



MAKE A FRIEND

CHRIST UNITED METHODIST CHURCH

**CHRIST**  
YOUTH

BE A FRIEND

## Get Connected

**For General Information, Trip Registrations, and Email Sign Ups:**  
[www.christgreensboro.org/youth/](http://www.christgreensboro.org/youth/)

**Church Address:** 410 N. Holden Rd. Greensboro, NC 27410

**For Day of Text Reminders each week text:**

High School Youth: @srhiyouth to 81010

Middle School Youth: @jrhiyouth to 81010

Youth Choir: @cumcyc to 81010

Confirmation: @confirm32 to 81010

Seniors: @cumcsenior to 81010

**For Pictures and Announcements:**

Instagram: @cumc\_youthgroup

Facebook: CUMC Youth Group

**Wifi:** CUMC\_Guest

**Password:** cumcwifi

**Youth Director: Josh Frost's Email:**

[jfrost@christgreensboro.org](mailto:jfrost@christgreensboro.org)

**Pastor of Discipleship: Katey Galyon's Email:**

[kgalyon@christgreensboro.org](mailto:kgalyon@christgreensboro.org)

**Youth Assistant: Jennifer Oliver's Email:**

[joliver@christgreensboro.org](mailto:joliver@christgreensboro.org)

## Each Week with ChristYouth

### **Sundays:**

Sunday School - 6th -12th Grade - Starting with doughnuts and fellowship and splitting to groups based on interest in studies.

9:45-10:45am in the Youth Building

Confirmation - 8th Grade (September 17 - April 14)

9:45-10:45am in the Confirmation Room behind the stage in the Youth Building

Youth Choir - 6th-12th Grade

5:15-6:00pm in the Choir Room

Youth Group - 6th-8th Group & 9th-12th Group

6:00-7:30pm in the Youth Building

### **Wednesdays:**

Small Group - 6th-12th Grade

6:30-7:30pm in the Youth Building

(dinner offered for families 5:30-6:30 in the Fellowship Center

September 13-November 15.

Check [www.christgreensboro.org/events](http://www.christgreensboro.org/events) for reservations.)

Dear Youth and Parents at CUMC,

I want to welcome you to youth ministries and say that I and your volunteer leaders and teachers are so excited for you to be a part of Sunday School, Youth Group, Choir and more! We work hard to prepare meaningful lessons and experiences to help you grow as disciples and explore your faith as you grow into the people God has created you to be.

My prayer is that each of you find your place at CUMC through the many ministries we offer. Not everything has to be your place, so be sure to try new opportunities and groups each year! Your leaders are always listening for feedback and new ideas to make our activities and lessons better, so please share your experiences with us!

I recently read an article published by [www.umc.org](http://www.umc.org) by Joe Lovino, entitled *The Secret to Faith after High School? Parents!*. The National Study on Youth and Religion is quoted in the article stating that 82% of young adults who were still participating in their own faith lives have one thing in common: the support of their parents on their faith journey. I'm honored and excited to partner with you, as parents, on your, as students, faith journeys. Please know that I am always here for your families and want to partner with you as you support one another in your faith.

Thanks and love,

*Pastor Katey Galyon*

Pastor of Discipleship

[kgalyon@christgreensboro.org](mailto:kgalyon@christgreensboro.org)

## ChristYouth Values and Goals

As we looked deeper into the current Youth Ministry practices at Christ Church and asked you all to dream along with us about where God is taking our program in the future we honed in on some values and goals specific to the spiritual shepherding of our youth.

### **Aligning with our church wide core values:**

- **Youth will Love** and be loved by God, their peers, and the wider church community
- **Youth will Grow** as disciples of Jesus and leaders in the church and the community
- **Youth will Serve** their neighbors in the community and the world

### **Key goals for our youth to shape our ministry priorities:**

- **Faith Development** - Youth will develop their spiritual lives in order to feel confident going out into the world as true disciples of Christ.
- **Connections** - Youth will feel connected with God, the church, our leaders and their peers.
- **Service** - Youth will love their neighbors in our community and the world.
- **Leadership** - Youth will take ownership of their faiths as fostered by our ministries.
- **Partnership** - Families, leaders, and our church community will be involved in accountability, trust and partnership in the faith formation of our youth.

# ChristYouth Expectations

## **Expectations:**

- Respect God, yourself, other students, and CUMC property, as well as any locations we visit together.
- Respect your leaders and follow directions.
- Respect other's personal space and boundaries, physically and emotionally.
- Participate in activities fully. (You get out of it, what you put into it!)
- Make a friend, be a friend. (Welcome and include everyone)
- Use respectful language. (No curse words, or inappropriate topics including violent or sexual subjects)
- Do not bring or use drugs, alcohol, tobacco products, or weapons at any youth event. (or just ever 😊)
- Clean up after yourselves, especially at meal times.
- Put your cell phone away during youth activities in order to be present for our time together.
- Be responsible for your actions and act in a Christian manner.

## **Consequences:**

- Reminders and Corrections from adult leaders
- Parent phone call
- Removal from current activity
- Break from future activities for a time

## Dates to Remember 2023-2024

- August 27th - Youth Family Dinner 6-7:30pm
- September 10th - Kick Off Sunday
  - Sunday School - 9:45-10:45am
  - Youth Choir Begins - 5-6pm
  - Youth Group Kick Off - 6-8pm
- September 17th - Confirmation Orientation - 9:45-10:45am
- September 24th - Friend in Faith Day at Confirmation
- October 8th - Helping Hands for Hunger (5:30-8:00pm)
- October 20-22nd - Youth Group Fall Retreat
- October 29th - Halloween Carnival
- November 19th - Advent Workshop
- November 26th - Thanksgiving, no Youth Group
- December 3rd - Youth Group Shopping Night
- December 10th - Youth Group Christmas Parties
- December 17th - Candlelight Service at 5pm (no youth group)
- January 5th-7th - Confirmation Retreat
- February 9th - Youth Group Lock In
- March 24th-31st - GCS Spring Break
- March 31st - Easter, no Youth Group
- April 14th - Confirmation Sunday
- May 19th - Youth & Graduate Sunday
  - End of Year Youth Group Party
- June 17th-20th - Vacation Bible School
- June 22nd-29th - South Carolina Mission Trip
- June 24th-28th - Music & Worship Arts Week at Lake Junaluska
- July 8th - 11th - Day Camp
- July 21st-27th - Camp Tekoa
- August 5th-7th - Middle School Mission

## Youth Leaders

### Youth Sunday School

Susanne & Al Simons  
Andi & Jeff Goree

### Confirmation

Butch Douth  
Russ Caldwell  
Mandy Adamczak

### Middle School Youth Group

Elijah Edwards  
Austin Simons  
Brian Styers  
Caroline Travis

### High School Youth Group

Britt Blaylock  
J.D. Galyon  
Jane Harkey  
Sarah Pearson  
Amy Travis  
Catie Travis Harper

### Special Events

Cathy Vaughn  
Cameron Chantrey

## **Serve With Our Youth**

Looking to make an impact in the lives of our youth? Youth leaders, snack supper volunteers, Sunday school teachers, summer Sunday school teachers, Junior High Mission leaders, small group leaders, confirmation teachers, and South Carolina Mission Trip leaders—these are just a few of the ways to serve. Contact: Katey Galyon, [kgalyon@christgreensboro.org](mailto:kgalyon@christgreensboro.org)



# Youth Ministry Guide

## Classes and Small Groups

### Youth Sunday School

SUN | Weekly | Ongoing | 9:45am-10:45am | Youth Building  
6th, 7th, 9th-12th Graders meet in the Youth Building for doughnuts and a lesson on faith and the Bible each Sunday morning. Studies will rotate and youth can choose where they are most interested!

Contact: Josh Frost [jfrost@christgreensboro.org](mailto:jfrost@christgreensboro.org)

### Confirmation

SUN | Weekly | September 17 through April 24 | 9:45am-10:45am | Youth Building  
8th graders attend Confirmation classes each Sunday morning for lessons on Christianity and Methodism, worship together, and to participate in service projects throughout the year. Class concludes with Confirmation Sunday, April 14, 2024.

Contact: Katey Galyon, [kgalyon@christgreensboro.org](mailto:kgalyon@christgreensboro.org)

### Youth Group

SUN | Weekly | September 10 - May 19 | 6pm-7:30pm | Youth Building  
Youth grades 6-12 meet in the Youth Building for a quick snack before splitting into Middle School (grades 6-8) and High School (grades 9-12) groups for activities on each month's theme.

Contact: Josh Frost [jfrost@christgreensboro.org](mailto:jfrost@christgreensboro.org) text @srhiyouth to 81010 for High School or @jrhiyouth to 81010 for Middle School

### Youth Choir

SUN | Sessions | September 10 - May 19 | 5:15pm-6pm | Choir Room  
Youth grades 6-12 meet in the Choir Room for practice each week to prepare to lead worship several times a year to make a joyful noise to the Lord!

Contact: Amberly Johnston [ajohnston@christgreensboro.org](mailto:ajohnston@christgreensboro.org) text @cumcyc to 81010

### Youth Small Group

WED | Weekly | September 13 - May 22 | 6:30-7:30pm | Youth Building  
Youth grades 6-12 meet in the Youth Building for Bible study, leadership lessons and small group discussion.

Contact: Josh Frost [jfrost@christgreensboro.org](mailto:jfrost@christgreensboro.org) text @cumcsmall to 81010

## Fall Events

### Youth Group Kick Off

SUN | September 10 | 6pm-8pm | Youth Building

Youth grades 6-12 come kick off our year in Youth Group together! Come have snacks, meet your leaders and play some games with all your youth group friends!

Contact: Josh Frost [jfrost@christgreensboro.org](mailto:jfrost@christgreensboro.org)

### Fall Carnival

SUN | October 29 | 2-3:30pm | Gym

Youth, grades 6-12 will dress in their costumes and come set up and run carnival games for our children and community to come enjoy.

Contact: Josh Frost [jfrost@christgreensboro.org](mailto:jfrost@christgreensboro.org)

### Fall Retreats

FRI-SUN | October 20-22 | 6pm Friday - 12pm Sunday | Camp Chestnut Ridge, Efland, NC

Youth, grades 6-12, are invited to join us on this overnight retreat to explore their faith and grow closer to God, each other and their leaders. Though we will travel and be there together, sessions will be split into middle and high school groups.

Contact: Josh Frost [jfrost@christgreensboro.org](mailto:jfrost@christgreensboro.org)

## Youth Group Calendar

September 10<sup>th</sup> – Kickoff - Catie and Caroline  
September 17<sup>th</sup> - Show and Tell - Britt and Amy  
September 24<sup>th</sup> - Disney Bible Skit Night - Austin and Elijah  
October 1<sup>st</sup> - Fall Game Night - Clay and J.D.  
October 8<sup>th</sup> – Helping Hands for Hunger  
October 15<sup>th</sup> - College Care Packages  
October 22<sup>nd</sup> – Fall Retreat, no Sunday meeting  
October 29<sup>th</sup> - Halloween Carnival - 1-4pm (Carnival 2-3:30)  
November 5<sup>th</sup> - Hayride - 5-8pm  
November 12<sup>th</sup> – Rake and Run - 3-5pm  
November 19<sup>th</sup> - Total Worship  
November 26<sup>th</sup> – Thanksgiving, no meeting  
December 3<sup>rd</sup> – Shopping Night - 6-8pm  
December 10<sup>th</sup> – Christmas Party  
December 17<sup>th</sup> – Candlelight, no meeting

Christmas Break

January 7<sup>th</sup> -  
January 14<sup>th</sup> -  
January 21<sup>st</sup> -  
January 28<sup>th</sup> -  
February 4<sup>th</sup> -  
February 11<sup>th</sup> -  
February 18<sup>th</sup> -  
February 25<sup>th</sup> -  
March 3<sup>rd</sup> -  
March 10<sup>th</sup> -  
March 17<sup>th</sup> -  
March 24<sup>th</sup> -  
March 31<sup>st</sup> - Easter, no meeting  
April 5-7<sup>th</sup> - Middle School Beach Retreat  
April 7<sup>th</sup> - High School Only  
April 14<sup>th</sup> -  
April 19-21<sup>st</sup> - High School Beach Retreat  
April 21<sup>st</sup> - Middle School Only  
April 28<sup>th</sup> -  
May 5<sup>th</sup> -  
May 12<sup>th</sup> -  
May 19<sup>th</sup> - Youth Family Celebration Dinner!



## Session I: World Communion

### **Rehearsals**

5:15-6pm

September 10, 17, 24

### **Worship: World Communion**

October 1 @11am

Rehearse 10:30am in the choir room

Anthem: *Yesu Kwetu ni Rafiki: What a Friend We Have in Jesus*

## Session II: Candlelight

### **Rehearsals**

5:15-6pm

November 12, 19, 26

December 3, 10

**Dress rehearsal:** Saturday, December 16

10am in the sanctuary

### **December 17: Candlelight @5pm**

**Call time: 4:15pm in the choir room**

Anthem: *It Came Upon a Midnight Clear*

Anthem: *Angels We Have Heard on High* (Combined Choirs)

Anthem: *Still, Still, Still* (Combined Choirs)

**Rehearsals resume Sunday, February 18, 2024**



**Music and Worship Arts Week**

*at Lake Junaluska*

**June 24 - 28, 2024**

<https://www.thefellowshipowa.org/mwaw2024>

# Middle & High School Fall Retreat 2023

- WHO Can Participate?** Any 6th-12th grade youth who has been to Youth Group at least once this school year!
- WHAT Is It?** A weekend get-away designed to have fun, get to know each other better, and to strengthen our relationship with God.
- WHEN Is It?** Friday-Sunday, October 20-22, 2023
- WHERE Will We Go?** We're headed to Camp Chestnut Ridge in Efland, NC.
- HOW MUCH Does It Cost?** **\$75 by October 8, 2023.**  
(Fee includes food, lodging, special camp activities and transportation. Partial scholarships are available. Just ask Katey.)

**OTHER Important Info:**

**Logistics:** We leave from the Youth Building at 6:30pm on Friday and return by 12pm on Sunday. Please have your youth eat dinner before they come.

**Registration Deadline:** Sunday, October 8, 2023 (Turn in check payable to "CUMC", Youth Group Fall Retreat in the memo" permission slip (below), enclosed covenant, and emergency medical form to the church. Or register at [www.christgreensboro.org/youth](http://www.christgreensboro.org/youth) under "events"

**What Do I Bring:** sleeping bag, pillow, toiletries, pajamas, comfortable clothes for Saturday, sweatshirt, sneakers, socks, change of clothes for Sunday. Turn in any meds you want Katey to keep up with on Friday night.

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## Permission Slip

\_\_\_\_\_ has my permission to participate in the High School Fall Retreat of Christ United Methodist Church on October 20-22, 2023. In case of accident or injury, I give permission for my child to be treated by medical personnel.

Signature of Parent or Guardian: \_\_\_\_\_

Phone Number for the weekend: \_\_\_\_\_



**Youth Covenant**  
**Christ United Methodist Church**

I, \_\_\_\_\_, understand that I am representing Jesus Christ and  
(please print your first and last name)  
Christ United Methodist Church in all youth activities.

Therefore, for my own safety, the well-being of others, and mutual respect\*, I promise that:

1. I will not possess or use illegal drugs, alcohol, or tobacco in any form.
2. I will use prescription or over-the-counter medications only with the permission of my parents or guardians and under the supervision of an adult leader.
3. I will not possess or use prohibited explosives, fireworks, or weapons.
4. I will treat other people's property with respect\* and cause no form of vandalism or destruction to any private or church property.
5. I will treat adult leaders, myself, and other members of the youth group with respect\*.
6. I will cause no emotional or physical injury to myself or others.
7. I will respect\* others by avoiding inappropriate sexual activity and will not engage in sexual misconduct, which includes but is not limited to inappropriate jokes, comments, or touching; viewing inappropriate materials; wearing clothing that is immodest, offensive, vulgar, or inappropriate; or listening to music with offensive lyrics.
8. I will relinquish my cell phone or other electronic devices to the leaders if they request me to do so during youth events.
9. I will be responsible for my actions and will act in a Christian manner.

In addition to these promises, I agree to work in harmony\*\* with the leaders and members of the group by participating in activities. I will also respect\* the opinions of others and care for my peers as sisters and brothers in Christ. I agree to listen and adhere to all the instructions by the adult leaders. If I am eighteen years of age or older, I understand that I am attending this activity as a participant and have no authority over any other participants.

I understand that if I fail to comply with any of the above promises, I will be held personally responsible for any injuries or property damage that may result from my actions. Depending upon the nature and severity of the violation, I understand that I may be reprimanded, that my parents may be notified of my behavior, that I may be removed from the activity at my parent or guardian's expense, that I may be referred to local law enforcement, and that my future privilege to participate in Christ United Methodist Church youth events may be jeopardized.

Youth Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

\* to better understand the expectation of acting in a respectful manner, please note Philippians 2:3-4 "Do nothing out of selfish ambition or vain conceit. Rather, in humility, value others above yourselves, not looking to your own interests but each of you to the interests of others."

\*\*to better understand the expectation of working in harmony with the group, please note Ephesians 4:2-3 "Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace."





# Medical Information and Release Form 2023-2024

Christ United Methodist Church | Greensboro, NC

## Participant Information

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent #1 Name: \_\_\_\_\_

Cell #: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP Code: \_\_\_\_\_

Parents #2 Name: \_\_\_\_\_

Cell #: \_\_\_\_\_

Address (if different from above): \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP Code: \_\_\_\_\_

## Emergency Contact Information

In case of an emergency, if parents are not available, please attempt contact with the following local family member or friend:

Name: \_\_\_\_\_ Relation \_\_\_\_\_

Cell #: \_\_\_\_\_ Home #: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP Code: \_\_\_\_\_

If the above person(s) are not available, please notify:

Name: \_\_\_\_\_ Relation \_\_\_\_\_

Cell #: \_\_\_\_\_ Home #: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP Code: \_\_\_\_\_

## Medical Insurance Information

Medical Insurance Carrier: \_\_\_\_\_

Policy number: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Member Number: \_\_\_\_\_ Group Number: \_\_\_\_\_

## Physicians

Primary Care Physician: \_\_\_\_\_ Phone Number: \_\_\_\_\_

## Health History

Allergies: \_\_\_\_\_

Dietary Restrictions: \_\_\_\_\_

Chronic Health Concerns (Asthma, Diabetes, etc.): \_\_\_\_\_

Special Concerns and Supportive Care Needed: \_\_\_\_\_

Medications:

Name of Medication: \_\_\_\_\_ Dose: \_\_\_\_\_

Reason for Taking: \_\_\_\_\_ Time of Day (if applicable): \_\_\_\_\_

(Form continues on second page)

**Permission for Treatment and Release Acknowledgment**

My permission is granted for the sponsor in charge to obtain necessary medical attention in case of any illness, accident or injury I might incur while participating in a Christ United Methodist Church sponsored event or trip. I understand that in the case of illness, accident or injury, I am responsible for any fees related to my treatment including doctors, diagnostic tests, medicines, hospitals, etc. I, the undersigned, do hereby verify that the above information is correct, and I release Christ United Methodist Church and its staff, volunteers and leaders from any and all claims, demands, actions or cause of action or future treatments or ongoing claims arising out of any accidental damage or injury while participating in the programs and activities of Christ United Methodist Church, Greensboro, NC 27410.

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PRINT NAME	SIGNATURE	DATE
Participant if (18+), or Parent/Guardian (if under 18)		

**Photography and Media Release**

Please note that by registering for this ministry you acknowledge that you may be photographed or videotaped and that these images and media may be used by Christ United Methodist Church in internal and external publications, on the website and shared through social media.

Please sign in acknowledgement. \_\_\_\_\_

**For South Carolina Mission Trip Participants Only**

Date of Last Tetanus Shot: \_\_\_\_\_

I DO or DO NOT (please circle) give permission for my child to operate power tools under the supervision of a responsible adult leader.

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PRINT NAME	SIGNATURE	DATE
Participant if (18+), or Parent/Guardian (if under 18)		

(Please make a copy of this form for your own records and for your Emergency Contacts listed.)