

Camp St. Raphael



2023 Camper Parent Information

Mailing Address:
8615 Shannon Way
Wichita, KS 67206

Camp Director: Father James Shadid – 316.209.3605 fjshadid@gmail.com
Executive Director: Gayle Malone – 405.277.0099 gayle@campstaphael.org

Camp Address during camp:
7310 Rock Creek Rd.,
Kingston, OK 73439
580.564.2505

Table of Contents

Letter from Fr. James, Camp Director	3
Preparing Your Camper for Camp Life	
A Typical Day at Camp	4
Camp Life	4
Living Arrangements	4
Meals.....	5
Fasting.....	5
Camp Activities	5
Conduct.....	5
Independence	5
Arrangements Parents Need to Make Before Camp	
Fees	5
Scholarship Information.....	6
Cancellation and Refund Policy.....	6
Health Care	6
Health Insurance	6
Travel Information	6
Packing for Camp	
Snacks and Care Packages.....	6
Christian Modesty.....	7
Camper Packing List.....	7 - 8
During the Camping Session	
Relax!.....	8
Contact with your Child.....	8
Getting Your Camper to and from Camp	
Arrival by Ground Transportation	8
Departure by Ground Transportation.....	8
Arrival by Airplane	9
Departure by Airplane.....	9
Driving Directions	9
Dates to Remember	9
Social Networking Policy	10



Beloved Parent/Guardian,

Christ is in our midst!

Over the past two decades Camp St. Raphael has been blessed to be a home for our young people from across the diocese and country to come together in a safe place to learn about the Faith of our Holy Fathers and Mothers, to participate in the sacraments and to make lasting friendships. In an ever-changing world, our little camp offers a safe haven to remove ourselves from the business of worldly life and to step into the communal life of the Church.

This summer, we look forward to have the joy of welcoming Christ's little ones into our midst. So much fruit has been produced by Camp St. Raphael. We have been blessed to see campers become counselors, and counselors become young men and women devoted to serving the Church in so many aspects. We have even witnessed the blessing of those who were campers and staff members now having their own Christ-centered families who send their children to experience that which brought them together - CHRIST.

As we prepare for our 2023 Camping Season, we are delighted that you have an interest in sending your precious ones into our care. We are excited to welcome them and strive to serve them, being guided by Christ the Good Shepherd.

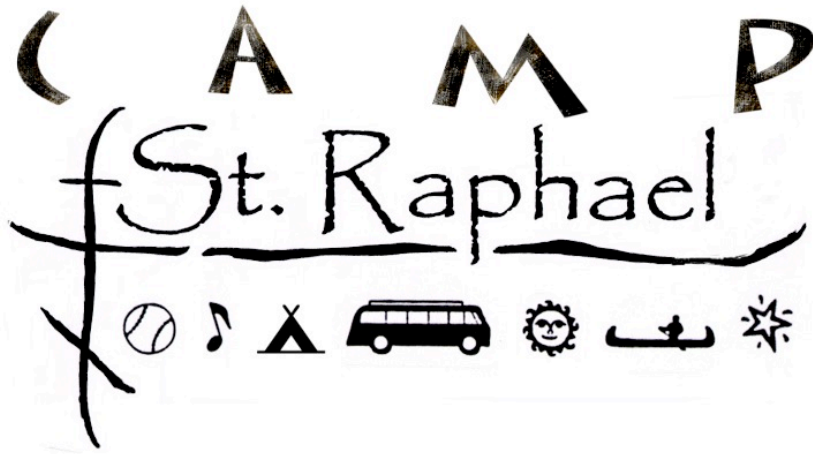
The following pages contain information to prepare your child (and you!) for his/her stay at Camp St. Raphael. We take the safety and well-being of your child as our first priority, and therefore we ask and expect that you will read each section carefully so that you can properly prepare your camper for this wonderful experience.

Your servant in Christ,

A handwritten signature in black ink that reads "Fr. James". The signature is written in a cursive style with a heart symbol at the beginning.

Fr. James Shadid
Camp Director





The mission of Camp St. Raphael is to present to young people a living experience of the Holy Orthodox Christian Faith, in their relationship with God and other campers and staff in an uncluttered, natural environment. To accomplish this we will seek to bring young people to:

- Awareness of self and fellow man
- A broadening of their Orthodox Christian life
- A greater awareness of their faith and its teachings
- Good sportsmanship
- Growth in personal relationships and personal responsibility
- An appreciation of nature and a concern for God's creation

Camp St. Raphael Non-Discrimination Statement & Policy

Camp St Raphael follows the 2,000 year old teaching of the Orthodox Christian Church that man was created in God's Image. He created all humans in His image and His likeness (Genesis 1:26-27) In Christianity we are united as one body, and as humans, one race. We therefore value all human life and find thoughts and acts of racism, prejudice, and any discrimination unacceptable. Our camp promotes and accepts the diversity of the Kingdom of God, and models the teachings of Jesus Christ, rooted in love and respect for our fellow man.

Preparing Your Camper for Camp Life

The camp experience is like other important experiences in life: the better one is prepared, the more one gets out of the experience. This section covers all of the key areas that require attention before your camper leaves home. One of the first things to do, especially with new campers (but returning campers need reminders, too!) is to talk with your camper(s) about what they can expect. Below are a few sections of things you should review with your campers to help ease their transition to camp life.

A Typical Day at Camp

Each session is filled with activities to allow young people to experience a holistic Orthodox Christian lifestyle. Campers experience an average day with cabin wake-up at 7 AM, breakfast at 8 AM, followed by Orthros at 9 AM. Divided into groups of two or three cabins, the morning program consists of two one-hour sessions, filled with Christian Education classes and other activities to enhance the educational program. Campers have a 30-minute break before lunch to change into afternoon attire.

Lunch is to refuel for an afternoon of sports and fun. All campers attend 3 one-hour afternoon periods where they choose from Arts and Crafts, swimming, soccer, softball, volleyball, basketball, canoeing, “bumping”, and ultimate Frisbee, just to name a few. The campers get a snack at 3:30 before the third afternoon period begins.

5:00 PM offers a rest and needed quiet or social time within the cabin. Evening commences with dinner at 6 PM. Songs and playful chants are often heard at mealtimes and create an atmosphere of love and fellowship. Following dinner is Vespers at 7:00 PM.

Each evening, beginning at 8 PM, all campers come together to be entertained and participate in a wide variety of programs such as serenade night, theme nights, skit night, campfire, dances, and much more. You will receive an email with information about the themes once they are determined.

Following evening program, cabin time allows for unwinding and unanswered questions for individual cabins. Contemporary moral issues may be addressed in older cabins while younger units are getting needed rest.

Just about everything about life at camp is different than life at home. Preparing your camper with as much information as possible will be helpful to their adjustment. While giving them a positive preview of their coming experience, let them know that life will be different, and that you want them to gain many new experiences while away. Some of the areas to prepare them for would include the following:

Living Arrangements

Campers are grouped with six or seven fellow campers (about the same age) and their counselors. Living quarters are joined by restroom facilities which are shared with another set of campers and their counselor. Each cabin has 5 sets of bunk beds and a bathroom equipped with 2 showers, 2 toilets and 2 sinks. Campers are grouped according to age and gender. One of the best aspects of the camp experience is learning to adjust to group living, making new friends and getting along as part of a team.

Meals

Breakfast, lunch and dinner are eaten together as a community in our Dining Hall. Rest assured, our menu is both nutritious and attempts to meet the variety of tastes of the kids. Many items will be to your child's liking, some items served may be things your child may never have tried before, while other items may be things they dislike. Help your camper by relaying your expectation that they will try new things and eat what is served. If for medical reasons there are dietary restrictions for your camper, please notify the camp in writing, through the medical form signed by the doctor. We take allergies very seriously so the more information we have the better we can serve your child. If their medical dietary needs fall outside of our meals you will be asked to send prepared food (frozen or shelf stable) with your child to camp.

Fasting

As an Orthodox Christian camp, we adhere to the tenets of the faith, and therefore, on prescribed days we follow the fast of the Church in a very simple and humble attempt. Our fasting practice at Camp St. Raphael is to refrain from meats on fasting days. While we recognize that families follow different fasting practices, here at CSR we feel this is a reasonable expectation of all campers and staff to aid us in our spiritual growth. We encourage you as parents to speak with your children about fasting while they are at camp.

Camp Activities

Life at camp takes full advantage of our outdoor setting. Activities include field sports, Challenge Ropes Course, archery, swimming, canoeing, and boating. Rainy days are a frequent occurrence, so rain gear is a must.

Conduct

All campers are expected to act in ways appropriate to an Orthodox Christian setting. While all disciplinary action will be taken to attempt resolution on site, the Camp Director reserves the right to dismiss campers for gross violations of camp rules. Parents will be responsible for arranging and covering costs for their child's early departure.

Independence

Last but not least, one of the major adjustments campers experience is being independent from parents, with typically no contact during the camping session. This can be one of the most positive experiences they can have at camp and one which can be invaluable in the process of growing up. Be aware that you as a parent may need to prepare for this as much—if not more—than your camper!

Arrangements Parents Need to Make Before Camp

Fees

Balance of all payments is due by **May 22**, or the camper's spot may be moved to the waitlist for the session in which they were previously enrolled. Special payment arrangements can be made by writing the Executive Director, but such requests must be received prior to the **May 22** deadline. All balances will be billed to the camper's parents, regardless of any parish subsidies, so parents are encouraged to ensure that all parish subsidies are paid before the **May 22** deadline to avoid losing their camper's spot in the session. Log in at events.circuitree.com/campstraphael.

Late Fee – anything received after May 22nd will be assessed a \$25 late fee.

Scholarship Information

Each parish in the Antiochian Archdiocese receives \$700 in scholarship funds from the Order of St. Ignatius of Antioch. Your parish priest determines the disbursement of these funds and can be consulted for all details. **Parish priests must return these forms to the Department of Camping office at the Antiochian Village no later than March 31 or these funds will be disbursed to other needy campers through the general Campership Fund.**

Cancellation and Refund Policy

We appreciate prompt notification in the event of cancellation. Cancellations before May 22nd will receive a full refund less the deposit. After May 22nd, refunds of tuition payments may be requested in writing and will only be granted if a replacement for the open spot is found, except in cases of family emergency (not family choice). The deposit is non-refundable and non-transferable.

Health Care

The Health History and Medical Examination form will be emailed with the acceptance notice and must be filled out in its entirety by you and the camper's doctor, and returned to our office no later than May 22nd. The Medical Staff reviews all medical forms in advance. Forms are to be uploaded through your Circuitree parent portal. **There will be a \$25.00 fee for any forms received after the deadline.** If your child has any medical issues or conditions requiring special accommodations at camp, please contact the Executive Director as soon as possible. Please do not allow embarrassment to prevent us from providing adequate care for your child in your absence. The form is confidential and the information is only available to the Executive Director, Camp Director, the Health Staff, and any trip leaders. A Registered Nurse or Physician is in residence during the camping season to take care of any health care needs. Upon your camper's arrival, he/she will meet with the Medical Staff or Executive Director to review any medical concerns. **All medication (prescription and over the counter) will be collected upon arrival at camp, so please pack them in an accessible location. Prescription and nonprescription medication must be brought in the original prescription container with the original pharmacy label.**

Health Insurance

All campers should be covered by their family policy. While Camp St. Raphael will act as guarantor, any costs incurred by the Camp in providing required treatment for doctor's appointments, prescriptions, etc., will be billed to the camper's parents or guardian.

Travel Information

All travel information must be received by May 22nd. A \$25.00 charge will be assessed for any travel information received late.

Packing for Camp

Snacks and Care Packages

No snacks need be sent with the campers or mailed to camp as they will be entitled to three large meals plus two snacks per day. The cost of these snacks is included in the camper fee. Here at camp, packages with food or candy are simply an invitation for rodents and ants to come to a scrumptious dinner. Treats from home also often lead to stomach aches and improper nutrition, and complicate relationships between campers with treats and those without.

What to Wear

Enjoying everything camp has to offer begins with packing the proper attire. Our program contains a variety of experiences, and we want you to be ready for them all! **We will often be sitting on the floor, walking long distances, and participating in athletic activities.** This packing guide should provide the details you need to prepare for an incredible time at camp!

Bottoms

- Camp is meant for running, jumping, climbing, etc, so be sure your shorts fit those activities
- Be mindful of the length and fit
- Spandex/biker shorts are not permissible
- Sagging pants, exposed underwear and see-through pants are not permissible

Shirts (enough for at least 7 days- maybe more... we tend to sweat a lot)

- Shirts should meet your waistline and cover your chest. Your midriff should be covered while arms are raised, allowing you to participate in athletic activities.
- Active wear shirts and tank tops with thicker straps are great for afternoon program
- Low cut arm holes and spaghetti strap tanks are not permissible

Lake and Swim Attire

- Guys: Swim trunks that fit well at the waist (be mindful of length and fit)
 - Speedos are not permissible
- Gals: One-piece swimsuits, tankinis, or swim shorts and shirt that cover the midriff
 - Bikinis and front cutouts are not permissible

We are very active during camp, stud earrings may be more practical than dangling earrings. Ear piercings are permissible, but we ask that facial and other body piercings be removed at camp to avoid potential injuries. Tattoos must be covered at all times while at camp.

Because of our outdoor setting with uneven terrain, tree roots, etc, backless shoes (flip-flops, etc.), open-toe shoes are **NOT permitted** at camp - except for shower shoes! Athletic shoes must be worn while playing sports during Afternoon Program. Heels are not safe on camp terrain and should not be packed or worn at camp.

Rain is a frequent occurrence so proper rain gear is required so that programs can continue in spite of light rain.

Dress for daily church services is casual with Christian modesty as the guide. For Divine Liturgies, celebrated once each session, boys are expected to wear a dress shirt and slacks; girls should wear a dress or skirt and blouse, with skirt length near the knee or lower. Everyone must cover their shoulders in church.

We do not recommend bringing expensive or name-brand clothing or other expensive items to camp. Each article of clothing and all gear must be clearly labeled for identification. Please write name or initials on all articles of clothing and belongings. Cabin storage space is limited, so each camper should bring no more than two pieces of luggage: one suitcase/duffle bag and one carryon size small bag or backpack. All items left behind will be given to local charities.

Camper Packing Checklist

- ❑ Change of clothes for at least 7 day
 - Shorts
 - Shirts
 - Sweatshirt/sweater – nights may get chilly
 - Socks/underwear
 - Bathing suit
- ❑ Nice outfit for Divine Liturgy
- ❑ Sturdy athletic shoes - closed toe only
- ❑ Sleeping bags/sheets, blanket, and a pillow
- ❑ Towels/washcloths
- ❑ Lightweight poncho or raingear
- ❑ Sunscreen, beach towel and goggles
- ❑ Toiletries: comb/brush, toothbrush, toothpaste, soap, shampoo, deodorant, chapstick, feminine products, lotion, insect repellent (non-aerosol)
- ❑ Any daily medication
- ❑ Laundry bag
- ❑ Flashlight, sunglasses, hat
- ❑ Theme night outfits

LEAVE HOME...

- Food
- All electronics (iPads, handheld electronic games, etc.)
- Cell Phones – these will be kept with the Camp Director upon arrival and returned when the camper leaves camp property
- Jewelry and other valuables, including sports equipment
- All alcohol and tobacco products including e-cigarettes
- Apparel with inappropriate words or slogans
- Dangerous implements, i.e. knives, axes, guns, fireworks, etc.
- Any illegal substances including drugs (campers found with any will be sent home immediately)
- Pets
- Any aerosol products (hairspray, deodorant, insect repellent, etc)
- Spending money - Everything available at camp is included in the camper fee!

During the Camping Session

Contact with your child

The active camp schedule prevents regular contact with your camper. The chaperone of the buses will be responsible for contacting the parents upon arrival. Receiving or placing phone calls during the session disrupts the program and often makes homesickness worse, so we do not allow them except, as stated, for emergency circumstances. You therefore will probably not hear from the camp or your camper and “no news is good news!” If your camper suffers serious injury or illness, you will be promptly notified. These would include any issue requiring off-camp health services or an illness in which a fever lasts for more than 24 hours.

Should an emergency requiring communication with your child arise, please call the Camp Office at 405-277-0099 or 580-564-2505 and ask for Father James, Gayle Malone. or Erin Ghata.

Getting Your Camper to and from Camp

Arrival

Campers may begin arriving at Camp St. Raphael on Sunday at 1:00 p.m.. If you arrive in the area prior to that please plan on staying with your camper. The staff will be finishing last minute preparations. Check in is from 1:00 p.m. – 5:00 p.m.. If for some reason you can not arrive during this time please contact us. CSR Staff member will greet you as your car arrives at the camp. Please stay with your camper and the vehicle until a Staff member greets you, at which time the camper's luggage and belongings need to be unloaded. Please make sure your camper has his/her medicine in their hands to give at check in. Proceed into the check-in area where you will sign your camper(s) in. After they have proceeded through check-in, you may escort them to their cabins if you wish. No vehicles can drive through the camp grounds.

Departure

Camp ends on Saturday. **Please plan on picking up your campers between the hours 8:00 am and 10:00 am.** Remember no one likes to be the last one picked up. A CSR Staff member will direct you where to park your vehicle, please proceed with caution. Once you have parked you will be directed to the checkout station when you will sign out your camper and be reunited. Since we lease space at Cross Point Camp please check for your campers belongings (suitcase, sleeping bag, and pillow). When we, the staff leave, everything stays and becomes property of Cross Point Camp.

Driving Directions

Camp St. Raphael leases space from Cross Point Camp. The physical address is 7310 Rock Creek Rd., Kingston, OK 73439. Google Maps is a great resource for getting directions from your location.

If you get lost please call the camp at 580-564-2505.

Arrival and Departure Times:

Arrival Day	Sunday	1 pm – 5 pm
Departure Day	Saturday	8 am - 10 AM

Dates to Remember

Completed Health Form

Send travel information

Balance Due in Full

All due by May 22nd!

\$25 late fee will be added to all forms received after May 22nd.

Log in to your account at events.circuitree.com/campstraphael



Camp St. Raphael Camper Policy for Online Social Networking and Blogging Websites

In general, Camp St. Raphael views social networking sites (e.g., Instagram, Snapchat, TikTok etc.), personal Web sites, and Weblogs positively and respects the right of campers to use them as a medium of self-expression. If a camper chooses to identify himself or herself as a camper at Camp St. Raphael on such Internet venues, some readers of such Web sites or blogs may view the camper as a representative or spokesperson of Camp St. Raphael. In light of this possibility, Camp St. Raphael requires, as a condition of participation in the camp, that campers observe the following guidelines when referring to Camp St. Raphael, its programs or activities, and/or its campers/staff, in a blog or on a Web site:

- 1) Campers must be respectful in all communications (text and photos) and blogs related to or referencing the camp, its staff, 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 also be removed.
- 2) Campers must not use obscenities, profanity, or vulgar language.
- 3) Campers must not use blogs or personal Web sites to disparage Camp St. Raphael, other campers, or staff of Camp St. Raphael.
- 4) Campers must not use blogs or personal Web sites to harass, bully, or intimidate other campers or staff of the Camp St. Raphael. 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; sexually suggestive, humiliating, or demeaning comments; and threats to stalk, haze, or physically injure another person.
- 5) 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.

Any camper found to be in violation of any portion of this policy will be subject to immediate disciplinary action, up to and including dismissal at the discretion of the Camp Director.