

Retreat description for potential participants

WHAT IS A YOUTH RETREAT?

A youth retreat is... well, it's a lot of things! Mostly, it's a great opportunity to meet lots of people and make new friends from all over our Prairie to Pine Region (Manitoba and North Western Ontario). It's a time to laugh, learn, worship, dance, sing, talk, and more. It's a chance to explore and deepen our faith in God, in new and exciting ways. It's a safe, warm, welcoming, and friendly environment where you can just be yourself! Everybody is accepted, and nobody is judged.

OUR TWO RETREATS

Two region wide youth retreats are held each year for youth grade 7 to 12. The Zeebu Retreat is held on the February long weekend of Family Day (ON)/Louis Riel Day (MB). The Alf retreat is held in October, two weekends after Thanksgiving. Why the names ALF and Zeebu?

- The theme of the first ALF in 1987 was Adolescents Learning about Families (ALF). The second year was Adolescents Learning about Friends. Now the theme strays from the acronym, but the over-arching purpose of the retreat continues to be Adolescents Learning about Faith.
- The Zeebu retreat was started by a group of youth in Russell, MB in 1994 and did not have a name the first year. Legend states that there was a stuffed animal named "Zeebu" present at that retreat and the retreat from then on took on the name "Zeebu."

At retreats, we play mixer games, some sports, some cultural games, do some dancing, singing, inter-active worship, and inter-active theme time. We do some of it as a full group and some in home groups where we connect with others our age. A few times throughout the weekend, we gather with this same small group (our home group) to help build strong friendships while having time to discuss and process what we have done and heard in worship and theme times.

During the pandemic when we couldn't be together in person, we made some virtual choir videos of favourite youth retreat songs to use in our virtual retreats and to share with the wider church. Click on any of the following [Like a Rock](#), [Praise the Mother](#), [My Lighthouse](#), [Go Make a Difference](#), and [Open the Eyes of My Heart](#), [The Lord's Prayer](#) to hear & see our youth singing songs we might sing at a retreat.

Click back arrow to go back to the current retreat info.