
4. You learn that your friend is planning to meet her boyfriend/ his girlfriend to slip away from the crowd for some alone time during free time. They are planning to go out of the boundaries to be alone.
5. You receive a text after hours from a friend in another cabin. It says: "I need to talk to you. Meet me at bathhouse in 10 mins."
6. The third chime has sounded at the evening campfire and adult leaders have asked that everyone go to their cabins. You continue to say goodnight and give and receive hugs to your friends ignoring the request and lingering at the campsite.

## For each scenario

1. What are possible actions that might be taken in response to the situation?
2. What are possible actions that would support upholding the heart agreements?
3. Of the possible actions that might be taken, what actions violate the Heart Agreement?
4. What specific Agreement would be violated?
5. Why do we have this specific agreement included in our Agreements?
6. How do honesty and accountability play a part in the choices you make?
7. Who would your actions effect, or potentially effect if you choose to break the heart agreements?

# GROUP HEART AGREEMENTS

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1. I will represent my highest self, and respect others at Rally including Adults and Camp Staff. I will create through my words and actions a loving, sacred and harassment-free atmosphere.
2. I will attend and remain at all scheduled activities at the designated times. I will give my loving support, cooperation and attention to all speakers and leaders, and facilitators.
3. I will remain within the boundaries assigned to me at the campgrounds at all times. I will obey all rules set by Camp Tockwogh
4. I will take part in Rally with a clear mind and heart. I will abstain from the use of alcohol, tobacco and non-prescription illegal drugs during Rally and enroute to and from Rally.
5. I will maintain an attitude of friendship to everyone attending the event. I will respect personal boundaries and will not participate in sexual energies or behavior or any unwanted physical contact at or en route to and from the event.
6. I will stay out of the cabins and cabin areas of the opposite sex.
7. I will leave at home any articles that would interfere with the purest retreat experience such as skateboards, water pistols, roller blades or electronic game systems.
8. I will use electronic devices such as iPods, and Cell Phones only at times designated by the leadership team. I will use only electronic music devices that have headphones and not speakers. I will not allow my use of these items to disturb others.
9. I will only wear clothing that is modest and respectful of myself and others.
10. During group meditations, I will practice centering. I will do nothing to distract others from their time of prayer and meditation.
11. I will honor lights-out and quiet time and cooperate fully with my cabin and room sponsors.
12. I agree to do my part to make this weekend a special and unique experience for myself and everybody at the Rally. I am enthusiastic about this Rally and I will have FUN!!!

**By my signature below I agree to uphold all Heart Agreements. My signature also indicates**  
(Read and check each statement)

       I understand my willingness and ability to uphold these agreements are required to participate in YOU activities.

Print Name \_\_\_\_\_ Signature \_\_\_\_\_

\_\_\_\_ I have made the parents of this YOUer aware that failure to comply with the heart agreements can result in the YOUer being sent home at parents' expense.

Sponsor's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

[illegible]