



Diaconos

An Outreach of Kirchenwald and The Lutheran Camping Corporation of Central PA

GROUP PLANNING GUIDE



The Church, in a place and time apart... Where God's presence is experienced, Faith is renewed, Christ's love is felt, and the Church is strengthened for the service and proclamation of the Gospel.

The Lutheran Camping Corporation of Central Pennsylvania
Kirchenwald, Nawakwa, and The Wittel Farm
PO Box 459

Arendtsville, PA 17303

717-677-8211 (Main Office) 717-964-3121 (Kirchenwald Office)

www.LutheranCamping.org

‘Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?’

The King will reply, ‘I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.’

Matthew 25:37-40

Welcome and thank you for considering being a part of the Diaconos (\dE-’äk-ä-nOs\ , from the Greek for “service”) program at Kirchenwald. Service ministries and missions have become two of the fastest growing and most popular opportunities for today’s Christian youth to become involved in their faith and address the needs of their community. Diaconos will provide the chance to work together in Christian fellowship by serving others and enjoying the exciting adventure opportunities that Camp Kirchenwald has to offer, all while maintaining a safe and positive environment for the physical, social, and spiritual growth of your group.

We are looking forward to planning an exciting and challenge-filled week with you. This guide is designed to help prepare and properly equip you with the information you need to start planning your week. Please carefully read through the following pages and consider the options that will allow you and your group to have the best experience possible. Then, contact the camp to schedule a time when one of our staff can meet with you to cooperatively plan out the details of your week.

This guide includes:

- Camping details (meals, housing, cost, etc.)
- An overview of the service and adventure opportunities from which to choose
- In-camp recreation opportunities
- Day-at-a-Glance (just a possibility)
- Packing list
- Planner
- Registration Agreement
- Code of Conduct, Informed Consent, and Medical History Forms

We look forward to working with you.

Zach Weiss

Camp Director

Camp Kirchenwald

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717-964-3121

If you have any questions, please contact Zach.

Basic Information

Camp Kirchenwald sits in 340 beautiful acres of the Stewardship Forest in Lebanon County, Pennsylvania. With its rustic setting and adventure-based programming, Kirchenwald's ministry has been touching the lives of its campers since 1969. With the development of Diaconos, Kirchenwald is extending its ministry to answer the call to share God's love through service in the community.

In addition to time spent at your work site(s), the Diaconos program allows your group to grow together by taking advantage of the exciting outdoor adventure opportunities that have been the backbone of the Kirchenwald experience for generations. Central Pennsylvania also offers a number of recreational, historical, and entertainment hotspots for you to include in your week. With Diaconos, you can truly shape your week to best fit the goals of your group.



Arrival: The typical Diaconos week starts on Sunday afternoon. Registration is held between 3:30 and 4:00pm. Sunday evenings are the time to get settled in and prepared for an exciting week ahead.

Departure: Have your things packed and ready to go for a 6:30 departure on Friday evening. A Diaconos week runs in sync with other Kirchenwald programs, so arrival and departure times will coincide. (If your group requires alternative arrival/departure times, please let us know in advance.)

Group Size: Our site can accommodate groups up to 18 people (including adult chaperones). If your group is larger than 18, let us know and we will work to obtain appropriate housing for your size.

Housing: Kirchenwald is designed with a variety of living locations. Our most popular for Diaconos groups are our exciting Adirondak-style shelters. Found in various locations throughout the camp, these shelters provide a comfortable resting place and protection from the elements, while allowing you to appreciate the natural world around you. Showers and restroom facilities are just a short walk away and will be available for your use when needed. Don't hesitate to ask about the opportunity to sleep out under the stars one night to experience a fun camping tradition.

Staff: Kirchenwald will provide a staff person specifically to your group for the week. Their role is to be the liaison between your group and your work sites, help facilitate activities on-site, and to assist you in being positive and encouraging Christian role models. You and your chaperones are responsible for the direct supervision of your group. Every Kirchenwald staff person is trained in First Aid and CPR.

Meals: When on site, we invite you to join the rest of the camp in our dining pavilion for meals. The Kirchenwald program also includes a few group meals each week that are cooked over a fire in your individual living area. It's possible your group may be present for one of these cookouts. When at a work site, a cooler lunch of sandwiches, fruits, drinks, and snacks will be provided.

Cost: The cost for the Diaconos program is \$500 per person. This includes all housing, meals, and activities, unless otherwise stated. Up to two adult chaperones may participate in the program at no cost. Additional chaperones may participate at a discounted rate of \$210 for the week.

Payment: We request that all participant payments be lumped together and included in one check (from the church or an individual). This means chaperones should collect all money from campers prior to the registration deadline and write a new check for the total amount. If you wish to make your payment in a series of installments, you may send a check totaling either \$100 per participant (your estimated number) or a minimum of \$500, whichever is greater, when you return your written Registration Agreement and Participant List. The balance of your payment is due, at the latest, 20 days after your participation in the program. Checks should be made payable to The Lutheran Camping Corporation of Central PA and sent to PO Box 459, Arendtsville, PA 17303.

Adult Chaperones: Please invite your own adult chaperones (parents or other members of the congregation) to appropriately supervise your group. If your group consists of both male and female campers, having both male and female chaperones is required. The standard chaperone to camper ratio is 1:8. Please note that the adult chaperones in your group are responsible for the primary supervision of your group's participants. The Lutheran Camping Corporation is not responsible for damages resulting from chaperone negligence.

Transportation: Your group is responsible for obtaining transportation to Kirchenwald and for transporting yourselves to your various off-site locations. Please talk to a Kirchenwald staff person as soon as possible (Winter or Spring) if this is a concern. Seat belts must be utilized by all passengers, and you must have a driver who is at least 21 years of age. Bring insurance cards and licenses for all drivers when you come to camp.

Registration Deadline: Please complete your agreement and send it to The Lutheran Camping Corporation, along with your payment, by April 10th to ensure your participation in the Diaconos program. Your final registration numbers must be communicated to Kirchenwald 10 days prior to your arrival. This ensures that your accommodations will be prepared and that an appropriate amount of food has been ordered for the week.

Additional Congregation Responsibilities:

- Provide Certificate of Liability Insurance
- Bring a completed medical history form for each participant (including adult chaperones) upon arrival to Kirchenwald. Each participant must also complete the Participant Registration Form, Informed Consent, and OTC Medications forms. These documents are included in this packet. Please make copies for each participant.
- Adult chaperones should have clearances from the National Sex Offender Public Registry as well as criminal background checks. Chaperones from Pennsylvania-based groups should also be in compliance with PA Act 114. Please provide proof of these checks during your registration process.

Service Opportunities

... just as the Son of Man did not come to be served, but to serve...

Matthew 20:28

As Christians, we are called to share God's love with everyone we meet. Through his words and by his example, Christ tells us to love our neighbors and to give that love through actions and in truth. Diaconos provides the opportunity for your group to follow Christ's lead by loving others through service in the community. These projects will engage you and your group in physically expressing the ministry of Christ. They also offer the chance to interact with the people you serve and with one another, sharing the Good News and growing in spirit to the glory of God. Please review the following service opportunities in consideration for your week at Kirchenwald. Notice that the Diaconos program is designed with the flexibility to include alternative service ideas your group may have in mind. Prior to submitting your Registration Agreement, you should contact the camp to cooperatively plan the details of your service and adventure experiences.

1. The Growing Project at The Wittel Farm

Time Commitment: 1 Day

Location: 1753 Mill Road, Elizabethtown, PA 17022

Nature of work: Every Diaconos group will commit one service day to the Growing Project. Tend to the garden and/or harvest crops to be donated to those who are food insecure through Hunger-Free Lancaster County. This effort is a significant part of the work to end hunger in Lancaster County.

2. Camp Kirchenwald

Time Commitment: 1-5 Days

Location: Camp Kirchenwald

Nature of work: Groundskeeping - There's always something to do at a camp. Possible activities range from cleaning and organizing tools and equipment through trail blazing and developing new camp sites. Your efforts help keep Kirchenwald a beautiful site for all to enjoy.



3. Developmental & Disability Service

Time Commitment: 1-5 Days

Summer Stars program runs from 9am to 3pm

Brave Arts Studio runs from 5:30pm to 7pm

Location: 1126 Walnut Street, Lebanon, PA 17042

Nature of work: Summer Stars - Be a "Buddy" to someone with special needs. Assist in their participation in games and activities and make a new friend in the process.
Brave Arts Studio - Help to instruct and supervise an adult art class.
Groundskeeping - Groundskeeping and general maintenance help to keep DDS a clean, attractive, and functional site.

Notes: Participation in the Summer Stars program requires you and your group to attend a volunteer orientation, held in the week prior to the program. This orientation will introduce and prepare volunteers for working with individuals with special needs and address health, safety and emergency concerns.

4. Spang Crest Manor

Time Commitment: 1-5 Days, Two- to three-hour sessions

Location: 945 Duke St, Lebanon, PA 17042

Nature of work: Outdoor activities - Work with Spang Crest staff to lead games, exercises, BINGO, crafts, etc. for the elderly residents in the beautiful new outdoor picnic area.
Gardening - Weeding and other general maintenance help keep Spang Crest a clean, attractive, and functional site.
Lead an afternoon worship for Spang Crest residents and staff. Plan prayers, songs, and skits!

5. CATRA (Capital Area Therapeutic Riding Association)

Time Commitment: 1 Day

Location: Station Rd, Grantville, PA 17028

Nature of work: This all-volunteer organization provides horseback riding lessons for children and adults with disabilities. Diaconos campers may do everything from assisting with lessons to caring for animals to shoveling hay.

Notes: Permission forms must be completed before arrival at camp. Wear clothing that can get dirty.

6. Central PA Food Bank

Time Commitment: 1-5 Days

Location: 3908 Corey Rd, Harrisburg, PA 17109

Nature of work: Packaging Food - Pack and organize food donations to be delivered to shelters and others in need.

7. Recycle Bicycle

- Time Commitment:** 2 Days
Location: 2266 Atlas Street, Harrisburg, PA and various
Nature of work: Learn the basics of bicycle repair, then set up shop to help residents get their bikes back into working condition. This program gives local children a positive outlet for recreation, provides reliable transportation to work for many adults, and builds relationship between community members.
Notes: Knowledge of bicycle repair is not necessary. Skills will be taught.

8. St Barnabas Center

- Time Commitment:** 1-5 Days
Location: 248 Seneca St, Harrisburg, PA
Nature of work: Be a friend to the youth at St Barnabas. Catering to children of inner-city families, you'll plan and lead activities for the youth, join them in swimming, and simply provide some much appreciated attention and care.

9. Lebanon County Christian Ministries

- Time Commitment:** 1-5 Days
Location: 250 S 7th St, Lebanon, PA 17042
Nature of work: Meal service- As part of the ministry at LCCM, free lunches are delivered daily to youth and families at local playgrounds. Help to prepare meals for the free lunch service for the community.
Clothing donations- Support the clothing bank by organizing donations for clients of LCCM.

10. Church World Service

- Time Commitment:** 1-2 Days
Location: 308 East King Street, Lancaster, PA 17602
Nature of work: Show Christian hospitality to refugee families by cleaning or furnishing their new homes in preparation to their arrival. Work may also include collecting and organizing donations, or various other tasks to prepare for families.
Notes: The schedule for refugee family arrivals can be unpredictable. The nature of your work may be subject to change with little notice.

11. Governor Dick Environmental Center

- Time Commitment:** 1 Day
Location: 3283 Pinch Road, Mount Gretna, PA 17064
Nature of work: Varied physical tasks. May include trail maintenance, painting, basic construction, development or new exhibits for the beautification of the park and the mission of bringing people closer to nature.

Adventure / Recreation

All the believers continued together in close fellowship and shared their belongings with one another... Day after day they met as a group in the Temple, and they had their meals together in their homes, eating with glad and humble hearts, praising God, and enjoying the good will of all the people.
Acts 2:44-47

While a strong emphasis is often placed on the service aspect of service ministries (and rightly so), it's important to acknowledge the potential that exists for your group to come together in fellowship as a community of believers. At Kirchenwald, we recognize the importance of social and spiritual development through group dynamics and encourage you to make adventure / recreation programs part of your Diaconos experience. These adventure opportunities will challenge your group to work together and overcome obstacles, while enjoying some of the exciting outdoor activities that are a standard in the Kirchenwald program. Adventure / recreation opportunities are typically scheduled to take place during the morning through early afternoon. A commitment to these activities will often be in place of a session at a work site. Time estimates could potentially be shortened or extended.

1. Canoeing

- Time Commitment:** 5-6 Hours
Location: The Susquehanna River
Special Considerations: All participants must wear camp-supplied lifejackets and water shoes (sneakers are acceptable, but expect them to get wet). Proper application of sunscreen is very important on a trip such as this.

Float down Pennsylvania's largest river, the Susquehanna, on a trip that's both enjoyable for those new to canoeing, but with sufficient challenges available for the seasoned paddler. This roughly seven-mile trip includes navigating through a series of shelves, eating lunch on the river, and swimming in the natural current rapids. Kirchenwald staff is certified in First Aid, CPR, and is trained for water rescue situations.



2. Rock Climbing

- Time Commitment:** 5-6 Hours
Location: Chiques Rock
Special Considerations: All participants must wear camp-supplied climbing helmets and harnesses when climbing Chiques Rock. Free climbing (climbing without a rope) is prohibited. Proper sunscreen application will ensure everyone has an enjoyable experience.

Test your strength and agility as you and your group move vertically up the 90-foot face of Chiques Rock. With five separate and distinct rope locations, each climber can find an ascent that appropriately challenges his/her abilities. Kirchenwald staff is on hand to belay and help cheer your group to success.

3. Caving

- Time Commitment:** 6 Hours
Location: The Wind Cave
Special Considerations: The Wind Cave maintains a year-round temperature of roughly 55 degrees. Combined with the dampness of being underground, it is important that all participants dress warmly enough to prevent getting too cold. You should also expect your clothes to be dirty after caving, so dress appropriately. Each participant should carry a flashlight (headlamps are an excellent idea), as no light reaches most areas of the cave. Please take note: caving involves walking, climbing, and crawling through small spaces. This activity is not recommended for persons who are severely claustrophobic.



Crawl deep below the Earth's surface as you explore a cave that was once part of the Underground Railroad. Experienced staff will lead you to The Sun Room, The Cathedral, down The Jello Slide, and out The Birth Canal. This trip is great for teamwork, as group members must rely on each other to navigate the exciting network of cave passages.

4. Backpacking

- Time Commitment:** 2 Days
One full day of hiking and camping out on the trail. The second day, expect to return to Kirchenwald around noon.
Location: The Appalachian Trail
Special Considerations: All participants must wear proper footwear to enjoy this activity. Sandals and Crocs are not acceptable.

Follow the white blazes as you hike on the most famous recreational trail in the United States. The Appalachian Trail will guide your group through dense woods, open meadows, and into the historic ruins of the mining town at Rausch Gap. With opportunities for fossil hunting and gravestone rubbings along the way, this trip combines the challenges of Pennsylvania's rocky terrain with the beauty and energy of God's creation.

5. Hershey Park

Time Commitment: 4-12 Hours
Location: 100 W. Hershey Park Dr
Hershey, PA 17033
www.hersheypark.com

Special Considerations: The cost of admission is not included and should be covered by the individuals of your group. Also, expect to get wet on water rides.

Enjoy the rides, fun, and excitement at “the sweetest place on Earth”, Hershey Park. With over 100 acres and more than 60 rides, this chocolate company-inspired amusement park has something for everyone. Don’t forget to hop on the Chocolate World ride and see how some of your favorite candies are made.

6. Adventure Sports

Time Commitment: 3-4 Hours
Location: 3010 Elizabethtown Rd
Hershey, PA 17033
www.adventurehershey.com

Special Considerations: Admission to Adventure Sports is free; however, go-karts, mini golf, batting cages, and other activities will be at a cost to the individual.

Adventure Sports offers a fun and recreational experience for your whole group. Race one another along the winding go-kart track. Swing for the fences in one of the many batting cages. Or, host your own Master’s Tournament on the 18-hole miniature golf course.

7. The Jigger Shop

Time Commitment: 1-2 Hours
Location: Gettysburg Ave & Rt. 117
Mount Gretna, PA 17064
www.jiggershop.com

Special Considerations: Individuals are responsible for the purchase of their items at the Jigger Shop.

Treat yourself with a cool treat from the Jigger Shop. Famous for its delicious selection of ice cream, including the classic Jigger, you’re sure to find something to satisfy your sweet tooth. After a hard day’s work, there’s no better celebration.



In-Camp Recreation

These recreation opportunities can take place in or right around camp, without the need of transportation. They can be done in the mornings or evenings, after you've returned from a work-site.

Climbing Tower/High Ropes

Swimming

Mountain Biking

Field Games

Arts & Crafts

Canoeing in the Pond

Low Ropes Circuit

Group Building Initiatives

Buzzard's Rocks

Dinosaur Rocks

Nature Study

Campfire Worship



Day At A Glance

This schedule is only a possible outline of how your days might run. Through talking with the staff at Kirchenwald prior to your arrival, the specific times of your activities can be molded to fit the needs of your group.

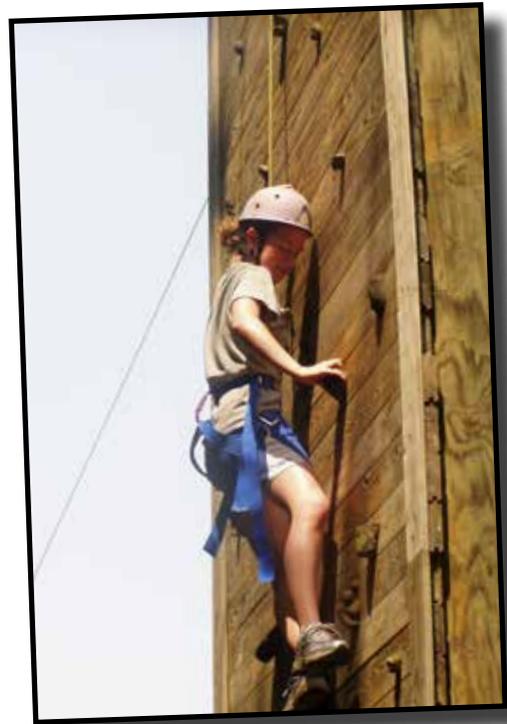
- 7:30- Wake up
- 7:45- Morning Watch
- 8:15- Breakfast
- 9:00- Depart for Service Site / Adventure Site
- 12:00- Lunch at site
- 3:00- Return to Kirchenwald
- 3:15- Pool Recreation
- 5:00- Dinner
- 6:00- Evening In-camp Recreation
- 9:30- Snack
- 10:00- Evening Devotions
- 10:30- Lights out



Packing List

Please bring these items with you to have an enjoyable week in the Diaconos program. Remember that you will be very active during your week, so bring clothing that is comfortable, durable, and appropriate for your activities.

- Sleeping bag
- Pillow
- At least 2 pair of sneakers / activity-appropriate footwear
(ex. hiking boots, water shoes)
- Shorts for each day
- T-shirt or lightweight shirts for each day
- Socks and underwear for each day
- 1 pair of long pants
- A jacket or sweatshirt
- A rain jacket or poncho
- A swimming suit
- Towel
- Showering items and toiletries
- Hat / bandana
- Flashlight
- Health Form
- Sunscreen
- Bible
- Day Pack



Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:45		Morning Watch				
8:15		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Morning						
12:00		Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon						
5:00		Dinner	Dinner	Dinner	Dinner	Dinner
Evening						
9:30	Snack	Snack	Snack	Snack	Snack	
10:00	Devotions	Devotions	Devotions	Devotions	Devotions	
10:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	



Registration Agreement

Please return this form, along with your deposit payment, to The Lutheran Camping Corporation at PO Box 459, Arendtsville, PA 17303, by April 10th so we may reserve your group.

Name of Youth Group / Church _____

Group Leader / Contact _____

Contact Phone _____ Email _____

Contact Address _____

City _____ State _____ Zip Code _____

Dates Attending _____ Group Size _____

Amount Enclosed \$ _____
 Full Payment (\$500 per camper)
 Per Camper Deposit (\$100 per camper)
 \$500 Deposit

Please check all service/adventure activities in which your group will participate.

- | | Dates |
|--|-------|
| <input type="checkbox"/> The Growing Project at The Wittel Farm | _____ |
| <input type="checkbox"/> Camp Kirchenwald | _____ |
| <input type="checkbox"/> Developmental & Disability Service | _____ |
| <input type="checkbox"/> Ronald McDonald House | _____ |
| <input type="checkbox"/> Spang Crest Manor | _____ |
| <input type="checkbox"/> CATRA (Capital Area Therapeutic Riding Association) | _____ |
| <input type="checkbox"/> Central PA Food Bank | _____ |
| <input type="checkbox"/> Recycle Bicycle | _____ |
| <input type="checkbox"/> St Barnabas Center | _____ |
| <input type="checkbox"/> Lebanon County Christian Ministries | _____ |
| <input type="checkbox"/> Church World Service | _____ |
| <input type="checkbox"/> Governor Dick Environmental Center | _____ |
|
 | |
| <input type="checkbox"/> Canoeing | |
| <input type="checkbox"/> Rock Climbing | |
| <input type="checkbox"/> Caving | |
| <input type="checkbox"/> Backpacking | |
| <input type="checkbox"/> Hershey Park | |
| <input type="checkbox"/> Adventure Sports | |
| <input type="checkbox"/> The Jigger Shop | |

I agree that the above information is correct to the best of my knowledge. By signing below, I agree to the terms of payment listed in the Planning Guide. I will provide all necessary documentation for my group to participate in the Diaconos program, including health forms, insurance forms, and appropriate background checks. I understand that I am responsible for providing the primary insurance for my group and hereby release The Lutheran Camping Corporation and its staff from all liability due to injury, loss or damage to person or property that may occur during my/our involvement in the Diaconos program.

Signature of Group Leader _____ Date _____



Diaconos Participant Registration Form

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Male / Female

Email Address _____ D.O.B. _____

Parent Names _____

Congregation _____

Participant Code of Conduct

Our goal for each individual attending this event is to have an experience of Christian community in which he/she is safe, and grows spiritually and socially.

During the event, in the course of activities, it is natural that there may be conflicts within groups and between participants, chaperones, and staff. It is in resolving these issues – in the give and take of negotiation – that some of the most important lessons of the event are learned.

Occasionally, however, behavior on the part of the participant may become so disruptive as to require removal from the event because conflicts cannot be resolved.

Decisions of this nature will be determined by the camp staff. The following guidelines are presented for participants during this event at camp. Parents are encouraged to review these guidelines with their children.

1. Use language appropriate to a Christian community.
2. Respect the rights, privacy and property of others.
3. Respect the property and facilities of the camp.
4. Respect the property and facilities of volunteer and recreation sites.
5. Wear appropriate clothes for activities as suggested by camp staff.
6. Follow camp schedule.
7. Do not engage in any acts of physical, sexual, or verbal abuse (camper/camper or camper/staff).
8. Abide by the rules and regulations of the camp.
9. Abide by the rules and regulations of work and recreation sites.
10. Possession of alcohol or any illegal substance is prohibited.
11. Participants are encouraged to take part in all activities to the best of their ability.
12. Participants may leave their group only with the permission of camp staff or chaperones.

In signing this section, I agree to abide by all the regulations governing personal conduct and use of camp property. I am aware that I am expected to cooperate and participate in all activities. If I do not cooperate, or become a hindrance to the program, I understand that I will be sent home.

Participant Signature: _____

Date: _____



Informed Consent

I understand and certify that my/my child's participation in the Diaconos servant program at Camp Kirchenwald and its activities is completely voluntary and I have familiarized myself with the camp's program and activities in which I/my child will be participating.

I recognize that certain risks are inherent in the camp events and programs and particularly, but not limited to, the activities of:

Low and High Ropes	Canoe / Kayaking
Climbing Tower	Mountain Biking
Climbing Wall	Swimming
Games / Sports	Backpacking Off-Site
Sleep Outs	Mountain Boarding
Various Servant Activities	

In addition to activities at Camp Kirchenwald, you/your child will be going off-site. This may include being transported by vehicle to a specific destination (volunteer site, recreation site, etc.).

I acknowledge that although Camp Kirchenwald has taken safety measures to minimize the risk of injury to camp participants, Camp Kirchenwald cannot insure nor guarantee that the participants, equipment, premises, and/or activities will be free of hazards, accidents and/or injuries. I further recognize and/or have instructed my child in the importance of knowing and abiding by the camp rules, regulations and procedures for safety of camp participants.

I give my permission to participate in the above listed activities yes no

I do not want to / I do not want my child to participate in the following activities:

The undersigned does hereby agree to hold harmless, release, remise, acquit and forever discharge The Lutheran Camping Corporation, Camp Kirchenwald, its staff, employees, volunteers, agents, successors and assigns, of and from all claims, demands, causes of action, obligations, rights, damages, losses, expenses, costs, joinders or controversies arising out of my child's participation in any program or any activities at Kirchenwald.

Name of Participant: _____ Signature: _____

Parent/Guardian Signature: _____ Date: _____
(if participant is under 18)