

## Mandatory Quake Covenant

We promise to commit to the following for a fun and safe weekend.

- In all we do at this youth event, we keep this in mind: God is present and we represent God and the church to everyone around us.
- We agree that all those present with our group (youth, junior guides and adult leaders) are considered participants.
- We agree to be part of all scheduled activities at the event in conjunction with our group leader.
- For our own safety, we will make sure that our adult leaders know where we are at all times. We will not leave the Quake hotel without our leader's permission. We will not leave our hotel rooms alone.
- We understand that illegal activity, including underage drinking by event participants is prohibited both on and offsite during the event. (Quake also encourages adult leaders to follow the example of Quake staff and abstain from consuming alcohol during the event.)
- We agree that we will have at least one adult leader onsite with our group throughout the duration of the event.
- We will report any illness or personal emergency to our group leader. If we cannot find our group leader or need additional help, we will go to a Quake host or the hotel's front desk for assistance.
- We understand that in the case of property damage at the hotel, we are responsible for reporting the damage and paying for any replacement or repair of damaged items. Quake is not responsible for these costs and will work with the hotel to ensure that the proper people are held responsible.
- We agree to be quiet and inside our own rooms during the listed curfew times (unless we are with an adult leader and are quiet).
- We agree to have adult supervision in hotel rooms when mixed genders are present.
- We agree to adhere to a dress code that is modest and appropriate. Should questions arise regarding modesty and appropriateness, the Quake host will make the final decision.
- We permit Quake to take pictures and use them for promotional purposes.
- We agree not to do anything that would jeopardize the enjoyment or safety of others.
- We agree to abide by the guidelines stated above and to help each other keep this covenant.
- If we break the covenant, we accept the consequences decided by our group leader or Quake.
- We understand that Quake reserves the right to refuse anyone whose behavior is dangerous or questionable from participating in Quake programs.

Join us in 2019!  
March 1-3

✉ [Quake@LifePromotions.com](mailto:Quake@LifePromotions.com)

☎ 920.738.5588

🖱 [QuakeEvent.com](http://QuakeEvent.com)

**QUAKE**  
YOUTH ENCOUNTERING THE GOSPEL

**VIRGINIA BEACH**  
**MARCH 2-4, 2018**



#HehasOvercome



TIGER MCLUEN



BREAD OF STONE

## FRIDAY

- 5:30pm Registration Opens  
Prayer Room Opens (False Cape)
- 7:50pm Ballroom Doors Open
- 8:00pm Celebration (James/York)
- 9:15pm MS Friday Night Fiesta (James/York)  
HS Friday Night Fiesta (Journey Team #1)  
Adult Leader Meeting (Rappahannock)
- 10:00pm Campfire (James/York)
- 10:30pm Family Time/Curfew Begins (on your own)  
Prayer Room Closes (False Cape)

## SATURDAY

- 8:00am Curfew Ends/Prayer Room Opens (False Cape)  
Stretch and Pray Yoga (Ballroom Foyer)
- 8:45am Workshop Registration  
Middle School (Rappahannock)  
High School (Cape Charles)
- 9:20am Ballroom Doors Open
- 9:30am Celebration (James/York)
- 11:00am Blue Workshops ■
- 11:50am Lunch Break (on your own)
- 2:00pm Orange Workshops ■■
- 3:00pm Yellow Workshops- Middle School ■■■  
Journey Team #2- High School
- 4:00pm Youth Tube Variety Show (James/York)
- 5:00pm Supper Break (on your own)
- 7:00pm Evening Activities—Crazy Dress Night!  
Dance Party (James/York)  
Game-A-Palooza (Ballroom Foyer)  
Prayer and Praise Unplugged Worship (False C)  
Wii & Glow in the Dark Tangler (Cape Charles)  
Service Project Food Tasting (Info Table)
- 8:30pm Worship (James/York)
- 10:00pm Family Time/Curfew Begins (on your own)  
Prayer Room Closes

## SUNDAY

- 8:00am Curfew Ends/Pack Up  
Stretch and Pray Yoga (Ballroom Foyer)
- 8:45am Family Time (on your own)  
Event Crew Meeting (Rappahannock)
- 9:20am Ballroom Doors Open
- 9:30am Celebration (James/York)
- 11:00am Departure

Safe travels and see you next year!

## ADULT WORKSHOPS

**Untangling the Bullying Mess**  
*Anna Brayton*  
Are you finding yourself frustrated and under equipped to deal with the bullying you hear about from your kids and in your community? Participants will receive training in identifying, stopping, and preventing behaviors that do not create safe environments for students.

**Qualities of an Effective Leader**  
*Tiger McLuen*  
Grounded in scripture, this session gets to the heart of some essential qualities of leaders. This session will encourage, equip, and inspire you, and will give you something practical to use as you equip and encourage others around you.

## JUNIOR GUIDES

**Leadership I: Your Piece or His Peace**  
*Lucas Tuttle*  
Calling junior guides and high school students! Pastels and neons, grapes and spaghetti, splinters and clouds, tranquility and chaos. You're right, these things don't go together! Come join us for games, activities and some good 'ole chatting as we dig deeper into what Jesus' idea of peace really looks like!

**Leadership II: The End First**  
*Lucas Tuttle*  
Junior guides and high school students, we don't know about you, but it would be a lot easier to watch a scary movie if we knew who was going to pop out of the nearest corner. And perhaps we wouldn't be so scared to climb a tree if we knew we would be able to climb down without breaking our faces. Bring yourselves to our second session to see why knowing the ending can change everything.



**Quake Director**  
Jennifer Miller

Look for me if you have any questions at Quake!

## MIDDLE SCHOOL & HIGH SCHOOL WORKSHOPS

**Untangling the Bullying Mess**  
*Anna Brayton*  
Have you or someone you know been a victim of bullying? Do you wish there was something you could do about bullying in your community? Participants will receive training in identifying, stopping, and preventing behaviors that do not create safe environments for students.

**3 Ways to Help Those in Need**  
*Event Crew*  
Come be a part of making a difference in the lives of people locally! Here are a few ways you can be a part of that TODAY! Have you ever seen a homeless person on the street? Come make a Blessing Bag that you can take to give to them! How about helping make a tied blanket to comfort a child in need? Or perhaps decorate a lunch bag for Gloria Dei Lutheran Church's (Hampton, VA) lunch ministry which makes lunches for low income families. There are so many ways to reach out and help those in need around us in our every day lives. Come join us and be a part of this service filled workshop and maybe even take some of these ideas back to your OWN community to help make a difference in your own town!

**Baking with the Bible**  
*Cheryl Marshall*  
The Bible is a cookbook for your soul. Bringing the Bible to the kitchen never seemed so fun. Come find out how to use your imagination in the kitchen while growing in your faith. I challenge you to learn more about everyday nourishment of your soul and go home with a sweet treat!

**YogAmazing**  
*Rachel Calhoun*  
Find your inner Zen! You will learn some Yoga basics and different poses in this workshop. The practice will emphasize how our bodies are our temples along with knowing God is always with us. There will also be a fun moving meditation, allowing the body to create its own Thai Chi practice with different moves. Workout gear or clothes that are easy to move in are highly recommended.

**Drawing the Message**  
*Jo Schiebel*  
Do you see words as pictures? Learn to take sermon notes in an interesting and unusual way. Learn how to use words as pictures to enhance your notes. Note taking can be fun, and is easier to understand when you review your notes. Come and see how graphic note taking is all the rage. You will develop your own picture dictionary of commonly used terms, and practice drawing the message using a scripture passage.

**5 Faith Killers**  
*Tiger McLuen*  
We live in a distracting world - and this session will look at 5 things that will pull you from the full life that God is offering you. It may be easy to be focused while here at Quake, but when we go home the faith killers may sneak up on you. Tiger will help you spot the very things that may steal your energy and passion. Fight the faith killers. This workshop is for youth and adults.

**Food Packaging Service Project**  
*Miriam Schiebel*  
Come make a difference! Help package emergency meals that will be used locally and abroad to aid in disaster relief and helping combat world hunger.

**Porcelain- Breaking Free from Deception**  
*Bread of Stone*  
How to be transformed by the renewing of our minds and not be conformed by the ways of the world.

Take the Quake survey at [QuakeEvent.com/survey](http://QuakeEvent.com/survey)