



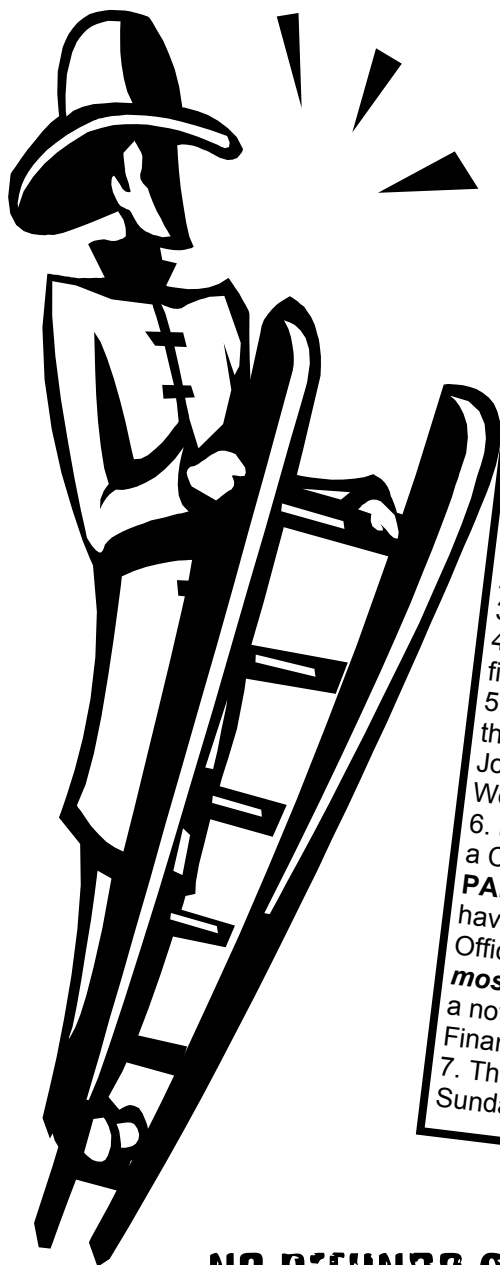
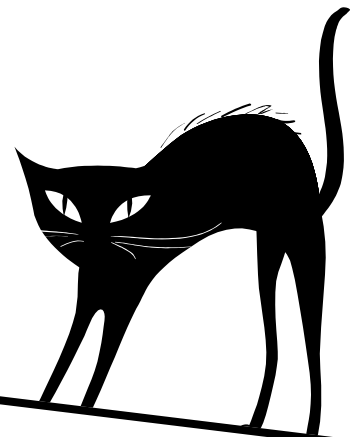
# ON FIRE

STOP - DROP - ROLL

FrostBite • CBC Bearden  
January 15-17, 2010

**frôst-bitë** radical changes to the skin & underlying tissue resulting from prolonged exposure to freezing temperatures.

**F**rostbite is not a good thing. The "radical change" that takes place is destructive to our bodies. On the other hand, prolonged exposure to Jesus Christ is a great thing that brings about radical changes that start at the underlying tissue of our hearts and works it's way out so all can see the changes that Christ has brought about in our lives. We invite you to come and expose yourself to Jesus Christ at Frostbite 2010. You *will* leave radically changed.



**What?**

Frostbite '10 Winter Youth Retreat

**When?**

January 15-17, 2010

**Where?**

**Load-Up:** 3:30-4:10 pm, Friday the 15th  
**Return:** 12:00 pm, Sunday the 17th

**Who?**

Lake Frances Retreats in Crossville, TN  
Phone: 1.800.390.0821

**Cost:**

Youth grades 7-12 who are members of Central Baptist Bearden and their guest.  
\$120 (WOW!) Includes 5 meals,

2 nights lodging, snacks, transportation, official frostbite T-shirt, program and materials. There is NO additional cost for any of the recreational options this year. Please see the details for Recreation and Free time on the next page.

**Sign-Up Information**

1. Make sure that both you and your parents read through the ENTIRE info/sign-up sheet including the guidelines.
2. Youth fill out the "youth" part of the sign-up sheet.
3. Parents fill out the "parents" part of the sign-up sheet.
4. Parents fill out the "Lake Frances Release Form" which is the final page of this information.
5. You MUST turn in your money and sign-up sheets together at the same time to the Youth Ministry Office or an adult at the Journey Welcome Desk on the 3rd floor on Sunday mornings, or Wednesday nights.
6. Parents must also pick up, fill out, have notarized, and turn in a Central Baptist Bearden Youth Ministry "2010 ACTIVITIES PARTICIPATION AND MEDICAL RELEASE FORM" (If you have not already). You can get these forms at the Youth Ministry Office, or Journey Welcome Desk, and they will be valid for most of the youth ministries trips for the 2010 year (If you need a notary, our Youth Ministry secretary, Doris Roberts, or our Financial secretary, Michelle Johnson can help you).
7. The **ABSOLUTE FINAL DEADLINE** to sign up will be Sunday, December 20, 2009.

**NO REFUNDS CAN BE GIVEN AFTER DECEMBER 20TH!**

## GUEST: Tom Richter & Chad Cates

**Tom Richter** is the pastor of New Hope Christian Church in Jamaica Queens, New York and will serve as our retreat Pastor and lead Teacher for the weekend. Tom has been with us on numerous occasions at DiscipleNow, Sonburn and Frostbite. He is married to Jackie and has a beautiful little girl named Katie.

**Chad Cates** will lead us in worship during the weekend. He is more than a singer/songwriter and worship leader. He is a genuine disciple of Christ. Chad lives in Nashville, TN with his wife Sarah and he has led us many times in the past at our DiscipleNow weekend retreats, Sonburn and Frostbite.

### RECREATION/FREE TIME OPTIONS

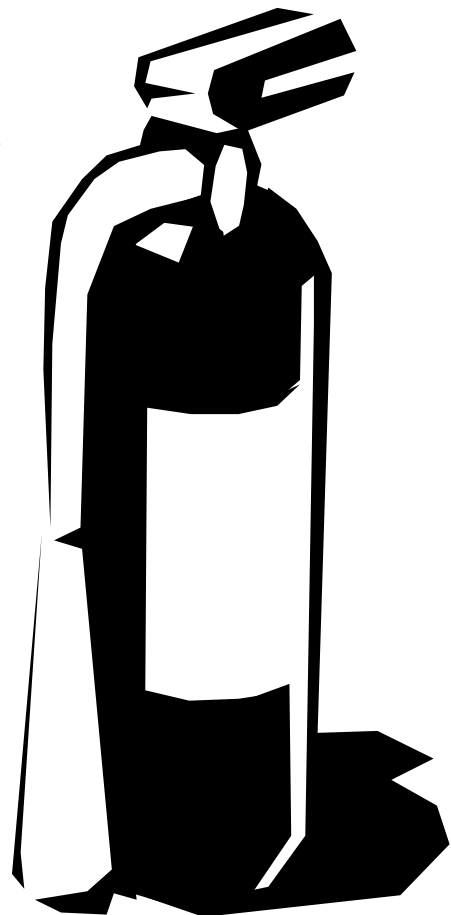
On Saturday afternoon there is a block of free time for you to enjoy. **Inside** some of the things you can do would include...Full Court Basketball, Foam Pit Volleyball, Foam Pit Jacobs Ladder, Foam Pit Trampoline, Hanging Out in a Foam Pit, Card and Board Games, or go take a nap. **Outside** some options would include...Frisbee Golf, Sand Volleyball, Badminton, Hiking Trials, Canoeing, Open Spaces for Football, Frisbee, Soccer, Etc.

#### ALSO...

The following **DO NOT** cost anything extra but you must sign up for them when you sign up for the retreat and there is a **25 person limit for each option!** You can **ONLY SIGN UP FOR ONE OF THE FOUR OPTIONS...**

- 1. High Ropes Course:** Five elements, 30' up, ending in a Giant Swing.
- 2. Giant Swing Only!**
- 3. Vertical Playpen:** A challenging 30' climb with multiple options.
- 4. Pamper Plank:** A platform jump from 30' up to touch a ball.
- 5. Obstacle Course (NEW)!**

Again, you can only sign up for one of these and each are limited to 25 people. Since space is limited please do not sign up if you do not intend on doing it.



### STUFF TO BRING

- teachable spirit
- warm clothes
- hygiene stuff
- sleeping gear (sleeping bag, sheets, pillows, blankets, etc.)
- towels
- Bible
- pens
- flashlight

### DO NOT BRING

- Cell Phones; iPod, MP3, & music players; weapons; Fireworks; drugs; alcohol; tobacco products; digital cameras; electronic games & gadgets; water guns & balloons; and clothes in bad taste or that promote products or people that are anti-Christian in nature.

**DEADLINE DEC. 20th**

## Frostbite Guidelines

1. Let your actions, attitudes, and words reflect those of our Lord Jesus.
2. Do not bring Cell Phones; iPod, MP3, or music players; fireworks; weapons; drugs; alcohol; any type of tobacco products; digital cameras; electronic games and gadgets; water guns and balloons; any food, cosmetics, or other substances to have a "fight" with; clothes in bad taste or that promote any product, person, or group that is anti-Christian in nature.
3. No guys in girls cabin rooms or vise versa.
4. Be on time for all meals, and meetings on the schedule.
5. No one is to leave the group or camp facility
6. No P. D. A., or vulgar language. No food in worship buildings.
7. No unintended use of the camp furniture or equipment.
8. Disrespect to the leaders, other youth, Lake Frances staff, or yourself will not be tolerated.
9. Youth will not be coming and going during the retreat. Those going will leave at the assigned departure time on Friday and will return on Sunday, at 12:00 PM. **Youth need to commit to the entire weekend.**
10. Obey "Lights Out" and "Noise Out" times set for night.
11. **CONSEQUENCES:** If you break a rule or cop an attitude...

**1st OFFENSE...**You get to call home!!!

**2nd OFFENSE...**You get to GO home!!!

**NOTE: LAKE FRANCES WILL HAVE SOME GUIDELINES CONCERNING FACILITIES AND BOUNDARIES WHEN WE ARRIVE!**

*(turn in this sheet & keep rest of info)*

# Frostbite Sign-Up Sheet



## *Youth Fill Out This Part...*

Name \_\_\_\_\_ Grade \_\_\_ School \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Member of Central Baptist? yes \_\_\_\_\_ no \_\_\_\_\_  
Parent Phone \_\_\_\_\_(H) \_\_\_\_\_(C)  
Retreat Payment (\$120.00)  
\$\_\_\_\_.\_\_\_\_ Cash \_\_\_ Check \_\_\_ (#\_\_\_\_\_)  
T-Shirt Size (circle one) S M L XL XXL

**EXTRA RECREATION OPTIONS:** I would like to sign up for the following Option for Saturday. I realize that I can sign up for only one, that each element has only 25 spots and that those spots are available on a first come first serve basis.

1. High Ropes w/ Swing \_\_\_ 3. Vertical Playpen \_\_\_ 5. Obstacle Course \_\_\_  
2. Giant Swing Only \_\_\_ 4. Pamper Plank \_\_\_

By signing this, I give my word that I have read ALL of the information concerning the Frostbite Winter Youth Retreat '10 and I agree to abide by all the guidelines and rules of the Central Baptist Bearden Youth Ministry.

\_\_\_\_\_  
(Signed by Youth participant)

## *Parents Fill This Part Out...*

I give permission for my child \_\_\_\_\_ to attend the 2010 Frostbite Winter Youth Retreat sponsored by Central Baptist Church of Bearden. I understand that I must fill out, have notarized, and turn in a "2010 Activities Participation & Medical Release Form" and a "Lake Frances Release Form" (next page) before my child will be allowed to go on the retreat.

\_\_\_\_\_  
(Signed by the Parents)

### *Special Note To Parents*

*We need your help in making sure your student brings what they need to bring and leaves at home the things we have ask them not to bring (Please see the two list in the info and please be aware of what they are packing). Since we have asked them to not bring Cell Phones or their personal music, we would ask that you simply ask them to hand you those things before they walk out of the house. Thank you very much.*