

## **What is a Uniteen?**

Uniteens are middle school age youth students in grades 5-8 or the equivalent who come together in their home churches and at Regional Spiritual Retreats to learn and practice Unity Principles and share fellowship in a safe, spiritually based environment. Adult Uniteen Leaders guide and support Uniteens in their Spiritual Growth.

### **What is a Regional Uniteen Retreat?**

A Regional Uniteen Retreat is an overnight or weekend Spiritual event specifically geared for Unity middle host Church located within the Eastern Region. Uniteen Retreats may be a one-day overnight or a full weekend. One Day Retreats usually begin on Saturday morning between 10 a.m. and 11 a.m. and end on Sunday around noon. Full weekend Retreats usually begin with check-in between 5 to 6 p.m. on Friday and end at noon Sunday. Uniteen Retreats allow young teens to meet and gather with other teens from other Unity churches around the region to learn and practice Unity truth principles. Retreats commonly include large and small group activities, prayer, meditation, music, drumming, team-building games, free time sports, singing, talent show, food, fun and more.

### **Who May Attend a Uniteen Retreat?**

To attend a Uniteen Retreat, teens must be in grades 5, 6, 7, 8, or equivalent, with a minimum age of 11 and a maximum age of 14. Uniteens should also be active in their Church Uniteen Group.

## **What is YOU?**

Youth of Unity (or YOU) is Unity's program for high-school-age youth. The Eastern Region YOU is made up of high-school-age groups or chapters from the Eastern Region of Unity Worldwide Ministries. The purpose of the YOU chapter is to unify all young people who are seeking to express the indwelling Christ in accordance with Unity principles and to help young people develop creative power and leadership as they learn to fully express their Christ Spirit.

### **What is a YOU Rally?**

The Eastern Region's annual Fall and Spring Rallies are held at beautiful Camp Tockwogh, a YMCA camp on the Chesapeake Bay near Worton, MD. Rally is open to high-school-age Youth of Unity in grades 9, 10, 11 and 12 with a minimum age of 14 and a maximum age of 19 - as well as Ministers, Sponsors, Parents and Chaperones. Teen participants should be active members of their YOU Chapter or home church. Check-in for Rally is from 5-6 p.m. on Friday afternoon, with the Rally program beginning at 7 p.m. Rally ends at approximately noon on Sunday. The Rally Registration fee includes lodging at Camp Tockwogh, the rally T-Shirt, all supplies, snacks on Friday and Saturday evening, breakfast, lunch and dinner on Saturday and breakfast on Sunday.

The intention of the Regional YOU rallies is to create a safe place of unconditional love and acceptance where youth from across the Eastern region can gather for a weekend of spiritual growth and fun. The program consists of workshops or "truth talks" presented by YOU Officers, music and dancing, large and small group activities, meditation time, a talent show, and a choice of Saturday free time activities including archery, climbing wall, boat rides, basketball, and a drum circle.

## **Cost of Attending a Uniteen Retreats and YOU Rallies**

According to Unity Spiritual Center policy, families of USC children and teens who would like to attend Uniteen retreats and YOU rallies are asked to contribute 50% of the cost of registration for each event, with no one turned away for lack of funds. Uniteens and YOUers will participate in fundraising efforts to raise 25% of the cost. And Unity Spiritual Center will contribute the remaining 25%. Families are also asked to contribute toward transportation costs.