

REGISTRATION FORMS AND INFORMATION FOR YOUTH AND FAMILY DIRECTORS/SPONSORS

UNITY EASTERN REGION
FALL YOUTH RETREAT 2026

Let Go, Let Love.

RELEASE WHAT HOLDS YOU BACK.

Your story isn't finished.

Let Go (Negative Emotions/Pressures): OVERTHINKING, WORRY, COMPARISON, FEAR, PERFECTIONISM, PEER PRESSURE, INSECURITY, ANGER, GUILT, REGRET, SHAME, LONELINESS, STRESS, EXPECTATIONS, BITTERNESS, SELF-DOUBT.

Let Love (Positive Qualities): HOPE, JOY, PEACE, LOVE, FAITH, PURPOSE, KINDNESS, COURAGE, FORGIVENESS, BELONGING, TRUST, COMPASSION, ACCEPTANCE, GRATITUDE, STRENGTH.

NOVEMBER 6-8, 2026
📍 **UNITY RENAISSANCE**
1120 Eden Way N, Chesapeake, VA 23320

 MEDITATION Center your soul	 FRIENDS Build community	 MUSIC Feel the joy	 SERVICE Make an impact	 FUN Make memories	 INSPIRATION Live your truth
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♥ All Youth. All Paths. One Unity. ♥

Unity Worldwide Ministries Eastern Region Presents YOU Fall Youth Retreat 2026



November 6-8, 2026

5 PM FRIDAY-12 PM SUNDAY

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

Unity Renaissance

1120 Eden Way N, Chesapeake, VA 23320

- Early Bird Registration opens August 30 to September 20, 2026 \$105.00
- Regular Registration September 21st October 11th \$115.00
- Registration closes October 11, 2026
- No registrations or payments can be accepted after October 11th, 2026
- No refunds after September 20th, 2026

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
- All activities led by teens including "Truth Talk" Lessons

Chapter Registration available at 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 the participant for registration to be valid.

Contact Janell Renshaw, youthconsultant@unityeasternregion.org or 407-466-9388

INFORMATION ABOUT The Youth Retreat

WHO MAY ATTEND?

Eastern region YOU'ers & Uniteens, sponsors, ministers, teachers, youth ed directors, parents and chaperones are all invited to join in a weekend of fellowship, fun, and Spiritual growth. YOU'ers 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. Uniteens must be in grades 7 or 8 with a minimum age of 11-14. All youth must be accompanied to retreat 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 Youth Retreat?

Unity Renaissance
1120 Eden Way N, Chesapeake, VA 23320

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-Retreat 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 Youth Retreat are committing to be in attendance for the ENTIRE WEEKEND, arriving at the ministry on Friday afternoon and staying through the closing on Sunday.
- The Youth Retreat will end at about Noon on Sunday.
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WHAT TO BRING?

Bedding, 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 Retreat 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 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 Online at www.unityeasternregion.org

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\$105.00**
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QUESTIONS? Janell Renshaw Youth Consultant youthconsultant@unityeasternregion.org

HOW TO REGISTER YOUR CHAPTER FOR RETREAT

ONLINE CHAPTER REGISTRATION ONLY: Register at 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

- Retreat Flyer (Post or provide to all participants.)
- More Information About Retreat (Please provide to all participants)
- Retreat Preparation Meeting
-

DUE DATES AND REGISTRATION FEES:

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PLEASE PRINT AND COMPLETE THE NEXT 2 PAGES TO EMAIL TO youthconsultant@unityeasternregion.org AFTER YOU HAVE COMPLETED YOUR CHAPTER REGISTRATION AT 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 after registering your chapter online at 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 Retreat.

Name _____ Email _____
Please print legibly
Phone _____ Cell Phone _____

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

Name _____ Cell Phone _____

Friday Dinner at Unity Renaissance*

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

Retreat Preparation Meeting:

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

YOUR SIGNATURE HOLDS YOU ACCOUNTABLE FOR FACILITATING A PRE Retreat 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 Retreat

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

CHAPTER REGISTRATION FORM (page 2)

ADULTS: List all adults attending Retreat

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

YOU'ers & Uniteens & Uniteens: List all Teens attending Retreat

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/Uniteen 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 _____

RETREAT PREPARATION MEETING

Sponsors: Prior to coming to Retreat, please hold a meeting with all YOU'ers & Uniteens/ Uniteens and adults attending Retreat 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 Retreat 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 Retreat

What specific goals and intentions does each YOU'ers & Uniteens and adult participant have for Retreat?

(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 Retreat?

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

4. Expectations

All YOU'ers & Uniteens/Uniteens 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-Retreat meetings and the start of Retreat at 7:00 pm on Friday evening.

Adults in the group are responsible for the YOU'ers & Uniteens they bring to Retreat. Please be aware of medical needs and medications, be vigilant and check in with YOU'ers & Uniteens regularly during the event.

*Adults may be excused from large group activities to obtain needed rest.)

5. Share Information about Retreat

- a. Family Groups: Each YOU'ers & Uniteens 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 Retreat 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 Retreat 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 Retreat weekend.

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

HEART AGREEMENT DISCUSSION

Sponsors: The scenarios below were provided for the first time prior to Fall Retreat 2019 and may have been previously discussed by your YOU'ers & Uniteens. Feel free to provide other scenarios and invite your YOU'ers & Uniteens 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 Retreat affect us, our fellow YOU'ers & Uniteens, our sponsors, the regional YOU program?
7. If a YOU'ers or Uniteen is sent home during Retreat, how does that affect others?

Scenarios

1. A group of YOU'ers & Uniteens 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 YOU'ers & Uniteens 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 Retreat.
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 affect, or potentially affect if you choose to break the heart agreements?

GROUP HEART AGREEMENTS

1. I will represent my highest self, and respect others at Retreat including Adults and MinistryStaff. 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 Ministry at all times. I will obey all rules set by the Ministry
4. I will take part in Retreat with a clear mind and heart. I will abstain from the use of alcohol, tobacco and non-prescription illegal drugs during Retreat and enroute to and from Retreat.
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 Retreat. I am enthusiastic about this Retreat 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 approve this YOU'er & Uniteens to represent this Chapter at the Eastern Region YOU Retreat.

Sponsor's Signature _____ Date ____/____/____

[illegible]