

Each person deserves to know who they are and why they are here: what it means to be made in God's image and thus, the meaning of life and love. The mission of *Into the Deep* is to facilitate true understanding of our identity, reason for being, and dignity as body-soul persons made in the image of God.

One of the ways *Into the Deep* fulfills its mission is to invite adults, teens, and middle school girls to step away from electronics and join us for camping retreats. The big questions can then be discussed and pondered over several days amidst lessons on the *theology of the body* ("TOB"), Eucharist-centered prayer, and the experience of living outdoors.

Though each I.D. Retreat will be unique in location, weather, participants, & circumstances, several factors will always be held in common by all retreats. Basic needs of participants will always need to be monitored/ covered and we will always need to be attentive to the Holy Spirit; these are necessary for TOB content to be inserted into the day as it unfolds.

TASKS WE WILL MONITOR TOGETHER - it is necessary for us to be attentive and proactive in meeting and/or monitoring participants' needs for:

- Food, water, & shelter
- Safety (weather patterns, first aid, etc.)
- Psychological well-being (fears, social difficulties, etc.)
- Asking questions & assistance with new skills
- Prayer times & processing information

TASKS THE CREW NEEDS TO MONITOR - with training, the crew should strive for independence in these areas, while still working as a team (both with other crew members and with the entire group of participants):

- Monitoring the whereabouts of participants / covering areas where they are hanging out
- Assuring that communication has been clear with participants
- Recruit participants to help with tasks
- Setting up / taking down tents
- Fire building
- Water filtration
- Prep, cooking, & clean-up of meals
- Monitoring / stashing of gear (keeping a clean camp, watching for left-behind belongings)
- Prepping participants for a day "out" (water, rain gear, clothing for weather & activity, etc.)
- [for canoe trips] Prepping/ loading canoes (arranging by abilities, weight distribution)

AS ASSIGNED:

- Drive a 12-15 passenger van (age 21+ required; age 25+ and defensive driving preferred)
- Administer prescription meds to youth
- Administer First Aid & monitor situation
- Help with emergency procedures in dangerous weather or circumstances
- (Not required and only with approval) Provide reflections or short lessons pertaining to Theology of the Body

REQUIREMENTS:

- 2 personal references (not family) & one letter from your pastor or parish priest
- Background Check, including a check on your driving record
- Virtus, First Aid, & CPR Training
- Complete commitment on these designated days & through the evening of return from a retreat:
 - 1) One 12-hour day of training with fellow crewmates (for M-F retreat, block off Friday prior to departure)
 - 2) One 12-hour day to help prepare food and gear for the retreat (for M-F retreat, block off Sat. prior to departure)
 - 3) One 12-hour day to help clean up gear after the retreat (for M-F retreat, block off Sat. afterwards)