Ukrainian Orthodox Church of the USA

Teenage Conference
Faith, Fellowship and Fun

Camper Information
Table of Contents

About Teenage Conference 3

Preparing for Camp...*things to know beforehand*
• Getting Ready for Camp Life 3
• Schedule 3
• Cabin Assignments 3
• Health Care 4

Packing for camp
• Dress Code 4
• Altar Server Robes 4
• Camper Packing List 5

During the Camping Session...*the ABC’s of TC*
• Activities 6
• Behavior 7
• Camera Usage 7
• Contact with the outside world 8
• Food and Fasting 8
• Laundry 8
• Musical Instruments 8
• Service and Stewardship 8
• Snacks and “Care Packages” 8
• Spending Money 8

Final Thoughts 9

UOCCP Rules and Policies Appendix

We would like to thank Camp St. George in Cedar Rapids, IA for their permission to use their parent guide as a model for our own.
About Teenage Conference

Program Mission
Teenage Conference is an Orthodox Christian ministry. The mission of TC is to teach the Gospel, and instruct young people in Christian living. We do this by providing a safe, Christ-centered, and joyful environment in which campers and staff members can discover more fully the gift of our Orthodox Christian Tradition. Daily they interact as a community of Orthodox Christians, gaining a greater appreciation for the Orthodox faith and building friendships based on Christian love. This interaction occurs through participation in daily prayer services, Faith Education Classes, camp activities such as Aquatics, Arts, Ukie Olympics, Music, Ukrainian Culture, service projects, and especially through cabin and communal life.

Location and Facilities
TC is held at All Saints Camp located in Emlenton, PA. The camp facility has accommodations for 80 campers and 25 staff members. It includes the following:

- Saint Thomas Chapel
- A private river front beach area
- Pine forests
- Log cabins for camper and staff accommodations
- Dining hall
- A large swimming pool
- The Millennium Cultural Center
- A pavilion for gatherings and activities
- A soccer field, two volleyball courts, two tennis courts, and a basketball court

Preparing for Camp...things to know beforehand
The camp experience is like other important experiences in life: the better one is prepared, the more one gets out of the experience. Sometimes we have no idea what to expect in a new situation or forget some things when we are returning after a year away. The information in the packet will help you mentally and physically prepare for your awesome camp experience!

Getting ready for Camp Life
Just about everything concerning life at camp is different from life at home but different in a good way! You will be able to experience new activities, friends and living an Orthodox life, free of worries at home.

The Schedule
Your summer time schedule at home probably is easy going with a wakeup time whenever your eye lids pop open. We would love to keep that schedule at camp, but if we did – we would miss out on all of the amazing activities that are planned so…wake up is at 7:30 am!

We have a full day action packed day planned for you so sleep well, eat well and use your Cabin Siesta time well! We will be providing you with some information about the activities a little later on.

Cabin Assignments
This may be the first time that you have to stay in close quarters with a group of other people. This is a great opportunity to learn to adapt and meet new people from different backgrounds. Up to eight campers and two counselors will be assigned to a cabin. (This is great practice for college life!) Cabins are arranged by age and gender (girls with girls and boys with boys!) You may not be in a cabin with people you already know. We want you to look forward to meeting new people and making new friends in addition to spending time with old friends. Remember, our Lord asks us to Love one another as He loves us! – that includes your cabinmates!
Health Care
There will be medical staff in residence during the entire encampment to take care of your health care needs. If you are packing medication, it must be in its original container, packed in a zip lock bag, and marked with your name. Your parents should include written instructions for medicine administration. One of the medical staff will be present at registration to discuss your needs. The medical staff will be there to ensure your health stays tip-top while at camp.

Packing for Camp

Dress Code
Camping by nature is informal and comfort and safety should be your first concern when packing. However, in keeping with our mission of creating an Orthodox Christian community, we have developed a Dress Code for all participants in the encampment—staff and campers. This Dress Code has taken into account
- Christian modesty and respect for the clergy and monastics that are with us during the encampment
- Preparation of mind, soul, and body for the prayer services in which you will participate throughout the day
- Development of a healthy body image, in ourselves and others
- Relief—however temporary—from peer-driven fads and competition

IT DOES NOT MEAN WE DON'T LIKE YOU OR YOUR CLOTHES! WE JUST WANT YOU TO TRY SOMETHING DIFFERENT!

With this in mind, we ask that the following NOT be packed:
- Micro-mini skirts or dresses – length must reach at least finger tips while at their sides
- Short shorts - length must reach at least finger tips while at their sides
- **Strapless, razor back or spaghetti strap tops and dresses**
- Midriff or halter tops
- T-shirts with inappropriate words, pictures or sentiments
- Midriff baring swimsuits (full “tankinis” are the only acceptable 2-pc suits – this means that the two pieces must meet or overlap)
- Muscle tanks
- Low-rise pants or shorts
- Oversized pants or shorts (for boys)
- **Leggings and yoga pants should ONLY be worn with a shirt/dress that will hang to mid-thigh**

At least one outfit for Divine Liturgy should be included in the camper's wardrobe. The campers will be given the opportunity to participate in the Divine Liturgy on more than one occasion. Boys are expected to wear long pants and a special shirt, and girls should wear a dress, skirt (close to knee length) or nice pant suit.

Altar Server Robes
If you would like to serve at the altar while at camp, and if it is possible, you may bring their altar robes with you. It is not necessary to bring the robe in order to participate as a server. There are robes provided at All Saints Camp. If you choose to bring your own robe, please bring it in a protective bag and it will be stored with all of the liturgical items.
Camper Packing List

We do not recommend bringing expensive or name brand clothing or other expensive items to camp. All items must be clearly labeled for identification. Cabin storage space is limited to under the bunk beds and one small cubbie space per camper, so please keep this in mind while packing.

Must haves:
- Sleeping bag, sheets, pillow
- Towels and wash clothes
- Toiletries including: toothbrush, toothpaste, soap, shampoo, deodorant, hairbrush, comb
- All medications in their original containers in bag marked with camper name and directions for administration
- Underwear
- Sweatpants/Jeans/Shorts
- Sweatshirts/T-shirts
- Nice outfits for Divine Liturgy
- Painting Clothes!!!
- Socks/Tennis Shoes/Water shoes
- Modest swimsuit – no bikinis, speedos, or shorts, - modest tankinis (the two pieces touch) or a one piece swimsuit for girls (no cut-out suits) and lined swim trunks for boys are best – these can be found inexpensively at Walmart or Target
- Rain Jacket/umbrella
- Light Jacket
- Baseball hat or sun hat
- Laundry bag marked with camper’s name
- Sunscreen, insect repellent, lip balm
- Flashlight

Nice extras:
- Prayer Book/Bible (service books are provided for all liturgical services)
- Old Costumes for skit night
- Ukrainian shirt or costume
- Musical instrument
- Fishing pole/fishing license
- Tennis racket, baseball mitt
- Camera (marked with name), journal, travel games
- Pre-stamped postcards to write home
- Watch

Absolutely nots:
- Cell phones, electronic games, etc.*
- Food...including candy, gum and drinks*
- Jewelry and other valuables
- All tobacco products
- Immodest apparel (see dress code on page 5)
- Dangerous implements, i.e. knives, fireworks, etc.	
- Any illegal substances (campers found with any will be sent home immediately as per the signed rules submitted with your application)*
- Pets

Please be sure to label every item with your name for easy identification. Teenage Conference and ASC are not responsible for any lost, damaged or stolen items.

* As stated in the rules, cell phones, dangerous implements and illegal substances are not permitted at camp. If cell phones are found, they will be held in safe keeping by the encampment director and returned upon check out. If dangerous implements or illegal substances are found, they will be confiscated and the parents or the proper authorities will be contacted.
During the Camping Session… the ABC’s of TC

Activities
Your day at TC will be a very full one! Daily prayer and Liturgical services are the focal point of the program. Let’s take a look at what else will be taking place:

Living Orthodox - Pray Without Ceasing! These daily sessions based on the encampment theme delve into what we believe as Orthodox Christians through interactive workshops and an anonymous questions box. This year we will be having various interactive workshop to develop and deepen our understanding of prayer and our prayer life.

Hot Topics: This TC favorite will provide campers with the opportunity to discuss topics based on current social and moral issues such as Comparative Religion.

Hands on Faith – Our hands on faith class this year will tie into our theme. Campers will learn to make prayer ropes and personal prayer journals.

Talkin’ Scripture – Each evening two cabins will be able to sit down one-on-one with one of our spiritual fathers to discuss the daily readings and any remaining burning questions. This year we will focus on the Psalms.

Ukie Olympics! – Put on your best toga for the opening ceremonies of this multi-faceted sporting event. Your team (either Faith, Hope, Love, Charity, Peace or Mercy) will compete to have your name forever engraved on the Kozak Kup. You will compete in individual events and team events. You choose what individual events are your forte. They include: track, shot-put, discus, tennis, long jump, volleyball, basketball, diving and second year with the team obstacle course! Don’t worry – this is not about winning or being the best athlete, it is about team work and having fun! The winner of the Spirit Award is proof of that!

Day/Evening Activities – Each year old favorites return and new events are added. This year’s social calendar includes: New and Improved Getting to Know You Activities, EXTENDED Guys and Gals Night, Game Show Night, Campfires, Foosball Tournament, daily Free Sports, Swimming, Board Game Night, Hoe Down Bonfire, TC Unplugged(with a special guest), hiking, swimming, TC Great Race, Capture the Flag, skit night and two dances - one themed Candy Land! and A Night in Hawaii (bring your best hula skirt and Hawaiian shirt!)

Ukrainian Culture and Night – You will have the opportunity to learn about aspects of Ukrainian Culture and then put that knowledge to work creating a top notch skit or performance for our Ukie Night Performance (think of America’s Got Talent for TC with a Ukrainian flare). If you are not Ukrainian, that is ok! This night is just like St. Patrick’s Day – on St. Paddy’s everyone is Irish. On Ukie Night everyone’s a little Ukrainian! Based on the great reviews of Ukie Night 2015 we will continue with the ability to display your feelings about Ukraine through any artistic medium that YOU choose.

We will have a special presentation this year to honor the 100th Anniversary of the Ukrainian Bandurist Chorus.
TC Gives Back— Each year the campers are afforded the opportunity to “give-back” to those in need. This year we are concentrating on our card ministry. If you have any scrapbooking materials - please bring them to use.

Behavior
All campers are expected to act in ways appropriate in an Orthodox Christian setting. While we would hope that this is not too different from your normal behavior, the reality is that language and behavior within the teenage world is mostly contrary to what we attempt to hold true at TC. We know that no one can be perfect all the time, but our goal is to create an environment where the language, actions, and dress of others is a model for everyday life. We need you to do your part. Think...If you wouldn’t do it in front of Fr. Harvey, you probably shouldn’t be doing it at all!

We guarantee this is one place you do not have to be “bad” to be cool or accepted. Enjoy the time away from TV, media and pop culture.

Remember, you signed the camp rules as part of the registration process. We have included a copy of the rules for you to read-up on before you come. In that way, we are all on the same page about the type of encampment we are going to enjoy.

Camera Usage
Obviously, taking pictures is one of the best and most permanent ways for campers to capture memories of great experiences at Teenage Conference. However, use of cameras at camp creates two situations about which we would like to caution all campers and families.

1. Each camper has the sole responsibility for his/her own camera. Teenage Conference and its staff is not responsible for damaged, lost, or stolen cameras.
2. Pictures taken by campers should be used only for the enjoyment of that camper and with the permission of those in the pictures. Please refer to the Social Networking Policy for further instruction. We do encourage campers to share their memories with their parish family!

Failure to adhere to the camera use policy may result in the camper's camera being confiscated and potentially being sent home (depending on the infraction). Please understand that this policy is not in place to “cramp your style” or prohibit you from sharing your awesome TC memories. It is our responsibility to provide privacy rights to those who attend our encampments and the releases signed by parents.

Contact with home
Cell phones, cell phone, cell phones...... can we live without them? It may seem as if the answer is “no” but in reality we most definitely can. In the event that a problem arises or a special circumstance occurs (dad’s birthday!) you will be permitted to make a supervised call home. Utilize this time away from home to detox from electronics and the constant jibber-jabber of texting, emailing, twittering and calling. Let your mind and soul relax and focus on real conversations (in person ☺️), enjoying nature, interacting with one another, using your creativity, the fresh air and time alone with your thoughts and God.

Food and Fasting
We serve three hearty and healthy meals a day. You are encouraged to eat balanced meals and to try new foods. Meals are served family-style, with campers taking turns as waiters. Fruit and other healthy snacks and drinks are available throughout the day.

Due to the active schedule, campers are also encouraged to keep well hydrated. You are provided with opportunities to obtain water throughout the day.
Generally, the Fast of Saint Peter and Saint Paul is observed for at least some of the TC encampment. We observe fasting days on Monday, Wednesday and Friday.

The community standard that has been set is fasting from meat only. We understand that many of you have never fasted before and that is why we have chosen only to fast on Monday, Wednesday and Friday. However, if your family follows daily fasting for the duration and you would like to continue doing so, please advise the camp director so that the kitchen staff may be informed (there are usually several staff members and campers who choose to fast more strictly.) If you are not accustomed to fasting, please rest assured that nutritious and tasty meat alternatives are served.

Fasting is a tool that we as Orthodox Christians use to grow closer to Christ. All Ukrainian Orthodox Church Camping Programs observe all the fasts of the church. Fasting should not be looked at as something that “we have to do.” Instead, it is a tool that God has given us to simplify our lives. Through fasting, the Church removes some choices from our lives, freeing us to focus more on God. We feel blessed to able to share this experience with our campers.

Laundry
Do you know how to do your laundry? If not, ask a family member to give you a crash course before camp! If you are in need of clean clothes, you are responsible for their laundering.

Musical Instruments
Although we generally request that valuables not be brought to camp, many campers enjoy bringing their musical instruments from home to entertain their campmates, and we enjoy their performances. As with all his/her belongings, ultimate responsibility for the instrument rests with you. However, we understand the value of these instruments, and will attempt to see that special care is taken in their use and storage.

Snacks and “Care Packages”
Campers are not allowed to keep food in their cabins. Please do not bring food, or ask family and friends to send care packages by mail during the encampment. As stated previously, we serve three healthy, large meals each day; fruit and drinks are also available throughout the day. You will also have the opportunity to purchase snacks from our canteen. Any food sent to camp will be kept by the Director and returned upon departure.

Spending Money
The camper fee covers all regular camping expenses however, you will be given opportunities to purchase snacks at the canteen. The Camp and Teenage Conference are not responsible for any lost money that has not been placed into an account. Average amounts brought by campers range between $10 - $50.

NEW – THE NOOK BOOKSTORE, COFFEEHOUSE and LOUNGE– We are very pleased to announce our newest endeavor, The Nook! The Nook is our bookstore/coffee house/lounge which will have ASC gear, Orthodox books and items, and snacks. The Nook will be open each day after lunch and at night during the Evening Chill. We are super excited that the newly remodeled Millennium Building lounge will be available for our use!

Nook bookstore items and snacks are available to all campers during open hours.

The Coffee House will be available to the two oldest cabins daily. Other cabins may earn opportunities during the encampment to hang out in the newly remodeled lounge in the Millennium Building and/or purchase items at the coffee house.
Final Thoughts!
We want your time at TC to be some memorable. Bring along a positive attitude and we will bring the rest. Let’s work together to make this the best summer you have ever had!
APPENDIX A

Ukrainian Orthodox Church of the USA Camping Programs
Camp Policies and Camper Rules
(These rules were signed by you and your child and submitted with his/her application)

Every summer, the Ukrainian Orthodox Church Camping Program offers youth of the Church a unique opportunity to retreat from the pressures and struggles of everyday life. Encouraging participants to step away from daily habits and routines, the camp makes available a community in which participants can become immersed in an authentic Orthodox Christian atmosphere.

A major component in creating such an atmosphere is separating participants from outside influences and distractions. Of course this is a cooperative effort accomplished by campers, staff, clergy, and parents. Your participation in this effort is vital to the success and effectiveness of the camp ministry. Participants and parents are being asked to start preparing for a time away from “earthly cares” by focusing on Jesus Christ.

By agreeing to these policies and rules, campers and parents show their support of the edifying environment that will be presented at the UOC Summer Camp. Please understand that no one will be permitted at camp if they refuse to agree to these policies and rules (excepting permissions for releases)

On the next two pages are the Encampment Policies and Camper Rules. We ask that both parent/guardians and campers read these thoroughly and sign acknowledgement of their acceptance to the items listed.

1. I/we understand that the consumption of alcoholic beverages, use of any illegal substance or tobacco products is not permitted by any UOCCP Participant. Violation of this will result in immediate dismissal from camp and possible legal action.

2. I/we understand that no camper is permitted on the river front without permission of the UOCCP Director and without supervision by an encampment counselor & river front lifeguard. No swimming is permitted in the river and in violation of Pennsylvania State Law the river front is OFF-LIMITS to all UOCCP participants after dusk.

3. I/we understand that no firearms or weapons (including “Swiss Army” knives) of any kind will be permitted on the camp grounds and possession of these items may result in immediate dismissal from camp.

4. I/we understand under NO circumstances is any form of hazing permitted by campers or staff. Incidents of hazing shall be reported to the director & staff immediately. Aggressive behavior between any persons including between campers will not be tolerated. Hitting, pushing, choke holds, kicking, or threatening behavior of any kind may result in serious charges with the authorities and immediate removal from the program.

5. I/we understand that for the safety of the campers, they should appraise their counselors of their whereabouts and remain in supervised areas at all times and after “Lights Out” no camper is permitted to leave his or her cabin without the permission of the counselor.

6. I/we understand that defacing or willful destruction of any furniture, cabins, camp equipment, trees, camp grounds, cars or personal belongings of any other participant will not be tolerated. Violators will be responsible for full financial compensation of any damage. Also, furniture (beds, chairs, tables, ...etc.) may not be moved. Any damages or breakage in the cabins, buildings, courts, or wash houses should be reported immediately to the Director.

7. I/we understand that no camper will be permitted to leave on the last day until his or her cabin and area is properly cleaned and he grounds have been inspected by the Camp Manager and Encampment Director. I/we understand that due to the natural setting, it is not permissible to bring extra food/candy to be kept in the cabin area. We agree not to send/bring EXTRA FOOD.

8. I/we understand that at no time are females permitted on the male cabin side of the encampment, in any of the male cabins or in the male washroom. Likewise males are not permitted on the female cabin side of the encampment, in any of the female cabins, or in the female washroom. Females will only use wash house #1. Males will only use wash house #2.

9. I/we understand that all individuals must participate in the entire camp session including all day and evening events, unless under medical restrictions which should be explained on the camper health form and discussed with the camp nurse the first day of any UOCCP. (*If it is not possible to participate in the entire session, a letter in writing or by email must be submitted by the first day of the encampment. You will receive notification if the request is accepted or not.)

10. I/we understand that cabin assignments are arranged by age and that individual requests may or may not be honored as the situation so permits. Requests for cabin mates should be made during the application process.

11. I/we agree that if deemed necessary by the Camp Director, bag searches of anyone who is suspected of possessing items prohibited at camp may be required. The search will take place in the presence of at least the Camp Director and a member of the Clergy.
APPENDIX B

Ukrainian Orthodox Church of the USA Camping Programs
Encampment Policies

(These policies were accepted by you and your child and submitted with his/her application)

Dress Policy
Camping by nature is informal and comfort and safety should be your first concern when packing. However, in keeping with our mission of creating an Orthodox Christian community, we have developed a Dress Code for all participants in the encampment — staff and campers. This Dress Code has taken into account:

- Christian modesty and respect for the clergy and monastics that are with us during the encampment
- Preparation of mind, soul, and body for the prayer services in which you will participate throughout the day
- Development of a healthy body image, in ourselves and others
- Relief — however temporary — from peer-driven fads and competition

IT DOES NOT MEAN WE DON’T LIKE YOU OR YOUR CLOTHES! WE JUST WANT YOU TO TRY SOMETHING DIFFERENT!

With this in mind, we ask that the following NOT be packed:

- Micro-mini skirts or dresses — length must reach at least finger tips while at their sides.
- Short shorts — length must reach at least finger tips while at their sides.
- Strapless or spaghetti strap tops.
- Midriff or halter tops.
- T-shirts with inappropriate words, pictures or sentiments.
- Midriff baring swimsuits (full "tankinis" are the only acceptable 2-pc suits — this means that the two pieces must meet or overlap).
- Muscle tanks.
- Low-rise pants or shorts.
- Oversized pants or shorts (for boys).
- In addition, males must wear shirts at all times.

It is suggested to bring appropriate clothing for Divine Liturgy.

Mobile Technology Policy

Campers

I understand that contact with friends and family members back home by phone, e-mail, or text messaging during the camp session removes me from the focused atmosphere of the camp. For this reason, I agree to not bring my mobile phone or if I do, I will check it in to a designated staff member upon arriving at camp. Not having access to a personal mobile phone is essential to the camp environment, in addition to being standard American Camping Association best practice.

Use of personal gaming systems (PSP, DSi, etc.) and personal audio systems (i-Pods, mp3 players, etc.) are a distraction to the program and removes me from the focused atmosphere of the camp experience. For this reason, I agree to not bring personal gaming devices to camp. If I do, I will check it in to a designated staff member upon arriving at camp.

I further agree to only use personal audio systems for my own purposes during free time and I understand that music that contains violent, sexually explicit, racist or morally offensive lyrics is strictly prohibited and I may be asked to check in my device with the camp director if this music is played. Personal audio systems are not permitted at Diocesan Church School Camp.

Use of video production devices are prohibited by both campers and staff (unless permission is given) during the camping session. Videography may be taken at Ukie Night and Skit Night only. (Photography is permitted except in the bath house, rest rooms or in the cabin.)

Parents

- I understand that being in contact with my child by phone, or text messaging during camp removes them from the focused atmosphere of the camp. For this reason, I agree to refrain from contacting my child during the camp session, except in cases of emergency or in prearrangements with the camp director. I will make contact through the Camp Director. While at camp the director may be reached at the camp line 724-867-9911. The Encampment Director or Staff Member will be present throughout all calls of underage campers.

- Likewise, should a serious need arise regarding my child, the camp will contact me immediately.

- I feel that it is important for my child to participate in the focused atmosphere as a full participant in the camp community. For this reason, I agree to discuss this Policy with him/her prior to camp and to support its goals and methods.

Social Networking and Blogging Policy

In general, the Ukrainian Orthodox Church Camping Programs view social networking sites (Facebook, MySpace, etc.), personal Web sites and Weblogs positively and respects the rights of campers to use them as a medium of self-expression. If a camper chooses to identify himself or herself as a camper at the UOC Camping Program on such Internet venues, some readers of such Web sites or blogs may view the camper as a representative or spokesperson of the UOC Camping Programs. In light of this possibility, the UOCCP requires, as a condition of participation in the camp, that campers observe the following guidelines when referring to any encampment of the Ukrainian Orthodox Church or All Saints Camp, its programs or activities, its campers, and/or other staff, in a blog or on a Web site:

(continued Page 2 of Policies)
Social Networking and Blogging Policy Continued

Campers must be respectful in all communications (text and photos) and blogs related to or referencing the camp, camp staff, volunteers, employees and other campers.

Any photos or messages that are linked or “tagged” from “friends” and attached to your site(s) or profile(s) that are inappropriate should be removed.

Campers must not post photos unless those within the photo have given expressed permission and any photos taken anywhere at the camp that are inappropriate should not be shared or posted. (Bathouse, cabins, etc.)

Campers must not use obscenities, profanity, or vulgar language.

Campers must not use blogs or personal Web sites to disparage the UOC Camping Programs, other campers or staff of the UOC Camping Programs.

Campers must not use blogs or personal Web sites to harass, bully, or intimidate other campers or staff of the UOC Camping Programs.

Behaviors that constitute harassment and bullying include, but are not limited to:
- Comments that are derogatory with respect to race, religion, gender, sexual orientation, color or disability;
- Comments that are sexually suggestive, humiliating or demeaning comments;
- Threats to stalk, haze, or physically injure another person.

Campers must not use these venues to discuss engaging in conduct prohibited by camp policies and an Orthodox Christian lifestyle, including, but not limited to, the use of alcohol and drugs, sexual behavior, sexual harassment, and bullying.