

LIFT Information for Schools

1. LIFT is a program sponsored by the Michigan Conference for 7th and 8th graders. School board approval and signed parent permission slips are required for students to participate in this program.
2. Each school may bring up to fifteen (15) combined 7th and 8th grade students. Schools with more than 15 students in a single grade should plan to bring their entire 7th or 8th grade class but not both. Any questions, please contact Girlie Aguilar.
3. Consent to Treat forms must be carried in the vehicle each student is riding in, preferably in a sealed envelope or secure binder that is easily retrieved in case of an emergency.
4. The following must be turned in for each student at LIFT registration at Camp AuSable:
 - LIFT Student Registration Form
 - Camp Au Sable Trail Ride/Activity Wavier Form (signed by parent/guardian)
5. The charge for each student (and extra chaperones) in attendance is **\$70.00**. This Michigan Conference subsidized fee includes 8 meals, 3 nights lodging, and all materials provided at LIFT. There will be no charge for mandatory chaperones. One male chaperone for every 1-8 boys and one female chaperone for every 1-8 girls. LIFT Registration Payment will be accepted one of two ways.
 - Schools that have a credit/debit card must pay using the LIFT Credit Card Form online no later than midnight, October 1.
 - or
 - Checks need to be made out to: Michigan Conference in the amount of \$70.00 per student & extra chaperones. **Please bring only 1 check to registration for your entire group.**
6. Each school must provide a chaperone(s) from their school or church who will be responsible for student(s) during the day and in the cabin at night. A “Chaperone’s Information” sheet is included in this packet. Chaperones should be chosen in the following order of preference:
 - Teacher/Principal (substitute teacher costs will be covered by the Conference)
A minimum of one teacher from each school must attend.
 - Pastor
 - A supportive and qualified parent/church member
7. Chaperone Forms
 - It is the school’s responsibility to ensure volunteer chaperones have completed a Volunteer Data Sheet, Verified Volunteers and provided a certificate of completion to the school.
 - All volunteer chaperones who are hourly/parttime employees of the Michigan Conference must complete the Employee Request to Volunteer form, each school year.
8. Assigned Duties: Teachers will be assigned a supervision role for Sunday evening and/or afternoon recreation time. Every school will be assigned cleaning duties during LIFT. Each school's lead teacher is responsible for ensuring those duties are completed.
9. Schools will be charged for student vandalism of any kind. There will be a charge to the school (\$150.00) for any student who sets off a fire alarm or extinguisher for any reason other than an actual fire. Fees for cabins left dirty will be charged to the school.
10. The Camp store will be open at designated times. It is optional for students to bring money to spend at the store. Please have a process in place to secure money your students bring.
11. Pets are not permitted on Camp AuSable property.
12. Upon arrival at LIFT registration, please provide the Ed Dept a list of all chaperone names and cell numbers that are attending with your school.

Breakout Sessions

Spiritual Breakouts

Sketch the Scriptures

Come be creative in God's Word and take a deeper look at favorite passages and scriptures that were meant especially for you. Join our Bible Journaling breakout, as we sketch the Scriptures with colored pencils, markers, pens, washi tape, and stickers. We will learn how to respond creatively to the Word, worshiping through art.

Awesome Adventures in the Bible

This breakout will look at different ways to have fun adventures in studying your Bible. You will get to experience techniques you can personally use to make the Bible come alive for you. Bring your Bible with you.

God's Errands

See how rewarding it is to have personal devotional time with Jesus each day and share Him with those around you. You will study God's word and learn how to share Jesus with others seeking Bible truth. Bring your Bible.

Petoskey Stone Secrets: Secrets to be Shared

God never intended for anyone or anything to experience death. Learn lessons about life that God can teach us from the Petoskey Stone which came about because of death and the Flood.

Finish STRONG

Are you on fire for God? Do you want to be? This breakout will explore ways to grow your personal relationship with Jesus daily. Please bring your Bibles when you come.

Missionaries in Ministries

What if God's next missionary is YOU? You don't have to be an adult, travel across the world, or stand behind a pulpit to make a difference for Jesus. Come hear exciting stories from real mission experiences, discover what it's like to serve people in different places and cultures, and learn how God can use your gifts, talents, and personality to reach others. Whether your mission field is across the ocean, at school, on your team, or right in your neighborhood, you can be a missionary right where you are. Are you ready to say, "God, send me"?

Social Breakouts

Mind Matters: Taking Care of the Inside

Ever feel stressed, overwhelmed, worried, left out, or like there's just too much going on in your head? You're not the only one! Come and discover practical ways to handle stress, understand your emotions, build healthy friendships, and know what to do when life feels like a lot. We'll also talk about how your faith, trusted people, and healthy choices can help you through tough days. Your mind matters, your feelings matter, and you don't have to figure everything out by yourself.

Relationships 101 (boys only)

When is the right age to start dating? What do I look for in a dating relationship? How can my romantic relationship honor God and the people around me? How can I safeguard myself in a hyper-sexual world to honor God and my future wife?

Art Around Us

Hidden among the common things of nature are beautiful patterns and artwork designed by a loving Creator. In this class you will create your own art compositions. Art provides another opportunity to draw closer to our Creator.

Seeing Yourself Through God's Eyes (girls only)

Skinny jeans, Crocs, middle parts—fashion trends are always changing! This breakout will explore how to understand true beauty in a world that constantly tries to define our worth and value. We'll focus on seeing our real beauty beyond appearances, grounded in who God created us to be.

Gift of Music

Does music touch your heart in a special way? Do you enjoy praising God through singing or playing an instrument? Learn how to be an effective song leader in selecting music, song transitions, leading a small group, congregation, or your school assembly in praises to God through song! Bring your singing voices and instruments to participate in the breakout. Please note, we will be using chords and lyrics for our songs so if you have an instrument such as a trumpet or saxophone, you will need to be able to play by ear as specific music for the key of your instrument will not be available.

Kitchen Creations

Have fun baking and making yummy healthy snacks. You'll also learn some interesting facts that will help you make better choices about what you eat.

Physical Breakouts

Wilderness Survival

What would you do if you were lost in the woods? How would you survive? This experience will illustrate how wonderful it is to team up with God to accomplish His work even in the most extreme circumstances!

Kayaking Fun

Come learn the basics of how to kayak safely while enjoying nature and getting together with friends. Bring a towel and wear a modest bathing suit under clothing; be aware that you could get wet.

Car Care 101

Learn the basic principles of caring for a car! How to change a tire, check your oil, belts, and much more! When the time comes for you to have your own car, you'll be ready!

Team Building

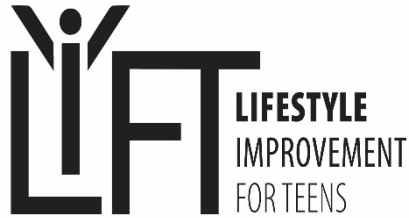
Do you like to work together with others to accomplish a task? If that's the case, come and join us for some fun team building activities. Accomplishing a goal in life takes a group of people working together for a common purpose. These activities will illustrate how rewarding it is to work in a positive team environment.

Forest Management

Do you like to explore outdoors? Are you interested in biology and forestry? Come be part of the Camp AuSable team that cares for God's natural world. Assist in actual projects and scientific studies.

Building Maintenance

Hammers, nails, sander, level, plyers, have you ever wondered what different tools are used for and how to use them safely and effectively? Do you want to learn how to do basic home repairs? In this breakout you will learn to use the right tool for the right job. Wear closed-toe shoes and clothing appropriate to work in.



Information for Attendees and Parents

Mission Statement

LIFT is an interactive retreat designed to inspire young people to make positive choices that will benefit their lives, and the lives of others: spiritually, socially and physically.

Goals

- Inspire 7th and 8th graders to commit or recommit their lives to Jesus
- Encourage teens to make healthy lifestyle choices
- Train youth to share our unique Adventist lifestyle with others

What to Bring to LIFT

Items Students & Sponsors Need to Bring:

- Bible
- Modest clothing adequate for three days and nights. Anticipate cool and wet weather. Comfortable clothing such as jeans and t-shirts are appropriate. Attendees are discouraged from wearing tight clothing, leggings, sweatpants, and pajama pants, except as sleepwear. Clothing that advocates for secular music, movies/shows, and fictitious characters should not be worn.
- Toiletries, towels
- Bedding
- Jacket
- Extra shoes and flip-flops for showers
- Refillable water bottle (cups & water bottles are not provided)
- Instrument (if you are signing up to be in the music breakout)

Items Students Should **Not** Bring:

- Soft drinks, junk food, excessive amounts of gum/candy
- Electronic devices/media (video game systems, computers, iPads, etc.)
- Jewelry
- Valuables (expensive cameras, new towels etc.)
- **Cell Phones:** Students who bring cell phones must leave them with their sponsors except during designated times when phones are being used to call home. These devices may not be used during meetings and breakouts.



Tentative Schedule

LIFT Workshop

Sunday, October 4, 2026

3:00 – 5:00	Registration
5:15 – 6:00	Supper/Cleanup
7:00 – 7:45	Recreation
8:00	Worship/General Session
10:00	Quiet Time

Monday, October 5, 2026

8:00 – 8:30	Breakfast/Cleanup
9:15 – 10:15	Worship/General Session
10:30 – 11:30	Breakout I
11:45 – 12:45	Breakout II
1:00 – 1:30	Lunch/Cleanup
2:00 – 4:00	Recreation
4:15 – 5:15	Breakout III
5:30 – 6:15	Supper/Cleanup
7:00 – 7:45	Recreation
8:00	Worship/General Session
10:00	Quiet Time

Tuesday, October 6, 2026

8:00 – 8:30	Breakfast/Cleanup
9:15 – 10:15	Worship & General Session
10:30 – 11:30	Breakout I
11:45 – 12:45	Breakout II
1:00 – 1:30	Lunch/Cleanup
2:00 – 4:00	Recreation
4:15 – 5:15	Breakout III
5:30 – 6:15	Supper/Cleanup
7:00 – 7:45	Recreation
8:00	Worship
10:00	Quiet Time

Wednesday, October 7, 2026

7:00 – 7:50	Cleanup of cabins/rooms & loading of vehicles
7:50 – 8:45	Worship/General Session
8:45 – 9:15	Breakfast
9:15	Cleanup/Departure

PLEASE NOTE: Showers will be closed after Quiet Time until 5:30 AM.

LIFT Student Registration Form

Camp Au Sable ~Grayling MI
October 4-7, 2026

School: _____ Chaperone's Name: _____

Student's Name: _____ ☐ Male ☐ Female Grade: _____

STUDENT COMMITMENT

As a student participant, I understand that the LIFT Retreat has been planned so that I can learn more about living a balanced, godly, healthy, and drug-free lifestyle.

This application indicates my desire to be a part of the LIFT experience, and my willingness to cooperate with my counselor and all the adults helping out with LIFT. I will be sure to follow these guidelines:

1. I will attend and participate in all song services, worships, meetings, assigned breakouts, meals, camp duties, recreational periods, etc.
2. I will let my chaperone know where I am at all times. I will not leave Camp Au Sable grounds, without appropriate permission from LIFT leadership, at any time during the LIFT Retreat.
3. I understand and respect that the boys' cabins are off-limits to the girls and the girls' cabins are off-limits to the boys.
4. I will not bring electronic devices (MP3 players, movies, video game systems -handheld or otherwise, computers, iPads, etc.), jewelry, valuables, soft drinks, junk food, or excessive amounts of gum or candy to LIFT.
5. I understand that if I break my student commitment I may be sent home.

Student Signature _____ Date _____

I, the undersigned parent/guardian, of _____ (student), grant permission for him/her to attend the LIFT Retreat at Camp Au Sable and participate in all the activities at this year's LIFT Retreat. Activities will include such things as kayaking, go-carts, soccer, basketball, etc. I understand that I must also sign a Camp Au Sable Trail Ride/Activity Waiver. I understand that my child may be sent home if the above Student Commitment is broken.

Parent's Signature: _____ Date: _____

I recommend that this student be allowed to attend this year's LIFT program.

*Principal's (or Pastor's) Signature: _____ Date: _____

* Needed for students not currently enrolled in an SDA Michigan Conference Church School.



Camp Au Sable

Trail Ride Waiver/Activity Waiver ~ 2026

I am applying for my camp attendee to engage in camp activities such as rock climbing, horseback riding, rope courses, water skiing, canoeing, gymnastics, go carts, snowmobiles (hereafter collectively referred to as "activities"). I understand that such activities have inherent risks that include, but are not limited to, loss of control, collisions, obstacles and other potential dangers that could result in personal injury.

I represent that my attendee has no health or physical problems that will interfere with camp activities. In consideration of being given the opportunity to participate, my attendee and I assume and accept all risks of injury and dangers involved in horseback riding and other activities. I agree that my camp attendee is responsible for his or her own abilities.

I support, and applicant agrees, to abide by all camp regulations and policies. As parent or legal guardian of the camp attendee, or for myself if I am over 18 years of age, I release the Michigan Conference, the Camp Management, its employees and agents, from any and all liability for damages which might result from the camp attendee's participation in these activities.

Print Rider Name (please print neatly): _____

Rider's Signature: _____. Date: _____

Signature of Parent or Legal Guardian: _____ Date: _____

(Please Circle One)

LIFT Chaperone Information

Chaperones are valuable partners in the LIFT ministry. Thank you for being part of this program. Your assistance in the following areas will be greatly appreciated and help us to reach our goals.

The primary focus of LIFT is to provide an atmosphere for spiritual revival and an opportunity for students to commit to making positive choices in all areas of life. Please help us to make this possible by:

- Having students sit with you at all general sessions and encouraging them to be reverent
- Reminding students to get drinks and use the bathroom before entering the auditorium
- Students should stay in the auditorium during general sessions except in dire emergencies
- Student cell phones should not be in use except to call home
- Supervise the students throughout the day, including transition times
- Attend all general sessions and recreational times together as a school
- Please eat with your group at mealtimes.
- Chaperones are needed to assist during recreational activities and breakouts
- Please help your group complete their assigned cleaning duties well and in a timely manner
- Monitor students and tactfully counsel them to live “safely”

You will be assigned a cabin with your students. Boys must stay out of the girls’ cabin area. Girls must stay out of the boys’ cabin area. Please respect the quiet time at 10 pm. LIFT staff will conduct a quick cabin check after quiet time begins. A night watch will be on duty to assist as needed. Please do not plan walks around the lake after the evening meeting.

It is important that Chaperones lead out in cabin *afterglow* worships and reflection and prayer time each night after the evening meeting and before bedtime. Discussion prompts will be provided.

A camp nurse will be on duty 24 hours a day during LIFT. They should be contacted if a student is sick, injured, or in need of any medical help.

Students should not keep money or other valuables in their cabin. Each school should have a process to secure money students opt to bring to shop at the camp store. The parent/student information sheet instructs attendees not to bring jewelry, soft drinks, junk food, excessive amounts of gum/candy and electronic devices such as video game systems (handheld or otherwise), computers, iPads, etc.

Attendance will be taken by breakout presenters and LIFT staff at all breakouts. Please take your students' attendance at meals, general sessions, evening recreation, etc. Note: Before the end of lunch, your students should tell you which afternoon rec activity they choose to do.

Students are not to leave Camp Au Sable during LIFT. Please do not make exceptions.

This special ministry would not be possible without your assistance. Thank you!

If an emergency arises, please notify Girlie Aguilar (269-697-3136), Brian Kittleson (253-653-0854), Jeremy Hall (517-643-4728).