

SATURATE

JANUARY 19-20, 2018

High School and College Students

Facts and Questions:

Q: What is Saturate?

A: Saturate is a 24 hour prayer and fasting event held by the student ministries department at Church of the Highlands. During this retreat we will teach students the important spiritual disciplines of prayer and fasting, and how they can incorporate them into their everyday lives. These teachings will be coupled with powerful times of worship, prayer, Bible study, small groups, and more.

Q: What age student is able to attend the Saturate Retreat?

A: Saturate is designed for High School students ages 14+ and College students.

Q: Is Saturate an overnight event?

A: Yes, Saturate is a 2 day event and Students will be staying at the Shocco Springs Conference Center for 1 night. The price does include lodging accommodations.

Q: What is included with the cost of registration?

A: The \$75 registration fee includes lodging, purified water, water bottle, nametag, notebook. The \$100 fee includes transportation (high school students must select transportation).

Q: Do I need additional spending money?

A: No, everything is included in the registration fee.

Q: Will there be food at Saturate?

A: Because this is a prayer and fasting retreat, there will be no food. All attendees are asked to take 24 hours to practice the spiritual discipline of fasting, please bring a refillable water bottle.

Q: This is my first time fasting from food; do you have any resources I could check out for more information before I attend the retreat?

A: Please visit <http://21days.churchofthehighlands.com/>. This is an excellent way to prepare for the Retreat.

Q: What is the attire for the retreat?

A: Students are encouraged to wear clothing that is comfortable and suitable for both indoor and outdoor activities. Services will be held indoors, but free time will take place outside. We encourage you to bring layers. It is always a good idea to check the weather ahead of time. Girls, please wear modest clothing.

Q: How many leaders/ chaperones will be attending the retreat?

A: It is our goal to have one pre-trained leader for every ten students that attend our retreats. In addition, we will have at least twelve Church of the Highlands staff members that will be on site for the duration of the retreat.

Q: Can my friends come to the retreat if they don't attend Church of the Highlands, Motion Night, or ONE?

A: Definitely. Invite all of your friends to attend Saturate. It's going to be a great retreat for everyone!

Q: I have special medication that I need to take throughout the day. What do I do with it?

A: If you have special medication that needs to be taken throughout the day and you need assistance with that medication, please submit it to our leaders at registration on Friday, January 19 or Saturday, January 20, with your name and dosage information clearly marked in original bottle inside of a Ziploc bag. Our staff will help take care of

you throughout the weekend. If your medication requires that you take it with food, please contact Christina at christina.french@churchofthehighlands.com immediately.

Q: I am part of the basketball team, band, or cheerleading squad, and I must attend a school event during the day, Saturday, January 20. Can I still attend the retreat?

A: Due to the limited amount of time we have at Saturate, we would prefer that you attend the entire retreat. Please notify Christina at christina.french@churchofthehighlands.com to discuss arrangements if you are unable to attend the retreat in its entirety.

Q: Do I have to register now, or can I register at the door?

A: We encourage you to register as soon as possible so that we can effectively plan for your time at the retreat; we will NOT be taking registrations at the door.

Q: I tried to register online, but it is requesting payment with a Credit Card? How do I register without paying with Credit Card?

A: Online registration is for Credit Card payment only. If you would like to register with cash or check, you may do so by contacting Christina at christina.french@churchofthehighlands.com.

Q: Are scholarships available to cover a portion of the registration fee?

A: Only partial scholarships are available and are granted on a case-by-case basis. Please contact Christina at christina.french@churchofthehighlands.com for an application.

Q: Can my student bring electronics? i.e. cell phones, laptops, gaming devices, etc.

A: We ask that students do not bring any electronic devices to the retreat. Although you may want your child to bring their cell phone that is fine but they must leave it in their room. Cell phone service is poor at the retreat site so we will provide you with a list of emergency contact phone numbers if you need to get in touch with your student.