



Save the Date

Cross Dive & Family Spiritual Retreat

Sponsored by

St. Nicholas Greek Orthodox Church Wilmington, NC &
Holy Trinity Greek Orthodox Church Raleigh, NC

Weekend of October 16-18, 2015

Cross Dive will be held on Saturday, October 17, 2015 at 11:00AM



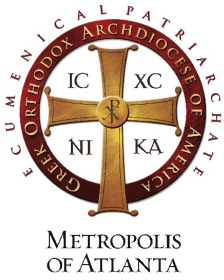
Camp Kirkwood in Burgaw, NC

www.campkirkwoodnc.org

Additional information, pricing and registration forms
will be available August 1, 2015

Questions? Please contact Michael Rallis

mgrallis@aol.com or 910-619-0014



St. Nicholas Greek Orthodox Church

Fr. Jon C. Emanuelson Tel.: (910) 685-0080
608 S. College Rd., Wilmington, NC, 28403 • Tel.: (910) 392-4444 • Fax: (910) 392-4905
Web: www.stnicholaswilmington.org • E-mail: office@stnicholaswilmington.org

Pulcheria the Empress
September 10, 2015

Dear Faithful in Christ,

We are so excited about our first ever *Family Retreat & Cross Dive Event* on the weekend of **October 16-18, 2015**. St. Nicholas and Holy Trinity in Raleigh are teaming up for this Spirit filled weekend for youth and adults alike. Please see the enclosed registration form for the Retreat/Cross Dive. The registration forms and funds are due by **Sunday, October 11, 2015!** However, before the above due date, we also need to have a count of divers asap. Please let Koula Katsikis (katsikis1@aol.com) and/or Michael Rallis (mgrallis@aol.com) know if your child will be diving by **Friday, October 9, 2015, if possible!**

Please fill out all the information on the forms and waivers enclosed and send them back with a check to St. Nicholas Greek Orthodox Church at the address above. It is first come, first served so please act now to reserve your place at Camp Kirkwood in Burgaw, NC.

The check-in time for the weekend is Friday, October 16, 2015 at 6pm. Dinner will be at 7:30pm with enough food for those that will arrive a little later. Retreat activities begin at 8:30pm. Please be on the lookout for any changes in the complete schedule of events in the near future. Checkout time on Sunday, October 18, 2015 will be after Divine Liturgy.

Love in Christ,

Rev. Fr. Jon C. Emanuelson

P.S. – Please see complete packet in office, our website at www.stnicholaswilmington.org (by following the October Cross Dive link on the left pane) and Facebook site at www.facebook.com/StNicholasWilmington .

Greek Orthodox Church Family Retreat and Cross Dive October 16-18, 2015

***Retreat Theme: Spiritual Warfare – Renewing our Baptismal Pledge
Camp Kirkwood, Burgaw, NC***

Hosted by St. Nicholas, Wilmington, NC & Holy Trinity, Raleigh, NC

Weekend Schedule

Day	Date	Time	Event
Fri	10/16	6:30-8:30pm	Check-in / Cabin assignments/ Packet & wrist band
		7:30-9pm	Pizza Dinner
		8:30pm	Ice Breaker Activity (Youth & Adults)
		9pm	Intro to our Theme – Spiritual Warfare (Fr. Jon & Rob)
		10pm	Small Compline in Outdoor Pavilion
		10:30pm	Rap Session – Temptations Today (Youth / Adults)
		11:30pm	Lights Out
		Sat	10/17
7:30am	Morning Worship – Orthros		
8:30-9am	Breakfast – yum!		
9-10:15am	Retreat Session 1 – Our Baptismal Pledge (Youth/Adults + joint session)		
10:30-11am	Getting ready for the Cross Dive / Line Up		
11-11:30am	Procession and Blessing of the Waters		
11:30-12pm	Cross Dive for Young Ladies and Young Men		
12-1:30pm	Cross Dive Awards & Lunch		
1:30-3:30pm	Organized Recreation: canoes, volleyball & team sports		
3:30-5pm	Retreat Session 2 – Spiritual Warfare, Fighting the Battle Today (youth/adults)		
5:30pm	Evening Worship – Vespers		
6:30-8pm	Dinner		
8-9:30pm	Retreat Session 3 - Helping our Families to fight the good fight (youth/adults)		
9:30-10:30	Campfire Stories / Smorés		
10:30-11:30	Family Wrap Session (Youth & Adults)		
11:30pm	Lights Out		
Sun	10/18	7:00am	Wake-up
		8:00am	Orthros/Liturgy
		10:00am	Breakfast / Break Camp

Times listed are subject to adjustment in accord retreat needs and weather.
Thank you for coming to our first ever Family Retreat/Cross Dive Weekend!

**Greek Orthodox Church
Family Retreat and Cross Dive
October 16-18, 2015**

***Retreat Theme: Spiritual Warfare – Renewing our Baptismal Pledge
Camp Kirkwood, Burgaw, NC***

Hosted by St. Nicholas, Wilmington, NC & Holy Trinity, Raleigh, NC

Retreat Source Materials

Reference Books

Unseen Warfare: The Spiritual Combat & Path to Paradise of Lorenzo Scupoli, edited by St. Theophan the Recluse & St. Nicodemus the Hagiorite

The Way of the Ascetics – Tito Colliander

Of Water and the Spirit – Fr. Alexander Schmemmann

Biblical References

The Temptation of Christ – Matthew 3:1-16

The Great Commission – Matthew 28:16-20

Fighting the Good Fight – 1 Timothy 6:11-12

Our Battle – Ephesians 6:10-18

Temptation – James 1:12-18

Suffering for God's Glory – 1 Peter 4:12-19

Resist the Devil – 1 Peter 5:5-10

And many more...

St. Nicholas Greek Orthodox Church

608 S College Rd. Wilmington, NC 28403
910-392-4444 *www.stnicholaswilmington.org

Cross Dive Registration Form (Due 10/11/2015)

Friday and Saturday October 16, 17 & 18th
Camp Kirkwood: Camp Kirkwood Rd, Watha NC 28478
Arrival time Friday 6:00pm

Arrival time Saturday for cross drive 10:00am. Divers dressed and in procession by
10:30am

Full Name_____Diver Age_____DOB_____
Parent's or Guardian's Full Name(s)_____
Street Address_____
City_____State_____Zip Code_____
Home Phone (area code)_____Please list medication, food allergies, or
other medical conditions_____

For all GOYA participants (Diver & Non-Diver) this form must be
accompanied by the Goya Covenant, the Metropolis insurance
information & the Metropolis of Atlanta Waiver. Forms may be
downloaded from our website, www.stnicholaswilmington.org

Adults who are attending also need to fill out this form

GOYA CROSS DIVE FEE COMPLETE PACKAGE \$45.00

(Includes all meals Cross Dive, t-shirt, Lodging)

Shirt size__Small _____Medium _____Large _____XL_____

Cross Dive participants must be high school students 9-12grade

NON-DIVER COMPLETE PACKAGE \$45.00

(Includes all meals Cross Dive, t-shirt, Lodging)

Shirt size__Small _____Medium _____Large _____XL_____

For more information contact the church office 910-392-4444

Please RSVP by October 11, 2015

Registration received after this date will **NOT** guaranteed a T-shirt

Every attendee whether lodging or not need to fill out a registration form

Total number of participants_____Total number of shirts__Total \$_____

Checks made payable to St Nicholas Greek Orthodox church memo Cross Dive

FAMILY RETREAT/CROSS DIVE WEEKEND

**FAMILY RETREAT REGISTRATION FORMS ARE DUE BY
OCTOBER 11, 2015**

The camp sleeps 94 people. Beds will be reserved on a first come first serve basis. If you are planning on spending the two nights please send in your registration forms in early. There will be boys and girls cabins. In the youth cabins there needs to be one adult advisor for every six youth. Adults please send us a list of who your cabin mates are. Each cabin sleeps 14 people.

COMPLETE PACKAGE FOR FAMILY RETREAT \$45.00per individual

This includes Friday and Saturday night lodging, all meals, and a T-shirt

5 & under lodging and meal	\$16.00
T-shirt optional	\$10.00
5 & under no lodging	FREE
T-shirt optional	\$10.00

ADULTS AND YOUTH ATTENDING CROSS DIVE

Cross dive only with Lunch	\$10.00
T-shirt optional	\$10.00
Cross dive with Lunch and Dinner	\$20.00
T-shirt optional	\$10.00

T-Shirt sizes: ___Small ___Medium ___Large ___ XL ___ (all sizes are adult sizes)

**For more information please contact the church office
at 910-392-4444 or
Dr. Michael Rallis at 910-610-0014 or
mgrallis@aol.com**



METROPOLIS
OF ATLANTA

St. Nicholas Greek Orthodox Church

Fr. Jon C. Emanuelson Tel.: (910) 685-0080

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Web: www.stnicholaswilmington.org • E-mail: office@stnicholaswilmington.org

September 11th, 2015

For those who are lodging during the family spiritual retreat, these are the items to bring:

Sleeping bag or twin sheets
Pillow & pillowcases
Towels
Toiletries (toothbrush, toothpaste, soap shampoo)
Flash light
Bug spray
Sunscreen
Closed in shoes, sneakers
Your clothes
Rain gear (umbrellas, rain coats in case of rain).

A GREAT ATTITUDE

Things not to bring

Electronics: Yes cell phones.

WINTER YOUTH RALLY COVENANT

"A Christian must be courteous to all. His words and deeds should breath with the grace of the Holy Spirit . . ."

- St Nektarios of Aegina

Name: _____

Parish City/State: _____ Priest: _____

- ❖ I am an Orthodox Christian and attend Church regularly.
- ❖ I am active in GOYA and/or Catechetical School, and/or other Church organizations.
- ❖ I understand that it is a privilege to be a participant of this event and will conduct myself and represent my Church in a Christ-like manner.
- ❖ I will participate in all activities during the event, remain with my group, and be on time.
- ❖ I will respect all property including housing, athletics, outdoor, and indoor facilities.
- ❖ I will be held personally responsible for my actions.
- ❖ I will refrain from using offensive language, alcohol and illegal drugs during the event.
- ❖ I understand that if my behavior is not becoming of an Orthodox Christian, I will be asked to leave the event at my expense.
- ❖ I will do everything possible to ensure that all games are being played in a Christian manner.
- ❖ I will respect others, all adults, Priests, advisors and myself.
- ❖ I understand that failure to comply with this covenant and all rules will result in my expulsion from this event and possible suspension from participation in future events.

I have participated in: _____ GOYA Advent Retreats _____ GOYA Lenten Retreats
_____ St. Stephen's Summer Camp _____ St. John Chrysostom Oratorical Festival
_____ WYR _____ HDF Other Activity: _____

Have you ever been asked to leave a parish or Metropolis-sponsored event for disciplinary reasons?

_____ No _____ Yes

If yes, please explain: _____

I agree to this covenant and hereby certify that the above-mentioned information is true and correct.

Signature of Participant

Date

Signature of Parent

Date

Signature of Parish Priest

Date

Insurance Card Form

Participant's Name: _____

Parish City & State: _____

Place a copy of your Insurance Card-Front and Back on this form:

Insurance Card Front:

Insurance Card Back:

Insurance Company Name: _____

Name of Insured: _____

Group Number: _____

Bin Number: _____

ID Number: _____

Phone Number: _____

**** FOR WINTER YOUTH RALLY – please return forms directly to your Lead Advisor ****

All forms may be downloaded from our website:
www.atlmetropolis.org

Participant's Name: _____ **Event:** _____

Parish City/State: _____

**METROPOLIS OF ATLANTA WAIVER AND COMPLETE RELEASE OF LIABILITY,
MEDICAL TREATMENT AND PHOTO AUTHORIZATION**

In consideration of the Greek Orthodox Metropolis of Atlanta, Inc. or the Greek Orthodox Metropolis of Atlanta Diakonia Center, Inc. (which entities, together with all of the churches and missions that comprise a part of the Greek Orthodox Metropolis of Atlanta, are collectively defined herein as the **“Church”**) furnishing or making available services, property, camp site, housing, transportation, supervision, activities, resources, supplies, programs and equipment to enable the undersigned participant (the **“Participant”**) to participate in Church religious, social, cultural, athletic or other activities, services, programs and events (collectively, the **“Church Events”**), and for other good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, the undersigned Participant and the undersigned legal Guardian of Participant, on behalf of themselves, and their respective children, representatives, executors, heirs, beneficiaries and successors (all of the foregoing being collectively defined as the **“Undersigned”**) fully and unconditionally agree as follows:

1. The Undersigned fully understand, acknowledge and agree that:

(a) all indoor or outdoor Church Events have inherent risks, dangers, hazards and exposures (collectively defined as the **“Dangers”**);

(b) participation in Church Events and/or use of Church owned, borrowed or leased equipment, facilities, real or personal property, buildings, or spiritual, residential or recreational items, properties or equipment (collectively defined as the **“Church Property and Equipment”**) may result in injury, illness, sickness, disease, strains, breaks, fractures, partial and/or total paralysis, death or other ailments or injuries that could cause serious disability (all of the foregoing being collectively defined as the **“Injuries”**);

(c) these Dangers or Injuries may be caused by: (i) accidents, the forces of nature, foreseeable or unforeseeable causes, or other causes; or (ii) the actions, omissions or negligence of other participants in Church Events or other individuals or entities; or (iii) the actions, omissions or negligence of the Church Youth Director, Metropolitan, Church Event chaperons or leaders, clergy or other Church Council members, parishioners, agents, subcontractors, officers, volunteers or employees of the Church (all of the foregoing individuals being collectively defined as the **“Church Officials”**); and

(d) by the participation by any of the Undersigned in Church Events or use of Church Property and Equipment, the Undersigned hereby assume all risks and Dangers and all responsibility for any and all Injuries, Dangers, losses and damages, which occur or arise therefrom, whether caused in whole or in part by the actions, omissions or

negligence of any of the Church Officials, the Church or any other person or entity.

2. The Undersigned Participant and Guardian, on behalf of all of the Undersigned, including their respective children, representatives, heirs, beneficiaries and successors, hereby voluntarily release, waive, discharge, hold harmless, defend and indemnify the Church, and all Church Officials, from any and all Injuries, Dangers, lawsuits, other proceedings, claims of any kind, actions or losses of any kind, including without limitation those for bodily injury, Injuries, property damage, wrongful death, loss of services or otherwise, which might arise out of use of the Church Property and Equipment or participation in, or travel to, any Church Events. The Undersigned specifically understand and agree that the Undersigned are releasing, discharging and waiving, without limitation, any claims or actions that the Undersigned may have presently or in the future for the negligence, actions, omissions or other conduct by Church or any or all of the Church Officials in connection with Church Events or Church Property and Equipment. The Undersigned also hereby represent that the Participant is in good physical and mental condition and is capable of participating in outdoor and indoor recreational activities and programs all without incident or problem of any kind, including, but not limited to, swimming, diving, boating, ropes courses, climbing activities, basketball, volleyball and other sports and adventure activities. The Undersigned accept all responsibility for Participant's physical well being and health and the results of the Undersigned's participation in any such activities or Church Events.

3. THE UNDERSIGNED HAVE READ THIS WAIVER AND RELEASE AND BY SIGNING IT AGREE THAT IT IS THE UNDERSIGNED'S INTENTION TO FULLY

AND COMPLETELY RELEASE, EXEMPT, RELIEVE AND HOLD HARMLESS THE CHURCH AND ALL CHURCH OFFICIALS FROM ANY LIABILITY OR OTHER CLAIM OF ANY KIND FOR ANY INJURIES, DANGERS, PERSONAL INJURY, PROPERTY DAMAGE, OR WRONGFUL DEATH CAUSED BY NEGLIGENCE, ACTIONS, OMISSIONS OR OTHERWISE IN ANY WAY RELATED TO CHURCH EVENTS OR CHURCH EQUIPMENT.

4. Any Church Official may seek whatever medical attention or treatment he or she believes the Participant may need, including, without limitation, having them see a doctor or other professional at a hospital, clinic, other medical facility or at Church Events (collectively defined as the “**Medical Professionals**”), and any Medical Professionals may treat the Participant and provide whatever medical attention or treatment they believe the Participant requires or could benefit from (the “**Medical Treatment**”).

5. The Undersigned Guardian and Participant (if of legal age) will remain completely financially responsible and liable (regardless of whether or not he or she has insurance) for any and all costs, fees or expenses associated with any such Medical Treatment,

and the Guardian and Participant (if of legal age) will promptly reimburse and indemnify the Church, any Church Official and/or the Medical Professionals for any costs, fees, expenses or claims of any kind they may incur in obtaining such Medical Treatment for the Participant; provided, however, that nothing herein shall obligate the Church or Church Official to incur any such costs, fees or expenses or seek such Medical Treatment, and nothing herein shall supersede, limit or conflict with any Waivers, Releases or Hold Harmless Agreements that may be executed in favor of any of the Church or any Church Officials in this or any other document.

6. Representatives and authorized contractors of the Church are hereby authorized to take and record photographs, videotape or other images, and or make audio, video or other recordings, of Participant and Participant’s activities at or involvement in Church Events, or using Church Property and Equipment, solely for use by the Church in its brochures, newsletters, video tapes, recordings, web sites and other promotional material or items to promote the Church or Church Events, all without any remuneration to Participant, Guardian or the Undersigned.

All of the above provisions are accepted and agreed to as of: _____ (Date)

“UNDERSIGNED”

Participant’s Signature

Participant’s Address

Participant’s Printed Name

City State Zip

Home Phone

Cell Phone

Guardian’s Signature
(if Participant is less than 18 years old)

Guardian’s Address (if different than above)

Guardian’s Printed Name

City State Zip

Home Phone

Other Phone

In case of emergency, please contact:

NAME: _____

Home Phone: _____ Cell Phone: _____

EMAIL: _____

Release and Waiver of Liability and Indemnity Agreement

Signature is **REQUIRED** for participation in YMCA programs. Read and sign below.

IN CONSIDERATION of being permitted to utilize the facilities, services and programs of the YMCA (or for my children to so participate) for any purpose, including, But not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgement those premises and all facilities and equipment thereon and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation by the undersigned and such children. In further consideration of being permitted to enter the YMCA for any purpose including, but not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned hereby agrees to the following:

1. THE UNDERSIGNED ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND CONVENANTS NOT TO SUE the YMCA and all branches thereof, its directors, officers, employees, and agents (hereinafter referred to as "releases") from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned or such children whether caused by the negligence of The releases or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA.

2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releases and each of them from any, loss, liability, damage or cost they may incur due to the presence of the undersigned or such children in, upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releases or otherwise.

3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE to the undersigned or such children due to negligence of releases or otherwise while in, about or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.

The undersigned gives permission to the Wilmington Family YMCA for this registrant to appear in photographs, videotapes, or other media, etc., associated with YMCA programs. The undersigned agrees to abide by the Program Refund Policy. Refunds will be made in the form of program credits unless otherwise approved and requests for refunds must be made in writing prior to the program start date. Late fees are non-refundable.

The Wilmington Family YMCA is founded on Christian principles and values and prohibits inappropriate behavior, conduct, and materials. This includes, but is not limited to, profanity or abusive language, attire, smoking, use of alcohol or drugs, weapons, fireworks, pornography, the removal or misuse of YMCA property, or criminal conduct of any type. ***Such inappropriate behavior, conduct, or materials is unacceptable and the YMCA consequently retains the right to deny memberships and program participation to its applicants and to revoke a membership of any current member or participant at its sole discretion.*** Pets are not allowed at YMCA facilities or off-site program locations. All program participants, guests, and members who are minors are not allowed to leave YMCA property unless accompanied by a relative or pre-authorized guardian. Some programs require personal equipment not supplied by the YMCA. **Further, the undersigned will at all times display the YMCA values of Honesty, Respect, Caring, and Responsibility and encourage the efforts of all players, coaches, spectators and referees in a positive manner.** The undersigned understands the Y mission in offering this program: *to build strong kids, strong families, and strong communities.*

THE UNDERSIGNED further expressly agrees that the foregoing RELEASE WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of North Carolina and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. THE UNDERSIGNED HAS READ, UNDERSTOOD AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

Signature of Applicant/Parent: **X** _____

Date: _____

Signature of Child in Program: **X** _____

Date: _____