



St. Alphonsus'
Young People Who Care
2016 Appalachian Service Project

Participant Packet for
July 10-16, 2016

at

Bethany Youth Center
Frenchville, PA

Applications Due by noon, Tuesday, May 31, 2016

This Participant Packet must be read by all participants and their parents. The Second part of the Application (a separate document) is a letter that states that you have read, understand, and enthusiastically will participate in all aspects of the project and meet all its expectations.

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Bethany Youth Center
a part of Young People Who Care
Ministry to the poor in the Diocese of Erie since 1976

PO Box 129, Frenchville, PA 16836 (814) 263-4177; Fax: (814)263-7106
Email: bethanyyouth@pennswoods.net Director: Sr. Suzanne Thibault, C.A.

Dear Participant,

Greetings and welcome from the staff of Bethany Youth Center, YPWC, in Frenchville, Pennsylvania. We are looking forward to your participation in our Service Program. This program is designed to meet the needs of the poor and disadvantaged of Clearfield County, Appalachia. Included in this packet is important information we ask you to read carefully. It outlines our program and includes descriptions of our philosophy and guidelines, student responsibilities, and a sample schedule for you to review. If you can live this program for a weekend or week, sign and return the last page to your Group Leader. Keep in mind that if you arrive here and are unwilling to live this program, you will be sent home earlier than your group at your expense.

Our Service Program is a special opportunity for high school students to experience working on service projects to help those in need, while living in a Christian community with other students from different parts of the United States, and living a simple lifestyle. All of this is accomplished within an environment in which each person's spiritual life is encouraged to grow through times of daily morning and evening prayer as a group, and through times of personal reflection and sharing. We have established our program for students who are interested in working hard each day and who want to be active members of a community of young people learning to work together to accomplish the goals and jobs assigned to them. It is designed to challenge participants to grow in areas of leadership, discovery of one's own gifts, and in the area of spirituality. **The success of the weekend or week depends upon the attitudes and willingness of the participants to fully enter into the program with enthusiasm and cooperation. We are interested in having as volunteers only those individuals who are excited by and interested in a program such as ours.**

On behalf of the Community of Anawim and all the volunteers here at Young People Who Care, I hope that God blesses your Service Project and all the ways you care for others.

Sincerely,

Sr. Suzanne

Program Goals

To meet the various needs of the people of Clearfield County.

Projects may include but are not limited to: home renovation, building or repairing porches, and painting houses. working with the handicapped, assisting at our used clothing store or emergency shelter, visiting nursing homes and shut-ins, yard work, cleaning, work on the Retreat Center Grounds, as well as other similar services.

To develop Christian leadership skills and provide an experience of living in a Christian community.

This is accomplished through

- students working with the adult leaders to assist in organizing the jobs each day
- work on the job sites and interacting with the people of the area
- helping with meal preparations and clean up
- assisting in daily routine tasks at the Center
- planning evening prayer and reflection time, et cetera.

Building community with each other.

There will be recreational and other activities each day with this focus in mind. Exclusive relationships are a hindrance to this goal. Volunteers who come with very close friends are encouraged to spend time not only with their friends, but with others in the group. Dating and dating behavior is not a part of this program. There are appropriate settings and times for this, but in this week the focus is on interacting with and getting to know people from your own group and other groups instead of exclusive relationships.

Foster spiritual growth in volunteers.

Accomplished through

- daily morning and evening prayers
- times of reflection and sharing
- Mass at least once during the week
- other spiritual opportunities
- and through a simple lifestyle.

If you play a musical instrument such as guitar, flute, violin, etc., please bring it along. Music is a great addition to the prayer services and campfires.

Program Guidelines and Policies

- Students must be at least 16 years old and entering their junior year and have a signed medical release form with emergency contact phone numbers.
- All participants must have had a tetanus shot in the past 7 years. Information given to adult leaders of any medication that is needed for the period of time at the Center.
- No smoking policy for anyone under 19. If you are a smoker and cannot go without a cigarette for this program, then you should not apply.
- Living a simple lifestyle:

This program challenges volunteers to live an alternative lifestyle. It is an opportunity to become aware of what it would be like to live without some of the luxuries, appliances, diet and conveniences that most of us are accustomed to having as part of our daily lives. We are not deprived of the necessities, just the luxuries. In order to have a brief experience of "doing without", as well as for many practical and globally responsible reasons, our program embraces a simple lifestyle which includes:

- No television, radios, walkmans, MP3 players, hand-held electronic games, cell phones (except for adult leaders).
 - Absence of soda/junk food: we do have homemade snacks for deserts and campfires. Snacks you bring with you may be used on Sunday night or stored for your return trip but will not be available during the week.
 - Recycling everything we can.
 - Limited water supply - this means one shower during the week. However, there is time for a swim each day in the river. The water is clean, warm and refreshing after the work day. Bring biodegradable soap and shampoo (Ivory or other brand) river shoes, and modest 1 piece bathing suits.
 - Common bunk rooms for males and females in different buildings.
 - Jeans or work pants are worn on the job sites. Shorts, sweat pants, running pants or pants with holes are not work clothes. Bring work boots and gloves for construction jobs.
 - The phone is a business phone and is only available for emergency use by volunteers. Group leaders need to arrange a phone tree that can be activated by one phone call.
 - Illegal drug and alcohol use is strictly forbidden.
- Be aware that photographs taken during any events having to do with this program may be used on the website and in promotional materials. Generally, the captions used with photos do not include the names of individuals in the photo.

Please Be Aware that:

We want the week to be successful and positive for everybody. Any individual who causes a negative experience for others in the program through an unwillingness to follow the guidelines, disrespect to adult leaders, staff or other students, or involvement in any drug or alcohol use, will be sent home early. This would be done in cooperation with the student's parents and adult leaders.

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Student Responsibilities:

- Work Projects each day.
- Attendance, with a positive spirit, at all
 - meals,
 - organized recreation,
 - prayer times
 - and other scheduled events.
- Assist with meals and clean up and other chores as assigned.
- Assist in planning one evening prayer during the week.
- Follow the guidelines of the program and cooperate with those in leadership.

Our Program is for those willing to accept the challenges, responsibilities, and guidelines described above. Hundreds of high school and college students from across the US have found this Mission week to be an incredible, life-changing, exciting experience. They have learned new skills, ministered to wonderful people, made new friends, grown closer to God, and created memories that will last them a lifetime. We welcome you and look forward to meeting you!

A sample schedule will give you an idea of what a typical day will look like.

Please pay attention to the items on the packing list -especially a flashlight, river shoes, Ivory soap and shampoo, and drinking cup for brushing teeth. Prepare yourself for an adventure!!!

Sample Schedule for Service Program

6:30 am	Wake-Up
7:00	Breakfast (not optional)
7:45	Morning Prayer and Job Assignments
8:30	Depart for Job Assignments
4:30 pm	Return from Jobs and River Swim
5:30	Dinner
6:45	Personal time, Recreation
9:30	Evening Prayer
11:00	In Bunk Houses
11:30	Lights Out

Accommodations

Bethany Youth Center consists of three buildings and 20 Acres of Land
Two Housing Units on either side of the Community Building.

Each Housing Unit has:

Two bunk rooms which house 16-18 people.

Two separate rooms that are either private or semi-private.

Total sleeping accommodations in each Housing Unit is 38.

The Facility sleeps 76 People.

Gathering space can accommodate up to 250-300 People.

Recreational Space Includes:

Camp Fire, Volleyball Net, open space for football or soccer, etc. as well as walking paths and meditative Stations of the Cross path.

Available Equipment includes:

TV, VCR, CD/Tape Player, Key Board, Easel, Banner Stands, Sacramental Vessels for Liturgy and vestments, some sports equipment, board games and puzzles.

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Email: bethanyyouth@pennswoods.net Director: Sr. Suzanne Thibault, C.A.

Volunteer Packing List

During your stay, you will need some work clothes, some casual clothes and at least one dress outfit.

Work Clothes

(clothing for doing chores, painting, etc.)
old -shirts, sweaters, sweatshirts
Jeans and/or other work pants
Work gloves & Hat
Boots for wet, muddy days
Old shoes and/or sneakers
Work boots for construction jobs

Casual Clothes & Dress Clothes

(for some service experiences and everyday)
(and possible special occasion, square dancing)
Neat, clean jeans or other pants such as khakis
Dressier type sweatshirts Shirts and/or sweaters
Footwear

Other

Sleeping bag and/ or bedding
Sheets (if desired) -Robe (if desired)
pillow -night wear -towels
musical instruments
sheet music for key board
good music (CD's) for prayer services
Chicken Soup for the Soul Books

Personal Items

Toiletries: Toothbrush & toothpaste
Biodegradable soap & shampoo
Flip-flops or similar for showers
Drinking Cup
Bible -Stationary .Stamps -Journal
Battery powered Clock -Flashlight -Games
Musical instruments
Thermos and Wet-ones for job sites
Bag(s) for dirty laundry

Summer Items

Light weight clothing Modest Shorts
Water shoes for River -Beach Towels
Modest bathing suits (1 piece for females)
No 2-piece bathing suits
Bug spray -Sun block

Do Not Bring

Pants with holes, bell bottoms
Pants that hang low on the hips
Sweat pants and running pants cannot be worn
on job sites.

Do Not Bring

Low cut blouses and tops
Mini skirts or Short Shorts Midriff tops
Tube, Tank, or String Tops
Baggy pants that hang on lower hips

Do Not Bring:

Blow dryers -Curling Irons Smoking Items
Radios, MP3 players, Walkman, Personal CD
Players
Stereos or TVs
Personal Walkie Talkies
Cell Phones for Private Use (Group leaders will
have cell phones for emergency use only.
Parents will be able to contact the staff of
Bethany Youth Center, who will then be able to
contact our group leaders).

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Retreat Center Guidelines

- Food and drink are limited to kitchen, dining room and bon fire areas. Food is not permitted in Bunk houses or Bunk rooms.
- No smoking or nonprescription drug use permitted. If a student is on prescribed medication, a group leader is required to dispense medication.
- Footwear is required at all times outdoors.
- Use of music is limited to structured retreat activities or music played by individuals such as guitar, piano or any other instrument.
- Headphones, MP3 players, personal CD players, televisions are not permitted on property. If these items are used during travel, they need to be collected by a designated adult leader and stored for the return trip. It is inappropriate for students to have cell phones or intercom systems during the time they are in the program.
- Bunkhouses are exclusively male and female. There must be adults in each bunk room, with a minimum of two (2) adults in each bunkroom.
- Groups are encouraged to use chapel space for prayer and reflection; however, it is not the space for hanging out for conversation or recreation.
- Groups renting the facility need to submit a retreat schedule to the staff which includes a designated time for retreatants to be in bunk areas and the time for "lights out."
- Dating behavior is inappropriate behavior at the retreat center.
- Any driver under 19 must forfeit keys to adult group leader upon arrival.
- Groups are permitted to bring bagged snacks and drinks (except Service Retreat Groups). Any remaining snacks at end of retreat must be taken by retreat group.
- Payment: A non-refundable deposit of \$200 is required to reserve dates for your retreat. 1/3 total payment for your retreat is required 1 month before you arrive with the balance due upon arrival.
- If your group needs to cancel closer than 1 month to your retreat, your group will still be responsible for the 1/3 payment unless we are able to secure another group for your retreat dates.
- Groups are financially responsible for any damage to retreat facility .Before group departs, retreat staff checks through buildings with adult group leader for any damage.
- If you have a male and female group, male and female adults must attend. Adult to student ratio for service retreats is 1 to 4- spiritual retreat is 1 to 6. Adults need to sleep in the bunk rooms with students.
- Adults in the group are responsible for students' compliance with the above guidelines. If a student is required to leave retreat early due to non compliance with above guidelines parents will be contacted to pick up student or arrangements will be made for transportation at the expense of parents.
- Retreat Center Staff reserves the right to request any group to depart early if guidelines are not adhered to.
- If you have any questions or concerns about the above information, please contact Sr. Suzanne Thibault as soon as you receive these guidelines.

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Information for Parents

Bethany Youth Center is a member of Young People Who Care, Inc., a non profit corporation, whose primary mission is meeting the needs of the poor in Clearfield County, PA.

Youth Director: Sr. Suzanne Thibault, C.A.

If you wish to send a note of encouragement to any volunteer during their volunteer time, please use the above address. All mail received after a volunteer departs will be returned to the sender.

If you need to call your son or daughter for emergency reasons, direct your call to our main office number:

Bethany Youth Center: (814) 263-4177

If there is no answer or phone is busy, please use the secondary number:

Bethany Retreat Center (Adult): (814) 263-4855

One week volunteers are not permitted to use our phone except for emergency reasons. The group leaders will be contacting you, the parents/guardian, to arrange a phone tree for when the group arrives at the Center.

Emergency Situation Information:

Should a student have to return home for a family emergency, the following information may be helpful to you:

Nearest Airports: Jefferson County Airport (US Airways)
1 Hour away in DuBois, PA

Nearest Bus Station: University Park Airport –1
Hour away State College, PA
(Northwest Airlink- US Airways Express -United Express)

Pittsburgh International Airport -3 Hours away

Fullington Trailways .a half hour away Clearfield, PA. (814) 765-1186

Nearest Train Station: Altoona, PA (AMTRAK) -1 Hour away

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