

CAMP 2017: ALL IN



LIVING A LIFE OF WORSHIP

ROM 12:1-2

COUNSELOR HANDBOOK





 **Camp**  
Quaker Haven

## Greetings in the name of our Lord Jesus Christ!

On behalf of Evangelical Friends Church – Mid America Yearly Meeting I say **THANK YOU** for being willing to consider our young people better than yourself, and to give up time and energy in serving God, and our cherished young people, following the example of Christ. (Philippians 2: 1 - 11)

One of our purposes in EFC-MAYM is “to utilize our collective resources to assist our local churches to meet the spiritual needs of the people in their communities.” We believe that summer camp is one of the best ways to do this as we come together as local churches in meeting the spiritual needs of our young people utilizing our camp grounds, and most importantly our people in meeting and responding to the spiritual needs of our campers! Ultimately, we believe and know that Jesus meets the spiritual needs, but that he invites us into that kingdom work. (Matthew 4:19)

While our Journey with Jesus is ongoing, we recognize Jesus as our ever present teacher, leader and Lord. You as counselor do not counsel on your own behalf and in your own strength; but the true counselor, the Holy Spirit is with you and will teach you what you need to know. (John 14:26) May you regularly be reminded that God is with you, and that God is doing work in the campers that only he can do. My prayer is that you will lean into Jesus, and follow him where he leads you as you care for and interact with the campers during camp.

What follows are a few helpful “tidbits” of information for you as a counselor to use as questions arise during your time as counselor. I myself have been a part of summer camp in various forms over the last 20 plus years as camper, counselor, youth pastor, speaker, director and now as the associate superintendent of student ministries. I can tell you that I am still learning, and that no information is ever complete as there is always something to learn, and always something that comes up that we did not expect or plan for. All this to say; hopefully the information provided will be of help to you, but please know that during camp we will meet each day for prayer and discussion and that you can ask a question at any time! Most importantly, be reminded often that God is with you! On behalf of EFC-MAYM and our young people, I say **THANK YOU** for being a counselor at our 2017 summer camps. May God’s Kingdom come as we are #ALLin together!

- **Jesse Penna**, Director of Students Ministries, EFC-MAYM

EvangelicalFriendsChurch  
MID AMERICA

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WHOLECHURCH.WHOLEGOSPEL.WHOLEWORLD



## CABIN ORIENTATION (DAY 1: 6:30-7:30)

- **(10-15 MINUTES) “HUMAN KNOT”** - Hands “All In” (Directions - Get in a circle. Put right hand in and grab someone else’s right hand across from you. Then do same with the left hand. Try to untie without letting go.)
- **(10 MINUTES) SILENT INTERVIEW GAME** (Do as described in counselor orientation)
- **(10 MINUTES) REVIEW CAMP RULES & GUIDELINES** (See Handbook)
- **(5 MINUTES) CAMP GEOGRAPHY** (Make sure everyone in cabin knows basic locations of things: Chapel, Dining Hall, Pavillion(s), Restrooms, Craig Davis Pavillion/Field, Tower, Nurse’s Cabin)
- **(5 MINUTES) PASS OUT “#ALLIN” WRISTBANDS** Discussion with Cabins: The theme this year is “ALL IN: Living a Life of Worship.” As we go through the schedule during the day, we as a cabin want to be asking, “How do I worship God in this moment?” With the wristband as a reminder, challenge each other throughout the week to keep asking this question.
- **(10 MINUTES) READ THROUGH AND EVEN PRACTICE RENEW TIMES** (See Handbook)
- **(REMAINDER OF TIME)** Ask Campers if they have any other questions. Answer them to your best ability or come ask directors. Then Close in Prayer in preparation of the week to come.
- **WHEN THE BELL RINGS FOR CHAPEL, DESIGNATE RENEW SPOT** (Somewhere Near Chapel)

## RENEW TIMES

**RENEW** is the time before both chapels (and before bedtime) where Cabins prepare their hearts as they enter into worship. This comes from the theme passage, Romans 12:2 (NIV) that says “...but be transformed by the RENEWING of your mind...”

**DIRECTIONS** When the bell rings for chapel, everyone will head to the chapel and cabins will gather in a designated spot (cabin’s choice) somewhere near the chapel. Once everyone in the cabin is there, you will circle up and follow the daily routine as described below.

**THE GOAL:** This will be the “call to worship” - so the cabins will have their hearts and minds engaged and ready even before entering into worship. This will also be our way of taking roll, so when a cabin has entered the chapel that means they are 1) all accounted for, and 2) ready to worship!

Each Chapel will start promptly with an opening song. So be timely in gathering and RENEW!

### **Morning RENEW:** (Before Morning Chapel)

Cabin gathers in RENEW spot before entering Chapel.  
30 seconds of silence.

Counselor: This is the day that God has made...

Cabin: We will rejoice and be glad in it

Counselor: We will NOT offer to God...

Cabin: Offerings that cost us nothing

Counselor: We WILL offer to God...

Cabin: our bodies as living sacrifices

Counselor: God help us to live a life of worship!

Cabin: ALL IN! (Enter into worship through music)

### **Evening RENEW:** (Before Evening Chapel)

Cabin gathers in RENEW spot before entering Chapel.  
30 seconds of silence.

Read Romans 12:1-2 from The Message

(Intentional place where everyone digests theme verse each day)

“So here’s what I want you to do,  
God helping you: Take your everyday, ordinary life  
—your sleeping, eating, going-to-work, and walking-around life—  
and place it before God as an offering.  
Embracing what God does for you is the best thing you can do for him.  
Don’t become so well-adjusted to your culture  
that you fit into it without even thinking.  
Instead, fix your attention on God.  
You’ll be changed from the inside out.  
Readily recognize what he wants from you, and quickly respond to it.  
Unlike the culture around you,  
always dragging you down to its level of immaturity,  
God brings the best out of you, develops well-formed maturity in you.”  
(Enter into worship through music)

### **Lights Out RENEW:** (Before Bed)

Cabins choose how they would like to close each night once in bed and lights are out.

A few options:

- The Lord’s Prayer - Cabins pray aloud together
- Read a Psalm - Counselor/Camper reads a different Psalm each night
- Sing a song - Doxology, Chorus of a song from Chapel, etc.
- Camper(s) take turns saying a Prayer

# CAMP SCHEDULE

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TIME	WORSHIP THROUGH...	LOCATION
<b>DAY 1</b>		
2:00-5:00	Registration	Dining Hall
3:15-4:30	Counselor Meeting	Chapel
4:30-5:30	"All In" Welcome	Chapel
5:30-6:30	Dinner	Dining Hall
6:30-7:30	Cabin Orientation	Cabin Spot
7:30-9:00	Chapel	Chapel
9:00-9:45	Cabin Time	Cabin Spot
9:45- 11:30	"ALL IN"...The Dark	Meet at Chapel
11:45	Lights Out	Cabin
<b>DAY 2</b>		
7:45-8:30	Counselor Meeting	Chapel
8:00-9:00	Breakfast	Dining Hall
9:00-10:35	Chapel	Chapel
10:35-10:45	Cabin Debrief	Cabin Spot
10:45-12:00	Rotations	See Rotation Schedule
12:00-1:00	Lunch	Dining Hall
1:15-3:00	Game	Meet at Chapel
3:00-5:30	Free Time	Pool/Canteen Open
5:30-6:30	Dinner	Dining Hall
6:30-7:30	Game	Chapel
7:45-9:15	Chapel	Chapel
9:15-10:15	Cabin Time	Cabin Spot
10:15-11:30	"ALL IN"...The Water	Pool (Wear Swimsuit)
11:30	Lights Out	Cabin

## FREE TIME OPTIONS

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### Day 2

- Pool/Canteen: 3:00-4:30pm
- Worship Oasis @ Chapel: 4:00-5:00
- Wiffle Ball Game @ Craig Davis Field: 3:15pm

### Day 3

- Pool/Canteen: 3:00-4:30pm
- Worship Oasis @ Chapel: 4:00-5:00
- Cabin Disc Golf Tourney: 3:15pm

### Day 4

- Pool/Canteen: 3:00-4:30pm
- Worship Oasis @ Chapel: 4:00-5:00
- Cabin Basketball Tourney 3:15pm



TIME

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WORSHIP THROUGH...

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LOCATION

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DAY 3

7:45-8:30	Counselor Meeting	Chapel
8:00-9:00	Breakfast	Dining Hall
9:00-10:35	Chapel	Chapel
10:35-10:45	Cabin Debrief	Cabin Spot
10:45-12:00	Rotations	See Rotation Schedule
12:00-1:00	Lunch	Dining Hall
1:15-3:00	Game (Water Game)	Meet at Chapel
3:00-5:30	Free Time	Pool/Canteen Open
5:30-6:30	Dinner	Dining Hall
6:30-8:00	Chapel	Chapel
8:00-9:00	Cabin Time	Cabin Spot
9:00-10:00	Game	Chapel
10:00-11:30	"ALL IN"...The Fire	Fire Pits
11:50	Lights Out	Cabin

DAY 4

7:45-8:30	Counselor Meeting	Chapel
8:00-9:00	Breakfast	Dining Hall
9:00-10:35	Chapel	Chapel
10:35-10:45	Cabin Debrief	Cabin Spot
10:45-12:00	Rotations	See Rotation Schedule
12:00-1:00	Lunch	Dining Hall
1:15-3:00	Game (Wear Swimsuit!)	Meet at Chapel
3:00-5:30	Free Time	Pool/Canteen Open
5:30-6:30	Dinner	Dining Hall
6:30-7:30	Game	Meet at Chapel
7:30-9:00	Chapel	Chapel
9:00-10:00	Cabin Time	Cabin Spot
10:00-10:30	"ALL IN"...The Last Supper	Chapel
10:30-12:00	"ALL IN"...The Celebration	Pavillion
12:00	Lights Out	Cabin

DAY 5

7:45-8:10	Prayer of Blessing	Chapel (Group Picture)
8:20-9:00	Clean out cabins	Cabin
9:00-10:00	Breakfast / Go home after	Dining Hall
11:00	Go Home	Pavillion

## ROLES AND RESPONSIBILITIES:

Counselors are the key element to the success of camp on all levels. A camp counselor can make or break the success of camp in the camper's eyes, so the role should not be entered into lightly. During your time as counselor you will serve in several different roles during the week including those of pastor, parent, teacher, organizer, leader and friend. While you do not need to be near your campers at all times, it is important to be aware of where they are and what ( or how ) they are doing.

1. Camp counselors work under the direction of the Associate Superintendent of Student Ministries for EFC-MAYM, the Camp Directors for each specific camp, and cooperatively with other staff members including the Camp Quaker Haven Director.
2. Cabin counselors supervise and direct the campers of their cabin. They will enforce camp rules, encourage cooperation among their group, and guide group decision-making. Camp counselors should also encourage camper participation in camp programs and activities in both word and example engaging in all activities and scheduled events.
3. The primary purpose of counselors is to share the love of Christ with each camper. It is the job of the counselor to identify where their campers are at spiritually and to encourage growth in the campers lives from that point. Counselors should reach out to the campers who don't have a personal faith in Jesus, as well as disciple those who do. This should occur through one on ones, small group discussions, and through actions that demonstrate faith in Christ. Counselors also teach campers skills that achieve positive outcomes in areas of problem solving and interactions with other campers.
4. Counselors should oversee the health, hygiene, and safety of their group, including areas of diet, sanitation, and rest. Please make sure that your campers are drinking plenty of water by utilizing the bottles and carriers provided. If and when a camper needs special attention, please send them to our camp nurse.
5. Counselors should attend all staff meetings during camp as noted in the schedule. They should consult with their Camp Director and EFC-MAYM staff about any issues or problems.
6. "We inherit the right to lead but we earn the right to be followed" Look for ways to gain and earn trust with your campers on a regular basis throughout the day as you intentionally interact with them and care for them.
7. Play together and work together with your cabin as much as you are able. The more fun YOU have with them, the more they will trust you. Camp activities are for the purpose of building trust: PARTICIPATE as much as you possibly can!
8. All discipline should be handled with respect for the campers as God's children. Following are a few helpful suggestions/prevention along with our discipline policy and procedure.

# EFC-MAYM DISCIPLINE PREVENTION, POLICY AND PROCEDURE:

The safety of all children, youth and adults who are a part of an EFC-MAYM sponsored event is important. The following includes our prevention suggestions along with our policy and procedure for handling necessary discipline.

## PREVENTION SUGGESTIONS:

Please read all posted guidelines and expectations before each specific event that is found at [efcmaym.org](http://efcmaym.org) under the about tab under resources and is listed as EFC-MAYM CHILD ABUSE AND PROTECTION. Following are general suggestions to avoid necessary disciplinary action:

### **Don't Get Physical**

- Using any physical control is inappropriate.

### **Adjust Your Language**

- Use language that the child can understand.
- Use short sentences or single words.
- Use sign language or other visual clues as you speak.

### **Use Praise, Praise, and More Praise**

- Focus lots of praise on positive and acceptable behaviors.
- Include the actual behavior in your praise. Say, "Nice sitting." "Good job listening." "I like how you're playing."

### **Ignore It**

- Ignore minor misbehavior, minimally bothersome behaviors and harmless repetitive behaviors.
- Decide what can be ignored and stick to it.

### **Save the No's**

- "No" should be reserved for when you really need it.
- Use other negative verbalizations such as "Uh-uh." "Stop." and "I don't think so."

### **Break It Down**

- Take an activity step by step.
- Praise the child at each step.

### **Support for Success**

- Control what you can to ensure that the child is successful in completing the task.

### **Acknowledge Child's Feelings**

- You can say, "I know it's hard" or "I can tell you are mad."
- Try to have the child verbalize his or her feelings. You can prompt the child with, "Say I'm sad!"

### **Give the child plenty of notice before a change**

- Give the child some time to process and accept a change, but stick to it.
- Use a picture or object to aide in communicating the change.

### **Ask For the Behavior You Want, Not What You Don't Want**

- Keep your language positive. ("Walk please," vs. "Don't run.")

## POLICY AND PROCEDURE:

**If there is any behavior that is out of the norm that has not been resolved after applying the aforementioned suggestions, then the Director must be notified. Once the director is notified, the following is the procedure for handling discipline:**

1. An oral report and a written report are given to the director from the adult sponsor as to the nature and specifics of the misbehavior.
2. The director makes a request to the student or adult to change behavior and initiates a determined appropriate consequence if behavior does not change.
3. If behavior does not change after the determined appropriate consequence, a call is made to the guardians listed on the registration form.
4. If behavior does not change after a call to the guardians, the student is removed from the event and sent home at the expense of the guardians.
5. EFC-MAYM reserves the right to decide future admittance of the offender to any EFC-MAYM event.

**In any and all cases, reporting during the event is the expected protocol. If there is any behavior that is out of the norm that is not reported to the director during the event, the following is the procedure:**

1. An oral report and a written report are given to the director from the student or adult as to the nature and specifics of the situation.
2. The situation will be evaluated by the director who will determine what needs to be reported.
3. Follow up and resolution of the reported situation will be evaluated by the Director who will determine whether further actions are required to conclude proper handling of the matter.

### **A special note about cell phones:**

**NO CELL PHONES will be allowed during camp. Please keep your phone put away.**

During camp we would ask that you be fully present to God and to your campers. Given our age of distraction, where adults and young people are continuing to grow further apart, we would ask that camp be a time to fully engage our young people. In order to be fully present we are asking everyone to lay down their life and their cell phone in order to fully engage in the experience at camp. We are asking everyone to be PRESENT and FULLY ENGAGED with God and others in a very practical way – no cell phone communication. As we do this together, we are excited about the ways that God will speak into our lives as we pay COMPLETE attention to Him and others. We look forward to explaining more of this “laying down your life and cell phone” vision at our first counselors meeting, but did want to be clear upfront about our level of expectation as it relates to NO TECHNOLOGY for the sake of FULL ENGAGEMENT.

## CAMP GUIDELINES:

**Emergency only number** – If someone needs contacted at camp under emergency, please call the CQH number: 620-442-9690. Or, please call Jesse Penna at 316-641-9961.

### What to Bring to Camp:

- Final registration payment
- Bible
- Bedding/Pillow
- Toiletries
- Bath Towels, wash clothes, soap/shampoo
- Insect repellent
- Sunscreen
- Modest Clothes (see dress code below)
- Clothes/shoes that can get dirty
- Note that TENNIS SHOES are needed for most activities – not flip flops
- Modest one piece swimsuit, pool towel, flip flops
- Money for Canteen (snacks, souvenirs, etc)
- Money for offerings (more information below)
- Medicine must be clearly marked with camper's name and type of medicine and given to the Camp Nurse upon check-in
- Good attitude

### DON'T Bring to Camp:

- Cell Phones
  - Computer Games
  - I-POD/CD/MP3 player
  - 2-Piece Swim Suits
  - Tobacco of any kind
  - Fireworks
  - Valuables
  - Weapons of any kind
  - Bad Attitude
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- Parents, who wish to stay and are not counselors, should contact [jesse@efcmaym.org](mailto:jesse@efcmaym.org).
  - No one is allowed to be on the camp grounds without authorization and appropriate payment

### Dress Code:

- T-shirts, jeans or shorts, and tennis shoes are great.
- Shorts must reach finger tips.
- No tight clothes (shirts, sweaters, pants or shorts).
- No bare mid-drifts or short shorts.
- No yoga pants.
- No chest or butt cleavage. No undergarments showing.
- Girls, no low-cut tops! No skirts – they aren't appropriate for camp activities.
- Swimsuits must be very modest! (tankini or 1 piece swimsuit)



## CAMP RULES:

- Anyone who chooses to disobey rules will be sent home
- Everyone should be where the schedule says at all times
- We respect one another and each other's personal items
- No girls in boys cabins
- No boys in girls cabins
- Shoes should be worn at all times, even as you travel to and from the pool
- Campers are not allowed to take naps during the day
- Campers are not allowed to leave the cabin during lights-out hours
- Wear a shirt or towel around you to and from the pool
- Stay off the initiatives (low ropes course activities) unless your counselor is guiding you
- Turn in all medicine to the Nurse upon registration
- No phone calls home during camp without permission from the directors
- Any Cell Phones seen during camp will be confiscated until camp is over
- Students/Counselors arriving in a personal vehicle should park in parking lot
- No one is allowed to leave the camp ground until camp is over without special permission from the director
- Stay off the stage in the chapel unless invited
- Water fights are only allowed if arranged with counselors and must stay out of the heart and away from cabins
- Please stay away from the Camp Director's house and behind the pool
- No one should ever be on any roof at any time for any reason

### **Additional Rules information for Camp:**

- A counselor or staff member needs to be at the top and bottom of the slide before it can be used.
- No one is allowed to go into the woods or on a hike without your counselor and cabin.
- Please do not swim in the river.
- Campers are only allowed to ring the bell if directed by an adult.
- In case of a tornado, girls should go to the basement of the women's workers cabin and boys should go to the basement of the men's workers cabin.
- Each camper/counselor/cabin will not be allowed to leave until officially being checked out by a staff member. On the last morning, each cabin will have a chance to officially clean up and check out before the last meal is served.



## SERVING:

AFTER CABIN ASSIGNMENTS HAVE BEEN MADE, THERE WILL BE A **SERVING SCHEDULE** POSTED FOR HELP WITH CLEAN-UP OF THE DINING HALL AND CAMP GROUNDS. WE WILL MAKE THE SCHEDULE AVAILABLE ONCE IT IS FINALIZED AND WILL BE EASILY ADDED TO YOUR HANDBOOK FOR YOUR RECORDS.

### **Following are a few expectations and suggestions in preparing your mind for assigned serving times:**

- Eat near the middle so you can finish your serving assignment after meal is complete.
  - Please check with CQH staff for how you can help to clean dining hall.
  - DO NOT spray tables where people are seated!
  - Please clean up and throw away all trash in and around pavilion, all bathrooms and chapel.
- \* = **[AFTER SUPPER ONLY]** clean up all trash around volleyball courts and basketball courts and basketball court pavilion AND pick up all trash inside the chapel and organize chairs to make it look nice.

### **NURSE AND FIRST AID: +**

Sometimes campers get sick or accidents occur. That is when the camp nurse becomes a valuable resource. Never ignore a complaint, even from a chronic complainer, until you have investigated it thoroughly. Besides the Health Center, first aid supplies are kept at the kitchen, in camp vehicles and with lifeguards. Kits may be checked out for outings. As a counselor, you will be informed if one of your campers requires regular or emergency medications and you are to help see that they report to the nurse at appropriate times. If you are involved or witness a close call or accident, you will need to fill out an Incident / Accident Form. Please ask your Camp Director or nurse for one of these forms. All camper medications should go to the camp nurse. If a counselor has medication, it cannot be kept in the room where campers could gain access to it. Counselor medications should be given to the camp nurse or safely stored elsewhere.



## TIPS AND TRICKS FOR A GOOD COUNSELOR:

- Don't take for granted the health and hygiene of your campers. You may need to remind them of simple things such as brushing teeth, drinking water, etc...
- Know where your campers are at, let them know where you are at; be accessible to them.
- Utilize creative group-building games you can play with your group to fill down time.
- Ask open ended questions that give campers room to share beyond a simple yes or no.
- Pray for your campers and pray with your campers.
- Make sure campers are your priority at all times. Your relationships with other counselors and staff are secondary to your primary goal of ministering to your campers.





## SHARING CHRIST:

A Christian camp is a temporary community designed for the purpose of sharing Christ's love with campers through fellowship, fun, worship, and the outdoors. This has been central to our purpose at EFC-MAYM summer camp since the beginning.

A number of campers who come to Camp Quaker Haven will already have an active relationship with Christ. For these, it is important for cabin counselors to assist them in deepening their walks with Christ. Others will arrive at camp without an understanding of Christ. Most of these will have little church background. We want to invite these campers into an authentic relationship with Christ. We want campers to be given the opportunity while at camp to commit their lives to Christ. A week at camp is an ideal setting, enabling non-Christians to be immersed in the things of Christ -- the chance to learn about Christ, his love for us and his plan to save us.

We don't want to manipulate campers into a commitment to Christ. We don't want to contrive an emotional experience, and we know that God isn't beholden to a certain set of words prayed only in a certain way.

During camp, at least one of the leaders will communicate an evangelistic invitation in front of the whole camp. In addition, counselors should use cabin time and one-on-ones to connect with their campers in order to help them better understand what it means to live their lives for Christ.

One-on-one sessions are excellent opportunities to understand campers' opinions about the spiritual emphases of the week, and find out if they have (or want to) commit their lives to Jesus Christ.

## EVANGELISM: THE KEY POINTS

**The message of Christ is simple, but sometimes we find it difficult to know how to communicate it to others. Here are some key points to remember:**

- There is a God. (Romans 1:20)
- God loves us more than we can understand. (Romans 5:8)
- God desires our love. We can show him this love through worship, obedience, service, and time with him. God also asks us to love others as much as we love ourselves. (Mark 12:30-31)
- When we fail to love God or others, he forgives us if we ask it of him. (1 John 1:8-9)
- There are eternal consequences if we don't seek God's forgiveness, and aren't willing to live for God. (Romans 6:23) But if we are willing to seek Him and obey His ways, God will provide us with grace in this life and beyond. (1 Peter 1:3)

NOTES:



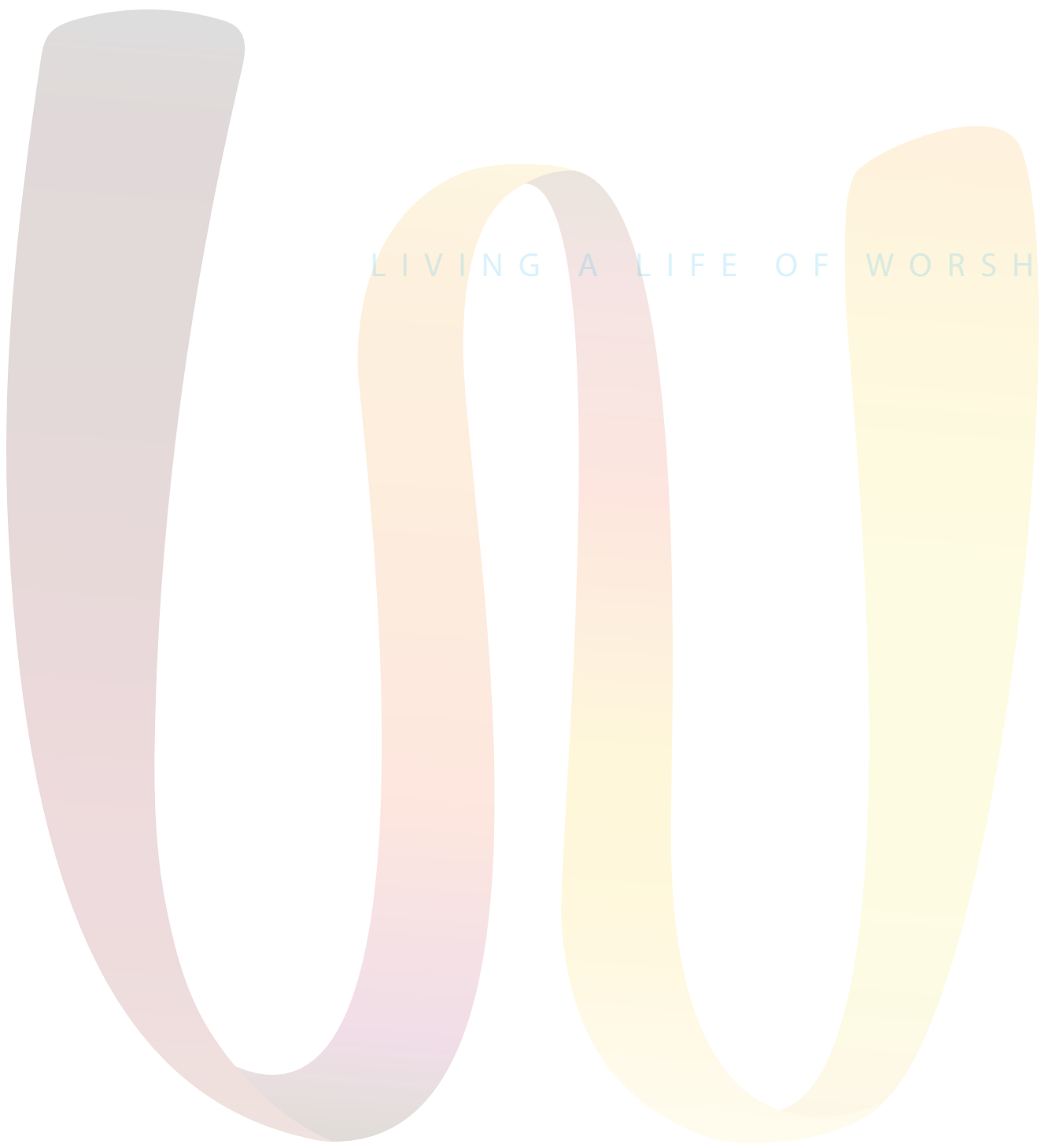
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LIVING A LIFE OF WORSHIP

## CABIN CHECKOUT:

Forms will be provided for you when it is time for checkout, but you may start the process of cleaning and packing the last night of camp to assure a speedy check out process. **Below are the items that will need to be checked off and signed, before you can eat the last day:**

- Trash is taken out and bag is replaced
- Checked lost and found for possible lost items
- Reported any damaged cabin items
- Removed all personal items from cabin
- Taken unclaimed items to "lost and found" under pavilion
- Collected all trash from cabin and grounds around cabin and placed in dumpster
- Swept cabin floor (including under beds)
- Placed all beds and mattresses back as we found them
- Luggage is moved out of the cabin  
(If it is raining, then all luggage must be packed and on the beds)

Program Staff Signature \_\_\_\_\_ Date \_\_\_\_\_

Counselor Signature \_\_\_\_\_ Date \_\_\_\_\_

THANK YOU!