

VIRGINIA SYNOD ELCA – YOUTH AND YOUNG ADULT MINISTRIES

7th Day

**March 1-2,
2025**

*"And on the
Seventh Day, God
finished the work
of creation"
-Genesis 2:2*

**Early
registration
discount ends
Feb. 3**

Seventh Day is our annual overnight faith sharing retreat for 5th and 6th graders and their adult advisors! It is held at Eagle Eyrie Conference Center in Lynchburg Virginia.

More than 100 of us youth and adults from congregations all around the Virginia Synod arrive there around noon on Saturday and stay until early afternoon Sunday. During that time, participants become part of a "Shepherd Group" where they meet five or six other youth and together explore one of the great stories of the Bible through drama, games, craft and music. At night, congregation groups stay in the Eagle Eyrie Cottages where they can relax and talk with each other about how the event is going!

If you have questions about Seventh Day or the registration process, contact Synod Youth Director Dave Delaney. (delaney@vasynod.org / cell: 540-529-6893).

Find out more about Eagle Eyrie at www.eagleeyrie.org!

Watch our intro to Eagle Eyrie video by going to vasynod.org/ministries/youth-ministry/ and scrolling down to the "Tour of Eagle Eyrie" video.

Seventh Day Schedule:

SATURDAY

12:00 - Check in
1:15 - Large group gathering
2:00-4:30 - Module activities
(with Shepherd Group)
4:30 - Large Group gathering
5:00 - Free time with your congregation
5:30 - Dinner
6:30 - Large Group
7:00-9:00 - Module activities
9:00 - Large Group

9:30 - Cabin time with your Congregation
10:30 (or earlier!) - Lights out!

SUNDAY

7:30 am - Breakfast
8:30 am - Large Group gathering
8:45 am – Module activities
11:00 am - Large Group gathering
11:30 am - Lunch
12:15 – Closing worship
1:15 – Depart!

REGISTRATION INFORMATION – 7th Day 2025

• **WHO ATTENDS:** Seventh Day is open to all youth who are in 5th-6th grades and their adult advisors. Each youth must register as a member of a congregation, and for each five youth there must be one adult attending who will be responsible for those youth (1-5 youth - one adult; 6-10 youth - two adults; etc.). Your non-Lutheran friends are welcome to attend as your guests; they must also register as part of your congregation group.

• **REGISTRATION AND PAYMENT:**

For **online registration** (www.vasynod.org, click on "Youth Ministry" and scroll down to "Seventh Day") payment may be made at the time of registration or done later. For **paper registration** (using this form) full payment should be included, or form of payment should be indicated under "Notes for Registrar." MAIL CHECKS AND REGISTRATION FORMS TO: **Virginia Synod – Seventh Day, PO Box 70, Salem VA 24153.** Online payment for paper registration may be made at the "Youth Ministry" tab on the website. **Checks** should be made out to "Virginia Synod ELCA" with "Seventh Day" and the participant's name on the memo line. Checks for multiple participants must include a list of names and what portion of the check applies to each person.

Registration fee for all participants (youth and adults): \$125 per person (**Early Registration Discount** is \$115 if mailed or paid online on or before Feb. 3, 2025). All youth and adults (including "Shepherd Group" leaders) must pay the registration fee. Congregations are encouraged to provide scholarship assistance!

• **REGISTRATION TIMELINE:**

1. **Dec., 2024:** Registration forms and online registration option for Seventh Day 2025 become available. Forms and payment may be sent in any time after that. Links to forms will be included in the Synod's "Weekly Update" email, the "5 Petal Friday" newsletter and also available at the synod website - www.vasynod.org.
2. **Feb. 3, 2025:** The last day to postmark registration forms or register and pay online and still receive the early registration discount.
3. **Feb. 17, 2025:** The last day to submit registration forms without contacting the Synod Office first! Starting Tuesday, Feb. 18, please contact Dave Delaney at delaney@vasynod.org or 540-529-6893 (cell) for instructions before submitting registration materials.
4. Upon receipt of the registration form in the Synod Office, a Confirmation Letter, Map of Eagle Eyrie, and List of "Things To Bring" will be sent to you. *If you have not received this by Feb. 24th, please contact Dave Delaney*
5. **March 1, 2025:** Seventh Day begins with check-in at Eagle Eyrie's Dogwood Hall at noon on Saturday, and the first activity of the event starts at 1:15. Lunch is not provided on Saturday. Seventh Day ends on Sunday, March 2nd at 1:30 and lunch is provided. Our synod policy in case of bad weather is at our website - www.vasynod.org. **PLEASE NOTE:** Attendance for the full event is required!

ATTENTION ADULTS! At Seventh Day, adults are not in small groups like they are at Lost and Found or Winter Celebration. As an adult you will either be in a "Shepherd Group" with a group of youth or serving as a helper in one of the activity modules. If you are willing to serve as the "lead shepherd" for a group (minimal preparation required), please check the box on your registration form. All other adults will serve as "assistant shepherds" for groups of youth or be assigned to activity modules. Unlike our other events, the event DOES NOT offer a reduced registration cost for Seventh Day shepherds and module assistants.

• If you have questions about Seventh Day or registration, please contact Dave Delaney - delaney@vasynod.org or 529-6893 (cell).

EXPECTATIONS OF ALL PARTICIPANTS AT SEVENTH DAY:

- Registrants will participate fully in all activities and events of Seventh Day, including meals and Cabin Conversations at night. Our behavior will reflect the faith we share in Jesus Christ our Lord.
- All participants will attend the FULL EVENT, from 1:15 on Saturday to 1:30 on Sunday and remain on the grounds of Eagle Eyrie at all times.
- No drugs (except prescribed or other required medications), alcohol, tobacco or vaping products, or weapons will be brought to the event.
- DO NOT BRING electronic media devices to the event. CELL PHONES must be left in your room/cottage and may only be used during free time. Adults should carry cell phones in case of emergency.
- Curfew and lights out times will be conscientiously observed. ALL EVENT PARTICIPANTS MUST BE IN THEIR ASSIGNED COTTAGES FOLLOWING THE END OF SATURDAY EVENING'S ACTIVITIES!
- Youth or adults who are not able to abide by these expectations may be asked to leave the event.

VIRGINIA SYNOD SEVENTH DAY - MARCH 1-2, 2025

YOUTH AND ADULT REGISTRATION FORM

Registrations should be accompanied by the \$125 registration fee or indication of how payment will be made (DISCOUNT: \$115 per person if mailed by Feb. 3, 2025). Starting Feb. 18th, 2025 please contact Synod Youth Director Dave Delaney (540-529-6893 / delaney@vasynod.org) for instructions before sending in registration materials.

YOU MUST FILL IN THIS ENTIRE FORM FOR YOUR REGISTRATION TO BE COMPLETE!

1) Check one: _____ Youth participant _____ Adult participant

2) Check one for housing: _____ Male _____ Female

3) _____ » YOUTH: WHAT GRADE IN SCHOOL ARE YOU IN THIS YEAR?

4) PARTICIPANT NAME: _____

5) ADDRESS: _____

6) PHONE: (_____) _____

7) E-MAIL ADDRESS: _____

8) CONGREGATION NAME: _____

9) CONGREGATION LOCATION: _____

10) PASTOR'S NAME (or congregation president or youth advisor if you are without a pastor):

11) YOUTH: NAME OF THE ADULT ADVISOR FROM YOUR CONGREGATION WHO IS COMING WITH YOU TO THE EVENT: _____

Note: All 7th Day participants receive an event t-shirt upon arriving at the event!

12) "By this signature, I agree to abide by the stated expectations of this event." **ALL**

PARTICIPANTS MUST SIGN! →→→ _____

(» see the expectations for Seventh Day on the opposite page)

13) **ADULTS!** Check if you would . . .

☐ . . . be willing to be the "Lead Shepherd" for a group at the event (no prep required)

☐ . . . prefer to be a helper in one of the activity modules at the event (music, craft and construction, interactive story, movement)

☐ *All other adults will serve as "assistant shepherds" for groups of youth. All adults pay the full event fee.*

14) Other notes or instructions for the event registrar:

RETURN this completed form and the registration fee to:

Seventh Day – Virginia Synod ELCA, PO Box 70, Salem VA 24153

15) *BE SURE TO FILL OUT BOTH SIDES OF THIS FORM!* →

CIRCLE YOUR T-SHIRT SIZE !!!!!

-Youth Medium (=Ad XXS)

-Youth Large (=Adult XS)

-Adult Small

-Adult Medium

-Adult Large

-Adult XL

-Adult XXL

-Adult XXXL

-No shirt, thanks!

PERMISSION AND MEDICAL FORM - SEVENTH DAY 2025

**THIS FORM MUST BE COMPLETED BY ALL PARTICIPANTS. FOR THOSE UNDER 18, A PARENT /
GUARDIAN SIGNATURE IS REQUIRED**

Name of Participant: _____

Participant's Date of Birth (mo/day/yr): _____

Medical Insurance Carrier: _____

Policy / Contract Number: _____

**Allergies / Disabilities / Special Medical Conditions, Food Needs, or other concerns of which event
leaders should be aware:**

Medications participant is taking:

I give permission to be treated if I am unable to answer: (please sign): _____

Emergency Contact Information:

Name: _____

(Relationship to participant: _____)

Daytime phone: (_____) _____

Nighttime phone: (_____) _____

Other phone: (_____) _____

Secondary Contact person:

Name: _____

(Relationship to participant: _____)

Daytime phone: (_____) _____

Nighttime phone: (_____) _____

Other phone: (_____) _____

Parents/guardians of participants under 18 must complete this section:

• (Name of Youth) _____ has my permission to participate in
Virginia Synod Seventh Day at Eagle Eyrie Retreat Center in Lynchburg VA, March 1-2, 2025.

• I have read and understood the stated expectations for Seventh Day and will support event
leaders in administration of these event expectations.

• In the event I cannot be reached at the numbers above, I give permission to have the above
participant treated at an appropriate medical facility as deemed necessary.

(signature of parent / guardian)

(Date)

(Printed name of parent / guardian)