

# Seventh Day Baptist Winter Youth Retreat

**Who:** 6<sup>th</sup>-12<sup>th</sup> Grades

**Where:** The Appalachian Association will host at Camp Joy, Berea, West Virginia

**When:** Check-In 7:00 pm, Wednesday, Dec. 27<sup>th</sup> & Check- Out 9:00 am, Sunday, Dec. 31<sup>st</sup> (We will provide a heavier snack for Wednesday night and a light breakfast for Sunday.)

**What:** "Winning the War in your minds" by Craig Groeschel with Josh Mosey

**Why:** Self-doubt. Negative thinking. When you're a teen, sometimes your harshest critic seems to live inside your head, making you doubt who you are and what you can accomplish. God has something better for you. It's time to change your mind so God can change your life.

**How:** Using scripture and brain science, Groeschel explores practical ways you can break free from destructive thoughts and find peace and joy instead. God's word can improve your mental health.

**Register:** <https://forms.gle/3kyybBYoeCCWNeFE7> or go to the <https://www.salemsdb.org/events>

**Bonus:** Register before Dec. 9<sup>th</sup> and it is **FREE!**

**Cost:** Registration fee, Dec. 10<sup>th</sup>-Dec. 27<sup>th</sup> is \$25.00 per participant. Register online before arriving but you do not pay any money until you arrive. We want as many participants as we can get but we do need a count for food and insurance. We also need to know food allergies in advance.

**Staff:** The Co-Directors are the Salem SDB Youth Fellowship Leaders, Laura Lee Modesitt & Andrea Huffman. Laura Lee Modesitt is a high school social studies teacher and Dr. Andrea Huffman is a family doctor, as well as, the medical director in several jails and a local nursing home. Both are deacons in the Salem Seventh Day Baptist Church. There will be several others on their amazing team: Nick & Lydia Solomon, Kristin Camenga, Hanah and Bryan Baker. We are still finalizing the rest of our team. Those traveling to bring participants are welcome to contact Laura Lee Modesitt if they would like to join the team. We will unofficially vet volunteers and we need a head count for food.

**Things to consider:** There is not cell service or wi-fi at the camp; however, you are free to call the camp at any time while we are there. Participants are free to use the land line to make calls home. We have unlimited domestic long distance. The phone number is 1-304-659-2892. You can also visit <https://campjoywv.org> to see pictures of the camp facilities and for directions.

**Recruiting:** Musicians who would like to participate with praise music is encouraged to bring their instruments and sheet music or chords.

**Items needed:** Warm comfortable clothing, bedding, towel(s), toiletries, medications, Bible, notebook, pen/pencil, favorite board game

