



Frequently Asked Questions about Chrysalis

Q: What is Chrysalis?

Chrysalis is a 72-hour retreat for youth who have completed 9th grade and who are at least 15 years old. Chrysalis is interdenominational, interracial, and international. Chrysalis retreats start on Thursday evening and end on Sunday afternoon.

Q: What happens on a Chrysalis retreat?

During a Chrysalis retreat, you will listen to 15 talks given by clergy, adults and youth. You will have an opportunity to discuss the talks and participate in creative expression. You will also experience worship, prayer, fellowship, singing, games, and an incredible closeness to Christ. Through Chrysalis, young lives are transformed and God's grace becomes known, resulting in joy, hope, and peace.

Q: Where is the retreat held?

A Chrysalis retreat is held at a church. Each retreat is gender-specific, with boys and girls attending separate retreats. The next Chrysalis weekends will be held in the Sacramento area:

Rancho Cordova United Methodist Church, Rancho Cordova, CA
Girl's Retreat – March 4-7
Boy's Retreat – March 18-21

Lutheran Church of the Resurrection, Granite Bay, CA
Girl's Retreat – June 24-27
Boy's Retreat – July 8-11

Q: How do I get to the retreat?

Youth attending Chrysalis are sponsored by someone who has already attended a Chrysalis or Emmaus weekend. Your sponsor will drive you to and from the retreat, although your parents can also drive you.

Q: How much does a Chrysalis weekend cost?

Registration fees are \$75. However, your sponsor will pay your registration fee for the retreat. There is no cost to you.

Q: What do I need to bring with me?

You will need a sleeping bag, air mattress or mat to sleep on, pillow, comfortable clothing for the weekend, toiletries, necessary medications, and your Bible.

Q: Do I have to miss school?

If you attend the Spring retreat, you will miss one day of school. However, state law allows you to be absent from school for a religious purpose.

Q: I think I would like to go. How do I register?

You will need to complete the application that is attached. Return the application to your youth leader or your sponsor.