

Metro NY YRUU's
How to Release Your
Inner CONic Book Hero



An Instruction Manual on How to Have Your
Con Go Off Without a KAPOWWW!

(This Manual is for SOCIAL Cons)

Written August 2008

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★ What is a Con? ★

A con, short for conference, is more than an awesome weekend event for UU youth. It is a safe place where youth can express themselves without fear of judgment. This safe space can allow the walls of classification to crumble, for it is an intentional community!

But a con is not automatically a safe space. The community has to intentionally make it one, hence the *intentional community*. Youth and adults alike need to go out of their way to make sure everyone is included. It is the host youth group's responsibility to create a loving atmosphere in which the community can thrive.

People who would normally not even talk can become the best of friends. It becomes a world of its own, a place for discussion, laughter, love, and celebration. It is important that we work together to keep the community strong and accepting by opening our minds to new ideas and our hearts to new people.

The Energy Covenant (see Appendix A) outlines the guidelines that we all agree to in order to respect this intentional community.

★ Planning Timeline ★

4 months before the event:

- Youth group agrees that they want to host a conference
- Pick a tentative date (have backup dates as well)
- Contact YAC to get approval for the date
- Check the space's calendar and have date added
- Discuss with and get approval from: Director of Religious Education/RE committee/Board of Trustees

Note: A call goes out each spring for congregations interested in hosting a con the following year. This is an opportunity for congregations to apply, but if you missed this opportunity you should contact YAC to see if there's still room in the district schedule.

3 months before the event:

- Assign jobs within youth group
 - Decide on conference dean/chair/leader/contact person – send YAC the name(s) and contact information
- Decide on theme & name
 - Name touch groups
- Create flyer
- Mail/distribute flyer (include District Office & District Youth Ministry Consultant)
- Email the flyer to Charlie Neiss (the registrar) at cneiss@aol.com
 - Please send the flyer ASAP so registration can get up and running. The flyer must be sent 45 days before the conference.

2 months before the event:

- Update host congregation on theme, plans, etc.
- Begin working on details. Involve the whole youth group. Practice working together!
 - Plan workshops. Workshops don't only need to be led by members of your youth group! Contact adults from your congregation, as well as any member of the district community.
 - Find out if you have to buy anything for the specific workshop.
 - Contact YAC about social action workshop slots
 - Draft conference schedule
 - Plan:
 - Ice breakers
 - All-con
 - Friday night worship
 - Make a list of all food needed for the conference
 - Don't forget snack food!
 - Ask congregation members to sign up to buy things
 - Make a scheduled menu for each meal of the conference
 - Don't forget vegan and vegetarian options
 - Ask congregation members to make things for meals
 - Find people within your congregation who are able to pick up train riders at the train station/drop them off during the conference
 - Contact YAC (email or phone) so that you can give them a preview of your con

1 month before the event:

- Produce the final conference schedule
- Figure out a fire plan in case of emergency
- Establish your registration procedure (greeters, name tags, sign in/out sheets, etc.)
- Prepare to discuss district and house rules with everybody
- Make signs indicating what is off limits and where things are located
- Buy non-perishable food
- Make sure that touch groups are ready and all the supplies you need for touch groups (markers, paper, etc.) are bought
- Make sure that there are ways for people to be picked up from the local train station. Send out an email to the registrants letting them know this. This also lets you know how many people are planning on coming by train.
- Contact all workshop leaders and make sure that they have all the supplies they need

1 day before the event:

- Purchase the rest of the food
- Prepare the kitchen
- Check to make sure you have all supplies
- Become familiar with the schedule. Make large copies of the schedule to hang up.

The BIG DAY!!!

- Set up for registration and welcome
- Post signs
- Set up a nametag making station. Name tags can be as simple as a piece of tape or as creative as you want!
- Be efficient so people feel welcome yet know where to go and what to do while waiting for the conference to officially get underway
- Relax and have fun!

★ What to Talk to Your Congregation About ★

Please try to keep your con as *green* as possible!

It is important for your youth group to talk to leaders in your congregation during the con planning process. Keeping the Minister and DRE informed of what your youth group is doing will help to make the whole process smoother. It is also important to talk to your congregation board for the site's rules and regulations for the space that we are using. Some basic things that you should talk about are:

Boundaries of the Site: An important thing to know in the con planning process is whether all rooms are available for use. If not, find out which rooms can be used and how they should look when cleanup is complete. Something else to keep in mind is what is in the room. Do you have a nursery area with toys that are off limits? Make sure to find this information out in order to better plan the spacing of the weekend.

Number of Youth for Event: The normal number of youth at Social Cons is between 60 and 80 (normally 80 except when a smaller site is hosting). There can be more as long as the site is kept to code and their limits. Limits are set by various factors, the capacity of the largest room, space in general, and number of bathroom stalls. The facilities set the limits. Remember capacity is total amount of people sleeping over so adults too. Social cons have a 10:1 Youth – Advisor ratio. If the space is, remember to make the maximum above 80 youth, they must be aware that even if you have a huge building, the energy can get intense or go sour if you go above that number.

Accessibility: Accessibility is a crucial issue to talk about and plan for. Make sure the major areas are wheelchair accessible. If there are rooms that require stairs, make sure there is a ramp or elevator to provide maximum accessibility. If your site does not have one, ask about building or renting one. It is a good investment, and this way all members of the community will be included.

Timing: Find out when people should arrive on Friday and what time they should leave on Sunday. Make sure to have everyone out of the building at least 30 minutes before everyone arrives for services. Also, talking about timing with your congregation's administrators eliminates the possibility of double booking. Make sure to let them know that you will need the whole space for the whole weekend.

Fire Drill: It is important to have a fire drill so that in case of a fire people know where to go. The best time is Friday night during the first touch group meeting. Have each touch group come up with a meeting area in a designated spot (i.e. the main parking lot). Each leader will make sure everyone is there. It is best if you have the actual alarm go off but if not you can have the Co-Deans run around shouting FIRE DRILL.

If you have these conversations, your con is sure to go off without a hitch. Well, at least on the administration end!

★ What Does YAC Do? ★

We would like to take the opportunity to clarify YAC's role and responsibilities in regards to District Youth Programming. We see our major contributions as:

- Leadership Training – we plan training events – Leadership Development (LDC), Spirituality Development (SDC), Chaplain Training, Social Action CONs, and Groundwork (anti-oppression) Trainings.
- Calendar Coordination – as noted above, making sure events are well-distributed throughout the district and throughout the year. We strive to schedule events in the most accessible locations, and to have them, as much as possible, scheduled as the ONLY event at a congregation during the CON weekend. We have this as our goal to protect youth – to limit interactions between youth and adults not in covenant with our community.
- Registration – in order to keep good records and facilitate bookkeeping, we have consolidated the registration for events into a centralized system. Registration is online, and con expenses are paid out of proceeds. Part of the proceeds of CONs goes to fund YAC meeting expenses, travel for the outreach coordinators, cost of our Youth Council Representative to go to the national conference, and to support training for youth, chaplains and advisors.
- Energy Coordination – ensuring that District events are positive, community-building opportunities. This also includes processing occasional events where the covenant is broken.
- Chaplain Coordination – making sure there are trained youth and adult chaplains to help build community and help individuals in crisis at events.
- CON support – assisting your youth group plan and implement CONs. We see each CON as the responsibility of the individual congregation's youth group. It's great leadership-building experience to see the CON grow from an idea to reality. We are there to serve as guides along the way and to publicize the event as widely as possible. It is not our role to plan entire events, make sure every detail runs smoothly or assume liability for those events. The District can only assume liability for conditions and events over which the District has control. We would be responsible, for example, for the actions of trainers that we hire to lead events. We cannot be responsible for the safe operation of your building, accidents that occur on your property or the wholesomeness of the food prepared by your volunteers. In discussion with our insurance carrier, it was pointed out that most congregations have access to a considerable amount of no-fault medical payments insurance for minor accidents, and liability insurance for serious mishaps. Actions of individual advisors that might result in an unfortunate result would be covered by their home congregation's insurance. We honor congregations that are willing to assume liability for these events in turn with other congregations in order to provide the opportunity for district-wide youth programming to happen. You have our sincere gratitude.
- Outreach – to youth groups in formation, those who want to build their numbers, or those who want to be more involved in District and National events. We also provide outreach to marginalized segments of our youth population and to newcomers to the CON population.
- Social Action – to promote awareness and action toward a more just world. We encourage all CONs to have social action workshops, and are willing to provide workshop coordinators if necessary.
- Website and publicity – we maintain a District YRUU website at www.metroyac.org and a listserve at metroyruu@yahoogroups.com

★ What Does YAC Do For a Con? ★

First of all, YAC approves con applications and manages the schedule for the year's conferences. Once each youth group knows the date of their con, YAC is always around for help and questions.

The Outreach Coordinators are responsible for communicating with all of the congregations in our district. They send updated communications to congregations, contact uninvolved congregations and work to increase district involvement. They can visit the youth groups upon request for assistance with a specific con-planning issue or just some general oversight of how the planning is going. Outreach can help the youth groups get organized and can also help with the con schedule.

The Energy Coordinators are an active force at the con itself. They are youth members of YAC who, supported by adult advisors, monitor the "energy" at conferences and other district events. Energy deals with problems, should they arise, by forming a Conference Rules Committee. This committee would then decide on appropriate consequences. The Energy Coordinators trust the community to regulate itself and to report disrespectful and unsafe behavior.

There is also a Chaplain Coordinator on YAC who makes sure there are enough chaplains at each con. Chaplains are youth or adults who have attended a specific training that enables them to deal with personal problems within the community. If a member of the community needs to talk to someone, they know that the chaplains are always there.

The Touch Group Coordinator divides the con attendees into appropriately distributed touch groups. It is the registrar's job to report final registration to the Touch Group Coordinator so he/she/ze can make proper touch groups.

The Newbie Coordinators hold a newbie meeting at the beginning of every con. At this meeting, they introduce themselves to first-time con attendees. Throughout the con, the Newbie Coordinator makes sure that all newbies feel welcome, comfortable, and safe.

The YAC registrar is the official coordinator for all YAC-sponsored events. The registrar maintains an online registration process and custom implements a registration form for each event. This process insures that both youth and their advisors are kept informed of the registration process. The registrar tracks incoming forms and payments and brings the necessary check-in paperwork to the con so that registration runs as smoothly as possible.

The Treasurer receives all YRUU district reimbursement/withdrawal forms, makes sure they are correctly filled out, and forwards them to the district administrator.

All of the YAC members present at a given conference work with the host congregation to enable everyone at the event to have fun and feel included by promoting an open, caring, and safe atmosphere and by encouraging respect among all members of the community.

CONTACT YAC MEMEBERS WITH ANY QUESTIONS. CONTACT INFORMATION MAY BE FOUND ON THE WEBSITE.

★ Flyer and Publicity ★

One of the most important aspects of spreading the word about your con is the flyer. The flyer is sent to youth groups across the district, and provides all of the necessary information about the con. It is important that the flyer is clear and thorough so people know when, where, and what it is, and also how to register.

Below is a very basic outline for a flyer (feel free to make it creative with pictures relating to your theme, etc!).

| | |
|--|-----------------------------------|
| <h2>CON NAME!</h2> <p>Dates of the con Time it starts/ends Congregation hosting the con</p> | |
| Definition of a con | |
| What to bring | What not to bring |
| Cost | Transportation information |
| How to register | |
| Contact information for the Deans | |
| Extra info: (T-shirts, special information about your theme, etc) | |

Aspects of the Flyer Explained

Con Name: The con name should go with the theme that your youth group has decided. Why have a theme? It makes the con memorable and allows your youth group to plan activities that are all related. The names usually have some play on the word ‘con’ but this isn’t necessary. Sample con names from recent conferences include:

- Conausaurus Rex
- Con Om Nom
- Envirocon
- Conival
- I Think I Con
- Never Never Land Con
- Conic Book

Dates of the Con: Although it seems like this may be a given, make sure that you clearly list the dates of the conference including the month. YAC will contact you with the date of your con after we process the applications. Make sure that this date is okay with your congregation and no other events are taking place at this time!

Time the con starts and ends: Make sure to list when the con starts Friday night and what time youth need to leave the congregation by Sunday morning so that transportation can be organized.

Congregation Hosting the Con: List your congregation’s exact name and city. Send the registrar a link to a map of where your congregation is to be posted on the registration as well.

What to bring/What not to bring: Include lists of what to bring/what not to bring with both important “serious” things, and funny items relating to your theme. List any specific items they need for your con. For example, if you want to do a mug swap, or have people bring t-shirts to decorate, make sure you let attendees know to bring those items.

Sample items for what to bring: happy thoughts, good vibes, talents for coffee house, an open mind

Sample items for what not to bring: bad vibes, drugs, alcohol, weapons, gorillas (or any other random item you wish ☺)

Cost: For a social con the cost is \$30. This cost may differ if you are hosting a training, however these costs will be determined based on cost of the trainers and materials. Make sure to specify that scholarships are available through YAC. Youth can apply at <https://www.formdesk.com/uiforms/YacScholarship>.

Transportation Information: As people will be coming from all over to attend your con, a lot of people may be taking mass transit. If there are train or bus stations nearby, make sure to specify which ones they are. There is a check box on the registration so you know who will be taking mass transit to your con. Make sure you can arrange a shuttle to and from these stations and the congregation.

How to Register: This is extremely important, as to attend a con you must register through metroyac.org. Even members of your youth group and advisors must do this! Make sure to write “Register online at metroyac.org!” and provide the registration deadline, which will be determined by the registrar. Also include the late paperwork fee policy which is: “there will be a \$10 additional charge at the door if your paperwork is not mailed to the registrar in time for this event.”

Contact information for the Deans: People may have questions about the con, and who better to contact than the people in charge? List Deans' first and last names and email. Also list phone numbers if people are getting dropped off or picked up from the train or bus stations, so that people can call you when they arrive.

Extra Information:

Make sure to include specific information about your con such as:

T-shirts- Although it is not necessary, usually youth groups create t-shirts to sell at the con. These are great mementos, as people end up signing each others shirts. Other items besides t-shirts can be sold as well, such as pajama pants. On the flyer, list if you are planning to sell these items, and the price, so that people will bring money to purchase them.

Theme information- Do you have a special activity relating to your theme that you are super pumped about? If so put it here! Also list special activities that may require extra preparation (corresponds with items they have to bring).

Make sure your flyer is emailed to the registrar at least 45 days before the event! (Charlie Neiss at cneiss@aol.com)

Registration can't begin without the flyer, and it is important to distribute the flyer throughout the district with enough time for people to find advisors and register.

★ Addresses of Congregations ★

First UU Fellowship of Hunterdon County
PO Box 122
Baptistown NJ 08803

UU Society of South Suffolk
28 Brentwood Rd
Bay Shore NY 11706

Upper Delaware UU Fellowship
PO Box 136
Lackawaxen PA 18435

UU Fellowship of Bellport
51 Browns Ln
Bellport NY 11713

UU Congregation of the South Fork
PO Box 1444
Bridgehampton NY 11932

All Souls Bethlehem Church
566 E 7th St
Brooklyn NY 11210

First Unitarian Congregational Society in
Brooklyn
50 Monroe Place
Brooklyn NY 11201

UU Fellowship of Briarcliff, Croton, and
Ossining
PO Box 117
Croton-on-Hudson NY 10520

UU Congregation of Danbury
24 Clapboard Ridge Rd
Danbury CT 06811

Unitarian Society, A UU Congregation
176 Tices Lane
East Brunswick NJ 08816

UU Congregation of the Palisades
PO Box 709
Englewood NJ 07631

UU Congregation of Queens
147-54 Ash Ave
Flushing NY 11355

South Nassau UU Congregation

228 S Ocean Ave
Freeport NY 11520
UU Congregation of Central Nassau
223 Stewart Ave
Garden City NY 11530

Skylands UU Fellowship
229 Main St
Hackettstown NJ 07840

First Unitarian Society of Westchester
25 Old Jackson Ave
Hastings-on-Hudson NY 10706

UU Fellowship of Huntington
109 Brown's Rd
Huntington NY 11743

North Fork UU Fellowship
PO Box 27
Greenport NY 11944

UU Congregation of the Catskills
320 Sawkill Rd
Kingston NY 12401

UU Congregation of Monmouth County
1475 W Front St
Lincroft NJ 07738

UU Congregation at Shelter Rock
48 Shelter Rock Rd
Manhasset NY 11030

Unitarian Church of All Souls
1157 Lexington Ave
New York NY 10021

Community Church of NY UU
40 E 35th St
New York NY 10016

Fourth Universalist Society
160 Central Park West
New York NY 10023

UU Church
PO Box 2091
Middletown NY 10940

Fourth Unitarian Society of Westchester
PO Box 17

Mohegan Lake NY 10547

UU Congregation at Montclair
67 Church St
Montclair NJ 07042

Morristown Unitarian Fellowship
21 Normandy Heights Rd
Morristown NJ 07960

UU Fellowship of Northern Westchester
PO Box 298
Mount Kisco NY 10549

Muttontown UU Fellowship
PO Box 123
East Norwich NY 11732

UU Fellowship of Sussex County
One W Nelson St
Newton NJ 07860

UU Congregation of Somerset Hills
45 N Gaston Ave Ste 1D
Somerville NJ 08876

First UU Church of Essex County
47 Cleveland St
Orange NJ 07050

Central Unitarian Church
156 Forest Ave
Paramus NJ 07652

First Unitarian Society of Plainfield
724 Park Ave
Plainfield NJ 07060

First Unitarian Society of Rockland Co
130 Concklin Rd
Pomona NY 10970

UU Fellowship of Poughkeepsie
67 S Randolph Ave
Poughkeepsie NY 12601

UU Congregation of Princeton
50 Cherry Hill Rd
Princeton NJ 08540

Unitarian Society of Ridgewood
113 Cottage Place
Ridgewood NJ 07450

UU Congregation at Rock Tavern

PO Box 502
Washingtonville NY 10992

First Universalist Church of Southold
PO Box 221
Southold NY 11971

UU Society in Stamford
20 Forest St
Stamford CT 06901

Unitarian Church of Staten Island
312 Fillmore St
Staten Island NY 10301

UU Fellowship at Stony Brook
PO Box 602
Stony Brook NY 11790

UU Fellowship of the Poconos
PO Box 756
Stroudsburg PA 18360

Unitarian Church in Summit
4 Waldron Ave
Summit NJ 07901

UU Church at Washington Crossing
268 Washington Crossing-Pennington Rd
Titusville NJ 08560

UU Ocean County Congregation
PO Box 5184
Toms River NJ 08754

Lakeland UU Fellowship
231 Parish Dr
Wayne NJ 07470

Unitarian Church in Westport
10 Lyons Plains Rd
Westport CT 06880

Community Unitarian Church at White Plains
468 Rosedale Ave
White Plains NY 10605

Congregation addresses and links are available at: <http://uumetrony.org/congregations/conginfo.htm>. Contact people are subject to change - please contact Laurie Golson (ls.golson@verizon.net) for current info.

★ The Budget ★

With a registration fee of \$30 and an approximate attendance of 80 people, the total revenue for each conference is approximately \$2400.

The ideal situation is that the youth group is able to find many volunteers from their congregation to make food for the conference. If most meals are donated, the money spent on food should not exceed \$1200.

You should account for \$200-400 emergency food money, in case anything goes wrong.

Basically you should spend AT MOST \$15 per person on food (but if most food is donated then that amount shouldn't be needed). There is a \$5 YAC tax per person, which means you will have about \$10 left for "fun stuff" for the conference.

YAC does not reimburse Youth Groups for overestimate on T-shirt sales.

If the space requires additional accommodations to make it universally accessible, make sure you account for that cost (e.g. a wheelchair ramp).

The "YAC tax" money goes into the YAC account, which helps offset the cost of trainings, such as Leadership Development Conferences, Spirituality Development Conferences, and Anti-Racism/Anti-Oppression Conferences.

Any questions regarding the budget, please feel free to contact YAC via the website www.metroyac.org.

**UU District of Metro NY
Expense Voucher – Volunteer
Metro NY District Youth Events**

PLEASE PRINT CLEARLY

Name of Youth Event: _____

Location of Youth Event: _____

Date of request: _____

Make check payable to: _____

Full Mailing Address: _____

Phone (include area code): _____ Email: _____

| | |
|-------------------|---------|
| <u>UUDMNY USE</u> | |
| _____ | _____ |
| Date paid | Check # |

| Expenses | | | | | | |
|-----------------------|------|----------|--------|------------------------------|--------------------------------|-------|
| Date | Food | Supplies | Copies | Other Expense (Specify Type) | Other Expense (Specify Amount) | Total |
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| TOTAL EXPENSES | | | | | | |

Less, contribution to UUDMNY (A tax receipt will be sent.) \$ _____

Less, advance outstanding \$ _____

NET REQUESTED \$

The above reimbursement request is an accurate and appropriate statement of expenses due. _____
Your signature

Your reimbursement will be processed more promptly if you:

- 1 - include all receipts
 - 2 - include the Committee Chair's signature
 - 3 - submit your completed *original*, not a photocopy
- _____ Committee Chair's signature

**Send to: UU District of Metro NY
Laurie Golson, Administrator
PO Box 898
Croton-on-Hudson NY 10520**

★ Food Planning ★

This is a sample food list from an old con. YOU DON'T HAVE TO BUY THIS FOOD SPECIFICALLY. This is just to show how to make a list.

SATURDAY BREAKFAST

~~Oatmeal 3 boxes (10 packets ea.)~~ **DONE- Nancy Eisenman will supply**

~~Cold Cereal 10 boxes (12 oz. ea.)~~ - **DONE- Carol Anthony will supply 5 boxes, Ross and Nancy Crolius will donate 2 boxes, Nancy Eisenman will donate 3 boxes.**

~~2% Milk (6 gallons)~~- **DONE- Ross and Nancy Crolius will donate 2 gallons, Paul and Diane will donate 4 gallons.**

~~Fruit~~

~~Bananas (20)~~ **DONE- Paul and Diane will donate**

~~Apples (20)~~ **DONE- Carol Anthony will donate 20 apples.**

~~Oranges (20)~~ **DONE- Paul and Diane will donate**

~~Beverages~~

~~Juice 12 cans—frozen (12 oz. ea)~~ **DONE- Deann Cartwright will donate**

~~1 box of Herbal Tea~~ **DONE- Deann Cartwright will donate**

~~1 box of Regular Tea~~ **DONE- Deann Cartwright will donate**

SATURDAY LUNCH

~~Vegetarian Chili—(2 portions of 15 servings each)~~ **DONE Will be donated by Rita Rigano;**

~~Meat Chili—(2 portions of 15 servings each)~~ **DONE Will be donated by Joy Carroll**

~~Grated Cheese (3 bags)~~ **DONE Tony Ierulli will donate**

~~Onions (4 large, chopped)~~ **4 chopped onion will be donated by Joy Carroll**

~~Sour Cream (2 pints)~~ **DONE Laurie Schneider will donate**

~~Salad (2 LARGE bowls)~~

~~Salad Dressing (2 large bottles)~~ **DONE Gina Piazza will donate**

~~Cornbread (60 pieces)~~ -**DONE Linda Caldwell will donate**

~~Butter (2 8-oz tubs)~~ **DONE Diane Boyer will donate**

~~Honey (1 medium jar)~~ **DONE- Carol Anthony will donate**

~~Pita Bread 5 package (12 oz ea)~~

~~Hummus 4 tubs (16 oz ea.)~~ **DONE Will be donated by Jean Evans**

~~Baba Ganoush 1 tubs (16 oz)~~

SATURDAY DINNER

~~Chicken—(10 prepared chickens)~~ **DONE (Maria Harris)**

~~Salad (3 large bowls)~~ **Suzy Logan will donate 1 large salad 2 large salads still needed**

~~Rice (large tray)~~— **DONE (Maria Harris)**

~~Veggie side dish (String Beans)~~

~~Pasta/Veggie/Vegan Entrée #1—(1 portions of 20 servings).~~ **DONE - Betsy Kates will donate**

~~Pasta/Veggie/Vegan Entrée #2—(1 portions of 20 servings)~~ **DONE - Annie Patton will donate**

SUNDAY BREAKFAST

~~4 Bagels (4 dozen)~~ -**DONE - Ross and Nancy Crolius will donate 1 dozen, Charlie W. will donate 2 dozen, April Castoldi will donate 1 dozen.**

~~Cream Cheese 4 tubs (12 oz. ea)~~ **Charlie W. will donate 2 tubs, 2 tubs still needed**

SNACKS

Healthy Snacks

~~Pretzels 2 Bags (16 oz. ea)~~ - **DONE - Will be donated by Kay Semenza**

~~Popcorn 2 Bags (16 oz. ea)~~- **DONE - Will be donated by Kay Semenza**

~~Tortilla Chips 2 Bags (16 oz. ea)~~ - **DONE - Will be donated by Kay Semenza**

~~Salsa 2 Jars (24 oz. ea)~~- **DONE - Will be donated by Kay Semenza**

Beverages

~~Hot Chocolate 4 Boxes (10 Pkts ea)~~ **DONE - Will be donated by Rita Rigano**

~~Juice - Frozen Cans 12 Cans (12 oz ea)~~ **DONE- Paul and Diane will donate**

~~Seltzer 3 Bottles (2 litres ea.)~~ **DONE - Joyce Fish will donate**

Vegetable Crudité

~~Vegetable Platter w/Dip 1 delivered Friday~~ **DONE - Will be donated by Suzy Logan**

~~Vegetable Platter w/Dip 1 delivered Saturday~~ **DONE - Will be donated by April Castoldi**

Other Snacks

~~Peanut Butter 2 Jars (40 oz. ea.)~~ **DONE - Carter Smith will donate**

~~Jelly Grape 1 Jar (32 oz.)~~ **DONE - Diane Boyer will donate**

~~Jelly Strawberry 1 Jar (32 oz.)~~ **DONE - Diane Boyer will donate**

~~Bread 4 Loaves~~ **DONE - Kathy Luke will donate**

~~Nutella 4 Jars~~ **DONE -Susan Greenberg will donate**

~~Fluff 2 Tubs (16 oz ea.)~~ **DONE -Susan Greenberg will donate**

What meals are we responsible for?

Saturday morning breakfast, lunch and dinner, and Sunday bagged breakfast to go are the mandatory. Friday night many people will not have eaten so some hot food like soup or chili would be nice. Normally there is a snack table set out for the entirety of the con.

Is caffeine a good idea?

It is a bit of a necessity for both youth and advisors (especially advisors with the 3:00 am shift). In the cooler months coffee, hot chocolate and tea will be expected. It is up to the hosts whether to buy soda or not.

Warning: Hostilities will form between youth and advisors if coffee is hidden from the youth. The youth-adult relationship is a delicate but important one 😊

Peanut Allergies

Peanut allergies can be deadly important to pay attention to. Youth will expect peanut butter, nutella and marsh mellow fluff on the snack table with some bread at all times. There will be youth who are picky eaters who will choose a peanut butter and jelly sandwich over the meals. If there is a peanut butter allergy, first it must be made clear how severe. If the reaction is only ingesting it, make it clear not to mix knives and that people with this allergy should be aware of the snack table. If this person cannot be in the same room with the peanut but, see if you can make an arrangement for an area that the peanut butter cannot leave. If any arrangements are to be made for safety reasons on this subject, the entire con must be made aware.

★ Room Labels ★

Making the location of certain rooms apparent to the registrants is essential in order to maintain comfort within community. It also helps to label all rooms with theme related names so for workshops you can say, for example, “worship planning in scull rock!”

Chaplain/Energy Room

Labeling this room ensures that con attendees know where they can find a safe area to talk and be listened to.

Stuff Room

The stuff room is for stuff, not sleeping or arranged activities. It should be labeled to indicate that it is for “stuff” storage purposes only and that con attendees should not loiter there.

Advisor Sleeping Room

This room should be labeled so that the adult advisors know where they should sleep and youth know to not congregate in the room.

Sleeping Room

This room is for youth who need sleep and must be respected and not woken by other attendees. It is important to label this room to respect the health needs of others.

Snoring Room

This room must be labeled so that snoring con attendees can also sleep while respecting the non-snoring attendees.

Gender Neutral Bathrooms

This/these room(s) must be labeled so that attendees who do not identify as male or female will not feel alienated at the event.

Touch Group Rooms

Each touch group will have its own room. It is nice to label the rooms each touch group is in. It also helps to put on those labels what they are responsible for cleaning on Sunday morning, so we don't have as many people asking.

★ Scheduling ★

It is important that your conference has a set schedule, starting from pre-con setup to when everyone has to leave Sunday. Having a clear and organized schedule is necessary so the con can go smoothly, because although you may find you don't follow it exactly, it can help you get back on track and fit all the awesome activities that you planned in one weekend! When making a schedule be sure to add enough downtime so the conference is not hectic, but enough structured activities so the conference has a purpose. Finding this balance is difficult, so we have provided a sample schedule that has been successful at previous cons

Friday

7:00-9:00 Arrival

People who come to conferences come from across the district, so it is good to start the con later in the evening. Not everyone will come at once, and it's important to leave a big time period so you can coordinate transportation with people who are taking mass transit.

During this time period you should

- start registration
- have nametag supplies out so people can make nametags. suggestion: give them nametags corresponding with their touch group so they know what touch group they are in!
- Have icebreaker and getting to know you games going on so people begin to interact
- Have yummy snacks out and a dinner like soup for people who couldn't eat on the road

9:00- Circle up! (note: circle ups are lead by the Co-deans, the two youth in charge)

The first circle up is the first time to address the community as a whole so make sure it is fun and energy filled!

Things that should be covered in the circle up include:

- Introduction by the deans (have the deans introduce themselves and explain the con and its theme)
- Explanation of specific congregation rules (skits can be fun and engaging)
- Chaplain/Energy introductions and YAC intros- Chaplains and members of the energy committee have speeches to make about chaplains, energy, the covenant and YAC. Those people will contact the deans before the circle up, just be sure to leave them some time to make their speeches.
- If it's a small conference, go around and say names, but if it's large this may take too long.
- Introduce the meetings...

9:30-10:00- Meetings

This is the time for various groups to meet. Meetings that should be held during this time are:

- Advisor meeting: This is a meeting for all the advisors. At an advisor meeting, you should cover the advisor's role in the community and advisors should sign up for "shifts" at night to stay awake. It is a good idea for deans to attend this meeting so that if advisors have any problems, they can go to the Deans.
- Newbie meeting: A newbie meeting is for all youth who have not been to a senior high con before. It is facilitated by the YAC Newbie Coordinators.
- Touch group leader meeting: This is for everybody that signed up to be a touch group leader. Hand out touch group supplies and go over anything that you want the leaders to address during the meeting (discussions relating to your theme, etc)

Make sure to specify where each meeting is. While these meetings are going on, other attendees can mingle and snack. If you can, have ice breaker games going on to avoid cliques!

10:00-11:00- Touch Group Meeting #1

-Circle up first and be clear on where each touch group is meeting

-Make sure to give touch groups mail bag supplies!

(What is a mailbag? Mailbags are brown paper bags decorated by each con attendee with their name on it that get hung up in the main room where the con takes place. Leave out note paper and markers, and throughout the con people can leave each other notes. Mailbags are a great memento to take home and remember the con by.)

11:30- Worship

-This worship is planned by the host youth group. More on this is in Friday Night Worship section of this handbook.

After Worship-

-You may want to have optional late night activities. Or just have a large area where people can stay up and talk as not everyone will go to sleep.

Saturday

8:30-9:00- Wakeup/Breakfast

-This can be earlier or later depending on how much you need to fit into your schedule, but allow time for people to get dressed, get ready, etc.

9:30-11:30 Circle up to announce Workshops/Workshop session #1

(See Workshops section)

11:30-1:30 Circle up to announce Workshops/Workshop session #2 (or replace with another all con)

1:30-2:00 Free time/ Lunch set up

Instead of forcing it on your youth group, divide meal set up and clean up among the touch groups. Let them know at the first circle up what their job is.

2:00-3:00 Lunch/more free time

Have either a POC or POQ meeting during this meal (see Identity Groups section).

3:00-5:00 Circle up to announce Workshops/Workshop session #3

5:00-6:30 All Con activity

(Covered more in next section)

6:30-7:30 Dinner

Have either a POC or POQ meeting during this meal (whichever one you did not have during lunch)

8:00-9:00 Touch Group meeting # 2

9:30-11:00 Worship

This worship is planned during the workshop sessions. Although this time slot can be switched with coffee house, make sure if you do this that coffee house will not go too late, causing people to be extremely tired for worship, as at a con worship is one of the most important parts.

11:00-1:00 Coffee House

A coffee house is a talent show where everyone has the chance to sign up and perform. Usually deans act as the MC's, announcing the acts. Post the sign up during dinner and be sure to announce it!

Sunday

7:00- Wakeup

This depends on when your congregation needs everyone to leave by. Wake people up about 2 hours before they have to leave to give plenty of time for clean up and a closing

8:00- Clean up

Each touch group is assigned an area of the congregation to clean

8:45- Closing

It is nice to have a closing before everyone leaves. One idea is to have everybody go around in a circle and say one word about how their weekend was. You may also want to deal with lost and found items at this point. Also be sure to thank everybody that helped to make the con a success!

9:00- Everybody leaves

Hand a bagged breakfast to them as they go. Allow time for lots of hugs and goodbyes!

★ Things to Plan For ★

Registration

- Your co-deans will receive a master list of all the con attendees from our registrar.
- At the con you will have to set up a table at the main entrance.
 - You will have to make sure everyone handed in forms.
 - If they didn't you will collect:
 - All forms
 - \$40 check or cash, check made out to UUDMNY (\$30 plus the \$10 late paperwork fee)
- As people enter please have them make a name tag.

Touch Groups

Touch Group Leader Meeting

At the beginning of each con there will be a Touch Group Leader Meeting. This will be lead by the Touch Group Coordinator on YAC. This meeting will be at the same time as Newbie, Smoker, and Advisor Meetings.

Sexuality Rule

It is important to discuss the sexuality rule to establish an intentional community and to bring it to the awareness of others that sexual activity is exclusive and makes other uncomfortable.

Touch Group Games or "Ice Breakers"

These will help with bonding and developing comfort within touch groups. Here are some suggestions:

Teapot: A person leaves the room, and the rest of the group picks a verb that they will have to guess. The person that left the room then tries to guess what the verb is by asking questions using the word teapot. For example, the guesser would ask "Do you teapot in the car?" Then, the group would answer either yes or no. This would continue until the guesser correctly guessed the verb.

The Toilet Paper Game (or Candy): In the toilet paper game, the group is told that there is a very limited supply of toilet paper at the con and that they must take as much toilet paper as they think they'll need before the start of the con. A roll is passed around the group and the members take as much as they'll need. Afterwards, you tell them it was all a joke and they have to tell you one fact about themselves for every segment they took. The candy game is in the same vein. A bag of candy is passed around the group and the members are invited to take a bunch. They then have to tell you a fact about themselves for every piece of candy they took.

Never Have I Ever (Ten Fingers): The group sits in a circle and you go around the circle saying things you have never done. For example, if you have never been skydiving you would say "Never have I ever gone skydiving." Then, everybody who has gone skydiving would put one of their fingers down. When you run out of fingers, you are out. Try to avoid putting people on the spot by saying anything that may force other members to reveal things they are not comfortable sharing.

Two Truths and A Lie: Going in a circle, each person says three things about themselves. Two of these are true, and one is false. The group must guess which is false.

Telephone Charades: One person thinks of a phrase (e.g. “The cat jumped over the moon”). The entire circle then closes their eyes and the person who sits to the left of the person who thought of the phrase opens their eyes. The person who thought of the phrase ACTS IT OUT SILENTLY to the first person who has their eyes open. Then the person who had just watched now has to take what they saw and act it out to the person to their left! Then the last person instead of acting it out has to say what they think the phrase is. The first person then says what the original sentence was!

Pictionary Telephone: Starts with a sheet of blank paper. The first person in the circle starts it off by writing a visual sentence (e.g. “Big Bird plays hockey”). Then the next person draws a picture of the sentence. Fold down the piece of paper so that only the most recent addition is revealed. The next person then writes a sentence describing the picture. The paper is folded and the next person writes a sentence describing what they saw etc., etc., etc.

Ice Breakers

An icebreaker is an easy way to get a group of people who don’t know each other to feel more comfortable together – it’s a way to break the ice! An icebreaker is a thing that serves to relieve inhibitions or tension between people, or start a conversation. There are lots of games, songs, and activities that make good icebreakers.

Some good all-con ice breakers are:

- Four Corners

This is a game where the facilitators come up with a category, for example: favorite food. Then they decide on four choices, like tacos, ice cream, fruit, and tofu. When the game is played in a square room, each corner is designated as one of the choices. The community members then move to their preferred corner. Once in their corners, each group comes up with a little chant or song that relates to their specific choice. For example, the tofu group could chant, “We like tofu, yes we do! We like tofu, how ‘bout you?”

- Wagon Wheel

This is a game where the group needs to be divided exactly in half so they can form concentric circles. The people in each circle face each other; make sure everyone has a partner. The facilitators pose a question and the people in one circle have 60 seconds to tell their answer to their partner. Then the people who just listened have 60 seconds to tell their partner their answer. Once both people have gone, one circle moves a few people to the left or right, as instructed, finds a new partner, and the facilitators pose another question and repeat the process.

- Silent Birth Date Order

This is a game where no one is allowed to speak, but the group must line themselves up in order of their birthdays (month and day, not year). As soon as the facilitators think everyone is in order, they can go down the line and check it! Have each person say their own birthday so the rest of the group can hear how they did.

Many are used at junior high cons, but they work great at senior high cons, too! Icebreakers are also very successful in touch groups. They can be used as get-to-know-each-other games or just fun activities.

Some good touch group icebreakers are:

- The Toilet Paper Game

This is a GREAT get-to-know-each-other game! The touch group leader needs a roll of toilet paper. He/She/Ze then tells the group that this is all the toilet paper they can have for the entire weekend, so make sure they take enough. Once every person has taken a sufficient amount of toilet paper, the touch group leader tells the group that each member must now share one thing for every square of toilet paper they took. This goes around the circle until everyone is finished. Touch group leaders must also make sure that anyone who already knows the game doesn't spoil it for the rest of the group.

- Broken Telephone

This game is like telephone in the sense that everyone sits in a circle and one person whispers something to another. However, instead of repeating what he/she/ze heard, the person must pass on whatever FIRST popped into his/her/zer mind. This continues around the circle until the original person receives a whisper, which will seem completely unrelated to the original phrase. It is fun to go around the circle and share out loud what each person said.

- Big Booty

This is a fun game where one person is Big Booty and the rest of the group members each have a number. Big Booty starts the chant, "Big Booty, Big Booty, Big Booty, Big Booty, oh yeah. Big Booty number ___" filling in the blank with a number from the group. The group member whose number was called continues the chant by repeating their number and then passing it on to another number. This game works best with a demonstration by a few members of the group who know how to play.

- Ten Fingers/ Never Have I Ever/ Ding If You've Done It

This is another good get-to-know-each-other game, but it works best after the group already knows each other a little bit (not a good first meeting game). Every person puts ten fingers up and it starts when one person says something they have never ever done. Anyone in the group who *has* done it must say "ding" and put a finger down. The game can go into negatives because it's hard to say if the first person to have all their fingers down wins or loses. ☺

Name games make good all-con activities and touch group icebreakers. There are many more games and activities than on this list, so if you know some, go ahead and use 'em! Most importantly, make sure the group is having fun and everyone is included. Good luck!

For more game ideas, check out "Deep Fun" - <http://www.uua.org/leaders/leaderslibrary/deepfun/index.shtml>

Friday Night Worship

One of the youth group's major jobs is planning Friday night worship. It is important that this worship is well planned as it sets the mood for the con. Here are some tips for doing so:

- Assign a worship coordinator: although the entire youth group should take part in this, having a worship coordinator is effective because then it is certain everything will get planned.
- Have the worship relate to the theme of the con: Although this is not required, it may be effective if you choose an aspect of your theme and focus the worship around this. Although themes are usually quite silly, there are always more purposeful aspects. (example: Netherland themed con having a worship service about growing up, I Think I Con service about overcoming obstacles)
- Make it interactive: activities such as Quaker sharing are useful because they give everyone an opportunity to share, but do not force anyone to if they are not comfortable

- Make it thought provoking, but nothing that would make someone feel unsafe: As this worship is before the majority of the con, people still may be uncomfortable opening up. However, it is important to have a worship that allows people who want to go deep the opportunity to do so. Again, activities such as a Quaker sharing or writing something down allow people to do this.
- Here's the basic format for a worship:
 - Entrance (either in silence or singing)
 - Opening words
 - Chalice lighting
 - Reading or meditation
 - Activity or sharing
 - Song
 - Sacred space: at the end of the service be sure to mention that the space will remain sacred for those who wish, which gives people an opportunity to collect their thoughts. Make sure you do not schedule an activity in the sanctuary right after worship so that people can remain there.
- Set the mood: this may be some community member's first youth worship, so we want the space to be as sacred as possible. Make sure you establish worship as a more reflective activity, and create a space that shows this. Candles and dark lighting is always a good way to do this.

Any questions? Hit a road block? Ask a YAC member to help as most of us have planned many workshops!

Workshops

Workshops have a variety of purposes. First off, they allow for community building and fun. Secondly, they allow people to expand spiritually and explore their identity. They also allow for learning on social action issues, spirituality, youth empowerment, and other topics. During the con, we want to have a mixture of all of these:

1. **Social Action/Spirituality**
2. **Discussion, Identity, & Youth Empowerment**
3. **Community Building**

Choose three (or two if you only choose to have two workshop slots) categories from above to organize your workshops around. This way, everybody has a chance to try different workshops. Workshops can be led by community members, as well as members of the UU community at large. For example, if an adult from your congregation works as a meditation instructor it would be great if they could lead a workshop on meditation.

Sample workshops include:

Social Action

- Discussions on various current issues
- Show a documentary
- Hold an information session about a social action issue

Spirituality

- meditation
- discussion on personal theology
- yoga, hike, labyrinth, etc.

-Youth Worship planning (should be in all slots to allow plenty of time to plan)

Discussion

-Current issues in society

-Discussions on gender, sexual orientation, age, race, theology, etc.

-Fishbowl: divide people up into two different groups (e.g. youth and advisors, males and females, etc). Have each group pose questions to the other, and the group that answers sits in the center of the circle and discusses it as if the outside circle wasn't there. Then switch.

Identity

-gender, racial, sexual orientation, and other identity groups can meet to discuss not only their roles in society, but roles in this community as well. It is important to have knowledgeable facilitators for these workshops

Youth Empowerment

-How to plan a con workshop

-Tips on Youth Group building

-Tips on community building

-YAC workshop session

Community Building

-Jam session

-Body art/sharpies

-Ultimate Frisbee

-Capture the flag

-Knitting

-Finger-painting

-Apples to Apples

For more workshop ideas, and possible leaders, go to metroyac.org to check the workshop database!

All Con Activity

An "All Con" is a chance to address the community as a whole. It can be a very powerful or bonding experience if properly planned. A youth group has a variety of options when deciding on their All Con:

1. Choose an All Con that is community building or related to the theme

Examples: sing along, dance party, letter writing

2. Have a YAC-facilitated All Con

If planning an all on seems like too much, contact YAC and we will help. Whether it's a social action themed activity led by the social action coordinator or a group bonding activity, YAC is here to help!

If you have 2 All Cons rather than 3 workshop slots, we encourage you to consider choosing 1 more social action oriented and the other maybe a more frivolous bonding All Con.

Identity Groups

POC (people of color) and POQ (people of queer) are identity groups that meet during the con. It is important to schedule these at different times so that people who have both of these identities can attend both. The way it has been working is the meetings have been held during meal times. These groups are facilitated by the YAC intentional outreach coordinators, or other members of the community.

Cleaning

Assign each touch group the responsibility of setting up and/or cleaning up for a meal. This includes setting up or cleaning up tables and chairs. You will have to make sure people do this. People like to slack off but we need participation. Touch groups will also be assigned to clean up a room at the end of the con. A touch group is responsible for cleaning up their own space and possibly another room depending on how big the space is. The site must be clean before the service on Sunday.



How to Make Your Con GREEN!



(Things to keep in mind while planning a con)

- Use re-useable silverware, plates and cups
 - o The less trash, the better it is for the environment.
- Encourage participants to bring a cup or mug from home
 - o Consider doing a cup/mug trade as an “All Con” or other activity.
- Earth hour (during the day)
 - o Choose a time while the sun is high in the sky to turn off all electricity in the building. Cons will run all night so to conserve energy turn off lights and unplug electronics for an hour (or 5).
- RECYCLE
 - o Ask your congregation if they recycle. If they don’t, set up bins for paper, plastic, and metal so that the people at the con can learn what they can and cannot recycle. At the end of the con have a youth group member take it home to recycle.
- Touch group introduction questions
 - o Have touch group leaders ask a question along the lines of, “What do you currently do to promote environmental health?”
- Think about food and drink packaging
 - o Try to buy food that isn’t individually packaged, pay attention to the packaging and whether or not it is recycled/recyclable.
- Encourage people to car pool or take public transportation
 - o Trains cause less pollution than buses, buses are better than car pools, and car pools are better than single drivers.
- Check sinks and toilets for water leaks
 - o A leaky faucet or toilet can waste up to 10 gallons of water per day. An easy way to tell if a toilet is leaking is to put a few drops of food coloring in the water tank and watch to see if the color shows up in the bowl after about 30 minutes.
- Encourage your congregation to go green
 - o Florescent bulbs, low flow toilets, and compost piles are all good suggestions for “greenifying” a congregation.
- Don’t let the water run
 - o When washing dishes or brushing teeth, sing the Barney song, “Brushing my teeth”.
- Turn off lights
 - o When leaving a room, when no one is in the room, when the sun is out, when telling scary stories, and when most people have fallen asleep.
- Food waste bags
 - o Ask people to dispose of their unfinished meals in a trash bag set aside for food waste. At the end of the con show the bag (or bags) to the whole con to demonstrate how much food was wasted. (You cannot compost this because you cannot compost meats, animal fats, or oils.)
- Vegetarian Meals
 - o Have at least one completely vegetarian meal. Livestock uses up a lot of the country’s resources. It takes a lot of energy to produce the amount of feed needed to nourish the livestock. Also, watering the grain used for the feed takes up about ½ of the country’s water per year.
- Reusable All Con
 - o Find a craft for the All Con activity that reuses materials - like button making and bead making with old magazines.

★ The Role of Adults ★

The code of ethics for adults at district youth functions explains the role of adult advisors.

Adults are in a position of stewardship at youth events and play a key role in fostering the healthy development of both individuals and the gathered community. It is, therefore, especially important that adults be qualified to provide the nurturing, care and support that will enable youth to develop a positive sense of self and responsibility. The relation between young people and adults must be one of mutual respect if the positive potential of their relationship is to be realized. There are no more important areas of growth than those of self-worth and the development of a healthy identity as a sexual being.

Wisdom dictates that trust and relationships between youth and adults suffer great damage when power and influence is abused. Mindful of this, adults will use good judgment in their dealings with the youth in their care. They will refrain from using language and behavior that is verbally, emotionally, physically, or sexually abusive. Adults will be informed of this code of ethics and must agree to it before assuming their role. In cases of violation of this code, appropriate action will be taken.

Advisor Registration

Adults attending cons as youth advisors do not use the same registration form as youth attendees. Adult advisors are only required to register once per year at <https://www.formdesk.com/uiforms/advisors>. The first time an advisor registers each year, they must print, sign, and mail their form to the registrar. From then on, there will be a binder of advisor forms at each con. Advisors must update personal information as needed throughout the year. The form contains a “Con Attendance” section with a pull-down list of district events. As an event approaches, advisors should revisit their form (logging into Formdesk with their ID/password) and update their intention to attend/not attend this event.

Advisor Meeting

Advisors are required to attend the Advisor Meeting on Friday night of each con. This is an opportunity for the adults to meet each other, ask questions, and become clear about their roles over the course of the weekend. YAC will provide a youth to either run or attend the meeting to answer any questions.

Night Shifts

During the Advisor Meeting, advisors must sign up for a night shift during which they will stay awake. This ensures that there is an adult awake at all times in case of emergency.

Advisor Switch

Sometimes youth cannot get advisors able to stay the whole weekend. In this case, they may get two advisors that switch off in the middle of the con but it must be done like a tag team. At all times every youth must have an advisor responsible for them. Before an advisor leaves and when one arrives, they must personally let their youth know.

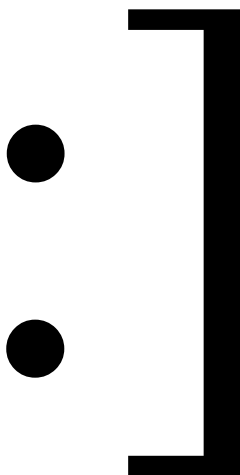
Parental Advisors

Parents can be advisors but it is strongly advised otherwise. Social Cons are a place where high school youth can truly be themselves which is hard to do in the presence of a parent no matter how close. If this is the best choice of advisors, we advise to work something out with your youth where they feel comfortable. Last Cons of the Year and workshops can be difficult for youth in the presence of parents. If their congregation is hosting sometimes it is unavoidable due to volunteers. TALK TO YOUR YOUTH: SEE HOW THEY FEEL ☺

The most important role of advisors is to get to know, support, and create a safe, healthy space for youth leaders!!

DON'T FREAK OUT!

We know this sounds like a lot of work, but you have your whole youth group and YAC to help you. It isn't as hard as it sounds! For this manual, YAC is the customer service (and we actually answer questions unlike most customer services). Just go to the YAC website (www.metroyac.com) and click on Youth Adult Committee and any of those people will be willing to help you. The con will run smoothly and all the little problems will either work themselves out or they won't be as big of a problem as you thought they would be. But if there is a problem, don't worry. YAC has planned MANY cons and we are here to help.



Appendix A

Community Energy Covenant - Event: _____

I covenant with the community to take these actions:

- 1) Expand my experience by connecting with people I don't know well and with whom I might not normally engage. Although I enjoy spending time with my friends, my goal is to become more connected to our community by forming new relationships.
- 2) Actively seek out people who are not engaged in the community and intentionally include them, not just by inviting them into my proximity but also by engaging them in conversation, etc.
- 3) Take care of my personal needs (sleep, alone time, etc) so that I can give my best self to the community. I understand that my full participation is needed to create a loving and supportive community, but also that my personal boundaries and needs are respected by the community.
- 4) Become more aware of my own prejudices and judgments in my interaction with others and actively work to confront and overcome them. I will be aware of power dynamics within the community and will work to give everyone an equal share of the community I am helping to build. If someone expresses a view with which I disagree, I will listen and ask questions in an attempt to understand his/her/zir point of view without malice or forceful projection of my opinions.

I covenant to abstain from these actions that detract from our goal:

- Engaging in exclusive behavior, such as spending excessive amounts of time with the same people. This type of behavior can be seen as being "cliquey" and it is detrimental to our community because it prevents it from being an open, welcoming, and safe space for all, especially for those who have no other safe space in their lives. When thinking about how I can be inclusive, I will remind myself of those times in my life when I have felt like an outsider looking in.
- Sexual behavior. We affirm the fact that we are sexual individuals. While this is an affectionate and loving community, it is not a sexual community. Sexualized behavior is exclusive behavior, and is not conducive to coming together in this safe and intentional space.
- Possession, use, or being under the influence of illegal drugs or alcohol.
- Violence, abuse, or harassment (physical, verbal, sexual, etc) and possession of weapons.

The Energy Coordinators are members of YAC who guide our community towards its purpose. The Energy Coordinators deal with minor covenant issues on a personal basis and can call a Conference Rules Committee for major covenant issues. For the well being of the community, I will inform an Energy Coordinator if this covenant is not being followed to its fullest potential.

Signature: _____ Date: _____