

## The Basics

- Grades 6-12
- \$80.00
- \$25.00 nonrefundable deposit
- Registration begins at 7:00 PM on Friday and the retreat ends at 2:00 PM on Sunday
- Register at [www.rosspoint.org](http://www.rosspoint.org)
- Complete online registration

## Save \$\$\$

Earn a \$10.00 early registration discount if your registration and deposit are received by March 20th.

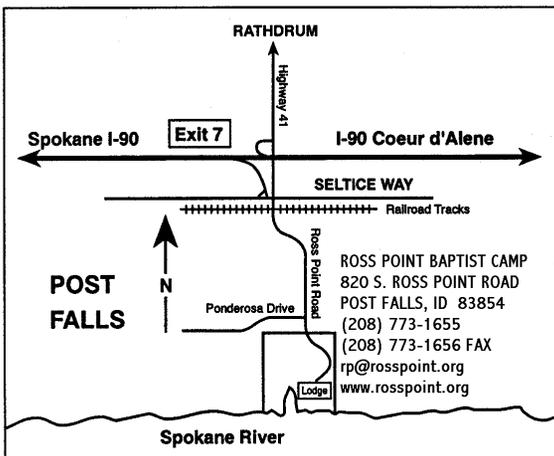
## What to Bring!!

Bring warm, casual clothing (we will be outside!), sleeping bag/pillow, towels, toiletries, your Bible & notebook, and your adventurous spirit! Please leave phones and other electronic devices at home. We'd love to unplug for the weekend.

## Questions???

Phone: 208-773-1655

E-mail: [rp@rosspoint.org](mailto:rp@rosspoint.org)



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# SPRING YOUTH RETREAT 2020

April 3-5, 2020

Director: Ericka Sayers



## #RestNotStress

In peace I will lie down and sleep, for you  
alone, Lord, make me dwell in safety.

Psalm 4:8

## Stress Out?

"Stress: a mental, physical, or emotional strain or tension resulting from adverse or very demanding circumstances." (loose translation from Oxford Dictionary) It seems life is packing on more stress, and as much as I know I'd love to stay home in my snuggie, that's not always an option. Even Jesus experienced stressful situations, and since HE IS GOD, I think HE knows how to help. Mark 6:31 (NIV) says "Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." This weekend, I really want us ALL to not only recognize stress for what it is and does to us, but how we can help each other and ourselves in a Godly way. Bring a friend (or 4) so we all can laugh, play, learn, and grow together.



---Excited to see you! Ericka



## Director: Ericka Sayers

Ericka has been involved with Ross Point since last millennia - first attending Junior Camp in 1996. Growing up as a pastor's kid, she moved around a lot, yet Ross Point was always there, and always a home to return to. She grew up quiet and shy, yet was stretched to counsel many times, worked on staff a few years, and directed Senior High Camp for five summers. She has worked at the largest high school in Washington State for the past 8 years as an American Sign Language Interpreter, and sees that "the struggle is real" for students nowadays! Ericka has passions for Jesus, honesty, worship, and wrestling. She wants to help encourage you to relax, restart, and GO!



## Contact Us

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Visit us on the web:  
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