



What is a Chrysalis Flight?

A Chrysalis Flight is a 3-day weekend designed to help young people better understand and grow their faith in God. The term “Chrysalis” represents the transformational stage between caterpillar and butterfly and symbolizes what can happen when individuals allow God to transform them through the power of His love on a Chrysalis weekend. It is a time of spiritual renewal that offers many beautiful surprises for those participating. Chrysalis inspires, challenges and prepares participants for a closer relationship with Jesus Christ, allowing them to feel the gift of His Love and the presence of His Grace. Participants will explore deep questions about who they are, where their faith is right now, and what steps they will take to deepen it. Guys and girls attend separate Chrysalis Flights, and discussion groups are typically arranged in young people of similar ages.

What happens on a Flight?

A Chrysalis Flight is three days of group interaction, singing, laughing, learning, praying, and worshipping, with opportunities also for individual introspection. The format features fifteen talks on various topics related to life as a Christian, as well as plenty of time to relax, play games and form new bonds with other young Christians. Clergy and mature Christian adults are on hand and available for participants wanting to go deeper or discuss issues in their lives. The overall experience is both corporate and very personal, and each person’s experience will be unique.

Who can go?

Chrysalis Flights are open to young people from any Christian background or denomination between the ages of 15 and 24. Each participant must be sponsored by someone who has been through Chrysalis, Emmaus or another similar weekend before. The Chrysalis and Emmaus communities can help young people connect with a sponsor if they do not have one. Chrysalis is primarily designed for young Christian leaders who:

- Have a desire to strengthen their spiritual lives
- May have unanswered questions about their faith
- Understand that being a Christian involves responsibility
- Are willing to dedicate their everyday lives to God

What is the Cost?

The cost of a Chrysalis weekend is only \$100.00 per participant. This fee covers food, facilities and all other expenses of the weekend. Limited scholarships are available upon request from the Chrysalis community.

Where is the Chrysalis community and how does it operate?

Chrysalis communities are located throughout the U.S. and around the World. The local Chrysalis chapter is called Central Carolinas Chrysalis Community, or “CCCC.” It is centered in Charlotte but reaches as far as Gastonia, Lake Wylie, Fort Mill, Rock Hill, Kannapolis, Mooresville, Marshville, Midland and surrounding areas. Our community is governed by an independent, 15-member, volunteer board of directors that includes representatives of different denominations, clergy, youth and laypeople. The Chrysalis board conducts each Flight with the assistance of many volunteers.

When does a Chrysalis Flight happen and where are the Flights?

Chrysalis Flights are held once or twice a year, most often at area churches. All participants arrive in the evening on a Thursday and depart on Sunday. It is normal for participants to miss school on Friday. To support this, the Chrysalis board provides a letter for students to use at school for their absence. For information about the dates and locations of upcoming Flights—or to learn more about hosting a Flight—visit www.centralcarolinaschrysalis.org.

Where does the Chrysalis weekend originate?

Chrysalis is the youth version of the adult weekend called the “Walk to Emmaus,” which itself originates from the “Cursillo” movement. The Chrysalis and Emmaus programs are sanctioned by the Upper Room and the United Methodist Church. Flights and Walks are Methodist in expression, but sensitive and welcoming to participants of all denominations.

Where do I get more information?

Please visit our local website www.centralcarolinaschrysalis.org for information about sponsorship, upcoming Chrysalis Flights, and CCCC contact information. Visit the national Chrysalis website (chrysalis.upperroom.org) for a short promotional video about Chrysalis and to find other Chrysalis communities in the U.S. and around the world. For information about the “Walk to Emmaus” for adults, visit www.ccemmaus.com.