

Kentucky Middle School Mission Trip

For Students who've COMPLETED 6th - 8th Grade



**This packet includes information for the
Kentucky Mission Trip
July 22-29, 2017**

What do I need to do before I go?

1. Get three prayer partners to pray for you while you prepare to leave and while you are gone.
2. Send support letters out for prayer and financial support – visit roccyouth.org for a sample letter.
3. Begin to prepare your heart for this trip. The conditions will be different than what you are used to. The work will be hard, the days will be long, and your patience will be tested. Find out all you can about the state of Kentucky. This will help you understand the people and the areas we'll be serving.
4. REGISTER ONLINE at roccyouth.org (Online payment is accepted at the time of registration)
5. Turn in application, medical form, insurance card, and a \$100 deposit (non-refundable).

The Total Cost of the Trip is \$485 (early-bird rate) or \$500 for deposits paid after May 7.

- A \$100 deposit is due May 7, 2017 (**NON-REFUNDABLE**) to secure early bird pricing
- Balance and medical forms are due June 25, 2017
- **It may be difficult to accept participants after June 25, 2017 so make sure you register early!**

What will we do?

We will be working on projects in the community around Frenchburg, KY. We have lined up seven work sites for our church to help lead. The scope of the work ranges from replacing decks, adding wheelchair ramps, painting, roofing, turning a carport into a usable room and other similar construction projects. Plan to get hot and dirty. We will have an outreach for the community one of our last days there. We encourage you to get to know the people you are working for. We will have evening worship services and free time each day.

Where will we stay?

We will be staying at the Four Seasons Camp in Salt Lick, KY. Students will stay in cabins that are small but clean. There will be 6-8 people in a cabin. The shower and bathroom facilities are in the center of the camp. Nathan Ogilvie is a PA from our church and will be joining us on the trip to help with any medical needs that may arise. The camp has a nice dining hall and a large chapel for our evening meetings. The camp has a basketball court, field for soccer/Frisbee, and a swimming pool for afternoon recreation.

What will we learn about in worship/cabin times?

The theme for this summer is "ALL IN." The message of *All In* is simple: ***if Jesus is not Lord of all then Jesus is not Lord at all.*** It's all or nothing. It's now or never. Kneeling at the foot of cross of Christ and surrendering to His Lordship is a radical act of dethroning yourself and enthroning Christ as King.

Brian and Corey from River Oaks and the youth pastors from two other churches that will be joining us during our week will be the speakers for the chapel sessions. Cabin times questions will center around what's going to be taught each night at worship to help focus in on the day's theme.

How early do we have to get up?

The following is a typical daily schedule. This is a sample only and will be adjusted to fit our needs and the needs of the people whom we are working for. Flexibility is important here.

Typical Day

7:00 am	Rise and shine/Quiet Time Devotions	6:30 pm	Leader Meeting
7:30 am	Breakfast	7:00pm	Small Groups
8:30 am	Leave to work projects	8:00pm	Chapel
4:15 pm	Arrive back to camp & shower	9:30 pm	Free time
4:15-5:30	Free Time/Pool is open	10:30 pm	In cabins
6:00 pm	Dinner	11:00 pm	Lights Out

**Kentucky Mission Trip
Tentative Schedule**

Saturday, July 22

8:00 am	Meet at Church (do not be late, arrive at 8am sharp)
8:30 am	Leave from church
4:30 pm	Arrive at camp
6:00 pm	Dinner
6:30 pm	Leaders meeting
7:00 pm	Small groups
8:00 pm	Introductory meeting/Chapel
9:30 pm	Free time
10:30 pm	In cabins
11:00 pm	Lights out

Sunday, July 23

9:00 am	Breakfast
10:30 am	Go to Mudd Lick Church of God for worship
12:30 pm	Lunch
1:00 pm	Free afternoon
5:30 pm	Dinner at camp
6:30 pm	Leader meeting
7:00 pm	Small groups
8:00 pm	Chapel
10:00 pm	Free time
10:30 pm	In cabins
11:00 pm	Lights out

Monday – Friday (except Outreach night)

7:30 am	Breakfast (make sure you do your quiet time before or after breakfast EVERY DAY)
8:30 am	Leave for work sites/ eat lunch at work site
4:15 pm	Arrive back at camp / swim at pool / shower
6:00 pm	Dinner
6:30 pm	Leader meeting (TBA each day if needed)
7:00 pm	Small Groups
8:00 pm	Chapel
9:30 pm	Free time
11:00 pm	Lights out

Outreach Night will happen at Frenchburg Town Square and is tentatively set for Friday evening.

Saturday, July 29 (last day)

7:30 am	Breakfast
8:00 am	Quiet time
8:30 am	Clean up camp
9:00 am	Head for home

Kentucky Mission Trip Packing List

(Please label all belongings with your name. Bring only one suitcase.)

Clothing:

- Tennis shoes or sandals for casual wear
- Work boots or sturdy shoes for work site (Shoes you don't mind getting dirty)
- One piece bathing suit and beach towel
- Work socks (at least 5 pair)
- Work pants (scrub pants are great; shorts must be appropriate length)
- Work shirts (at least 4 shirts, must have sleeves)
- Work gloves
- Nice casual clothes for Church on Sunday
 - Guys – Khaki pants or shorts and a polo or button down*
 - Girls – Sun Dress or skirt (past fingertips), Tops must have sleeves.*
- Casual shirts for evening activities (no spaghetti strap tops or undergarments showing)
- Shorts for evenings (must be appropriate length)
- Sleep wear (modest and conservative)
- Hat or bandanna for work
- Windbreaker or lightweight jacket (it may cool at night)
- Poncho or rain cover
- A belt
- Outfits for theme nights at dinner/worship: (these are purely optional and just for fun... don't feel you have to go out and buy things) Superhero Sunday, 'Merica Monday, Twinsie Tuesday (Match Someone), Pink Out Wednesday (wear all pink), Decade Thursday, and Hawaiian Shirt Friday

Other items:

- Bible
- Notebook journal, pencil, pen
- Water bottle with student's name on it to be refilled daily and used on the worksites
- Personal toiletries (toothpaste, toothbrush, soap, shampoo, deodorant, etc)
- Medication you take regularly (in original containers – **Must be given to leader before we leave church**)
- Extra pair of glasses or contacts (if you wear them)
- Wet ones/Hand Sanitizer
- Two towels and two washcloths – PROVIDED IF YOU'RE IN A LODGE ROOM
- Twin bed sheets and light blanket or lightweight sleeping bag – PROVIDED IF YOU'RE IN A LODGE ROOM
- Pillow and pillowcase – PROVIDED IF YOU'RE IN A LODGE ROOM
- Sunglasses
- Sunblock (at least an SPF of 15)
- Plastic trash bags (for dirty clothes)
- Munchies (bring zip lock bags for after they're opened to keep the bugs out)
- Hammer, Nail Apron, Tape Measure
- Bug Spray (A MUST)
- Flashlight – don't forget this!
- Jar of peanut butter and jelly and can of chicken or tuna for lunches
- \$50 **max** (spending money for snacks, Ale8, church offering) Please bring at least \$10 for offering.

What should I leave at home?

1. Tobacco, Alcohol, or other drugs (strictly prohibited, no grace with this one)
2. Anything expensive that you wouldn't want to lose (jewelry, name brand clothing, cologne, etc.)
3. All electronic equipment (PSPs, radios, mp3 players, ear buds, etc.) **NO CELL PHONES**
4. All bad attitudes.

Kentucky Mission Trip Parent Page

River Oaks Youth Ministry is committed to providing a safe and rewarding mission experience for our youth. There is some risk involved in any such experience, including, but not limited to, travel to and from the work site daily, injury or accidents on the work site, and illness. We strive to keep our youth out of hazardous situations, and train them for safe work. They are closely chaperoned and supervised by our youth leaders. Girls and guys are housed separately, and we have very strict rules about no visitors of the opposite sex in the housing facilities. We require our youth to act responsibly at all times, and to follow the rules and instructions set forth by our adult chaperones. If any youth demonstrates irresponsible, dangerous or reckless behavior, the parent will be called and the youth will be sent home and in worst case scenarios the parents will be expected to come pick up their child from camp. Our goal is to serve the Lord, reach out to others in need, all while enjoying our time together. We will have long days and work hard, but this will be a very enriching and rewarding experience for your youth.

One of the biggest issues we've faced in the past is students who experience some home-sickness especially with our 6th grade students. Please help us by preparing your student mentally for the week and that this is not a camp but rather a mission trip. We will be doing work during the day and we need their help to pull off the work that we have planned. They are welcome to call home at the end of the day if needed, and you're welcome to call us to check in on your student but we would love for them to be adequately prepared spiritually and mentally for this trip and for them to focus on God and serving him while we're there. Please call only if you need to & trust us that they're in great care!

If you'd like to receive updates on the trip, we'll try to post at least a daily update on social media so that rest assured knowing everyone is doing fine! Follow rocc_youth on Instagram, check the ROCC Youth Facebook PAGE, or follow @ROCCyouth on Twitter.

Appropriate dress is extremely important for the youth on this trip. Short shorts, short skirts, sundresses, tank tops, low cut, spaghetti strap, or tight fitting tops are not permitted for the girls. Swimsuits need to be modest and conservative (one piece suits for the girls). Boy's pants must be pulled up appropriately – no boxers showing. Send a belt if pants are loose. When packing, remember that we are representing River Oaks Church and the Christian Community.

Lightweight, cotton clothes are best for work. Painter's pants or hospital scrubs are recommended. Jeans will be too heavy and hot. Shorts should be fingertip length or longer. It is best to pack things that are easy to hand wash, quick to dry, and need no ironing.

*This information packet as well as the packing list, medical form, and application can be downloaded and printed from the church website at roccyouth.org. You can also register while you are on this page!

Join us for ROCC Youth from 4-6pm on July 30 for mission trip recap Sunday and hear all about how God moved in the lives of your students and mark your calendar for August 13 for Youth Sunday during both morning services!

Please call the church office with any questions: 766-0033.

Emergency Contacts: (Cell phone numbers may not work in all areas in the hills of Kentucky

Four Season's Camp 606-768-2775 (Kitchen # -Best time to reach 7am-6pm)

Brian Edmonds: 336-682-3936

Corey Mitchell – 336-391-9792

Sonny Flowers - 336-414-8466

Application

Kentucky July 22 – 29, 2017

Personal Information

First Name _____ Last Name _____

Home Address _____

City _____ State _____ Zip Code _____

Birthdate _____ Grade Completed _____

Spiritual Reflection

Please evaluate and describe your current relationship with Jesus Christ:

What two events or activities have impacted you spiritually over this past year?

What would you like God to teach you on this trip?

**River Oaks Community Church
Youth Medical Form and Consent for Trip**

**Please attach a
photocopy of front and
back of Insurance Card**

WE WILL NOT ACCEPT WITHOUTH COPY OF INSURANCE CARD

(Please print)

Student's Name: _____ Nickname: _____
Home Address: _____ City: _____ State: _____ Zip Code: _____
Home or Cell Phone: () _____ Grade: _____ DOB: _____ Adult T-Shirt Size (XS-2XL): _____
Health Problems: _____
Daily Medicines: _____
Medicine Allergies: _____
Food Allergies: _____ Bee Sting or Other Allergies: _____ Last Tetanus Shot: _____
Does the student have any the following: (Please circle Yes or No)
Diabetes: Yes No Asthma: Yes No Seizures: Yes No Heart Problems: Yes No
Insulin: Yes No Epi-Kit: Yes No Inhalers: Yes No Neb Machine: Yes No
(Note: If the student ever needs an Inhaler, Neb Machine, Epi-Kit or Glucose Monitoring kit, it MUST be brought on this trip)
Parent/Guardian Name: _____
Home #: () _____ Work #: _____ Cell #: _____
Parent/Guardian Name: _____
Home #: () _____ Work #: _____ Cell #: _____
Other Emergency Contact Name: _____ Phone: () _____
Health Insurance: _____ Policy Number: _____
Doctor's Name: _____ Doctor's Phone: () _____

My Child _____ has my permission to attend the River Oaks Community Church Youth Mission Trip to the Appalachian Impact Project in Salt Lick, KY from July 22-29, 2017. I hereby release River Oaks Community Church from all liability should any injury occur on this trip. **Sign:** _____

I give my permission for the Adult Chaperones to administer minor first aid to my child should the need arise. This may include the use of over-the-counter medicines, including: Tylenol or Advil for minor fever/aches/pains; Sudafed for congestion; Benadryl for allergies/rash; Robitussin DM and/or cough drops for coughs; Dramamine for motion sickness or nausea; Visine eye drops for eye redness/irritation; Imodium for diarrhea. I have crossed out any of the medicines that I do not want given to my child. **Sign:** _____

I also give my permission for the Adult Chaperones to use their judgement should my child need urgent medical care. I expect the Adult Chaperones to attempt to contact me before my child is taken to an Urgent Care Facility or Emergency Department, unless there is a life-threatening situation, then I expect to be contacted as soon as possible. I hereby authorize the Adult Chaperone to sign for my child's medical treatment should the need arise. I understand that I am ultimately responsible for all medical expenses incurred. **Sign:** _____

I am sending my child's prescription medicines (if any) for the Adult Chaperone to administer to my child. I am also sending non-prescription medicines (if any) that my child may need. I am sending all medicines in their original containers that are clearly labeled with the child's name, and how often the medicine is to be given. All medicine containers are in a zip lock bag that is labeled with my child's name. I acknowledge that all medicines are to be in the care of an Adult Chaperone for dispensing to my child. **Sign:** _____

I also give my permission for pictures/video to be taken of my child on this trip and to be used on church publication sites like FaceBook, Instagram, Twitter, riveroakschurch.org, etc. **Sign:** _____

I agree with the above, and hereby give my consent for this trip.

Parent/Guardian Signature for above: _____ **Date:** _____

*****Important note: Please staple a photocopy of the front and back of Insurance card to this form*****

For office use only – Reviewed by: _____