



2024

SUMMER CAMP

HANDY DANDY

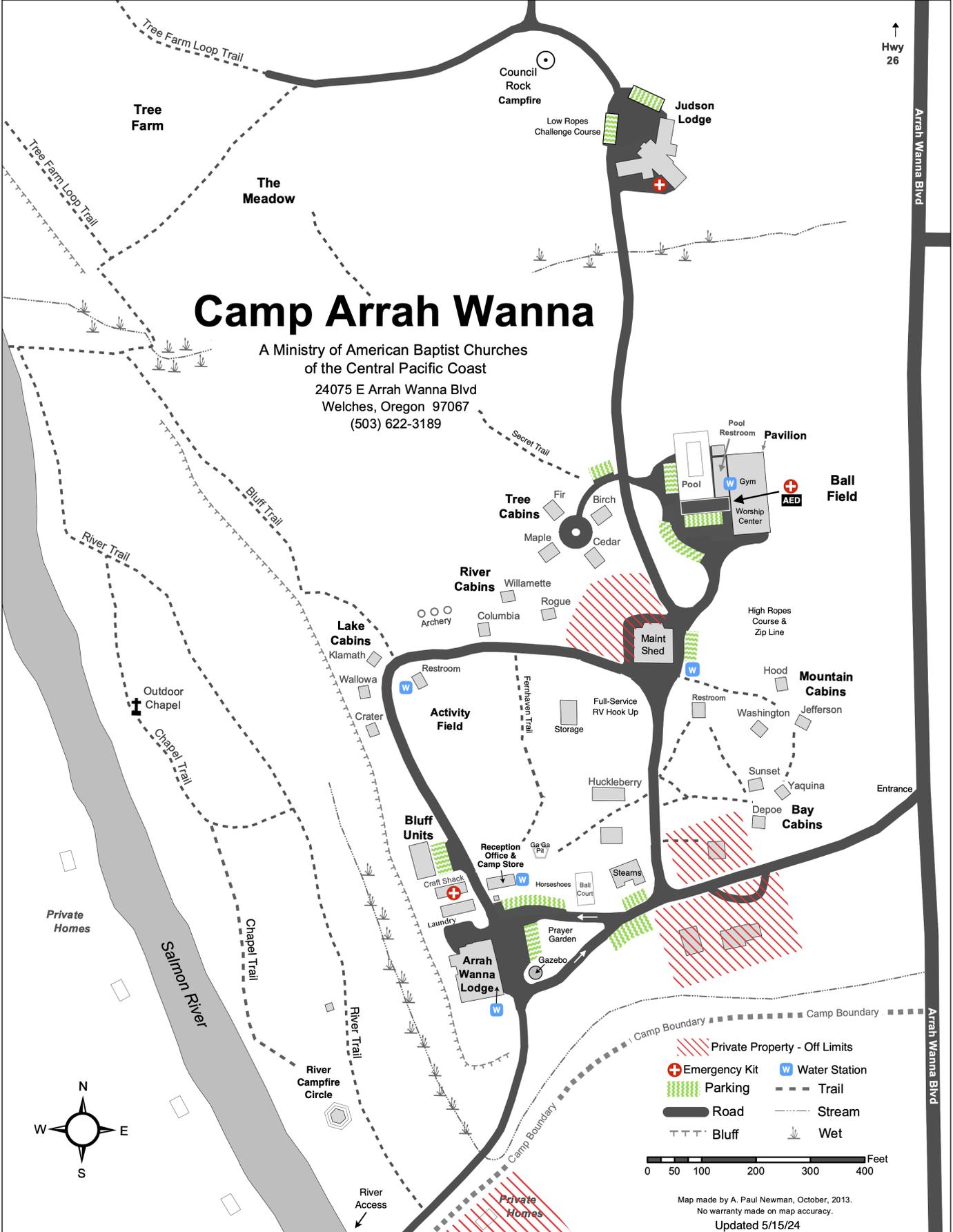
VOLUNTEER

HANDBOOK

Don't assume everything here is the same as last session!



NAME: _____



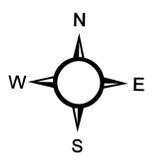
Camp Arrah Wanna

A Ministry of American Baptist Churches
of the Central Pacific Coast
24075 E Arrah Wanna Blvd
Welches, Oregon 97067
(503) 622-3189

Hwy 26

Arrah Wanna Blvd

Arrah Wanna Blvd



- Private Property - Off Limits
- Emergency Kit
- Parking
- Water Station
- Road
- Trail
- Bluff
- Stream
- Wet



Map made by A. Paul Newman, October, 2013.
No warranty made on map accuracy.
Updated 5/15/24

Summer Camp 2024 Who's & Where's

CoreyD	Program Director	(541) 515-4872	Penland Cottage
Karen Lee	Medic	(503) 780-2199	Stearns Cottage
Rick Page	Medic	(816) 536-8188	Stearns Cottage
Sarah Kimmons	Wellness Counselor	(808) 726-5938	Stearns Cottage
Paul Young	Camp Papa	_____	Bluff 2
Judy Young	Camp Nana	_____	Bluff 2
Lataisha Gates	Camp Grandparent	_____	Bluff 3

BOBCATS & FROGS (Grades 1-4):

Sean Williams **Camp Pastor** **(717) 271-1221** **Bluff 4**

FIR CABIN CABIN

CABIN COUNSELORS: Jaden T. _____ & Ivan P. _____

Frogs: Izaiah Bernal Natesh Budden-Cara Finley Crop Simon Nekl
 Elijah Giese Hunter Loftis

BIRCH CABIN

CABIN COUNSELORS: Holly D. _____ & Heidi R. _____

Bobcats: Emmie Loftis

Frogs: Sophia Peiretti Hazel Makowski Ayla Uscanga Adelynn Moore
 Heidi Darling Nyla Wallace

MAPLE CABIN

CABIN COUNSELORS: Tonya W. _____ & Shaila C. _____

Bobcats:

Amiyah Woods

Frogs:

Charlee Baker Rhiannon McElroy
 Mia Woods Madilyn Kimmons
 Charlotte Fondersmith



EAGLES (Grades 5-6):

John Withum Camp Pastor (304) 893-1010 Judson Lodge



EAGLE 1

CABIN COUNSELORS: Jeremy C. _____ & John Withum _____

Ransum Brand Nishal Budden-Cara Landon Carrington Bodie Rasmussen
Brayden Kong Ben Koch Elliot Baker

EAGLE 2

CABIN COUNSELORS: Michael D. _____ & Oscar M.P. _____

Mason Shevchuk Zander Dressel Celilo Freeland Leo Fondersmith
Dillon Ross Grayson Moore Nathan Tenesaca DeMaster

CEDAR CABIN

CABIN COUNSELORS: Tayah C. _____ & Peyton J. _____

Ayele Amuzu Sybil Williams Keira Dressel Isabela Belt
Libby Fitzsimons Molly Welter Allyanna Woods



OWLS (Grades 7-8)

Anthony Young Camp Pastor (360) 589-2730 Bluff 5

KLAMATH CABIN

CABIN COUNSELORS: Steve B. _____ & Nik J. _____

Richard G. _____

Aidan Brand Edward Kong Kaleb Thompson

CRATER CABIN

CABIN COUNSELORS: Chris Baker _____ & Mike B. _____

Gabriel Tenesaca DeMaster Parker Williams Beckett Marksbury Page
Emmett Tucholsky AJ Elliott Holden Leach

HUCKLEBERRY BUNKHOUSE

CABIN COUNSELORS: Zorissa J. _____ & Addy B. _____

Madeleine Anderholt	Val Rigby	Kendra Buoy
Katelynn McCauley	Emma Johnson	Emilea Baker
Maliah Bernal	Gracie Zavala	Willow Hammond
Violet Zimmerman	Emma Jessing	Alyssa Donnahoo



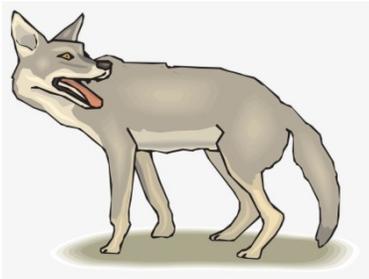
COYOTES & RIVER OTTERS (Grades 9-12)

Kate Satterstrom Camp Pastor (760) 780-8080 Bluff 1

WASHINGTON CABIN

CABIN COUNSELORS: Danielle KYB _____ & Cristi M. _____

Lilli Gebhart Lily Johnson Camper Katie Koch



SUMMER CAMP 2024

Check-In will happen at Stearns Cottage

Those checking in as a church group will check in from 11:30AM to 12:15PM. Individuals checking in with their family will check in from 12:15PM to 1:00PM.

Campers will grab a sack-lunch as they exit Stearns, on the side deck. After checking in at Stearns, Campers & Parents/Guardians can go to Camp Store and take belongings to their Cabin where they will meet their Cabin Counselors and parents/guardians can depart.

Cabin Counselors need to be at their cabins to welcome and take charge of their Campers. When your entire Cabin has arrived, settled in and had lunch, you may leave together. Always stay together!

MONDAY, JULY 15

11:30AM-1:00 PM Check-In @ Stearns Cottage
Camp Store Open
Settling into Cabin Spaces
1:00-3:00 PM Pool Open
3:45-4:45 PM Worship Session #1 @ Worship Center
5:00 PM Dinner Line-Up @ Main Lodge Lawn
5:30-6:30 PM Dinner @ Main Lodge
6:30-7:30 PM Camp Pastor Conversations

Bobcats & Frogs: Stearns Cottage

Eagles: Judson Lodge Main Room

Owls: Worship Center

Coyotes & River Otters: Dining Hall

7:45-8:30 PM Campfire @ River Campfire Circle

8:42 PM Back in Cabins: Cabin Devo's and Getting Ready for Bed

Lights Out: *Bobcats & Frogs:* 9:04 *Eagles & Owls:* 9:42 *Coyotes & River Otters:* 10:15

TUESDAY, JULY 16

8:00 AM Breakfast Line-Up & Talent Sharing
8:30-9:30 AM Breakfast @ Main Lodge
9:50 AM Personal Devo's @ Gym/Worship Center/Ballfield/Parking Lot
10:00-11:00 AM Worship Session #2 @ Worship Center
11:00-12:15 AM *Owls, Coyotes, River Otters:* Craft Shack
Bobcats, Frogs, Eagles: Cabin Free Choice Time:
Hiking, Napping, GaGa Ball, Gym, Camp Store... Stay as a Cabin Group!
12:23 PM Lunch Line-Up
12:30-1:15 PM Lunch @ Main Lodge
1:15-2:00 PM Camp Store Open
2:15-3:15 PM *Camp Pastor Conversations:* Bobcats, Frogs, Eagles
Pool Time: Owls, Coyotes, River Otters
3:30-4:45 PM *Camp Pastor Conversations:* Owls, Coyotes, River Otters
Pool Time: Bobcats, Frogs, Eagles
5:00 PM Dinner Line-Up

5:30-6:30 PM Dinner @ Main Lodge

6:30 PM Volunteers hiding for Counselor Hunt meet at Craft Shack

6:30 PM Volunteers hiding for Counselor Hunt meet at Craft Shack
Get dressed in animal costumes. Discuss/decide who is hiding where and general rules.
CoreyD gets a picture of all the animals before ya'll spread out!

7:00 PM CoreyD or Sarah dismisses Campers by Cabin
Counselor Hunt concludes when the car horns start honking (no Bell Tower)
Cabins gather in front of Sun Deck for awards.

7:45 PM Cookies & Milk @ Sun Deck

8:30 PM Back in Cabins: Cabin Devo's and Getting Ready for Bed

Lights Out: *Bobcats & Frogs:* 9:04 *Eagles & Owls:* 9:42 *Coyotes & River Otters:* 10:15

WEDNESDAY, JULY 17

8:00 AM Breakfast Line-Up & Talent Sharing

8:30-9:30 AM Breakfast @ Main Lodge

10:00-11:00 AM Camp Pastor Conversations
Bobcats & Frogs: Stearns Cottage *Eagles:* Judson Lodge Main Room
Owls: Worship Center *Coyotes & River Otters:* Dining Hall

11:30 AM Lunch Line-Up

12:00-12:45 Lunch @ Main Lodge

1:00-2:30 PM *Bobcats & Frogs:* Archery
Eagles: Prometheus @ Judson Lodge Parking Lot
Owls, Coyotes, River Otters: Cabin Free Choice Time:
Hiking, Napping, GaGa Ball, Gym, Camp Store... Stay as a Cabin Group!

2:45-4:15 PM *Bobcats & Frogs:* Craft Shack
Eagles: Archery
Owls, Coyotes, River Otters: High Ropes Course

4:30-6:00 PM *Bobcats & Frogs:* Prometheus @ Judson Lodge Parking Lot
Eagles: Craft Shack
Owls, Coyotes, River Otters: High Ropes Course

6:15-7:00 PM Dinner @ Main Lodge

7:15-8:15 PM Worship Session #3 @ Worship Center

8:15 PM Cookies & Milk @ Gym

8:30 PM Back in Cabins: Cabin Devo's and Getting Ready for Bed

Lights Out: *Bobcats & Frogs:* 9:04 *Eagles & Owls:* 9:42 *Coyotes & River Otters:* 10:15

THURSDAY, JULY 18

- 8:00 AM Breakfast Line-Up & Talent Sharing
- 8:30-9:30 AM Breakfast @ Main Lodge
Make sure everyone in your cabin packs their sack-lunch and labels it!
- 9:42 AM Be at Main Lodge ready for Lake Day at Timothy Lake!
Camp Store open in case some groups are waiting for shuttles.
- 12:00 Lunch together at Timothy Lake
- 2:23 PM Begin departing Timothy Lake and returning to Camp Arrah Wanna
Clean up. Rest.
- 5:16 PM Dinner
Bobcats, Frogs, Eagles, Owls: Line-Up at Main Lodge
Coyotes & River Otters: Line-Up, dressed to the ritz, at the Pool for RADSAW Awards & Banquet
- 7:00-8:00 PM Worship Session #4 @ Worship Center
- 8:00 PM Cookies & Milk @ Gym
- 8:30 PM Back in Cabins: Cabin Devo's and Getting Ready for Bed
- Lights Out:** *Bobcats & Frogs: 9:04 Eagles & Owls: 9:42 Coyotes & River Otters: 10:15*

FRIDAY, JULY 19

- 8:30 AM Breakfast Line-Up & Talent Sharing
- 9:00-10:00 AM Breakfast @ Main Lodge
- 10:15-11:15 AM Closing Worship Session @ Worship Center
- 11:30-12:20 Cabin Time: Clean-Up & Pack-Up
- 12:30-1:15 PM Lunch @ Main Lodge
- 1:30-2:30 Check-Out @ Stearn's Cottage (Campers will remain in Dining Hall after Lunch.
Parents will complete check-out process at Stearn's, and then come to Dining Hall with check-out ticket.)

VOLUNTEER STAFF: *We will need you to stay with your Cabins and keep them in your seating area in the Dining Hall until their parent/guardian hands you their Check-Out Form. After you have released that Camper to their parents/guardians, please return that Check-Out Form to the Check-Out Table/CAW Staff. It is very important for parents/guardians to meet and interact with our Volunteer Staff. Please do not plan to leave before the last Camper in your care has been checked-out.*





KP ASSIGNMENTS

This week each cabin group will have an opportunity to help set up and clean up the Dining Hall space. Those responsibilities include helping Mr. Richard wipe down tables and chairs, sweep the floor, make sure dishes are all in the bussing station. This includes arriving 10 minutes before the meal time, and staying a few minutes after, to make sure that the space is all ready for the current and next meal time. Someone from your cabin group will also be asked to pray before the meal. And your group will be served first. Mr. Richard is in charge of inspecting and making sure everyone stays on-task and does a good, quality job. He's a stickler! Do it right the first time!

MONDAY DINNER: Washington Cabin

TUESDAY BREAKFAST: Maple Cabin

TUESDAY LUNCH: Eagle 1

TUESDAY DINNER: Fir Cabin

WEDNESDAY BREAKFAST: Birch Cabin

WEDNESDAY LUNCH: Huckleberry

WEDNESDAY DINNER: Crater Cabin

THURSDAY BREAKFAST: Klamath Cabin

THURSDAY DINNER: Eagle 2

FRIDAY BREAKFAST: Cedar Cabin

CHECKING OUT CLEANING ASSIGNMENTS

Everyone will need to be sure to pack their belongings and clean their lodging space during the scheduled time on Friday morning. This includes making sure there are no personal items left, sweeping, wiping down, leaving mattresses leaned upright as you found them, pick up ALL trash/litter. Make sure to pick up all trash in and around your cabin; leave trash can inside the cabin. After you have completed your area and delivered your personal belongings to the Stearns Cottage side-deck, please do the same cleaning for the following locations:

Gym & Worship Center: Eagle Girls & Musicians

Tree Cabin Area: Bobcats & Frogs

Lake Cabin & Huckleberry Area & The Loop Road: Owls

Mountain Bathroom Area & Outside Pavilion Area: Coyotes & River Otters

Mini Golf, Gaga, Basketball, Horse Shoe, Bluff Units outside area: Owls

Main Lodge & Stearns Cottage Area: Frogs & Bobcats

Judson Lodge Area: Eagles Boys

Our Cabin Expectations

We recommend having a conversation with your cabin at the very beginning of the week about what expectations you all want to share for living together in your space during the week. Involve the Campers in creating these expectations; the more they “own” them, the more likely they are to live by them. Here are a few suggestions to get you started:

Always be on time.

Stay in groups of three.

Make sure your Counselor always knows where you are.

Keep food and drinks in closed containers—unless you want ants or mice.

Stay inside cabins after Lights Out.

Be respectful of your cabin-mates:

Keep quiet after Lights Out.

Clean up after yourself.

Don't let your stuff spill into others' space.

No bullying of any kind.

Do not enter other cabins.

Follow your Counselors' instructions.

Keep yourself safe.

Keep others safe.

Always be respectful.

Have fun and help others to have fun.

Make wise choices.

CAMP ARRAH WANNA

Camper Expectations

Parents/Guardians, please read and discuss this document with your Camper so that everyone understands what is expected before arriving at Camp. The mission of Camp Arrah Wanna is to **“provide a beautiful, peaceful and safe environment where people can experience the transforming power of God’s love and find support through healthy relationships and activities”**. In order fulfill this mission and to provide a powerful and spiritually challenging camp experience, we ask our Campers to commit to the following:

PRACTICING RESPECT FOR OTHERS

- Listen when others are speaking [Leaders, other Campers & CAW staff], don’t interrupt, ignore or speak-over.
 - Tolerance: We don’t ALL need to agree, but we ALL need to respect each other’s differences.
 - We are here to learn about how much God loves us:
How can you help show that to every person around you and remember it for yourself?
 - Build each other up instead of tearing each other down:
Don’t gossip, avoid cursing, respect confidentiality when someone shares something.
 - Stay within sight and sound of your Counselor AT ALL TIMES & travel in groups of 3
- PARTICIPATE in all activities – and if you are not physically able, then please be engaged by encouraging others.

INTENTIONALLY AVOIDING DISTRACTIONS FROM MEDIA

- We challenge you to put your phone away, or on airplane mode, for the week
 - Ask others if it’s ok to take their picture
- If you JUST HAVE TO post to social media, only post about yourself rather than others
 - If you want to listen to music during “individual”/private times,
please do so quietly and without distracting others from their activities or quiet times.
 - Music, media, pictures, content needs to be CLEAN & RESPECTFUL
- We do not take technology away from Campers upon arriving at Camp because we understand that it is a part of your daily life, that it may be your camera, that your Bible may be digital. If any technology distracts you from what is happening at Camp, you will receive warnings and tools from your Cabin Counselor or other leaders to help lessen the distraction. If the Camp Director needs to step in, we will talk about storing your device(s) in the Camp Office for the remainder of the Camp Session.

DRESSING MODESTLY

- Be above reproach in your clothing: Dress so that no one questions whether it is camp-appropriate or not.
If you are not sure, it’s OK to ask, but the fact you are questioning may be something to consider.
 - Nobody should be able to see your underwear – EVER.

- Shorts/Skirts should be at least 3-inches longer than finger tips when standing.
- Gentlemen: no form-fitting swimwear or speedo's; shirts stay on unless you are in the pool/lake/river.
 - Ladies: wear a t-shirt or tank top over 2-piece swimming suits.
 - T-Shirts should not be purposefully controversial or offensive.

WORSHIPING GOD TO THE BEST OF MY ABILITY

- Everyone worships God differently! When in group worship times, feel free to express your thanks to God in whatever way feels the most comfortable to you, and...
 - Please make sure your worship does not distract others in a negative way.
- If you need some time to process your emotions, ask a leader to sit with you and remember to stay within eye/ear/voice distance of your Cabin Counselor.

INTERACT APPROPRIATELY WITH OTHERS

- Physical interactions should NEVER exclude others.
- Camp is not the place to cuddle, hold hands, spoon, have extended embracing, kissing, or find your next romantic relationship.
 - Physical violence will not be tolerated.
- Limit physical contact with others. Ask for permission, respect and honor an answer of "no" or other personal boundary setting by others.

At Camp Arrah Wanna we strive to help each Camper have a successful week and our goal is for everyone to remain at Camp for the entire Camp Session. Sometimes this is not possible but our Volunteers and Staff will work hard with each Camper to make this happen.

We have designed our program to have layers of qualified Volunteer Leadership to assist making this happen: Cabin Counselors, Wellness Counselors, Camp Medics, Camp Pastors, and Program Director. Each person serving in these roles communicates with Campers and one another in order to help everyone to find success. We know that every person and every situation is unique and so we will work closely with each Camper's specific needs.

If it becomes apparent that the best option is for the Camper to go home then the Program Director will communicate directly with the Parent/Guardian to make arrangements. We ask that all communications with Parent/Guardian remain between the Parent/Guardian and the Program Director so that we can all be on the same page and so that Camp Arrah Wanna Staff is properly and fully informed as necessary.

**Camp Arrah Wanna's
Auction & Banquet
Fundraiser**

Celebrate the
Roaring
20's
*and 100-year
Anniversary of the Arrah Wanna Lodge*

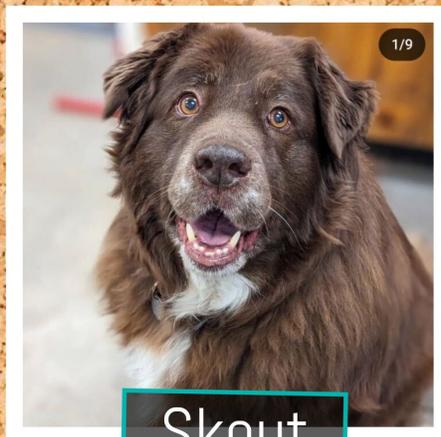
SAVE THE DATE:
Saturday, Oct 19
5:30pm

More details coming soon...
camparahwanna.org

Meet the Camp Dogs



Drax



Skout



Bam Bam



Sam

We love dogs here at Camp Arrah Wanna! Because our dogs live here year-round, we know them and they know (or are learning) the rules of being a Camp Dog. That's why they get to be here and other dogs do not. They are all friendly and have their own personalities and would love to be your friend.

You can help the Camp Dogs be successful by...

- Never feeding them.
- Always ask their owner before approaching or petting
- Let them sniff your hand before petting them.
- Don't wrestle, hug, or pull on a dog or their collar.
- Respect their personal space.
- Don't call a dog toward you; they are learning to stay or walk with their owners.



Camp Arrah Wanna
IS HOME TO WILDLIFE!



Please always respect their space.

Never approach wildlife: keep a safe distance of at least 100 yards.

Any animal will become defensive and strike out when cornered.

Never, ever feed animals. Feeding one attracts ALL wild animals.

Keep lids on trash cans and do not litter.

Keep food away from windows and doors and in airtight containers.

Empty trash to main dumpsters every night. Any trash will attract them.

Always travel in groups of THREE (3) or more.

Always travel with a flashlight after dark.

Many animals are more active at dawn and dusk.

Be alert and aware of your surroundings, always.

Make plenty of noise so that you do not startle an animal.

Our CAW deer families are not afraid of people. Please do not harass them.

They *will* still respond defensively if cornered.

Never approach cubs or babies of any animal. The mother is nearby.

Give any animals room to escape, don't let them be cornered.

If you see a bear, leave the area. Stay calm. Do not run or make sudden movements. Back away slowly and avoid direct eye contact.

If you encounter a cougar that does not retreat, stay calm and stand your ground. Maintain direct eye contact. Pick up any children, but do so without bending down or turning your back on the cougar. Back away very slowly. Stay together. Do not run. Running triggers a chase response in these predators, which would lead to an attack. Raise your voice and speak firmly. If the cougar seems aggressive, raise your arms and make yourself look larger and clap your hands.

In the unusual even that a bear or cougar attacks you, fight back. Shout. Be aggressive. Use rocks, sticks, tools, hands, anything to fend off the attack.

If you should encounter a bear or a cougar:

Get everyone inside a building and close the door.

Please let Camp Arrah Wanna Staff know as soon as possible.



Thank you for visiting Camp Arrah Wanna! It is our pleasure to have visitors at Camp and we are glad you are here. We are committed to *“providing a beautiful, peaceful and safe environment where people can experience the transforming power of God’s love and find support through healthy relationships and activities.”*

Here are just a few ways you can support our mission during your visit.

Begin your stay by picking up keys, and additional instructions or waivers, from the metal mailbox at the Office door. This is where you can also leave your completed waivers if you have not already returned them. Then text your CAW Staff contact that you have arrived.

At the conclusion of your visit be sure to leave any Camp keys in your lodging and let your CAW Staff contact know that you have departed.

Be sure to close all doors/gates/entrances behind you, turn off all lights and heaters, and close all windows. Please leave everything as you found it.

Please know, understand and follow current COVID-19 prevention guidelines from the CDC, State, and Local governing entities. In the case of an emergency, dial 911 immediately and then inform CAW Staff as soon as possible so that we can be of assistance to you and emergency personnel.



We always encourage guests to drive as little as possible while on Camp. We understand that is not always possible and so please observe the 10 MPH speed limit when you do need to drive and only drive and park in designated areas. Riding in the bed of a pickup or on the outside of a vehicle is also prohibited.



DO NOT ENTER the following areas: Kitchen, back of Lodge (dock, freezer, etc),



Maintenance Shop & Area, Swimming Pool, Laundry Building, any other areas that say DO NOT ENTER. Please always abide by ALL posted signs.

Take all trash, garbage, recycling with you. We do not check receptacles around Camp during limited-use months. Any piece of trash will attract animals/insects and cause a big mess. You are welcome to leave your trash/recycling/returnables in the appropriate dumpsters next to the Main Lodge.

Do not move mattresses or any other furniture or items from one lodging to another.
Please leave all spaces, indoor and outdoor, in the state in which you found them.

We hold Lost & Found items for 30 days. Unidentified items are then taken to a local donation center.



Please respect our Staff who live on site and do not visit or come to their private residences/yards/driveways without first receiving their invitation.

We are often on a fire ban in the Mt Hood National Forest. **Always** check with our Staff before building *any* fires so that we can communicate how and whether that can happen.



CAW is a drug-free space. Illegal drugs, recreational marijuana, alcohol and firearms are not allowed on CAW property. Smoking is not allowed inside any CAW lodging or facility; please ask us for information about designated smoking areas. **Pets are not allowed at CAW; if you have a certified service animal please let us know.**



Keep your distance from all wildlife. Do not feed or harass wildlife. Always stay alert and aware of your surroundings; there *are* predators in our area.



Please do not enter any Lodgings/Cabins without first checking in with Staff.

In fact, we recommend asking ahead of time if there are any locations you should not enter. There may be other visitors present or work projects in progress.



You are welcome to take time to slow down, pray, meditate, listen in our Prayer Garden! We won't disturb you while you're there! Find a small stone, write or paint a prayer on it, and take it with you on our Prayer Walk Path to leave at the cross. The walk starts at the Bluff Trail next to the Lake Cabins. Some stones are available at the trailhead, behind Klamath Cabin.



Laura Young, Executive Director: Office: (503) 622-3189

On Site Staff:

Sean Clark, Facilities Director: (503) 803-2554

Corey Hughes, Program & Promotions Director: (541) 515-4872

Anna Baker, Guest Relations Director: (360) 718-1827

CAW reserves the right to ask any visitors to leave the property at any time, for any reason, for the well-being of all individuals and property.



Program Responsibility Chart

Program Director

Camp Medic

Manages the physical health needs of all Campers. Administers all medications. Keeps a record of all medical information. Checks all Camper meds in & out with parent/guardian.

Wellness Counselor

Supports Counselors and other Volunteers by providing and teaching tools to manage behavior, anxiety, trauma, ADHD, or other special needs. Is present thru the week to observe and guide Campers and Volunteers alike.

One-On-One Buddy

Works alongside Wellness Counselor, Camp Medic, Camp Pastor, Cabin Counselor in ensuring the success of a specific Camper and their special needs. Stays in the Cabin with their Camper Buddy alongside the Cabin Counselor and Counselor-In-Training.

Camp Pastor

Shepherds Campers and Volunteers thru the week. Coordinates the Worship Session times with speakers, icebreakers, Worship Team. Assists Counselors in discussion/cabin/Bible study times. Leads others thru daily schedule, keeping everyone on track and on time.

Band/Worship/Praise Team

Works alongside the Camp Pastor to create a meaningful and productive time during the Worship Session. Chooses songs and worship elements with the diversity of Campers in mind so that all have an opportunity to worship and learn safely and comfortably.

Cabin Counselor

Lives alongside Campers in their cabins helping them to navigate shared space, eat & sleep well, practice good behavior & hygiene, and stay present. Participates in all activities alongside Campers, encouraging Campers to as well. Facilitates discussion, Bible study, and some activities.

Counselor-In-Training (C.I.T.)

Shares all of the responsibilities of the Cabin Counselor under the supervision of the Cabin Counselor. Serves as support for the Cabin Counselor, reports to and stays in communication with Cabin Counselor.

Camp Grandparent

Helps to build a bridge between all the generations by being present at all activities, hanging out with Campers and Volunteers, being a positive, encouraging role model. Is present to step in and give other Volunteers a break or extra help as needed.



Counselor Tips to Start the Week Off Great!

Pick a bunk for yourself that gives you easy, quick access to the door. You want to be able to hear if someone comes or goes in the middle of the night. You will also want to be on a bottom bunk in case you need to wake suddenly and help someone in the middle of the night. Get yourself all unpacked and settled so that you can be available to help Campers do the same as they arrive.

Make sure that you know who the leaders are in nearby cabins. Make sure that you know the route to the restrooms, showers, Lodge, Office, other important places, from your cabin in case you need to get there quickly or in the dark.

Pray over your cabin space and the Campers who will soon be arriving. Pray for yourself and do whatever you need to do to become centered, calm, prepared.

Decorate your cabin space. Did you bring Christmas lights? Streamers? A camping chair or folding card table? Name tags for your Campers to place on their bunks? Have something to do to occupy time for yourself and Campers that arrive early: A deck of cards, coloring or activity books, bubbles, trivia questions, other age-appropriate activities/games.

Enthusiastically greet Campers and their parents/guardians. Introduce yourself by name and find something in common with each Camper and parent/guardian. Are they wearing your favorite school's logo? Do you have the same sunglasses?

Make sure to give special care and interest in each Camper and their parents/guardians. Show maturity and good judgment so that parents/guardians know that they can trust you with their most precious possession: their child. This also shows Campers that they can trust you and are safe with you, which will go a long ways in your relationship with them thru the week and prevent them from experiencing homesickness.

Remember everyone's names. Remember random facts about each Camper. Find things that you share in common, things that you can talk about together. Give equal attention to all; do not show favoritism. Include everyone in greeting newcomers; introduce new Campers to those who have already checked in.

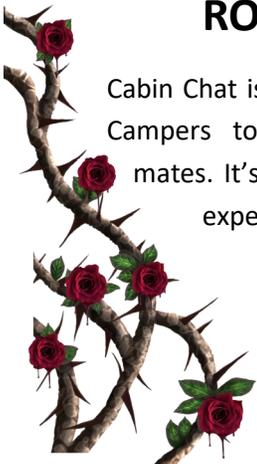
ROSE, THORN, & BUD CABIN CHAT

Cabin Chat is a good tool for any time of the day, but especially at the beginning or end to a day. This helps Campers to come together and reflect on their day or week and to connect with their cabin mates. It's a powerful way to debrief the day, and allow Campers to have a moment to speak from their experience, and also listen to perspectives of other individuals.

ROSE: Tell us what was good about this week

THORN: Tell us something that challenged you this week

BUD: Tell us what you are looking forward to in the coming days



THINGS TO KNOW: POLICIES & PROCEDURES

What is Camp Arrah Wanna about?

“To provide a beautiful, peaceful and safe environment where people can experience the transforming power of God’s love and find support through healthy relationships and activities.”

How do YOU fit into that picture? **Every person has gifts and purpose**

1 Corinthians 12:7: *“Now to each one the manifestation of the Spirit is given for the common good.”* ...in other words, every-one is given spiritual gifts, so that God is glorified through your...

SERVICE TO GOD BY SERVING OTHERS “for the common good”

Your gifts are not for you, they are for you to serve/bless others!

What does that mean about how we live and work?

Philippians 1:27-30 (The Message)

²⁷⁻³⁰ Meanwhile, live in such a way that you are a credit to the Message of Christ. Let nothing in your conduct hang on whether I come or not. Your conduct must be the same whether I show up to see things for myself or hear of it from a distance. Stand united, singular in vision, contending for people’s trust in the Message, the good news, not flinching or dodging in the slightest before the opposition. Your courage and unity will show them what they’re up against: defeat for them, victory for you—and both because of God. There’s far more to this life than trusting in Christ. There’s also suffering for him. And the suffering is as much a gift as the trusting. You’re involved in the same kind of struggle you saw me go through, on which you are now getting an updated report in this letter.

Philippians 4:8-9 (The Message)

⁸⁻⁹ Summing it all up, friends, I’d say you’ll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Put into practice what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies.

Maintain Professionalism:

Ask yourself, what message is conveyed to Campers, Parents/Guardians, others you are serving alongside, with the way you are dressed and presenting yourself?

Are your clothes professional? Do you need to adjust your cell phone or headphone-wearing habits? Is your body, your hair, your clothes properly groomed and clean/washed?

Are your clothes modest/appropriate with holes and graffiti at a minimum?

Use appropriate, professional words. Do not grunt at, be sarcastic, roll your eyes at others.

What would be a proper relationship with Campers, Parents/Guardians, other Volunteers?

Remember, you are part of a Team. We are in this together.

You are expected to respect and value everyone else.

Respect Differences.

Respect each other's space, and the common space.

Use edifying language and hold edifying conversations.

Communicate clearly. Talk TO one another, not ABOUT one another.

Do not gossip.

Do not slander.

Do not bully or nit-pick.

If there is a grievance, take care of it right away. Don't let things simmer.

Proverbs 12

Matthew 5:23-24

Matthew 18:15-17

Come alongside one another, support each other, help each other.

In work, and in personal/down-time.

INCLUDE others: DO NOT FORM CLICKS.

Attitude is contagious. Keep a close eye on your attitude.

Two things happen when someone is a complainer:

- 1) They create a toxic, contagious spirit which brings others around them to a negative place
- 2) They annoy and drive others around them crazy and cause them to not want to be around them because of their negativity

Guard your spirit. Guard your attitude.

Communication: This is a key ingredient in most all challenging circumstances. Whether it is interpersonal conflict, safety or security, or accomplishing daily tasks. If you are uncertain than please aim to ask or tell rather than ignoring or not dealing with it.

Relationships: Remember that you are here to invest in and serve the Campers, NOT to find romance with other Volunteer Staff and for sure not with Campers! By partnering off into couples you are, by nature, excluding others from the fun. This does not jive with the purpose of being here to serve Campers.

Parking

Please park only in designated parking areas: the Main Lodge/Office parking lot, the space across from Stearns Cottage, or the Pool/Gym Parking lot. If you are lodging at the Bluffs, please park there. If you are lodging at the Tree Cabins, please park in the designated parking spots there. There is NO PARKING at the other cabin circles. Please drive 10 MPH or under while at Camp and ONLY drive on paved or gravel roads. We encourage a minimum amount of driving while at Camp. Remember there are grownups, children, and pets on the roads.

Camp Equipment & Property

Please take care of everything. We have done A LOT of upgrading and fixing and getting “new” around Camp, but we still have a long ways to go. Just because you see some new things does not mean we have budget to replace every little thing. CAW is over 80 years old and we are a non-profit organization, we do not have time or money to fix or replace every little thing. Please help take care of things, put everything away properly ALWAYS, immediately. Help make all the things last many more years!

A Note on Health

Each age of Camper has its own varied set of special needs and issues. As Campers grow older they are better prepared and equipped to take care of themselves; when they are younger they often need reminders for daily hygiene and a lot more—or maybe just different—Tender-Loving-Care. While we operate with compassion because we care about their well-being, we also do not want to coddle or keep them from doing for themselves. We want them to learn their full potential. With all of this in mind, our Medics do not need called or pulled away for every little scrape or band aid. Often it becomes a fad, or attention-seeking device, to go to the Medic over every little boo-boo. This can lead to zapping away multiple volunteers' time and take away from the camp experience for all. The bigger deal is made of something, the bigger deal it will become. Please use your judgment and be as helpful to Campers and to the Medic as can be. Keeping the Medics and Wellness Counselor and Program Director informed is always appreciated, even if you tend to the issue yourself.

Be alert, and paying attention to your Camper's health. If they are not feeling well, we need to get them to the Medic in case they need to be quarantined or anything else. Sanitize, Wash, and be respectful of one another's space: physical, emotional, spiritual, all.

Rule of Three

We are responsible for the safety and well-being of other people's children and so we must always keep all things in the arena of safety as a priority. Some of that involves making sure we are always keeping Campers under the supervision of a leader. A good measure of this is called the "Rule of Three" which states that no Camper is ever in a group of less than three people, whether it be two other Campers, two Leaders, or one Leader and one Camper. This protects anyone from coming to harm from another person, it protects others from a false accusation of wrongdoing, and it enables one person to get help and another to stay with an injured friend.

The Rule of Three exists to protect us all.

Again, as stated earlier, not every situation is the perfect ideal and we do need to remain adaptable. The key to remember is that if you cannot be present with your Camper, you should be eye or ear distance from them, or at the very least know for certain where they are located so that if there is an emergency you will be able to know without a doubt where they are.

We regularly see bathroom and drink breaks become an unnecessary distraction during Worship Sessions or other activities. Please help your Campers to remember to go to the potty or get a drink of water before starting new activities so that they don't have to interrupt what is happening. Discourage leaving Worship unless absolutely necessary and only allow one at a time to leave during that time. Yes, this is contrary to the Rule of Three, but it makes it less fun to leave together. You can keep track of who is coming and going and track them down if they are gone for an unreasonable amount of time. Obviously, you will manage these scenarios differently for First Graders than you will with Twelfth Graders.

The Golden Rules of Supervision

ALWAYS REMEMBER: IT ONLY TAKES A MOMENT FOR ANY INCIDENT TO HAPPEN!

- 1) Be within eyesight of your campers at all times, except in the case of #2...
- 2) Be within earshot of your campers when they are changing or showering.
- 3) Stay in public. Whatever you do with campers must be done out in the light of day or in the presence of other adults. You should never be one-on-one with a camper behind closed doors.
- 4) Use double-coverage. When supervising showers, changing or other similar activities, there should always be at least two adults present.
- 5) Watch for over-stimulation. If you sense a situation is getting out-of-control, slow it down before it becomes an accident.
- 6) Address undesirable behavior immediately. Explain what you expect of the campers, reminding them of the camp's general rules and codes of conduct.

All children bring two kinds of baggage to camp. They bring the suitcase packed with their snow gear and t-shirts, and they bring their emotional baggage—what is called the “other duffel bag”. Emotional baggage is the “growing up stuff” that all children work on in their long journey toward maturity. It includes things like learning how to wait, sharing, asking for help, being patient, not always having to be first, making a new friend and over-coming fears.

Children practice “growing up” on counselors by unpacking their emotional baggage all over them. In other words, campers will often behave in ways that will give you an opportunity to show them more grown up ways of acting.



Sometimes a kid is driving us absolutely bonkers. Maybe their behavior is constantly like that, or maybe their behavior suddenly changes. We find ourselves asking, “WTF?”:

What’s The Function?

In other words, what is causing the behavior?

Is this behavior a response to trauma?

When we take the time to slow down and think through this, instead of reacting to the behavior, we can help their brain to go back to managing itself, instead of just continuing the cycle by being reactionary to the behavior. It helps us to have some grace as we work them thru it.

Keeping in mind that one of our major purposes is to guide Campers into maturity, in relational interactions, decision making, and matters of faith, it is therefore important for us to model these things. We often do this by our own interactions with one another and with the Campers themselves.

We unfortunately live in a world where various types of abuse are prevalent. We see abuse in our schools, neighborhoods, churches, families. It is important for us to keep an eye out for signs of abuse in our Campers. Sometimes signs of abuse come across as how the abused person responds to others, and sometimes it comes across as how the person treats others. Here are some signs to keep an eye out for which may indicate something that needs attention:



Power dynamics: kids scared of one “leader” amongst them

Individuals being isolated, outcast, excluded, sometimes by choice

Retaliation: he did this, so I did that...

Inside or inappropriate jokes

Singling individuals out

Physical dominance

Bullying, teasing

Isolating themselves

Verbal aggression

Avoiding others and/or avoiding participating

Exchanging (giving up) personal items

Testing privacy and personal boundaries

Changes in eating habits

Difficulty in communicating

Changes in demeanor

Clingy, seeking protection

The Role of the Counselor

YOU ARE TRUSTED: When parents send their children to camp, they are entrusting the camp professionals with their most precious possessions. By serving as a volunteer leader at camp, you are taking on a great deal of responsibility. Be responsible with that trust.

YOU ARE A ROLE MODEL: Know that being a role model comes as part of being a camp counselor. Your campers will always be watching you, and may even mimic your attitude, participation level, what you do and how you talk. Keep that in mind at all times.

YOU ARE THE ADULT: It can be easy to slip into less mature ways of acting when surrounded by children. But remember, you are the adult. Don't "pick up the rope" or get into control battles with campers. Instead: a) use countdowns, b) give choices or options, c) offer to help them, and d) make them "right" about what they are right about.

YOU SET THE TONE: If you scream a lot, campers will likely tune you out or scream back. If you are sarcastic or judgmental, your campers will likely be as well. Fortunately, if you are respectful, you can ask the same of your campers and fellow counselors. Set a positive tone to ensure camp is safe and fun for everyone.

YOU CAN MANAGE BEHAVIOR, BUT NOT CHANGE IT: The roots of any child's behavior are deep and your time with them is limited, so focus on ways to manage behavior rather than trying to change it.

There are multiple people on site here at Camp, Staff and Volunteers, who are considered Mandatory Reporters by the state of Oregon. A Mandatory Reporter is someone whose job involves working with children and is required by law to report signs of abuse or neglect. Reporting something that concerns you is NOT harmful to the child; when a report is filed it is done so anonymously and only provides the opportunity for a check-in on the child's welfare. It does not mean that the family is in trouble or on report.

Often these signs mean nothing but if they do mean something and are not reported then the child is in more danger than if they had been reported. The idea of reporting individual signs is that one person at some level can put all of the different puzzle pieces together to gain a fuller picture of each child's situation. It may seem like a trivial thing you are observing, but if the child's teacher, uncle, and neighbor are also reporting similar things then it is possible your report may help fill in the bigger picture. If you have any questions or concerns regarding any of this, please do speak to your Camp Pastor or the Program Director.

Similarly, we want to make sure that we all are also above reproach, that we also are managing ourselves in a way that keeps Campers safe and prevents anyone from even suspecting our behavior is not ethical. This means that we are never sharing in inappropriate conversation, touch, jokes, music, videos, references, etc. with Campers. You are here as a leader, you are not their peer, and so you need to behave as a healthy, positive example with them.

It is also very important that you maintain strict guidelines physically with the Campers for yourself. You are not to rough-house with Campers, let them sit on your laps, lift them up physically, or otherwise touch Campers. A good rule-of-thumb is to only do “sideways” hugs, and to not touch any part of another person that is typically covered by a t-shirt and shorts. Particularly when you are in situations where there are fewer leaders present and especially in swimming times at the pool or lake, these guidelines must be followed. Again, these expectations are just as much for the safety of yourself as for the ministry of Camp Arrah Wanna and we encourage you to remind and hold one another accountable to them. These are guidelines followed by most all organizations working with children and youth.

Some Miscellaneous Items

It is always easier to have rules early in the week and to loosen the reins later. As you develop relationship with the Campers through the week they will trust you and you will have an easier time maintaining control while loosening the reins later in the week. However, if you start off with loose reins... you will have lord of the flies halfway thru the week.

Do not use your personal vehicle to haul Campers, or their belongings. Without parental permission it is not appropriate for you to be transporting them. It is also not appropriate to haul their stuff back and forth from check-in and check-out points. Part of the Camp experience is to work together as a cabin group to carry each other’s stuff. It provides one more opportunity for everyone to share a task together. It is also not fair for one cabin to be hauling their stuff along, and another to have their counselor driving it back and forth.

We discourage any excess vehicle use on our roads as much as we can.

Only CAW Staff is allowed in the CAW Kitchen. We are a county-certified food-safe facility and—just like any of the restaurants you may visit—guests cannot enter our kitchen. Our Staff works hard to keep a Dining Hall Host or Guest Host available for any needs that may pop up. This is also true of the Maintenance Shop, Staff Housing, construction areas, or any other Staff Only areas of Camp. Even if you once worked at Camp, your current role this week(end) does not permit you the same privileges now.

Please dedicate yourself to the age and grouping that you are assigned to serve this weekend. Every Camper deserves our full attention and this is best accomplished when we stick to the role we are given.

If you have kiddos or grand-kiddos or kiddos from your church, sure, of course, greet them, check in on them, encourage them, enjoy being at Camp together, but please remember to give them space to be a Camper, and to make sure you are focusing on the role and task you have for this weekend, including the Campers you are assigned.

Campers are Campers this weekend: There are some Campers who have worked at Camp, who live at Camp, whose parent/guardian is serving as a Volunteer this weekend. They may be used to different expectations and freedoms at other times, but this weekend they are here as Campers. They don't get to go to your lodgings or any other space that any other Camper is not allowed to go to. Please make sure to communicate this with them and set them up for success.

Technology Etiquette

It is a tough call for this era, and we are doing our best to find what works but so far our policy is that we do allow Campers to have their phones/devices with them. Our job is to teach them to be responsible members of community (here, and "out there"). That is not done by taking things away, but by guiding them on what is appropriate use. You have the authority to remind them to refocus, to set it aside, to participate and focus and be in the moment. If there is an individual having problems with this, please ask us for help! So far this policy has worked very well and our Campers have found success in this area.

Remember—for yourself, and remind your Campers—to be wise in what is posted or sent on social media or to others as well. Perspective on how something appears from the outside is not always as it is for those present in "real life"; an inside joke to all of us at Camp may come across totally different to folks looking in via the social media. Is what I am posting or saying glorifying God? Is it tearing someone down? Is it healthy or destructive toward the ministry happening here?

Our job is to teach and model for the Campers how to be responsible, and to hold them accountable for being responsible and within proper boundaries...and we do this by doing the same ourselves.

Traditionally we have also discouraged phone calls home, particularly when a Camper is struggling with homesickness or having a hard time at Camp. Often hearing a parent's voice only serves to increase those feelings and so we have focused on redirecting and distracting.

This is a more difficult task now with technology in that every Camper has their own phone and ability to contact home without us even knowing. Just be aware and navigate this issue the best that you can while staying in touch with your Camp Pastor, the Wellness Counselor and the Program Director.

Every situation, every individual, is going to be different.

Be adaptable, yet stick close to our standards.

We need to trust and use our common sense and good mature judgment...

But also do not be afraid to ask for help!

Don't let yourself be burned out and don't let you or your Campers have an experience that causes them to have a negative experience.

On Unity

We serve a very wide and diverse range of Campers, churches, and families. These individuals all come with different worldviews. In order to provide a safe place for *all* we need to respect our many differences and focus on the things we share in common.

“We should bring men to Christ, not to our own particular views of Christianity.”

Charles Spurgeon

We are not here to conform others into our worldview: We are here to point them to Jesus. Sensitive subjects or subjects that are controversial and “hot-topics” culturally, in the media, etc., can be referred back to the home church or family if a Camper has questions.

Remember that things that are “majors” to you, may be “minors” to someone else. Our role is to display to our Campers (and the world) how to serve together in a way that honors these differences and honors one another. We have more in common than we think if we are willing to see.

The ways that we choose to love and serve together in unity are important visuals for our Campers as they watch those they look up to navigate the waters of living into our differences. These are the teachable moments that perhaps leave the most impact on the Campers and fully display the fruit of the Spirit and the fullness of the Gospel.

Navigating such relational situations is a challenge in some way for most all of us at all stages of life. Looking back to our purpose of challenging Campers to become “more” and to realize that they are “more” than they realize, to challenge them out of their own status quo comfort

zones, all of these life lessons and how we navigate and guide them in handling them, are key parts of our mission and the kinds of followers of Jesus that we want our Campers to be learning to become.

Ephesians 4:29: “Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.”

Ephesians 4:2: “With all humility and gentleness, with patience, bearing with one another in love..”

Paul tells Timothy to have nothing to do with “godless chatter”, and to deal with a person one-on-one when in conflict, and to then bring an elder, or witness, if necessary if it goes unresolved. If you have an issue with someone, their leadership, their way of doing something, something you saw them do, a concern...it is your responsibility to go to them. If necessary, it is your responsibility to go to one of the Camp Pastors or the Program Director. It is not OK to talk amongst all the Counselors or other volunteers, and it is not appropriate to include Campers in such conversations.

We must express peace through our own relationships here at Camp. When we handle our frustrations and disagreements in this way, we live out the fruit of the Spirit, and we show one another and our Campers a way that is different than the way of the world...and we therefore plant the seeds of many more great things that God can do through us and Camp Arrah Wanna.

Galatians 5:22-23: “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law...”

Please turn to the next page, “VOLUNTEERING WITH OUR PROGRAMS”, for how this looks.



Contemplative **RETREAT**

September 20-22, 2024

FRI 5PM to SUN 11AM

A weekend to slow down and find rest and transformation through guided contemplative practices such as Silence, Prayer, Scripture, Walking, Sitting, Listening, Conversation and Creativity.

Register Now:
www.camparrahwanna.org
Registration Closes September 6!

Prices range from \$100 to \$150,
depending on your lodging
choice, and includes 5 meals.

Facilitators:
Jeff Savage, D.Min.
Rev. Doctor Erika Marksbury

* mountain hiking not included in the official program

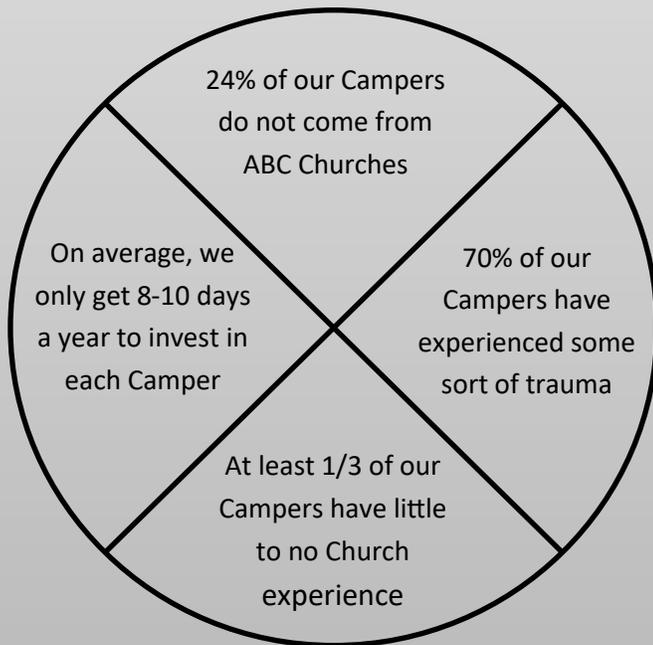


www.camparrahwanna.org

24075 E. Arrah Wanna Blvd, Welches, OR 97067

(503) 622-3189

Volunteering With Our Programs



Each of our Campers and Volunteers brings with them a totally different view of the world and a unique faith experience. This diversity is a wonderful quality of Camp Arrah Wanna, but it can also be divisive if our differences separate us. To make our time most productive we focus on a common goal: To see those around us—Campers and Volunteers alike—growing in their faith and identity in Christ. **We accomplish this by leaning into the mission statement of Camp Arrah Wanna, together, which is:**

“... to provide a beautiful, peaceful and safe environment where people can experience the transforming power of God’s love and find support through healthy relationships and activities.”

To fulfill this mission in the Programs we host, Camp Arrah Wanna will...

- ...welcome, encourage and support all who come.
- ...commit to hold Camp only if adequate, trained leadership staff is in place.
- ...seek ongoing, year-round opportunities to train and equip our Volunteer Staff, and require participation.
- ...communicate with churches and families about the Camper’s experience before and after Camp.
- ...support, promote and encourage Campers to participate and be involved in their local church & community.
- ...seek out Learning Materials and themes that exemplify God’s love for all.
- ...create an environment which brings diverse people together as friends and family.
- ...focus on the person and character of Jesus as revealed to us in Scripture.

A few expectations to guide us along the way together:

- Be sensitive to the language that you use and the message it conveys.
- Avoid very “church-y” or “Christian-ese” words or terms. Some may have no idea what you mean. If necessary, explain or define it.
- Be OK with adapting your vocabulary to make others more comfortable.
- Be OK when someone says something differently than you might.
- Do not demonize the world, government, schools, culture, political parties. Avoid “us vs. them” scenarios. Speak with hope, not out of a place of fear, or that inspires fear.
- When conversations turn to controversial or divisive topics (politics, gender, sexuality, theological differences, etc.), practice ways to encourage Campers to ask parents, pastors, leaders at home. Use caution and wisdom when sharing personal stories, and avoid making it about your opinion.
- Seek to be constructive not critical, helpful not complaining, productive not negative. Your attitude is contagious. The type of energy you put out will affect others.

Remember...

...we all have different learning and leadership styles. Be OK with doing something different than you are used to—it may be an opportunity for you and Campers to learn from someone else’s practice. Your “normal” may in fact be just as uncomfortable for others as theirs is for you. Recognize that no one single experience is the end-all.

...be gentle and cautious in challenging others, in calling upon them, on conducting altar calls. Many folks have severe anxiety over attention drawn to them, while others seek opportunity to be the center of attention. We want our Campers to make choices because they are led by the Spirit, in the timing that works for them, not because they are pressured by their peers/leaders or overcome with fleeting emotions.

...that for some, Camp Arrah Wanna is a gentle introduction to God’s love. For others, it is a place to strengthen their faith by giving them a safe place to explore or question. Be aware of each generation’s culture, so that we do not drive them away from Camp and create a road block in their faith journey. Let’s make a positive impact with the little bit of time that we have together.

...to stick with the themes and Learning Materials that we have provided. They are prepared purposefully with the greater audience (Campers, Volunteers, Families, Churches) in mind and will help us all to continue heading in the same direction.

We have all experienced a culture that encourages people to cling to their opinion, and exercise their right to coerce others to think, feel, act and believe the same as themselves. Here at Camp Arrah Wanna we want to be a place where everyone can learn to value others, safely living and serving alongside one another and learning from our differences.

Check-In Friday (8/30):
4:00-6:00 PM
Check-Out Monday (9/2):
12:00-1:00 PM



Friends & Family Camp

August 30-September 2, 2024

REGISTRATION NOW OPEN!

www.camparrahwanna.org

ALL REGISTRATIONS CLOSE
AUGUST 16 @ 11:30 PM.



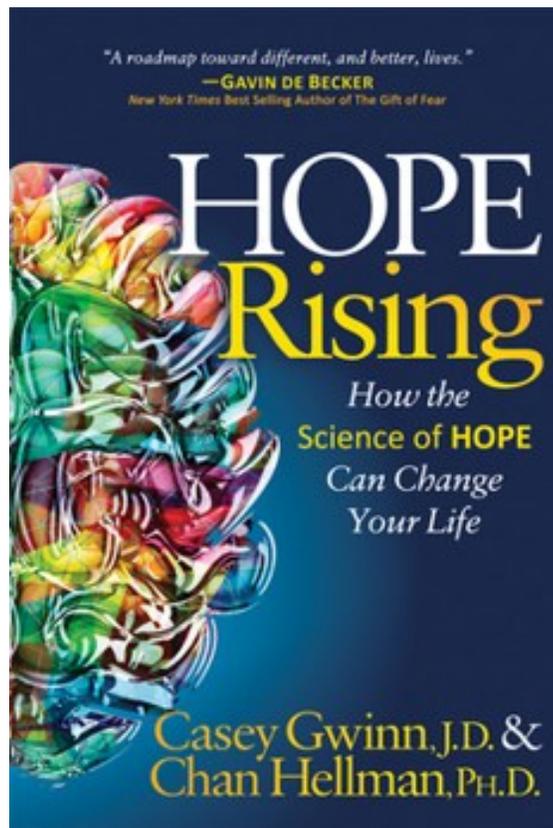
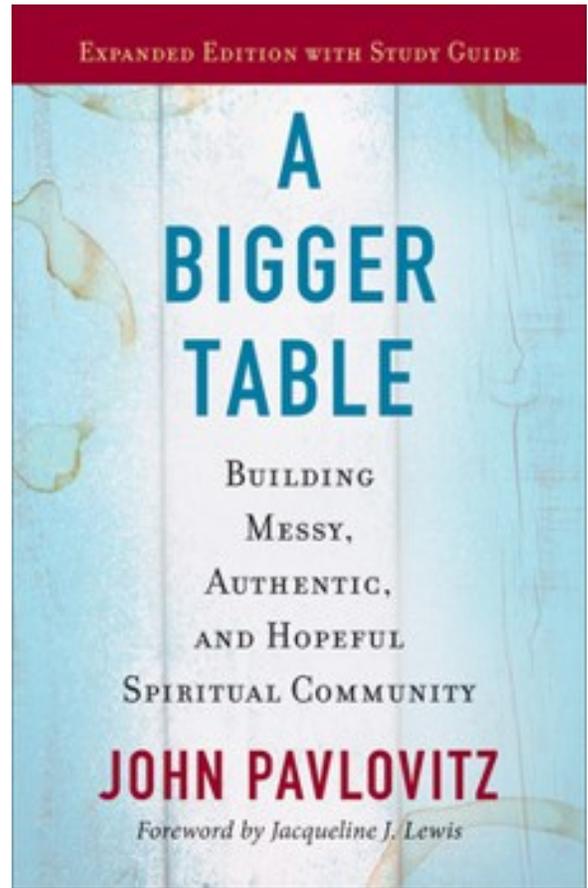
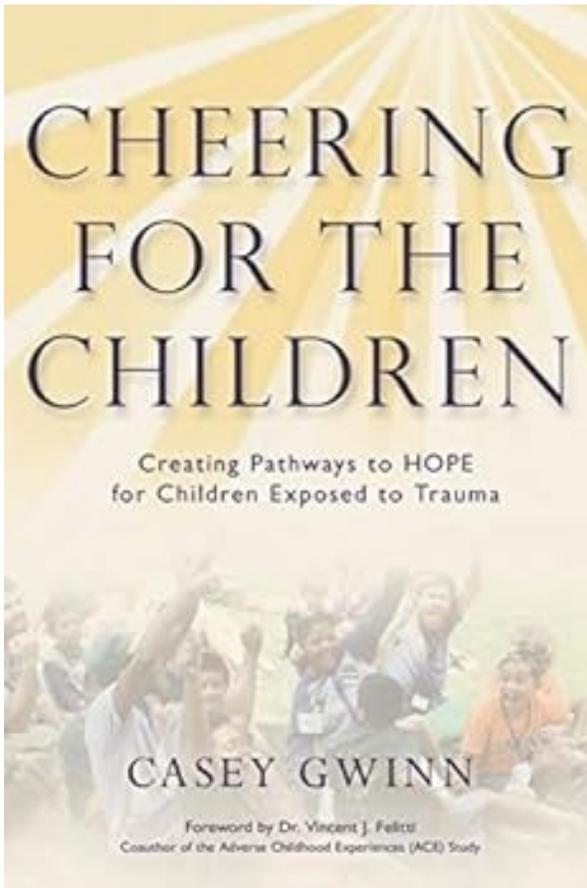
Come for one night, or stay for all three!
Choose your lodging and which meals to enjoy!
Prices will vary based on these choices.
Children age 4 and below are FREE, but please be sure to register them for planning purposes.



High/Low Ropes Courses! Arts & Crafts! Family Worship! Archery! Outdoor Pool Time! 9Square! Trivia Night! GaGa Ball! So Much More!

Scholarship Applications Available @ www.camparrahwanna.org
For more information, contact Corey: program@camparrahwanna.org

CoreyD's Recommended Readings:



Developmental Characteristics

Younger Children (7–9 Years Old)			
Physical Characteristics <ul style="list-style-type: none"> minimal upper body strength mastering bowel control energetic, but tire easily developing body coordination 	Mental Characteristics <ul style="list-style-type: none"> concrete, literal thinkers rule-based morals short attention spans—learn best through senses and activity easily frightened 	Social Characteristics <ul style="list-style-type: none"> learning to live apart from family and friends outgoing and loving prone to hero worship mirror the behavior and actions they see in adults 	Spiritual Characteristics <ul style="list-style-type: none"> concrete understanding of God varying degrees of biblical knowledge may ask a lot of questions may only remember the highlights
Older Children (10–12 Years Old)			
Physical Characteristics <ul style="list-style-type: none"> girls maturing faster than boys greater self-control when performing motor activities beginning to develop sexually high energy, but may complain of being tired 	Mental Characteristics <ul style="list-style-type: none"> beginning stages of abstract thinking beginning to challenge the answers adults give strong sense of right and wrong strive to complete projects and to do them well 	Social Characteristics <ul style="list-style-type: none"> learning to live apart from family and friends boys often relate to others in contests of strength girls will often develop crushes boys beginning to relate to girls 	Spiritual Characteristics <ul style="list-style-type: none"> developing a more personal faith begin to grasp bigger issues strong memorizing skills may start to rebel from what they were first taught
Younger Youth (12–14 Years Old)			
Physical Characteristics <ul style="list-style-type: none"> deepening of male voices concerned with personal appearance females begin to menstruate awkward due to incredible growth spurts 	Mental Characteristics <ul style="list-style-type: none"> idealistic—may come across as negativity starting to be able to put themselves in another person's "shoes" decision-making process focuses on the present competitive 	Social Characteristics <ul style="list-style-type: none"> fear of embarrassment urgent need to belong dealing with strong sexual feelings desire and respect strong adult leadership 	Spiritual Characteristics <ul style="list-style-type: none"> making their own faith decisions prefer to discuss issues may tie their faith into social issues may question the content of the Bible study
Older Youth (15–18 Years Old)			
Physical Characteristics <ul style="list-style-type: none"> largest and strongest campers at camp physical appearance and attributes are a major concern need privacy need more sleep 	Mental Characteristics <ul style="list-style-type: none"> abstract thinkers specialization in selected skills experience strong feelings and emotions critical of self 	Social Characteristics <ul style="list-style-type: none"> urgent need for acceptance or attention increasing peer pressure to engage in drinking, smoking, drugs, and sex question authority able to take on responsibility 	Spiritual Characteristics <ul style="list-style-type: none"> begin questioning their own salvation making their own decisions about church attendance able to carry the whole discussion on their own struggling with social pressures in light of their faith

Outdoor Ministries Program Leadership Manual
 (Committee on Outdoor Ministries of the National Council of Churches, 2000)
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UNDERSTANDING AGE-GROUP CHARACTERISTICS

Human beings develop physically, emotionally, spiritually, and cognitively throughout their life span. One way you can express love and care for young people and build their sense of worth as children of God is to expect behavior of them that is appropriate for their ages. The opposite side of this is to show your love by not expecting behavior that is appropriately expected only of older children.

Younger Children (ages 7–9)

can be characterized in the following ways:

- They learn best by doing, and they have very short attention spans.
- They think in concrete terms about things they can see, hear, taste, smell, or touch. Most cannot think about abstract ideas such as truth, love, sin, and so on. They have a great need for adult role models of the same gender.
- They seek out heroes.
- Their faith is very literal. Because they are unable to think abstractly and because they seek out heroes, they enjoy the stories of the Bible and hearing about the people in the stories.
- They want to master many skills, but they still need to be cherished for themselves, not their performance.
- They are very active, but are often unable to manage their own need for rest. They need rest time and a clear bedtime.
- They are beginning to define themselves outside their families and look to their peer groups for acceptance.
- They have a very silly sense of humor.

Older Children (ages 10–12)

can be characterized in the following ways:

- They are very active but need help slowing down for rest.
- They have a deep need for fairness and characterize everything as right or wrong.
- They thrive within same-gender friendships.
- They are reluctant to relate to, and especially to touch, the other gender.
- Girls mature much earlier than boys and may be menstruating and wearing bras by this time.
- They still have a need for same-gender role models.
- They are beginning to question everything, but do so more out of wonder than out of doubt.
- Their faith is very literal and reflects the faith of their parents.
- They are beginning to learn the fundamentals of abstract thinking.

Younger Youth (ages 12–14)

can be characterized in the following ways:

- They are in the midst of a great deal of change: physically, emotionally, and socially.
- Boys experience growth spurts, voice changes, hormonal swings, and sexual changes.
- Girls tend to be more mature emotionally, socially, and physically than boys their same age, and therefore begin to date boys one or two years older. They swing back and forth between adult and childlike behavior.
- They need to be accepted and belong and will do almost anything to do so.
- They may have experimented with drugs, cigarettes, sex, and alcohol or be thinking about it, and may need a nonjudgmental person with whom to discuss their choices.
- They focus on the “now” and have very little ability to think about the future implications of their actions.
- They need very clear boundaries that allow them a sense of freedom and help them develop skills for responsibility.
- They are developing abstract thinking skills but may still prefer to think concretely.
- They are very idealistic.

Older Youth (ages 15–18)

can be characterized in the following ways:

- They are seeking to form an identity separate from their families.
- They can use abstract thinking skills that enable them to think about concepts and perspectives other than their own and about the consequences of their actions.
- They are beginning to form a statement of faith that is separate from their parents’.
- They are questioning the authority of scripture, church leaders, and their parents.
- They are almost fully developed physically but are still very self-conscious about appearance.
- They are very concerned about weight. This concern, particularly in girls, may develop into eating disorders.
- They still need lots of rest and sleep, but do not usually plan it into their day without reminders.
- Many have probably experimented with drugs, smoking, sex, and alcohol. They need to be able to discuss their choices in a nonjudgmental atmosphere.
- They are under tremendous pressure to succeed so that they can get into college or get a job.
- They want to belong.



MONDAY CABIN DEVO

These devotions are designed to be conversational, followed by a brief prayer experience. Devotions are divided into "Conversation Prompts" and "Prayer Suggestions." Use these as they best fit your campers, but remember that your intentionality and ability to be completely present for these devotions will be the biggest factor in engaging campers. "Set the mood": Start winding the energy down, give Campers a heads-up that you are going to be doing the Cabin Devotional in a few minutes. Help Campers transition smoothly from fun and energetic time, to a slowing down, thoughtful, meditative time. Help everyone to get in the right head-space, whatever that looks like. Light a flashlight as a candle and place it in the center of the room; gather around the flashlight. Encourage Campers to share, but never force them. Create the environment where they are welcome but not shamed or made to by guilt. Gather Campers in a circle-ish type gathering, on the floor, or however works for your cabin. Give each other space to be near, but not distracting or uncomfortable. Turn off or dim the other lights. Lead everyone in breathing in unison, slowly, with eyes closed, and just being silent for a few moments.

BOBCATS, FROGS & EAGLES

-- Do you love your name? Do lots of people have your name or are you one of the only people you know with your name? Do you have a story about why your parents named you your name?

-- Can you remember any stories in the Bible about names? Can you briefly summarize anything you remember from the Bible about names?

Prayer: "God, thank You for all the different kinds of families and all the different names we have. Help us to remember that you have made us each to be unique and special. Open our hearts to learn more about you and more about ourselves this week. Amen."

OWLS, COYOTES & RIVER OTTERS

-- Do you have any traditions in your family? Maybe your family has a tradition around holidays, seasons, birthdays, or the start of a new school year. If so, share a family tradition. Do you like having traditions?

-- Is there something that has "always been done a certain way" that you wish would change? Have you ever stood up to change the way something is done? How did it go? How did you feel?

-- Do you love your name? Do lots of people have your name or are you one of the only people you know with your name? Do you have a story about why your parents named you your name?

-- Can you remember any stories in the Bible about names? Can you briefly summarize anything you remember from the Bible about names?

Prayer: "God of the old and the new, we give You thanks that we can be at Camp and see You in new and different ways. For some of us we welcome change and trying new things, for others of us we like traditions and knowing exactly what is expected. Help us all to use our voices in our own unique ways as we seek to show compassion, live out your love, and bring the world more peace. Part of using our voices is also knowing when to listen. Open our ears so that we can listen and tune into what You have to teach us. Amen."

Tuesday Staff Devotions

Name Dropping

Exodus 3:1–15

Welcome to camp! Whether it's your first time working here or a long-awaited return, you have finally made it home. And we're so happy you're here.

Think about what your life has been like these past nine months. What challenges have you faced? What made you feel tired, discouraged, or maybe even hopeless? What joys did you experience? What made you feel excited, motivated, and relaxed? Each of you brings to camp the highs and lows of this past year. Now, take your shoes off. Whoever you are, wherever you are coming from, you are now standing on holy ground.

Your name is called from a bush that burns but is never consumed. Your feet rest on the soil of a special place, where generations of counselors have walked before you, and where hundreds of campers have had their lives changed. The counselors of the past walk with you on this holy ground, and God burns ever brighter to light the path.

Questions for Reflection:

- We spend so much time talking about what we hope our campers will get out of this summer, but what do *you* hope to get out of it? How can camp transform *your* life this summer?
- What does this camp mean to you? What does summer camp in general mean to you? Church? Christian community?

Prayer: Yahweh of the Burning Bush, we hear your call upon us this summer. We feel your voice calling us into the wilderness, and we ask for your guidance as we embark on our adventure this summer. We know that as long as we walk in the light of your fire, we never walk alone. Amen.

TUESDAY CABIN DEVO

These devotions are designed to be conversational, followed by a brief prayer experience. Devotions are divided into “Conversation Prompts” and “Prayer Suggestions.” Use these as they best fit your campers, but remember that your intentionality and ability to be completely present for these devotions will be the biggest factor in engaging campers. “Set the mood”: Start winding the energy down, give Campers a heads-up that you are going to be doing the Cabin Devotional in a few minutes. Help Campers transition smoothly from fun and energetic time, to a slowing down, thoughtful, meditative time. Help everyone to get in the right head-space, whatever that looks like. Light a flashlight as a candle and place it in the center of the room; gather around the flashlight. Encourage Campers to share, but never force them. Create the environment where they are welcome but not shamed or made to by guilt. Gather Campers in a circle-ish type gathering, on the floor, or however works for your cabin. Give each other space to be near, but not distracting or uncomfortable. Turn off or dim the other lights. Lead everyone in breathing in unison, slowly, with eyes closed, and just being silent for a few moments.

Exodus 3:1-15 “Name Dropping”

BOBCATS, FROGS, EAGLES

Conversation Prompts

- Why do people name drop, or mention the name of an important person in conversation?
- What are some ways we notice God speaking to us or others?
- Who made you feel welcome today, and how did it happen?

I wonder whom you might help feel welcome at camp.

Prayer Suggestion: “God, thank you for helping us meet new friends at camp. Help us to remember to make everyone feel welcome throughout the week. Amen.”

OWLS, COYOTES, RIVER OTTERS

Conversation Prompts

- If you could drop a famous person’s name in a conversation, who would it be and why?
- How does it feel to be welcomed by name?
- How does it feel to welcome others by name?
- How do you anticipate finding the presence of God this week in this place?

Prayer Suggestion: Take a moment of silence. Ask campers to imagine being alone in the outdoors and suddenly hearing their voice. Ask them to reflect on what it would be like for someone they didn’t know to call them by name and have a job for them to do. Ask campers to reflect on what it must have felt like to be a part of a story that changed people’s lives. Close with a short sentence prayer.

Wednesday Staff Devotions

That's Not My Name

Ruth 1

Think about a really bad day you've had recently. And I mean, a *bad* day. The kind of day that makes you feel that you can't do anything right, or that everyone is just out to get you. The kind of day that makes you feel as if the whole universe has turned its back on you. That kind of day.

If you've ever tried to make your feelings go away, then you know that usually just makes things worse. Beating yourself up for being upset only makes you more upset. And denying your feelings is probably the worst thing of all! The pressure to act as if everything is okay is so real. Put on a "brave face" and be strong in the face of hardships. But sometimes the strongest thing you can do is admit when you're feeling down. Crying is not a sign of weakness. Asking for help takes remarkable strength.

Naomi's grief was so powerful that she renamed herself Mara, which means "bitter" in Hebrew. She wasn't afraid to wear her mourning on her sleeve. She refused to act happy and "put together" just for other people's comfort. Her full expression of sadness gives us permission today to follow in her footsteps and express our own sadness in all its bitterness.

Questions for Reflection:

- What do you do when you're sad? Do you have any favorite coping mechanisms? Who do you reach out to?
- When do you feel most pressured to pretend to be happy even when you're not, and where does this pressure come from?
- How can we best affirm the emotions of the campers in our care?

Prayer: God of Naomi, we thank you for this life that you have given us. God of Mara, we know that you can handle any and all grief that we throw your way. An ocean of tears could not keep you from reaching us. God of Ruth, we pray for strength as we stand beside our friends who are struggling. We know that we were created to live together, in all our messy emotions. Amen.

WEDNESDAY CABIN DEVO

These devotions are designed to be conversational, followed by a brief prayer experience. Devotions are divided into "Conversation Prompts" and "Prayer Suggestions." Use these as they best fit your campers, but remember that your intentionality and ability to be completely present for these devotions will be the biggest factor in engaging campers. "Set the mood": Start winding the energy down, give Campers a heads-up that you are going to be doing the Cabin Devotional in a few minutes. Help Campers transition smoothly from fun and energetic time, to a slowing down, thoughtful, meditative time. Help everyone to get in the right head-space, whatever that looks like. Light a flashlight as a candle and place it in the center of the room; gather around the flashlight. Encourage Campers to share, but never force them. Create the environment where they are welcome but not shamed or made to by guilt. Gather Campers in a circle-ish type gathering, on the floor, or however works for your cabin. Give each other space to be near, but not distracting or uncomfortable. Turn off or dim the other lights. Lead everyone in breathing in unison, slowly, with eyes closed, and just being silent for a few moments.

"That's Not My Name": Ruth 1:1-22

BOBCATS, FROGS, EAGLES

Do you like your name? What do you like about your name? If you had to rename yourself, what would your name be?

In worship today we heard the story of Naomi who asked that people call her Mara to better reflect how she was feeling. Have you ever felt that your name didn't quite fit you?

In worship today, we shared the emotion(s) that we felt. What emotion did you choose? Was it hard or easy to name what you were feeling?

How does it feel to be reminded that God welcomes and accepts all of who we are--with all of our emotions--from our best days to our hardest days?

Prayer: *Take a moment of silence. Take a deep breath in, hold it for three seconds, then slowly let it out.* "God, thank you for creating different feelings. Help us to name them and allow them to take shape. Help us to remember that you love us on our best days, you love us on our hardest days, and you love us on every day in between. Amen."

OWLS, COYOTES, RIVER OTTERS

If you could choose one emotion to feel forever, what would it be and why? If you could choose one emotion to avoid permanently, what would it be and why?

In worship today, we shared the emotion(s) that we felt. What emotion did you choose? Was

it hard or easy to name what you were feeling?

How does learning to acknowledge our emotions help us grow?

In the story we heard, Naomi changed her name to Mara to reflect her feelings. Do you ever feel like your name doesn't always reflect who you are?

What would your name be on your best of days? What would your name be on your hardest of days?

How does it feel to be reminded that God welcomes and accepts all of who we are--with all of our emotions--from our best days to our hardest days?

Prayer: *Take a moment of silence. Take a deep breath in, hold it for three seconds, then slowly let it out.* "Lord, thank you for meeting us in this moment. We are grateful that you love us. You love us on our best day, you love us on our hardest days, and you love us every day in between. Thank you for being a safe space where we don't have to hide ourselves. We are grateful to be part of this camp community that honors our emotions. Help us to remember that our hardest days are not permanent. Fill us with hope as we live into the rest of our week at camp. Amen."

Thursday Staff Devotions

Name Tag

Genesis 32:22–31

For today's devotional, we're going to try something a little different. The story of Jacob becoming Israel is a very embodied story: We have wrestling, exhaustion, and a sore hip.

I invite you now to take a deep breath. Inhale slowly for four seconds: one, two, three, four. Now exhale: one, two, three, four. Close your eyes, and take a few deep breaths like this in silence.

Now, pay attention to your body. Do you feel any tension? Are your shoulders raised? Is your jaw clenched? How does your back feel? Feel free to move into a more comfortable position as you keep breathing. Check in on your body and see what it's trying to tell you. Is anything sore? Is anything on high alert? Is anything relaxed? We're going to sit in this silence for a few moments as you continue to listen to your body.

Questions for Reflection:

- What are your thoughts on this exercise? How does it feel to sit in silence? Do you think you listen to your body often, or not often enough?
- Jacob's story is complex. His transformation into Israel comes with pain and blessing alike. How have the changes in your own life come with pain and blessing?
- How does this reflection connect to the needs of our campers?

Prayer: God of Jacob, you are ever-present in our ever-changing lives. You gave us these bodies to experience the world in, and you called these bodies good. God of Israel, you walk alongside us in our transformation. We may change our names, our goals in life, our homes—through it all, we remain your children. May we always wrestle until we find the blessing. Amen.

THORSDAY CABIN DEVO

These devotions are designed to be conversational, followed by a brief prayer experience. Devotions are divided into "Conversation Prompts" and "Prayer Suggestions." Use these as they best fit your campers, but remember that your intentionality and ability to be completely present for these devotions will be the biggest factor in engaging campers. "Set the mood": Start winding the energy down, give Campers a heads-up that you are going to be doing the Cabin Devotional in a few minutes. Help Campers transition smoothly from fun and energetic time, to a slowing down, thoughtful, meditative time. Help everyone to get in the right head-space, whatever that looks like. Light a flashlight as a candle and place it in the center of the room; gather around the flashlight. Encourage Campers to share, but never force them. Create the environment where they are welcome but not shamed or made to by guilt. Gather Campers in a circle-ish type gathering, on the floor, or however works for your cabin. Give each other space to be near, but not distracting or uncomfortable. Turn off or dim the other lights. Lead everyone in breathing in unison, slowly, with eyes closed, and just being silent for a few moments.

"More Than A Name": Exodus 3:1-15

OWLS, COYOTES, RIVER OTTERS:

- What was a new experience for you this week at camp?
- Was there anything that surprised you this week at camp?
- How do you think Moses felt when he came across the burning bush?
- What do you think Moses' reaction was to God calling him to help free God's people?
- What does it mean to be called by God?
- Do you feel God calling you? If you feel comfortable, share with the group.
- How can you be mindful of God's presence in your life as you go home?
- Who helps you to remember God?
- What are you excited about going home? What are you sad about going home?

Prayer: Take a moment of silence. Take a deep breath in, hold it for three seconds, then slowly let it out. God, thank you for this week at Camp Arrah Wanna. We have experienced new things this week. We have met new people. We are grateful for time set aside from our lives to focus on you. Help us remember that you call us! May we follow your calling in our lives. May we listen for ways you call us into wonderful new places. Be with us in our final day at camp and send us out knowing we take with us the love of this community. With gratitude we say, Amen.

BOBCATS, FROGS, EAGLES:

- What was the most amazing thing about today?
- What was your favorite part of this week?
- Did anything from this week surprise you?
- What new thing did you learn about God this week?
- What does it mean to be called by God?
- Do you feel God calling you? If you feel comfortable, share with the group.

Friday Staff Devotions

More than a Name

Exodus 3:1–15

Camp is incredibly busy and exhausting, but to many of us it feels like a rest. For a few short months we get a break from the rest of the world. We have some time to take a deep breath, unplug, enjoy nature, laugh with our friends, play games, go swimming...all the stuff we don't have time to do during school or work. It's no wonder people talk about camp as if it exists outside of the world entirely!

But the truth is, camp is part of the world. It isn't any less real or meaningful than school and work. And though it might feel sad to put our shoes back on as we leave this holy ground, it's important to remember that even Moses was called out of his rest. He left his life of Egyptian royalty to rest as a shepherd, but Yahweh came to him when that rest period was over. It was time for Moses to take what he had learned onto his next adventure. As a rested man, he was now ready to help people. And you, as rested people, are now called to keep camp in your heart and take it with you wherever you go.

Search for the holy ground in your life. No matter where you go, there is time to take off your shoes and sit in the warmth of the Lord's fire. Camp can feel like magic, but the Holy Spirit does not live here. The Holy Spirit doesn't live anywhere: it lives *everywhere*. And that means there are burning bushes everywhere, too.

Put your shoes on. You'll need them for the journey ahead. But make no mistake—the holy ground you leave behind is not the only of its kind.

Questions for Reflection:

- Where do you see God in your life outside of camp? Outside of traditional church activities?
- Where do you think the Holy Spirit might be working that you haven't looked yet?
- How can you intentionally take what you learned at camp with you when camp ends?

Prayer: Yahweh of the Burning Bush, we have heard your call upon us this summer. We have felt your voice calling us into the wilderness, and we have sought your guidance as we lived together in beloved community. Thank you for this summer and for all that it has taught us. Thank you for the gifts of camp: the memories, the laughter, the friendship bracelets, and even the bug bites. Lead us now to new holy grounds. We know that as long as we walk in the light of your fire, we never walk alone. Amen.

Welcome To
CAMP ARRAH WANNA

2024 EVENTS

*GET THEM ON YOUR CALENDAR
NOW SO YOU WON'T MISS OUT!!!*

APRIL 15
AWSOM
Internship App.
Deadline
CLOSED

APRIL 19-21
WOMEN'S
RETREAT!
**DONE
& FABULOUS**

SPRING VOLUNTEER
WORK DAYS:
April 20 - **DONE**
May 18
June 8

JUNE 1
FUN RUN, WALK,
& WHEEL
FUNDRAISER!

JUNE 1
OPEN HOUSE
EVENT
(Yes, it's happening here,
NOT during F&F Camp)

JULY 15-19
SUMMER CAMP!
(registration
closes June 23)

AUG 30-SEP 2
FRIENDS &
FAMILY CAMP!
(registration
closes August 16)

SEPT 20-22
CONTEMPLATIVE
RETREAT!
(registration
closes Sept. 6)

OCTOBER 19
NEW-NEW DATE!!!
FALL BANQUET
& AUCTION
FUNDRAISER!

WWW.CAMPARRAHWANNA.ORG
ALSO ON FACEBOOK, INSTAGRAM, & YOUTUBE!

5/7/2024

Random Name Game

*Because we are talking a lot about NAMES this year,
have some fun creating these wacky nicknames with your Campers!*

Your random name is based on your birthday:

FIRST NAME = BIRTH MONTH

January	Blue	July	Orange
February	Red	August	Crimson
March	Green	September	Gold
April	Purple	October	Silver
May	Teal	November	Bronze
June	Yellow	December	Gray

MIDDLE NAME = BIRTH DAY

1	Talking	9	Creeping	17	Listening	25	Surfing
2	Singing	10	Encouraging	18	Running	26	Living
3	Eating	11	Hiding	19	Flying	27	Skating
4	Drinking	12	Laughing	20	Napping	28	Cooking
5	Skipping	13	Leading	21	Sleeping	29	Writing
6	Debating	14	Serving	22	Playing	30	Cleaning
7	Joking	15	Walking	23	Swimming	31	Gaming
8	Dancing	16	Looking	24	Staring		

LAST NAME = BIRTH YEAR ENDING IN...

0	Turtle	5	Horse
1	Goat	6	Octopus
2	Dog	7	Butterfly
3	Shark	8	Elephant
4	Bear	9	Alligator

Tough Topics that will take your Campers beneath the surface

These questions and conversations could be useful when you have time to use up and/or you just want to spark some good conversation and get to know one another better. We want to encourage healthy and safe dialogue and conversation that is age appropriate. Be sure to use wisdom in adapting for the age group you are serving. Remember that our Campers and follow Volunteer Staff all come from a variety of perspectives. Respect and honor one another and model this for the Campers. Be sure you are prepared for whatever answers or conversations may spring up before asking any specific question. You set the tone for your Cabin.

Which would be **WORSE**? Sleeping in an itchy wool suit **OR** a bed of fiberglass insulation?

Which would be **WORSE**? Fixing septic tanks **OR** being a telemarketer?

Which would be **BETTER**? Being free from worry **OR** always having joy?

Which would be **WORSE**? Having no sense of humor **OR** no common sense?

Taking It Deeper [A Thought to Consider]

Some people laugh their way from one blithering blunder to the next. On the other hand, some very logical people don't know when to relax and have a good time. But is it really worse to lack common sense than to not know when to laugh? Isn't it possible to be happy without always catching the meaning of a joke?

Which would be **BETTER**? Having incredible strength **OR** incredible intelligence?

Which would be **WORSE**? Going to prison for one year for driving drunk and injuring someone **OR** going to prison for five years for something you didn't do?

Which would be **BETTER**? Having enough time to do whatever you want **OR** enough money to do whatever you want?

What if...?

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...you could be any model of automobile?

...you were a sports superstar?

...you were granted three wishes?

...you saw a UFO?

...you had to rappel down a cliff?

...you were struck dumb?

...you found yourself at the crucifixion of Jesus?

...your television stopped working?

...you could be your parents for a day?

...you had no parents?

...your head were made of clay?

...your touch could heal?

...you could show people your dreams?

Have you ever...?

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...had a body part pierced (other than your ears)? Why? What part? What do you wear there? How did it feel? What did your parents and friends say? Would you do it again?

...tried connecting the moles and freckles on your body to spell words or make shapes? Why? What did you spell or what shapes did you make?

...had someone hang up on you? Who was it? Why did they hang up? How did you feel? What did you?

...hung up on someone? Who was it? Why did you hang up? How did you feel? What happened?

...been on TV? What program? How did you get on? What happened? How did you feel?

...juggled more than three items? How did you learn to do it? What things can you juggle?

...had something published? What did you write? How did you get it published? How did you feel? What would you do differently next time?

...had an exotic pet? What pet? Why? Where did you get it? What did it eat? Where did you keep it? What did your parents and friends think?

...laughed at yourself for doing something really dumb? What was it? Why did you do it? What happened? What would you do differently next time?

...gotten separated from your parents in a large place (like a mall or amusement park) and had your name—or your parents' names—paged over the loud speaker? Where? How old were you? How did you feel? How did you get separated? How did you feel? What happened?

Bible Trivia

These questions and conversations could be useful when you have time to use up and/or you just want to spark some good conversation and get to know one another better. We want to encourage healthy and safe dialogue and conversation that is age appropriate. Be sure to use wisdom in adapting for the age group you are serving. Remember that our Campers and follow Volunteer Staff all come from a variety of perspectives. Respect and honor one another and model this for the Campers. Be sure you are prepared for whatever answers or conversations may spring up before asking any specific question. You set the tone for your Cabin.

What did Jesus say his love for Christians would be like?

- A. a man with his son **B. a shepherd with his sheep**
C. a king with his queen C. a bear with her cub

Jesus said a good shepherd knows all of his sheep by name, and the sheep know their shepherd's voice (John 10:3-4)—and that's just like Jesus with His followers!

Which disciple said he needed proof to believe that Jesus had come back to life?

- A. Thomas** B. John
C. Simon the Zealot D. Peter

The nickname "Doubting Thomas" comes from this disciple!

How many years did Jacob agree to work to have Rachel as his wife?

- A. 1 **B. 7**
C. 20 D. 100

Jacob agreed to work seven years for Rachel, but ended up working fourteen years for her—because Rachel's father tricked Jacob into marrying Rachel's older sister first. Check out the whole story in Genesis 29:10-30.

What huge man lost a fight with a boy named David?

- A. Ishbi-Benob **B. Goliath**
C. Saph D. The Jolly Green Giant

Goliath wasn't the only giant bad guy of the Bible...check out 2 Samuel 21:15-22 for details on some others—including a guy with twenty-four fingers and toes!



ABC+CPC American Baptist Churches of the Central Pacific Coast



While many of the Volunteers and Campers involved in our faith-based Program Camps are associated with the American Baptist Churches, we welcome and love to include anyone who chooses to participate. The history of Camp Arrah Wanna is rooted in the heritage of our founding American Baptist Churches and the generations of families who followed them. Here is some helpful information about the American Baptists so that you can further understand where Camp Arrah Wanna started.

American Baptist Churches of the Central Pacific Coast Focus Statement

American Baptist Churches are healthy missionary churches that nurture devoted disciples of Jesus Christ who live their lives in mission and ministry for the healing of the world through the love of God.

American Baptist Churches of the Central Pacific Coast Mission Statement

American Baptists are a Christ-centered, biblical grounded, ethnically diverse people called to radical personal discipleship in Christ Jesus. Our commitment to Jesus propels us to nurture authentic relationships with one another; build healthy churches; transform our communities, our nations and our world; engage every member in hands-on ministry; and speak the prophetic word in love.

As a people of prayer, purpose, and passion, we are in the forefront of creating a community of faith where people of every race, nationality and culture gather as one in worship, service and work.

The heart of the gospel is God's redemptive love. In our life together, the world will see the power of forgiveness to overcome alienation, the strength of love to transform hate, the power of grace to break the bonds of guilt, the triumph of hope over despair, and the victory of faith over doubt.

Through the cross of Christ we embrace the world as neighbor. Our vision for mission energizes a multitude of servant ministries of evangelism, discipleship, leadership, new churches development, social justice, healing, peacemaking, economic development, and education. Empowered by the Holy Spirit, we work together in mutual submission, humility, love, and giving that the gospel might be preached and lived in all the world.

"Write the vision, make it plain..." Habakkuk 2:2

The 1.3-million members and over 5,200 congregations of American Baptist Churches USA share with more than 42 million Baptists around the world a common tradition begun in the early 17th century. That tradition has emphasized the Lordship and atoning sacrifice of Jesus Christ, believers' baptism, the competency of all believers to be in direct relationship with God and to interpret Scripture, the importance of the local church, the assurance of freedom in worship and opinion, and the need to be Christ's witnesses within society.

10 Facts You Should Know About American Baptists

1. American Baptists believe that Jesus Christ is Lord and Savior, and that the Bible is the divinely inspired word of God that serves as the final written authority for living out the Christian faith. American Baptists celebrate the fact that belief in Jesus Christ assures salvation and eternal fellowship with a loving God. The events of the first Easter week are the cornerstones of our faith: the death of Christ, in which He took upon Himself the sin of the world, and the Resurrection, which gave proof of His triumph over sin and death. Holy Scripture always has been for American Baptists the authoritative and trustworthy guide for knowing and serving the God who is revealed as Creator, Savior and Advocate.

2. For American Baptists the local church is the fundamental unit of mission in denominational life. Baptist roots date back four centuries to a people seeking the opportunity to worship God as individual members of freely organized and freely functioning local churches. Baptists always have maintained the need for autonomous congregations, responsible for articulating their own doctrine, style of worship and mission.

3. American Baptists partake of two ordinances: believers' baptism and The Lord's Supper. Baptism, an act of full immersion following Christ's example, is undertaken by those spiritually mature enough to understand its profound, symbolic significance: resurrection to new life in Christ. Through The Lord's Supper, or Holy Communion, the bread and cup that symbolize the broken body and shed blood offered by Christ recall God's great love for us—just as they did for the disciples on the eve of Christ's crucifixion.

4. American Baptists believe that the committed individual Christian can and should approach God directly, and that individual gifts of ministry should be shared. American Baptists hold that all who truly seek God are both competent and called to develop in that relationship. They have rejected creeds or other statements that might compromise each believer's obligation to interpret Scripture under the guidance of the Holy Spirit and within the community of faith. American Baptists also celebrate the special gifts of all believers, testifying that God can use each of us in ministry.

- 5.** American Baptists take seriously the call to evangelism and missionary work. American Baptist worldwide mission work is a response to Christ’s call to “make disciples of all nations.” Through the efforts of our missionaries in partnership with others, ministries of evangelism, healing, education and development have made Christ’s love known in the U.S. and around the world.
- 6.** American Baptists support religious freedom and respect the expressions of faith of others. As a people whose forbears came together in response to intolerance, American Baptists have cherished freedom and pursued it for millions around the world. Manifestations of that ideal include supporting separation of church and state, advocating for people everywhere to be guaranteed the right to worship free from discrimination, and lifting up respectful dialog as a healthy means to understanding.
- 7.** American Baptists acknowledge that God’s family extends beyond our local churches, and that God calls us to cooperative ministries. Early Baptists saw that the effectiveness of their ministries would be greater through cooperation with other believers. Today within our American Baptist regions, churches work with each other and with denominational staff and in local and regional ecumenical arenas to increase the vitality and scope of their ministries. That outreach extends worldwide through our relationships with the Baptist World Alliance, the National Council of the Churches of Christ, the World Council of Churches and other groups.
- 8.** American Baptists have been called to be Christ’s witnesses for justice and wholeness within a broken society. American Baptists have been led by the Gospel mandates to promote holistic change within society, as witnessed by their advocacy of freed African Americans following the Civil War, the Civil Rights Movement, women in church and societal leadership, ecological responsibility, and many other issues. While not all of one mind as to how to deal with challenges, American Baptists do affirm the need to follow Christ’s example by being actively involved in changing society.
- 9.** American Baptist Churches USA celebrates the racial, cultural and theological diversity witnessed within its membership. American Baptist Churches USA today is the most racially inclusive Protestant body. Represented in our churches are equally diverse worship styles, cultural mores and approaches to Scriptural interpretation. The resulting challenges and opportunities have made us stronger—through fellowship, respect, mutual support and dialog, all based on a belief that unity in Christ involves growth and understanding.
- 10.** American Baptists heed the biblical call to renewal and the need for a vital witness in a new millennium. As people of faith, American Baptists seek renewal and revitalization. Informed by their history and tradition, motivated by contemporary needs and challenges, and strengthened by God’s leading and the example and sacrifice of their Savior, American Baptists seek to bring a transforming witness to an uncharted future.

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