

Ultimate A & B Youth Lock-In
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On Friday, March 2 and Saturday, March 3, 2018, the Ultimate A & B Youth held their third annual 24 hour Lock-in at St. Basil's Parish Centre. There were nine youth who attended the event. This event becomes the highlight event for the youth and their friends each year. This year's theme was "The Ultimate Journey" and it all began Friday night beginning at 7:00pm, where we gathered, introduced one another and began our event with a prayer. Bowling was the first order of business where we divided them into two teams to see who would be able to bowl the most points. The Disappointments came out on top with 856 points, while the Senior Salads had 844 points.



Later that night, the session was about Journeys and why we want to go on a journey. There was a discussion on what does journey mean, why we take journeys, and would we still take a journey even though there are so many unknowns. Once we had a better understanding about all of these questions, I communicated my own journey from this past year to them. I took them through a timeline of events from March 2017 to January 2018 that led me and the rest of my team to the final competition weekend this past January. In the end, I explained that it was not the finish line that was the most important, but rather the process in order to get there. It was about overcoming the challenges and appreciating the successes, and learning that it may not be about you

anymore but rather supporting the entire team around you.

To conclude this discussion, we had a half an hour reflection on the song *Dear Life* written by High Valley. We watched the video, viewed the lyrics and listened to the song a few more times while thinking about these five specific questions: were you able to recognize any unknowns in the song; what about the tempo (speed) of the song and what does it represent; when is a time in your life, you wish you would have heard this song; who is represented by the word 'Life' and lastly what are your overall thoughts about the song. These questions helped guide us in our reflection and were able to help us in a very thoughtful discussion.

The activities and games were only beginning at around midnight when they were able to visit and hang around with all their friends until they decided to get some rest.

Saturday was full of fun filled events. Beginning with Morning Prayer and moving into a morning challenge. The morning challenge was a balloon frenzy where you needed to keep your own teams balloons all in the air while knocking the other teams balloons to the ground.

We were fortunate to have a quest speaker join us. His name is Randy Linton and he is a business owner and an instructor at the University of Regina. His talk was focused on *The Five Minute Journal*. He had an interactive session by engaging the youth with questions directly out of the journal. He spoke about keeping things simple and looking at the simple things you do in your life, having a routine when you go to bed each night and try to end your day on a positive note. He answered many questions, one including “what would make today great?” It needs to be something that you can control and that you will actually do today. It creates a good and positive feeling if the things you do are the things you have control over. This question was kept in the back of our minds as we



continued our journey throughout the day. Two key takeaways were: We are all let down in our lives, but having these let downs helps us become a better person and secondly, if you know someone is having a stressful and long day, do a task or say something positive that can help make their day better. At the end, I asked how Randy’s session and my session from the previous evening were connected. The two sessions were connected by *The Five Minute Journal* being the starting point in making each day better and being able to help in the process of a much larger journey.

The afternoon session focused on “Saying Yes to Jesus.” It highlighted that not everyone followed Jesus and were passing on an opportunity of a lifetime. Different excuses were used when Jesus calls us and we use them on a regular basis such as: I will but first; some of Jesus’ teachings are just too hard to follow; but I have many possessions; and I tell you, I do not know Him. All these excuses help further us from Jesus. Our practice during this Lenten season is for us to discover the strengths and weaknesses of



our own responses to Christ’s call. At the end, the youth filled out a journal entry talking about what keeps them from following Christ more completely and consistently. Their answers may have included some of the following questions: do we follow Jesus only as long as he is popular, only as long as he supports us, only as long as we think we will get answers to our prayers; do we abandon Jesus when our friends try to convince us to do something that we know is wrong; do we even mention Jesus’ name when we are around our schoolmates, our teammates, our friends, do we run from the cross; do we turn our backs on suffering all around us and lock ourselves in our little rooms?

The last major activity was an Escape Room. They were

split into two groups and had 60 minutes to unlock the door, get the pizza and shoot the zombies. Team Disappointment got out in 45 minutes, used 2 hints and got 320 points. Team Senior Salad got out in 56 minutes, used 3 hints and got 270 points. Great job to both teams!

As a group we ended the Lock-in by attending Liturgy at St. Basil's Parish as a parish community. Maggie Derow volunteered to read the epistle.

Overall, those 24 hours brought together an amazing group of individuals where we created relationships, expressed our feelings and emotions, and shared lots of laughter.