

CARP Bay Area: The Truly Alive Retreat In Santa Cruz, California

Young Joo S.
April 3, 2022



Group Photo of CARP and BAFC YAM Retreat participants

Reaching the halfway point amidst a jam-packed spring semester, [CARP Bay Area](#) and [Bay Area Family Church Young Adult Ministry \(BAFC YAM\)](#) core leaders recognized a strong need within the community for spiritual revival and reconnection to a thriving relationship with God. Thus, the "Truly Alive" retreat was born!

From April 1st to 3rd, 18 CARP members and guests participated in the "Truly Alive" retreat in Santa Cruz, California focusing on the topics, "I Need God", "God Needs Me", and the "World Needs God and Me."



CARP mentors Markus Von Euw and Kazuya Morita gave insightful and thought-provoking presentations on the above topics, igniting heartfelt conversations and discussions for all the teams.

"No matter how much faith you have," shared Chabot College student E. De Lacruz, "God is always with

and supporting you." She also realized through this retreat that, "God's love is unconditional," and that, "God needs me because he loves me."

Within just a ten-minute walk from the beach, participants were also able to experience nature's beauty through splashing in the refreshing ocean waves and soaking in the warm sunshine. Much laughter and play took place through team-building activities such as, "Steal the Bacon," charades, and "Ninja Wars," in between presentations, creating a familial atmosphere where each participant could feel at home.



A highlight for many was the "Graphing with God" activity which took place at the end of the first full day where all participants had the opportunity to reflect on their lives and create a physical graph depicting the highs and lows of their relationship with God through the years.

Reflecting on her experience with this activity, M. Barragan, a third-year CARP member shared, "I have a roller coaster of a graph in the 'Graphing with God' activity but I feel God's love now more than I ever did".

For J. Nyambega, being her first time participating in a CARP 3-day retreat, one of her main takeaways was that "man is a limited being without God." She shared, "I completely felt this statement speaking to me, in the midst of all the highs and lows that life has to offer, God is always going to be there. I was able to look back and truly rejoice on how far I have come ever since I was born till now," and that, "...now reflecting, I feel so much joy because I was able to break out of my shell. I have allowed myself to be completely vulnerable to the love and kindness from others, which has filled my life with gratitude and humbleness."



CARP members ended the retreat feeling refreshed, re-energized, and ready to take on the remainder of the semester!

Share your story to ryota@carplife.org.



carpbayarea

Message

Follow



421 posts

759 followers

193 following

CARP Bay Area

Nonprofit organization

Chabot College • UC Berkeley

Create a Culture of Heart! ❤️

📍 April UP Seminar Registration

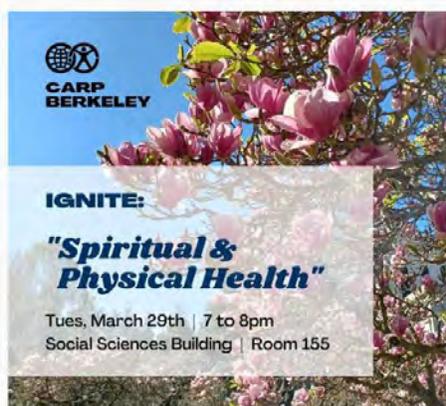
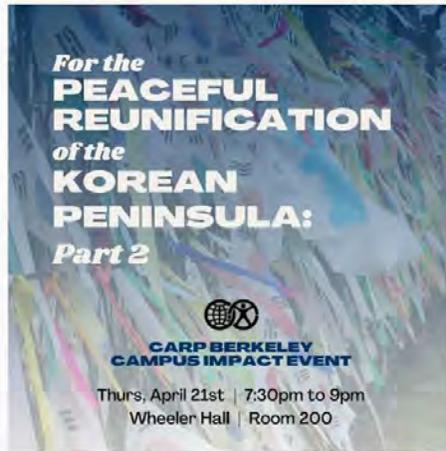
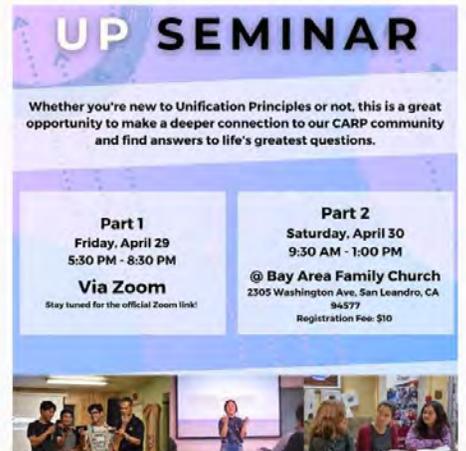
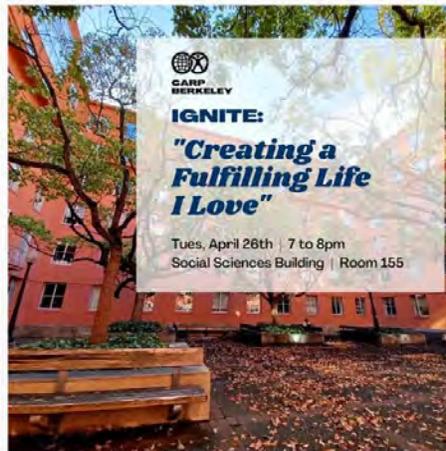
forms.gle/R4ktgq5HLB47WAH76

Followed by familyfedusa and we.are.yayam

POSTS

VIDEOS

TAGGED





IGNITE

"LIVING WITH GRATITUDE"

WED. MARCH 23RD
3:00 - 4:30 PM
ROOM 502
@ CHABOT COLLEGE

CARP CHABOT

CARP BERKELEY

IGNITE:
"For the Peaceful Reunification of the Korean Peninsula"

Tues, March 15th | 7 to 8pm
Social Sciences Building | Room 155

TRULY ALIVE RETREAT

Get in tune with your inner self and feel TRULY ALIVE by joining us in this young adult retreat! Have meaningful conversations, discover more about yourself, and be empowered to live a life of purpose and true joy.

April 1st - 3rd
Camp Santa Cruz
631 26th Ave
Santa Cruz, CA 95062
Retreat Cost:
Returning: \$150 | New: \$100

CARP BAY AREA FAMILY FEDERATION

IGNITE

"HOW TO ENVISION AND BECOME MY BEST SELF"

WED. MARCH 9TH
3:00 - 4:30 PM
ROOM 502
@ CHABOT COLLEGE

YOU ARE WORTH WORKING FOR

CARP CHABOT

CARP BERKELEY

Topic:
"How Can I Be Truly Happy?"

Tues, March 1st | 7 to 8pm
Social Sciences Building | Room 155



HOSTED BY YSP (YOUTH AND STUDENTS FOR PEACE)

Service for Peace

Join us for a trash clean up and gardening in Oakland, lunch, and sports on **Saturday, Feb 26th**

\$5 for lunch

CARP will gather 8:30am at the project site. DM to RSVP and for location address

BIG C HIKE & SUNSET

CARP BERKELEY
FRI, FEB. 25TH
MEET UP @ 4:45PM
HEARST MINING CIRCLE

IGNITE

"HOW TO SET MY LIFE UP FOR SUCCESS"

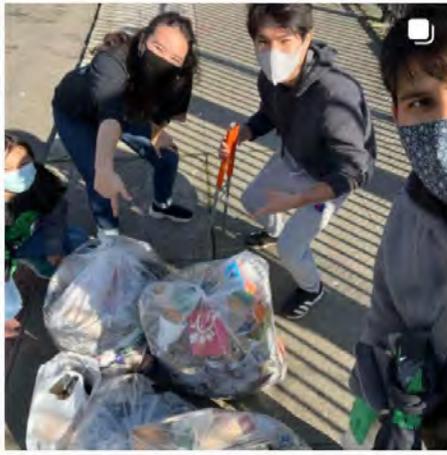
THURS. FEBRUARY 24TH
7:00 - 8:15 PM
VIA ZOOM
CARP CHABOT

CARP BAY AREA



CARP BERKELEY WELCOME NIGHT

Who is God?
Service
Community



TOY GIVEAWAY

IN THE SPIRIT OF CHRISTMAS...

Let's join B.A.S.I.C. Ministry in their annual Toy Giveaway event in Oakland Elmhurst Park

Volunteers gather first at BAFC 3:30pm to carpool. We will help with set up and then at 6pm we will help give out toys



hosted by CARP & BAAC

"Love That Lasts"

WHY FAMILY, MARRIAGE, AND GOOD RELATIONSHIPS MATTER TO OUR SOCIETY, WORLD, AND MYSELF
dinner, discussion, music, and celebration

Sun. 12/19 | 5:30pm to 9:00pm
Bay Area Family Church
2305 Washington Ave.
San Leandro, CA 94577

IGNITE

"TRUE FREEDOM"

DECEMBER 9TH
5:30 PM
VIA ZOOM
(LINK ON LINKEDIN)
LINKEDIN QR

CARP BAY AREA

YOU ARE WORTH MORE



purpose of life?
cause of human suffering?
make a better world?

CARP BAY AREA

CARP BAY AREA
IGNITE A REVOLUTION OF HEART

Join us and discover a deep sense of **Purpose** in your life, build authentic **Relationships**, and make a positive **Impact** on society through learning and applying **Unification Principles**.

Want to know more? Register for one of our biweekly introduction events to CARP and the Unification Principles! Contact us for more info!

Great Blessings

Introduction to
BAY AREA
Fall 2021

Unification for the Research of Principles
2021-2022 East Bay - UC, Dr. Hyeon

CARP BAY AREA
IGNITE A REVOLUTION OF HEART

CONVERSATIONS THAT MATTER
I us and discover a deep sense of
ease in your life, cultivate your character,
I build long-lasting relationships.

TALKS WITH ME
in the world by
for the sake of
others and the
community!

A PRINCIPLED LIFE
to more about the Unification Principles
I and how you can apply them to your
today life by attending our UP Seminars,
Sabbats, and Retreats!

mail.com @carpbayarea @CARP Bay Area

IGNITE

"HOW SERVICE IMPACTS MYSELF AND THE WORLD"

05/13/21 | 5:00 PM VIA ZOOM

CARP BAY AREA

YOU ARE WORTH MORE

IGNITE

"HOW CAN I GROW MY RELATIONSHIP WITH MY FAMILY?"

IGNITE

"HOW CAN I GROW MY CAPACITY"

GOING FORWARD

CARP LAS VEGAS CARP BAY AREA

6th Campus Talk
You Are Worth More

THANK YOU FOR JOINING!



bafc_yam

Follow



54 posts 112 followers 130 following

BAFC YAM

BAFC Young Adult Ministry

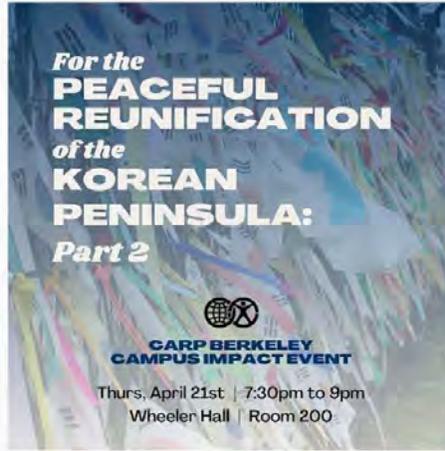
☀️ authentic relationships • 🌱 growth • 🏔️ adventure • 🙏 life of faith • 🌟 living a principled life

UP SEMINAR SIGN UP LINK!

forms.gle/CLyP1HDpPDMERFQV8

Followed by we.are.yayam

POSTS VIDEOS TAGGED





MARCH 12 SATURDAY 9:30AM
 2305 WASHINGTON AVE. SAN LEANDRO, CA 94527
 BAY AREA FAMILY CHURCH



HOSTED BY Y&A (YOUTH AND STUDENTS FOR PEACE)

Service for Peace

Join us for a gardening in oakland, lunch and sports on Saturday. **Feb 26ths from 7:30am to 2pm**

\$5 for lunch

Gather at BAFC at 7:30am for pre-service program

RSVP to Gabby von Euw

SUNDAY SERVICE

hosted by YAYAM

YA SPEAKER:



JOHANNA VAN GALEN

FEB 27TH

pre-fellowship 9:30am | tea, coffee & donuts
 Worship and Sermon 10-11am
 Community Activity 11:50am | Bingo

snow trip postponed to **March 18-20th**

YOUNG ADULT SPORTS

VOLLEY BALL

JAN. 28 2022
 MARINA PARK
 12PM-4PM



— Sobrance Park Project —
 Serving the School and Community

Coordinator: Kharisyyah Shabazz

Date of Project: January 17,
 Sign in 8:00AM Projects starts 9:15 to 2:00PM

Location: 30495 Edes Street,
 Oakland CA 94603 (Roots Parking Lot)

Project: park and school beautification, community clean up, helping seniors home.

All are welcome!
 RSVP to Gabby von Euw



MILK DAY SOBRANCE PARK CLEANUP

YAYAM SNOW TRIP 2022

Adults 18+ (lift ticket & rental) = \$110
 Youth 13-17 (lift ticket & rental) = \$100
 Helmet (highly recommended) = \$10
 Tubing 2 hrs = \$30
 Food/Lodging = \$35
 Gas \$ paid to driver directly

How to Pay:
 Make check payable to HSA-UWC with note 'YAYAM Snow Trip'
 Pay in Cash on Sunday (venues not available)

Due Date for Form/Payment: Jan 23rd

YAM 2021 RECAP

Merry Christmas



TOY GIVEAWAY

IN THE SPIRIT OF CHRISTMAS...

Let's join B.A.S.I.C. Ministry in their annual Toy Giveaway event in Oakland Elmhurst Park

Volunteers gather first at BAFC 3:30pm to carpool. We will help with set up and then at 6pm we will help give out toys

FEBRUARY 5-6TH 2022

YAYAM SNOW TRIP

SNOW TRIP IS BACK

SKIING, SNOWBOARDING, SNOWBALL FIGHTS AND FUN IN THE SNOW!

FOR HIGH SCHOOL AND YOUNG ADULTS

MORE DETAILS TO BE ANNOUNCED

"Love That Lasts"

WHY FAMILY, MARRIAGE, AND GOOD RELATIONSHIPS MATTER TO OUR SOCIETY, WORLD, AND MYSELF
 dinner, discussion, music, and celebration

Sun, 12/19 | 3:30pm to 6:00pm
 Bay Area Family Church
 2305 Washington Ave.
 San Leandro, CA 94577

