



General Group Experience Details

Goods & Services

While your *Written Agreement* provides an exhaustive list of divisions of responsibility, this section exists to further inform you about *selected* general goods and services AdventureServe Ministries provides as a part of your missions experience. This list is limited to items we have found need for further clarification. You may wish to re-read your group *Written Agreement* for clarification of divisions of responsibility as it is important information that we will not duplicate here.

Our Staff

Our staff is expected to follow high standards of conduct and to be proficient in many different areas. We have three and a half weeks of staff training at the beginning of each summer to train the staff in all of our policies, philosophy, and procedures.

Each staff member is:

- Over 18 years of age
- First Aid Certified
- AdventureServe Ministries certified
- A Christian (holding to the Apostle's Creed)

Each staff member has:

- Been interviewed and screened
- Leadership experience
- Passed written tests on our policies and procedures
- Passed proficiency tests in our procedures for:
 - Rock climbing (set up/ belay)
 - Rappelling
 - Caving



A minimum of two staff will reside with your group for the duration of your experience. They are trained for and expected to fulfill the following roles and responsibilities:

1. Provide adequate food and shelter.
2. Safety via AdventureServe Ministries standards.
3. Organize & facilitate program activities.
4. Unite with leaders.
5. Build relationships with your group.
6. Spiritually challenge the group.

Upon your arrival on Sunday evening, our staff will sit with your leadership team to further discuss your goals/objectives for the week and make sure everyone is on the same page regarding the week's activities. They will have been briefed by the member of our management team that has been handling your pre-trip



preparation and communication, but they may ask for further clarification on certain topics. Our goal is to support **YOUR** leadership team and **YOUR** agenda. Our staff are trained and prepared to lead all aspects of the experience or to let you retain ownership of as much as you would like (within our safety parameters). There are many options for "ownership of activities" detailed in this Packet and Packet Three (Packet Three is where you will make your decisions). Be prepared to further discuss these options with your staff upon your arrival.

Your ongoing communication and partnership with these staff members will be critical in the success of your trip. They are there to serve you and will accommodate any reasonable request you may have to the best of their abilities. If you are unhappy with something, these folks need to hear about it so they may rectify the situation. Our staff will ask you to a commit to a scheduled short leadership meeting each day that will be a great platform to discuss such issues. On behalf of our staff, we ask you to please not bury frustrations...place them on the discussion table where they can be dealt with either by our trip leaders or a member of our senior management team.

Daily Schedule

The following is an outline of the "basic" daily schedule you will follow during the mission's portion of your trip. Times stated are to give you a rough idea of when and how things happen, not a concrete timeline. We will sometimes deviate from the schedule for certain activities like hiking, swimming, visiting scenic overlooks, finishing up a worksite on the last day of work, etc. Depending upon your choice of adventure activity, Friday's schedule may look drastically different. As the leader, feel free to talk to your AdventureServe Ministries staff about adjusting the schedule to match your objectives for the trip.

7:00 AM	Rise & shine
7:15 AM	Breakfast Pack vehicles and lunch
8:15 AM	Seed Thought (devotion& quiet time)
9:00 AM	Leave for daily activity Monday through Thursday—worksites Friday—adventure activity
12:30 PM	Lunch
5:00 PM	Arrive back at base camp
6:00 PM	Dinner
7:00 PM	Free Time/ Leaders Meeting
8:00 PM	Worship
9:00 PM	Processing of the day (Debriefing)
10:00 PM	Quiet Hours Begin



Regarding Arrival Day

- *Make sure that your group has eaten prior to your arrival.*
- Meet your staff at your designated campground after 6 pm (EST) on Sunday. Let us know beforehand if you are planning to arrive after 7 pm (EST)—we would advise against this if possible.
- During the evening:
 - Introductions and campsite set up.
 - AdventureServe Ministries staff and group leaders meet to clarify the group's goals and objectives for the week, take care of any paperwork, break the group up into smaller chore teams, discuss the weekly schedule, etc.
 - Orientation meeting with your whole group. In this time, AdventureServe Ministries staff will introduce the some of the week's activities, goals, etc. They will also cover the policies that need to be followed for the week. This time will also be used to establish (or review) a group covenant (details to follow later in this section).
 - Bedtime.

Regarding Departure Day

- Eat breakfast.
- Help the AdventureServe Ministries staff clean, inspect, and pack all equipment. This helps your AdventureServe Ministries staff and helps groups all summer by keeping gear in clean and usable shape. Your staff may begin the cleaning process with you earlier in the week.
- Pack up and leave by 8:00 AM on Saturday.

Participant Insurance

As a courtesy service, AdventureServe Ministries provides each program participant with the following insurance:

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|---------------------|--|
| Accident Insurance: | Up to \$3000 per person, per incident, for the duration of the experience. |
| Sudden Illness: | Up to \$1000 per person, per incident, for the duration of the experience. |



Should a program participant require medical attention during their experience at AdventureServe Ministries, the above coverage will be primary, and an individual's personal policy will be secondary (assuming coverage limits are exceeded or an individual's condition stems from an ongoing or pre-existing condition). AdventureServe Ministries will not be liable for deviations from this policy or for medical costs incurred exceeding the above coverage limits.

Camping Facilities

Groups that choose camping will be camping in State Parks, National Parks or privately owned campgrounds. Each facility is unique in its amenities and some are "plusher" than others. All campgrounds have at least one communal bathhouse with men's and women's facilities, including a limited number of showers that your group will share with others staying at the campground. Electricity and water are available at most sites, but not all. A pavilion is usually available for rain shelter in the immediate camping area or within a close driving proximity. All participants should expect a minimalist, low-impact approach to camping (i.e., no portable Coleman kitchens, no tablecloths, no portable screen shelters, bug



zappers, etc.). If there are people in your group with disabilities, let us know so that we can accommodate with the best campground to meet your group's needs.

Groups that choose indoor lodging will stay on AdventureServe property unless there are special circumstances. Groups will either stay in King or Turkington Hall. They are both dormitory style with a men's and women's shower and bathroom. Laundry facilities are available and limited linens and towels are provided.

King Hall has 3 large rooms (sleep 12 people each) and 2 small rooms (sleep 3 people each) able to hold 40 people. Located on the first floor of King Hall is also a kitchen and dining area with cooking supplies & dishware for 40 people. King Hall also has air conditioning and heat to accommodate all seasons.

Turkington Hall has 9 small rooms (sleeping 2 each) able to hold 18 people. There is a separate building where there is a kitchen and dining area with cooking supplies and dishware for well over 40 people.

Both dormitories have access to our beautiful 9-acre property, large tabernacle/auditorium that can be used for skits, games and worship meetings. An outdoor Pavilion for group gathering and worship times or a prayer chapel and indoor lounge space also for gathering purposes. You can also take advantage of our outdoor fire pit, large charcoal grill, and nearby playground and fields. Lastly, if the need arises there is access to internet and Wi-Fi located on certain parts of the property as well.

Technology

Technologies like cell phones and iPods can be fun and beneficial. However, we strongly invite you to



consider limiting or prohibiting the group from using them during your AdventureServe Ministries experience. These technologies have a tendency of consuming time and attention, taking focus off of the physical here and now. This can be a challenge but also a wonderful opportunity to discuss the role these things play in their lives. Having said that, we recommend that you consider doing a "technology fast" in your group covenant. Though not mandated, prohibiting use of these devices can help foster a better experience.

We understand that the adult chaperones will probably keep cell phones on them for the trip. This is important in case of emergency and to smooth over possible logistical issues. We encourage them to keep use appropriate, especially if the group is not allowed to have cell phones. Our staff will do the same. Finally, in case of emergency, parents not on the trip **WILL** be able to get a hold of the group. If they are not able to reach you then they may call our office and we will get the message to the right person in a timely manner (800-884-8483).

Special Activities

During your trip, there may be times to deviate from the schedule for a special activity. Often a group will finish up the day's activities an hour early so they can go hiking, swimming, sightseeing, etc. The availability of these activities is dependent on the schedule and location of your trip and is not necessarily an included activity.

Swimming

AdventureServe Ministries is not able to lead your group in swimming unless we have a staff present who is lifeguard certified. Our staff members are not all trained lifeguards. Please note that if you would like to swim on your trip, **you, the group's leader, must read and sign the "Swimming Liability Release" form (It is in Packet 3, on the web, and your staff will also have a copy.** Only one form is needed. It is located in all these places for your convenience.), then each participant must sign it. Signing this releases all responsibility from AdventureServe Ministries while your group swims, and you, the leader, take this upon yourself. Note that the document urges you to, among other things, provide a lifeguard to be on duty while the group swims. If you hope to swim on your trip, it is recommended that you find a lifeguard from your church to be a chaperone on the trip who will be on duty while your group swims, and have them bring a copy of their certification along. If you choose to not do this and still wish to swim please read the Swimming Liability Release carefully before you sign it. We do not need the form prior to your trip.

Camping Equipment

AdventureServe Ministries provides for all basic camping equipment needs including tents, tarps, propane stoves, lanterns and ice coolers. We do NOT provide personal items such as sleeping bags, ground pads, flashlights or camp chairs. (See Packet 3 for a packing list) Unless you have chosen and arranged for indoor lodging *expect to sleep in a tent, on the ground.* Our tents are relatively high quality dome tents that will sleep five youth or three to four adults per tent with personal gear. We will try to accommodate requests for married couples to have their own tent, but cannot guarantee such arrangements. Please do not bring portable cots or inflatable mattresses, as it is almost impossible to accommodate them due to their size—we suggest a ground pad for all campers.

No tent is absolutely, 100% waterproof. If we get a "gully washer" of a rainstorm, you and your gear may get wet. This is the exception, not the rule. Should your group or select members of your group experience such misfortune, we will assist in getting your gear dry the following day.



Cooking Equipment

AdventureServe Ministries provides all necessary cookware and dinnerware for your experience including, but not limited to: pots, pans, knives, cutting boards, can openers, plates, bowls, cups, forks, spoons, etc. You will most likely NOT have all the modern conveniences of home, though you will have everything you need to make it through the week. You will be cooking in the outdoors...it will be rustic so no portable kitchens, tablecloths, refrigerators, etc. Your staff will instruct you on safe food handling practices and necessary sanitary procedures such as the ACA three-part dishwashing system.

Menu Schedule & Necessary Food

AdventureServe Ministries provides a menu schedule and necessary food provisions beginning Monday breakfast and ending Saturday breakfast. Breakfast, lunch and dinner are provided each day in between. Groups must provide for their own dinner on Sunday evening PRIOR to meeting AdventureServe Ministries staff at the predetermined location. Should a group leader decide to eat out at any time, it is that group's choice and financial responsibility, not AdventureServe Ministries. Should you choose to exercise such an option, we would suggest limiting it to one time, preferably Friday evening/the day of your adventure activity. The basic menu structure is as follows:

- Breakfast:** Continental. Variations include cereal, oatmeal, bagels & cream cheese, fresh fruit, milk, juice, coffee and tea.
- Lunch:** Cold meals. Variations include cold cut sandwiches and wraps, tuna pitas, PB&J, fresh fruit, granola bars, chips or pretzels, and water.
- Dinner:** Hot meals. Variations include "Chili-Joes", taco salad, penne pasta, vegetables, flavored drink mix and water.

If you would like more detailed information, please check out the sample menu located at the end of this section. This sample menu is one we have used in the past. It may not be exactly the same as the menu for your group's experience, as we make minor menu changes every year based on feedback from staff and previous groups.

Overall, most folks like the food, while some don't. Cold lunches, admittedly, get old after a few days, but hot lunches (and breakfast for that matter) interfere too much with daily program activities. Trust us...we have tried! Further, for health purposes, we use ground turkey rather than ground beef and limit the amount of sugar. Should you have special dietary needs within your group (vegetarians, lactose intolerant, diabetic, etc.), simply inform us, and we will make any necessary accommodations.



Regarding food quantities, we pre-pack all non-perishable food for your group prior to your arrival. Staff will then purchase perishables on a regular basis throughout the week to ensure their freshness. Food quantities are based upon our estimates of the average group. With that said, a group of junior high girls eats much less than a group of high school boys. Some groups can't get enough milk, while others don't seem to care for it. Our staff will work with you throughout the week making necessary adjustments to meet your group's needs. They will depend upon YOU for daily feedback in this area.

Sample Menu

The sample menu is on the following pages.

<p>Monday Breakfast: Continental</p> <p>Cereals & Granola Milk & Yogurt Oatmeal Fruit Orange Juice Coffee, Tea, Hot Chocolate</p> <p>Light stove and heat water for hot drinks and oatmeal. Use open boxes of Cereal first before opening more. Set food and dishes out on table in buffet style. If coffee is wanted, put 8 -10 cups of hot water in separate pot with a coffee filter packet and let sit covered.</p> <p>FOOD REQUIRED (for 20 people): cereals, granola, 1 box instant oatmeal, 1 gal. milk, 1 tub yogurt, 6 bananas (or other fruit), 1 gal. orange juice, coffee, tea, 1 box instant hot chocolate packets, creamer, sugars.</p>	<p>Tuesday Breakfast: Continental</p> <p>Bagels & Cream Cheese Cereals & Granola Milk & Yogurt Oatmeal Fruit Orange Juice Coffee, Tea, Hot Chocolate</p> <p>Light stove and heat water for hot drinks and oatmeal. Use open boxes of Cereal first before opening more. Set food and dishes out on table in buffet style. If coffee is wanted, put 8 -10 cups of hot water in separate pot with a coffee filter packet and let sit covered.</p> <p>FOOD REQUIRED (for 20 people): 10 bagels, 1 tub cream cheese, cereals, granola, 1 box instant oatmeal, 1 gal. milk, 1 tub yogurt, 6 bananas (or other fruit), 1 gal. orange juice, coffee, tea, 1 box instant hot chocolate packets, creamer, sugars, margarine.</p>	<p>Wednesday Breakfast: Continental</p> <p>Cereals & Granola Milk & Yogurt Oatmeal Fruit Orange Juice Coffee, Tea, Hot Chocolate</p> <p>Light stove and heat water for hot drinks and oatmeal. Use open boxes of Cereal first before opening more. Set food and dishes out on table in buffet style. If coffee is wanted, put 8 -10 cups of hot water in separate pot with a coffee filter packet and let sit covered.</p> <p>FOOD REQUIRED (for 20 people): cereals, granola, 1 box instant oatmeal, 1 gal. milk, 1 tub yogurt, 6 bananas (or other fruit), 1 gal. orange juice, coffee, tea, 1 box instant hot chocolate packets, creamer, sugars.</p>
<p>Monday Lunch: Picnic</p> <p>Turkey & Cheese Peanut Butter & Jelly Apples, Oranges Pretzels Bread, Water</p> <p>Pack one lunch cooler & bin per lunch group. Put meat & cheese in lunch cooler & pack the rest of the food listed in the bin. In each bin include 2 knives for peanut butter & jelly spreading & 1 sharp knife for cutting the cheese. Don't forget to fill water bottles.</p> <p>FOOD REQUIRED (for 20 people): 3 loaves bread, 2 lbs sliced turkey breast, 1 package block cheese, 1 jar peanut butter, 1 jar of jelly, 20 pieces of fruit, 1 bag pretzels, mayonnaise packets, mustard packets, water.</p>	<p>Tuesday Lunch: Picnic</p> <p>Tuna, Pitas Peanut Butter & Jelly Apples, Oranges Regular Potato Chips Granola Bars Bread, Water</p> <p>Pack one lunch cooler & bin per lunch group. In each bin include 2 knives for peanut butter & jelly spreading. Also pack bowl, fork, & can opener to mix tuna salad (drain tuna, mix together tuna, mayo, mustard, and relish). Don't forget to fill water bottles.</p> <p>FOOD REQUIRED (for 20 people): 5 cans (12 oz each) tuna, 3 packages pita bread, 1 loaf bread, 1 jar peanut butter, 1 jar of jelly, 20 pieces of fruit, 2 bags regular potato chips, 2 boxes granola bars, mayonnaise packets, mustard packets, relish packets, water.</p>	<p>Wednesday Lunch: Picnic</p> <p>Ham & Cheese Peanut Butter & Jelly Apples, Oranges Fig Bars Baby Carrots Bread, Water</p> <p>Pack one lunch cooler & bin per lunch group. Put meat & cheese in lunch cooler & pack the rest of the food listed in the bin. In each bin include 2 knives for peanut butter & jelly spreading & 1 sharp knife for cutting the cheese. Don't forget to fill water bottles.</p> <p>FOOD REQUIRED (for 20 people): 3 loaves bread, 2 lbs sliced ham, 1 package block cheese, 1 jar peanut butter, 1 jar of jelly, 20 pieces of fruit, 2 packages fig bars, 2 bags baby carrots, mayonnaise packets, mustard packets, water.</p>
<p>Monday Dinner: Perfect Pasta</p> <p>Meat & Pasta Sauce Penne Pasta French Bread Green Beans Parmesan Cheese Pineapple Drink Mix</p> <p>Boil pasta per directions on box, stir constantly. Drain <i>most</i> of the water out afterwards. Brown meat and mix in entire bag of spices. Add pasta sauce unless there are vegetarians in group. If so keep some sauce separate. Keep warm on low heat, stirring continuously. Cook beans on med-high heat in pot with water until tender. Mix drink mix with water according to instructions on package. Set dishes and food out on table in buffet style. Make sure wash bins are set up as well.</p> <p>FOOD REQUIRED (FOR 20 PEOPLE): 5 lbs ground meat, 3 jars pasta sauce, 4 boxes pasta, 2 bags frozen green beans, 2 loaves french bread, 5 cans pineapple, 2 packets drink mix, parmesan cheese packets, margarine, salt & pepper.</p>	<p>Tuesday Dinner: Jammin' Jambalaya</p> <p>Canned Cooked Chicken Breast Rice (non-Instant) Garlic, Celery, Onions, Bell Peppers Canned Tomatoes, Kidney Beans, & Vegetable broth Cajun seasoning, salt, pepper (In bag) Hot Sauce Apples and Caramel Dip Drink Mix</p> <p>Dice garlic, celery, onions, & bell peppers. Coat sauce pan with butter & cook diced vegetables until slightly softened. Place cooked vegetables, kidney beans, tomatoes, vegetable broth, rice, & seasonings into a large pot. Add canned chicken unless there are vegetarians in the group. If so keep some of the Jambalaya separate. Bring the pot to a boil and stir well, making sure nothing sticks to the bottom. Cover with lid, turn heat to low & simmer for 30 minutes. Cut apples for dipping, & mix drink mix according to package. Set dishes & food out on table in buffet style. Make sure wash bins are set up as well.</p> <p>FOOD REQUIRED (FOR 20 PEOPLE): 29oz chicken, 50oz rice, 3 cloves garlic, 2 celery packages, 2 onions, 2 bell peppers, 3 cans tomatoes, 3 cans kidney beans, 5 cans vegetable broth, 6 Tbs Cajun seasoning, 1 Tbs salt, 1 Tbs pepper. 1 bottle of hot sauce, 1 tub of caramel dip, 20 apples sliced, 2 packets drink mix</p>	<p>Wednesday Dinner: Chili-Joes</p> <p>Chili beans, tomato sauce, & ground meat Hamburger Buns Hot Sauce Onion Carrot & Celery Sticks Ranch Dressing (Dip) Oatmeal Cookies Drink Mix</p> <p>Brown meat. Add diced onion. Cook 2 min. In a large pot place chili seasoning, chili beans, & tomato sauce. Add brown meat and onions unless there are vegetarians then keep some chili set aside. Warm on low heat, stirring continuously. Peel/wash carrots & celery. Cut carrots & celery into sticks. Pour ranch dressing into bowl. Mix drink mix with water according to instructions on package. Set dishes & food out on table in buffet style. Make sure wash bins are set up as well.</p> <p>FOOD REQUIRED (FOR 20 PEOPLE): 7 lbs ground meat, 6 cans chili beans, 4 cans tomato sauce, 1 onions, 7 packets chili seasoning, 2 dozen buns, 2 packages celery, 2 lbs carrots, 1 bottle ranch dressing, 2 packages oatmeal cookies, hot sauce packets, 2 packets drink mix, salt & pepper.</p>

<p>Thursday Breakfast: Continental</p> <p>Bagels & Cream Cheese Cereals & Granola Milk & Yogurt Oatmeal Fruit Orange Juice Coffee, Tea, Hot Chocolate</p> <p>Light stove and heat water for hot drinks and oatmeal. Use open boxes of Cereal first before opening more. Set food and dishes out on table in buffet style. If coffee is wanted, put 8 -10 cups of hot water in separate pot with a coffee filter packet and let sit covered.</p> <p>FOOD REQUIRED (for 20 people): 10 bagels, 1 tub cream cheese, cereals, granola, 1 box instant oatmeal, 1 gal. milk, 1 tub yogurt, 6 bananas (or other fruit), 1 gal. orange juice, coffee, tea, 1 box instant hot chocolate packets, creamer, sugars, margarine.</p>	<p>Friday Breakfast: Continental</p> <p>Cereals & Granola Milk & Yogurt Oatmeal Fruit Orange Juice Coffee, Tea, Hot Chocolate</p> <p>Light stove and heat water for hot drinks and oatmeal. Use open boxes of Cereal first before opening more. Set food and dishes out on table in buffet style. If coffee is wanted, put 8 -10 cups of hot water in separate pot with a coffee filter packet and let sit covered.</p> <p>FOOD REQUIRED (for 20 people): cereals, granola, 1 box instant oatmeal, 1 gal. milk, 1 tub yogurt, 6 bananas (or other fruit), 1 gal. orange juice, coffee, tea, 1 box instant hot chocolate packets, creamer, sugars.</p>	<p>Saturday Breakfast: Continental</p> <p>Muffins, Bagels & Cream Cheese Cereals & Granola Milk & Yogurt Oatmeal Fruit Orange Juice Coffee, Tea, Hot Chocolate</p> <p>Light stove and heat water for hot drinks and oatmeal. Use open boxes of Cereal first before opening more. Set food and dishes out on table in buffet style. If coffee is wanted, put 8 -10 cups of hot water in separate pot with a coffee filter packet and let sit covered.</p> <p>FOOD REQUIRED (for 20 people): muffins and bagels, 1 tub cream cheese, cereals, granola, 1 box instant oatmeal, 1 gal. milk, 1 tub yogurt, remaining fruit, 1 gal. orange juice, coffee, tea, 1 box instant hot chocolate packets, creamer, sugars, margarine.</p>
<p>Thursday Lunch: Picnic</p> <p>Turkey & Shredded Cheese Tortillas Peanut Butter & Jelly Apples & Oranges Vanilla Wafers Bread, Water</p> <p>Pack one lunch cooler & bin per lunch group. Put meat & cheese in lunch cooler & pack the rest of the food listed in the bin. In each bin include 2 knives for peanut butter & jelly spreading & 1 sharp knife for cutting the cheese. Don't forget to fill water bottles.</p> <p>FOOD REQUIRED (for 20 people): 2 lbs. sliced turkey, 2 packages shredded cheese, 3 packages tortillas, peanut butter, 1 jar of jelly, 1 loaf bread, 20 pieces of fruit, 2 boxes vanilla wafers, mayonnaise packets, mustard packets, water.</p>	<p>Friday Lunch: Picnic</p> <p>Turkey/Ham & Cheese Peanut Butter & Jelly Apples & Oranges Sandwich Cookies Pretzels Bread, Water</p> <p>Pack one lunch cooler & bin per lunch group. Put meat & cheese in lunch cooler & pack the rest of the food listed in the bin. In each bin include 2 knives for peanut butter & jelly spreading & 1 sharp knife for cutting the cheese. Don't forget to fill water bottles.</p> <p>FOOD REQUIRED (FOR 20 PEOPLE): 2 lbs sliced turkey and/or ham, 1 package block cheese, 1 jar peanut butter, 1 jar of jelly, 3 loaves bread (and/or leftover wraps & pitas), 20 pieces of fruit, 1 bag pretzels, 2 packages cookies, mustard packets, mayonnaise packets, water.</p>	<h1>2016</h1>
<p>Thursday Dinner: Cherrific Chaco Salad Supreme</p> <p>Taco Meat & Chips Refried Beans & Black Beans Salad Fixings (Lettuce, Tomato, Bell Pepper) Sour Cream, Salsa, Shredded Cheese, Hot Sauce Canned Peaches Drink Mix</p> <p>Brown meat in skillet. Add taco seasoning. Shred lettuce and dice tomatoes and peppers and put into bowls. Heat black and refried beans separately over low heat stirring continuously. Set toppings out for individuals to make own salad. Mix drink mix with water according to instructions on packet. Set dishes and food out on table in buffet style. Make sure wash bins are set up as well.</p> <p>FOOD REQUIRED (FOR 20 PEOPLE): 7 lbs ground meat, 3 bags taco chips, 7 taco seasoning packets, 2 heads lettuce, 5 tomatoes, 2 green bell peppers, 4 cans refried beans, 2 cans black beans, 1 tub sour cream, 1 jar salsa, 3 bags shredded cheese, hot sauce packets, 5 cans peaches, 2 packets drink mix, salt & pepper.</p>	<p>Friday Supper: Campfire Classic</p> <p>Polish Sausages & Jumbo Hot Dogs Corn Baked Beans Ripple Chips S'mores Drink Mix</p> <p>Heat corn in pot. Heat beans in pot. Pan-fry hot dogs & sausages OR roast over fire if weather permits. Mix drink mix with water according to instructions on packet. Set dishes and food out on table in buffet style. Make sure wash bins are set up as well. After the meal, roast marshmallows over fire OR camp stove and sandwich with graham crackers and chocolate. Mmmmmmm.</p> <p>FOOD REQUIRED (FOR 20 PEOPLE): 1 package polish sausages, 2 packages jumbo hot dogs, 3 dozen hotdog buns, 5 cans corn, 5 cans baked beans, 3 bags ripple chips, 1 box graham crackers, 1 bag marshmallows, 6 chocolate bars, 2 packets drink mix, ketchup packets, mustard packets, relish packets, salt & pepper.</p>	<p>"CP Kentuck Press" Coffee : Instructions</p> <p>-Pour correct amount of water into pot according to pouch size (see ziplock bag it is in for serving sizes; if one pouch makes 8 cups of coffee, pour 8 cups of water into the pot; if you want 12 cups of coffee, you'll need 2 pouches and have to pour in 16 cups of water).</p> <p>-Boil pot of water, covered, on Turkey Fryer.</p> <p>-Turn off fryer.</p> <p>-When water stops boiling (there are no more big bubbles), gently place Coffee pouch in water (do not open the coffee pouch).</p> <p>-Let steep for 4 minutes.</p> <p>-Enjoy.</p>

Adventure Activity Options

All AdventureServe Ministries programs incorporate a minimum of one day of wilderness adventure activities for all participants. Below are details about the different options your group can choose.

Caving

This is a great option because the cooler temperatures offer some relief from the heat and humidity and this activity can be done rain or shine. Here are some quick facts:

- The ground is very slippery and rocky. Those with knee or back problems should consult a doctor before caving.
- Any clothes worn in will be very muddy and possibly ruined.
- Stable footwear is a must. Sandals will not be permitted.
- No one has to go through small holes or slide in mud but it is greatly encouraged.
- Wear warm clothes. 56 degrees gets cold pretty quick.
- Your group must provide individual flashlights and batteries for the experience.

Rock Climbing & Rappelling

Climbing and rappelling is not only physically challenging but also mentally challenging as well. It is a great adventure in some of the world's most famous climbing areas. Here are some quick facts:

- The height of the climbs range from 25-70 feet.
- We can't climb in the rain. Back-up activities will be caving, hiking or initiatives.
- The height of the rappels range from 40-120 feet.
- We will not force people to climb or rappel though we will encourage them to try.



White Water Rafting

White water rafting on the Cumberland River is all day rafting and fellowship. Between the rapids there is time for fellowship and fun in the water. Here are some quick facts:

- Class III rapids and an up-close look at Cumberland Falls from the river below
- An all-day event about 5-6 hours on the water
- Guided by independent rafting companies. This cost is in addition to your participant fee so you will pay them the day you raft.
- The accepted policy is "If you like the ride - tip your guide." Please consider this expense in your budget planning.
- Depending on your base camp there is a drive time of .5-2 hours each way.
- Website: <http://www.ky-rafting.com/short.htm#rainbow>

Canoeing

This adventure activity, like white water rafting, does have its challenges and is a great day of fellowship on the river. There is less high action but the slower pace allows for more talking and better appreciation for Kentucky's beauty. Here are some quick facts:

- Canoeing is a great way for participants to learn to work together and get quality time together.
- Our staff are trained for canoeing and there will be at least one lifeguard on duty.
- The rivers we canoe are in Kentucky.

Initiatives and Team Building Exercises

This activity is wonderful for groups who are really wanting to take their teamwork, communication, and leadership skills to the next level. Here are some quick facts:

- These are challenges that encourage group and leadership development.
- They are generally less physical than other activities but can be strenuous.
- Initiatives are already woven into all programs throughout the week. This day will go above and beyond these activities.

Ropes Course

A ropes course is a great way to take the team building exercises to a new level by adding the adventurous aspect of the low and high course. Here are some facts:

- This is a full day and includes high and low ropes activities; participants are not required to participate in any activity if they are uncomfortable.
- Travel time is anywhere from 30 minutes – 2 hours depending upon your campground location.
- Requires an additional charge of approximately \$20.
- We use ropes courses at Asbury College in Wilmore and the Team Leadership Center in Monticello.
- Our groups in Central/Eastern Kentucky may choose to participate in a Via Ferrata course called Torrent Falls which is a ropes course on natural rock near the Red River Gorge.
- Call the Program Director if this sounds like a good option for your group (800-884-8483).

Barriers to an Outstanding Experience

1. Unrealistic Expectations

The biggest disappointments leaders encounter on an AdventureServe Trip stem from unrealistic expectations. Reading and understanding all pre-trip packet material will help you begin to understand what to realistically expect from your trip. If you have any questions or concerns, please don't hesitate to call. We want to answer all of your questions and serve you in any way we can.

Another way to combat unrealistic expectations is to set goals for your trip with your leadership team. Once you have set your goals, revisit them and evaluate how realistic your goals are. For example, if your group is full of spiritually immature people, do not expect them all to have a radical, life-changing experience. Praise God if it does happen. However, it is more realistic, and maybe just as exciting, to see them take their faith to the next level, even if it is just a small step forward.

2. Chaperone Troubles

Chaperones can make or break your trip. Chaperone troubles can be broken into three sub-categories.

- A. Problems Recruiting Chaperones—** Although some leaders are blessed with many adult volunteers to choose from, this is the exception and not the rule. Most leaders struggle to find enough adult volunteers. If you have difficulty finding chaperones of the needed gender contact our office. We may be able to make staffing arrangements to meet your needs.
- B. Unprepared Chaperones—** Make sure your adult chaperones understand what they should expect, and what their roles and responsibilities involve. We have provided information and meeting outlines in Packet One to help prepare your chaperon team. If you end up having chaperones come along last minute, make sure they at least understand AdventureServe's leadership philosophy and know they will be sleeping in a tent if you chose outdoor lodging.
- C. Negative Attitudes—** A chaperone's attitude can significantly affect the outcome of your trip. If you have chaperones that complain, undermine yours or the ASM staff's authority, take control or verbally lash out at participants or staff, your entire group will most likely have a bad experience. Please be aware of this and caution your chaperones against these things (especially complaining) before you arrive. If you notice any of it happening while you are on the trip, it is your job to pull the chaperone aside and address the issue as soon as possible. The longer you put off the confrontation, the greater the chance that your group will have a poor experience.

3. Lack of Communication

Good communication is key to having a great trip experience. Prior to your trip, it is important to communicate with everyone involved. Packet one will help you know what and how to communicate.

Prior to your trip it is also imperative that you communicate with AdventureServe Ministries. Before your trip ASM managers will call you several times to discuss the details of your trip and collect important information. Please return our phone calls/emails and make your payments on schedule. We desire to be on the same page with you prior to your arrival to make your experience the best we possibly can. Also, feel free to contact us at any time with any questions or concerns you may have.

4. Misunderstandings with your AdventureServe Ministries staff

You will have a minimum of two trained AdventureServe staff members who will meet you at your assigned campground and guide your group through the trip. It is imperative that you communicate well with your staff members. It is their goal to unite with you and your leadership team to serve your group to the best of their ability. They will sit down with your leadership team daily to see if there are ways that they can serve your group better. Please be open and honest with them, and let them know if you have problems or concerns as soon as possible. Most major and minor grievances can be avoided or at least resolved quickly by timely and open communication. If a major staffing issue arises, the trip director will mediate the situation and make staffing changes as necessary.



Mystery Trip Experience Details

Program History

Mystery Trip



Launched in the summer of 2000, Mystery Trip is the only mission trip of its kind. Developed as part of a master's thesis on experiential education, our original intention was to design a weeklong trip in which participants are guided from one activity to the next through a series of riddles. Our goal was to facilitate group growth by providing opportunities for youth to work together on the riddles or challenges. Recognizing a unique opportunity to focus on growth in Christ, we included a strong spiritual emphasis on the Christian Disciplines.

The Mystery Trip Program has evolved based on new ideas and input from groups over the years. The program took on a bit more of a relational service/mission emphasis. Many of the activities currently included in the Mystery Trip, challenge the group to share Christ's love with the local community through relationship, while continuing to uphold the experiential and spiritual elements on which the program was founded. We continue to incorporate the Christian Disciplines and leave the week's itinerary a mystery to grow the group's trust in the unknown plans of God. Instead of riddles, team building activities are used to challenge the group and reward them upon completion with information on the next day's agenda.



Specific Mystery Trip Information

Facilities

Depending on what you chose when you signed up your group could be camping or staying indoors. Information about ASM's indoor lodging and tent description can be found in the general information section of this packet. Many of the campgrounds used by the Mystery Trip program are within 45 minutes or less from the communities which your group will be serving. These campgrounds are state parks or private campgrounds. Most groups will stay at one location for the entire week. All of the campgrounds you use will have toilets, running water, and shower facilities available.



The Mystery Trip Manager will send you information on the specific park where your group will begin your Mystery Trip adventure and give you directions to the campground before the end of May. Until then, you can use Lexington, KY to work out your traveling times.

Equipment and Special Skills

There are no specific items that you will need just for the Mystery Trip experience usually. We will provide all of the specific equipment needed for each activity. Sometimes, however, we come across request from our organizations for certain items such as blanket material, food, party supplies, etc. If these items are needed the Manager will let you know. If you are not able to provide extra items do not worry sometimes we receive donations so special activities like making blankets for kids in hospitals is still a possibility for your group. It would be wise to come expecting anything. The packing list of items you will need can be found at the end of this document. There is also a general list posted on the ASM webpage.

This trip strives to reach a certain spiritual depth. If you know of activities or props that get your group involved, we invite you to bring them, whether they are musical instruments, or any other kind of worship aids.

No special skills are needed for any of the week's activities. All the service projects you will do require nothing more than common sense and sensitivity. Your group will need to be prepared to face whatever challenges come their way with an open mind and willingness to try something new.

Transportation

You will be responsible for transporting your group members to and from all Mystery Trip activities. AdventureServe staff members usually are unable to transport any participants. You do not need to transport your AdventureServe staff members, but AdventureServe staff may ride with you, if you have space available. We suggest that you bring vans to transport your group. However, we can accommodate buses if necessary. Please notify the Program Director prior May 1st if you plan on bringing a bus. (Please note: Some campgrounds and activities are not easily accessible by bus).

Because the Mystery Trip includes a wide variety of activities and service projects, some driving is

necessary every day. Although we have tried to minimize driving as much as possible, some of the activities are an hour away, so be ready. When you are budgeting for your trip, make sure to plan for the cost of transportation during the week. While it is impossible to calculate the total miles your group will drive during your Mystery Trip experience, you may use 600 miles as a rough estimate.

Wilderness Adventure Activities

Each Mystery Trip includes at least one full day of wilderness adventure activity. You should have selected your wilderness activity when you registered your group. However, if you would like to do more than one day of wilderness activities or if you wish to change your activity, please notify the Program Director prior to May 1st. For a better description of each activity, please see the Group Experience Options in the General Program information part of Packet two.

Spiritual Elements

The Mystery Trip is designed around the spiritual progression of the week. To bring the spiritual concepts alive, the Mystery Trip incorporates a variety of experiential education techniques. Like all of AdventureServe's programs, the Mystery Trip uses Seed Thought time, teachable moments, and evening worship services to apply the spiritual concepts to the group. The Mystery Trip also employs Ancient-Future Worship methods to convey the spiritual concepts to the group in an experiential manner. The following few pages are some examples and descriptions of practices your group may do during the week. They are listed here so that if you wish to try one before coming or if you are not comfortable with the practice please let the Mystery Trip Manager know.

Ancient-Future Worship Methods

Christians have been a part of history for almost 2000 years. Over the years, believers have worshiped God in many different ways. They have journeyed through the ups and downs of connecting with God as they sought to know God better and become more like Jesus. Many of these believers discovered practices that helped them on their Christian journey. They taught others what they learned through their quest. Over the centuries, some of these practices have become church traditions and others have almost disappeared.

Many Christians seek to understand the history of these practices while discovering new ways that we can use them today. We call this style of worship Ancient-Future Worship.



Christian Meditation

Years of misuse have made the word “meditation” a dirty word to modern Christians. Although it was a common practice in biblical times, we have phased out its practice due to a lack of understanding.

What is meditation, then? Christian meditation is an attempt to **fill** the mind (and our lives) with God and detach ourselves from the confusion around us. Allowing us to focus on God, and see things from a different perspective. It is not an escape from the world, but rather, a way of helping us deal with the world. It is a practice in which we think about God’s Word and our lives because God’s Word applies to every aspect of our lives. Meditation is just a way of thinking through our life until we see how Scripture applies. We are simply opening ourselves up to God and listening.

Some Christian writers have compared Christian meditation to a cow chewing its cud. (Cows have four stomachs, so when a cow eats something it goes into stomach number one. After it has been digested, the food comes back up to the cow’s mouth where the cow chews it some more before the food enters stomach two. After stomach two, the food returns to the cow’s mouth for more chewing before its



journey to the next stomach. This process continues for all four stomachs.) Meditation is like the process of a cow re-chewing food because it involves reading and re-reading scripture and savoring its meaning.

Eastern religions view meditation in a different way. They meditate to detach and escape from the world. This type of meditation results in a short time of emotional high but their problems are still there when they come down from this temporary high. This type of meditation doesn’t help them deal with life but simply forget about it for a little while.

Christian meditation is just as mysterious but has concrete foundations. The mystery is that God will guide when we approach with an open mind (i.e., without having already made a decision). God will then shows us how

The Word applies to our situation. There are various methods, but the main concept is to chew or think

on God's Word. We are not seeking a moment of ecstasy but continual guidance from God. Meditation must go hand in hand with prayer and the reading of God's Word. It could never replace study, but we can use it to help us see how God's Word applies to a specific situation in our lives.

How Do I Meditate?

1. Search for a quiet place, free of distractions and interruptions.
2. Find a comfortable position (but not so comfortable that you fall asleep!).
3. There are several different approaches you can take. Here are only a few examples:
 - Re-write a psalm, parable, or passage of Scripture in your own words.
 - Read a passage from the Bible and imagine yourself as one of the characters involved. Visualize the scene from Scripture (contemplate what you would have smelled, felt, heard, and tasted if you were standing right there when it all happened). What can you learn from that scripture that applies to your life?

Examen of Consciousness

History:

Ignatius of Loyola was a Spanish reformer of the Catholic Church who lived in the sixteenth century and founded the Jesuits. Ignatius and his followers knew that anyone seeking God was not meant to wait for visions, but had only to seek God in an intelligent and humble way. Then with God's grace, they could "find God in all things." He wrote *Spiritual Exercises of the mind, memory, will and imagination* to help enable people to find God's will and to conform their will to the will of God.

One of his *Spiritual Exercises* was the Examen of Consciousness. Ignatius urged everyone to daily examine their consolations (what connects us with God, others and ourselves) and desolations (what disconnects us). He believed that God can speak to us through these feelings and desires.

What is an Examen of Consciousness?

At the end of the day, especially before going to sleep, the mind, without any conscious effort on our part, tends to play back some of the events of the day so vividly that, if the day has been particularly eventful, we can find it difficult to get to sleep. For example, we may find ourselves re-enacting a quarrel, thinking of the clever things we might have said if we had been more quick-witted.

The Examen helps us:

- Acknowledge sad or painful feelings and hear how God is speaking to us through them.
- Overcome a pessimistic outlook by encouraging us to notice the good in each day.
- Tell the truth about who we truly are and what we need, rather than who we think we should be.
- Become aware of seemingly insignificant moments that ultimately can give direction for our lives.



One way to practice Examen of Consciousness

1. Recall that you are in the presence of God.
 - Remind yourself that God promised to never leave you. (Hebrews 13:5-6)
 - Remember that God can connect with you through ordinary moments in your daily life.
 - Reflect on specific aspects of God's love for you. (Corinthians 13:4-7)
2. Give thanks for the good things that God has provided today.
3. Ask for help in understanding what God may be trying to teach you through the events of today.
4. Examine how you are living this day
 - Recall your inner moods and feelings, noting, if you can, what led to them, but refrain from any self-judgment.
 - Ask these questions:
 - For what am I most grateful? Least grateful?
 - When did I receive the most love? The least love?
 - When did I feel the most alive? Most drained of life?
 - When was I loving? When was I selfish?
5. Be with Christ as you look at these moods, and beg Him to show you the attitudes, which underlie them.
6. Thank God for the times you have 'let his glory through' and ask forgiveness for the times you have refused Him entry.
 - Remember God knows your weakness far better than you do. God will forgive you and can transform your weakness into strength.
 - Note any areas that you might need to seek forgiveness from other people.
7. Conclude with a short prayer, which looks forward to the next day and asks for God's help.

The Jesus Prayer

"Jesus Christ, Son of God, have mercy on me, a sinner."



Theology:

The Jesus Prayer is an attempt to be obedient to 1 Thessalonians 5:17 "pray continually." The words are almost identical to the prayer of the tax collector in **Luke 18:13**. The Jesus Prayer states simply that Jesus is the Son of God and we are sinners in need of his mercy. It promotes contemplation on the very core of the Gospel.

History:

While the theology of the Jesus Prayer has been part of Church history for centuries, the practice of reciting this prayer became more widely practiced in the 1850s. It began when a Russian man in his twenties set out on a pilgrimage to discover what it meant to pray without ceasing.

As he traveled all over Russia seeking an answer to his question, he met an old monk who was willing to help him. The monk pointed the pilgrim toward a book called the *Philokalia* (a collection of writings from the Desert Fathers). Through the teaching of the monk and reading of the book, the man learned the words of the Jesus Prayer. The monk told him that if he recited the prayer numerous times, prayer would begin to flow from him no matter what he was doing, and his mind would be continually focused on Christ. The monk instructed the pilgrim to begin by repeating the prayer 3,000 times a day, which took him about 3 to 4 hours. As the man became more accustomed to the prayer, the monk increased the number of times the man was to say the prayer. Eventually the man was reciting the prayer 12,000 times a day or 11 to 14 hours a day.

After the old monk died, the man continued to travel all over Russia. No matter what he was doing, the man recited the prayer, until it became like breathing to him. The pilgrim found so much joy and peace in reciting the prayer that everywhere he traveled he told others of his experience and encouraged them to try it. He even wrote a book called *The Way of the Pilgrim* about the prayer and his travels.

Modern Use:

It is unrealistic for most Christians to stop doing everything and spend 14 hours a day sitting and repeating a prayer. However, practicing the simple repeated words of the Jesus Prayer for a shorter period of time can help Christians focus on who God is and why we all need God's mercy and grace.

Practice:

The prayer is meant to be repeated thoughtfully and slowly.

1. Find a quiet place away from distractions.
2. Decide how many times you want to repeat the prayer, so you will not be distracted. (100 times is a good goal for a beginner.)
3. Lower your head, shut your eyes, breathe out gently and imagine yourself looking into your own heart and speaking the words from your heart.
4. As you breathe in say, "Lord Jesus Christ, Son of God."
5. As you breathe out say, "have mercy on me, a sinner."
6. You can say it moving your lips gently, or simply say it in your mind. Try to put all other thoughts aside. Be calm, be patient, and repeat the process very frequently.

Labyrinths

History:

Labyrinths are found in many cultures and civilizations all over the world and can be traced back over 3000 years. They have a wide range of patterns and shapes, but all seem to have a form of symmetry and

meaning. The original use of the labyrinths or how they appeared in many cultures all over the world around the same time period is a mystery.



Although their origin is mysterious, during the Middle Ages, labyrinths were present in the European Christian tradition. Christians usually tried to make a pilgrimage to Jerusalem during their lives. However, during the time of the Crusades the road to Jerusalem became too expensive and dangerous for many Christians. The Roman Church set up seven cathedrals to which Christians could make pilgrimages instead of Jerusalem. Most of these cathedrals had labyrinths. Medieval pilgrims followed the path of the labyrinth in the cathedral on their knees as a means of prayer, to symbolize the journey to Jerusalem, or as a ritual to mark the end of a pilgrimage or special event. However, following the time of pilgrimages, the use of labyrinths diminished if not disappeared almost completely. Many of them were even destroyed.

Recently, the idea of using labyrinths is resurfacing in a more contemporary setting as an aid to prayer and contemplation. It allows the physical body to make a path symbolic of the inward journey towards God and the outward journey of living out faith in daily life.

How to Use a Labyrinth:

There is no right way to walk a labyrinth. Your mood, purpose, or method may change each time you walk it based on your place with God at the time.

The labyrinth walk can be divided into three main sections:

1. **The inward journey**—The initial stage is a time to release the distractions around you and concerns of your normal life and begin to focus on God.
2. **The center**—Is a time to relax and be with God and listen to what He might have to say.
3. **The outward journey**—Allows you to reflect on what you learned and think about how you can apply it to the world around you and your everyday life.

Lectio Divina

What is Lectio Divina?:

Lectio Divina is a Latin term literally translated, "Divine Reading" or "Sacred Reading." Centuries ago, it was developed as a systematic method of praying the Scripture. Lectio Divina is different than Bible Study, and should not replace Bible Study because both practices are important.

Bible study focuses on learning what Scripture passages literally mean, what metaphors certain passages may refer to, and what moral impact the passage should have on believer's lives. Lectio Divina, however, is more of a devotional style of reading the Bible. Devotional reading of the Bible means approaching the Bible as God's inspired Word, believing that the text is living and active and has something to say to you as an individual believer. Lectio Divina involves helps you devotionally read the Bible and listen to what God may be saying to your heart. It involves being quiet and allowing God to use a word, picture or idea to touch you or lead you to pray.

History:

While many of the early Church Fathers and Mothers used Scripture for devotional reading, the practice of Lectio Divina dates back to the time of St. Benedict of Nursia, who lived in the late 5th and early 6th centuries. In the *Rule of Benedict* written by Benedict to explain the lifestyle of Benedictine monks, prayer, work and Lectio Divina were noted as the three main elements that should guide the life of a monk.



Later, in the 12th century, other monks developed the four main aspects of Lectio Divina.

- **Lectio** (Reading God's Word)
- **Meditatio** (Meditating on God's Word)
- **Oratio** (Praying as you are moved by God's Word)
- **Contemplatio** (Contemplating what you receive through God's Word)

Practice:

There are various ways to practice Lectio Divina. Lectio Divina, in whatever form you choose to use, serves only as a tool to help you get started in the process of reading Scripture with your heart open to what God may be saying to you. At first, the practice may feel awkward, especially if you are not used to spending time silently contemplating Scripture. However, Lectio Divina, like other disciplines, becomes more natural over time.

One way to practice Lectio Divina as a Group:

1. Preparation

- Opening Prayer

2. Listening to the Scripture

- One or two people read the passage aloud two or three times, slowly and deliberately. The participants are asked to pay attention to a word or phrase that is especially meaningful to them.
- Silence for 1-2 minutes. Each hears and silently repeats a word or phrase that attracts their attention.
- People share aloud which word or phrase spoke to them. (Share only a few words. No elaboration.)

3. Reflecting on How the Scripture Speaks to Me

- The passage is read two or three more times with a different voice (different gender, or two or three in unison)
- Silence for 2-3 minutes. Reflect on "How does this passage touch my life today? What does it make me think or feel?"
- People briefly share aloud: "I hear, I see, I feel..."

4. Discovering What the Scripture Invites Me to Do

- Third reading by still another person.

- Silence for 3-5 minutes. Ask God why this word and this feeling have been provoked. Reflect on “Is there something this passage is calling me to do?”
- Each person shares aloud in greater depth what they reflected on and what God may be saying to them through the text
- (Optional) Discuss if there is a similar theme that affects a large number of the group members.

5. *Closing*

- Close the time in prayer
- You may want to go around the circle and have each person pray for the person on his or her right, etc.

Prayer Stations

Prayer stations are one of the activities that many people connect with the most. Prayer stations are different areas set up with types of guided prayer. They usually have some sort of physical activity to allow the person to focus on prayer. Each station has a different activity but all are designed to get people to pray or reflect on scripture in a physical and spiritual way.



For example, you may go to one station that says “Take a wad of clay and begin forming it as a wordless prayer to God. It can be a praise, a request, or a prayer. Leave the clay prayer here and know that God hears you.”

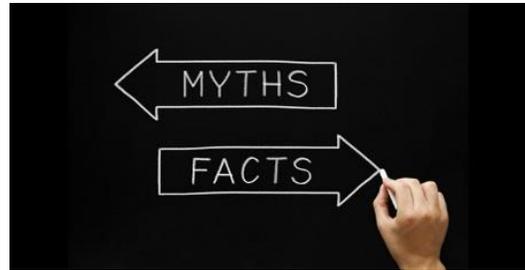
Mystery Trip Common Misconceptions

Misconception: Mystery Trip is about the week-long trip.

Truth: Mystery Trip is about long-term results.

As we all know, you will spend many hours and thousands of dollars preparing to bring your group on the Mystery Trip

Missions Trip. Not to downplay your time and expense, but the Mystery Trip is not about the trip or the activities you do on the trip. It is about the long-term residual effects and growth. While the Mystery Trip can be an amazing and powerful experience, if you do not follow up the trip and apply some of the concepts when you return home, it will just be a trip. Our desire is for it to be a springboard for your ministry to continue when you return to your hometown. To help, we have provided some suggestions on how to follow up after you return home. You will receive another email Packet after your trip that will have information on how to take the experience home. This packet can also be found on the web page. We cannot tell you enough how important post-trip follow up is to your group's growth.



Misconception: The Mystery Trip is primarily a service mission trip.

Truth: The trip is diverse and will include some service but that is not all.

Many leaders choose the Mystery Trip for the variety of service projects. While the Mystery Trip does incorporate several service opportunities, service is not the only element of the trip. The trip also puts great emphasis on relationships with others and the spiritual outcome of the trip. A typical trip will include 2 ½ to 3 ½ days of *relational* service, ½ to 1½ days of intense spiritual contemplation or exposure to different worship styles and at least 1 day of wilderness activities.

Misconception: Mystery Trip will be exactly the kind of mission trip I expect.

Truth: There are many different types of service and activities on the trip.

Each person who comes on a mission trip has a different idea of what a mission trip is and what it should look like. Some groups expect a mission trip to be a hardcore service trip while others expect door-to-door evangelism or evangelical meetings. Please understand these ideas are not what AdventureServe Ministries intends when we promote the Mystery Trip as a mission experience.

The type of service included in the Mystery Trip typically involves participants planning and leading an activity instead of just performing manual labor. To give you a better understanding of the types of community relational service/mission experiences that are incorporated in the Mystery Trip, the following are several examples of projects that were a part of the program in previous summers (They may or may not be included in your group's experience):

- Planned and led the Bible story, craft time and game time at a local Christian day camp.
- Designed and led a party at a center for adults with mental and physical disabilities.
- Helped sort and organize donations at a local food bank.

- Planned and led a worship service, and helped serve a meal to homeless men and women at a local rescue mission.
- The group was given a dollar and a couple of hours to show grace to as many people as they could.

*Please note that Mystery Trip is not a hardcore work camp. Do not expect your group to build or remodel a house or even re-roof a home.

Misconception: A mission trip is not successful unless people “get saved.”

Truth: While Spiritual growth is a goal, it is not an evangelistic trip.

No matter what your denominational buzzword is for people understanding the teachings of the Bible and seeking to change their lifestyle, it is unrealistic to base the success of your trip on the number of people who convert, so to speak. In the past, God has used the Mystery Trip Program as a catalyst to draw several people into a Christian relationship with God. Praise God for that, but understand that Mystery Trip is not a straight up evangelistic trip. However, we do encourage the group to share about their faith and their reason for coming on the Mystery Trip.

Misconception: My group will directly impact poverty in the area.

Truth: There is a wide range of need and all need the Lord.

Some of the service projects and activities incorporated do directly affect poverty. However, not every group or project will deal directly with poverty. Further, the level of economic poverty on the Mystery Trip may vary greatly. You may work with some homeless individuals or families that do not have indoor plumbing or electricity. You also may not encounter anyone on your Mystery Trip that fits your idea of poverty. (Please do not expect to encounter third world poverty!) Overall, we at AdventureServe Ministries believe that all people need compassion, understanding, love and ultimately, the Lord, regardless of their outward economic standing.

Misconception: The Mystery Trip will follow the itinerary exactly.

Truth: Flexibility is needed.

While AdventureServe Ministries seeks to be professional and organized when it comes to planning the itinerary of your trip, we ask that you be somewhat understanding and flexible with your schedule. Occasionally, we end up changing itineraries at the last minute due weather conditions, changes in project completion dates, complications with partner organizations, and the needs of your group.

Itinerary Information

Unfortunately, we are not able to give you an exact itinerary for your Mystery Trip week at this time. There are several reasons for this:

1. The Mystery Trip itineraries change every year to keep things mysterious, address different themes, and best serve the local community.
2. Each week during the summer, ASM runs Mystery Trips for up to four groups at separate locations. Not all locations have the same resources and organizations, so each trip is comprised of different activities while focusing on the same theme.
3. AdventureServe Ministries partners with many other ministries and organizations to offer a variety of service opportunities that meet the needs of the local community. Most of the organizations do not know what their summer needs and schedules are until early spring. Therefore, we do not finalize the Mystery Trip itineraries until mid-April.
4. Not every group coming on the Mystery Trip has the same needs and goals. We design a variety of Mystery Trip experiences, and match each group to the trip we feel will best suit their needs and addresses their goals.

We understand that you are probably extremely interested in your group's itinerary, but we appreciate your patience in allowing us to time to develop your trip. However, we promise to not keep you completely in the dark about your Mystery Trip itinerary. By May 1st we will assign each group to a specific Mystery Trip location and by the end of May we will have a specific itinerary for each trip. The Mystery Trip Director will then contact you with directions to your campground and details about your trip and activities. **If you have specific questions or requests about your itinerary, location, or service projects, please give the Program Director or Mystery Trip Director a call at 1-800-884-8483.** While we cannot promise to honor every request, we will do our best to accommodate your wishes.

After June 1st the itineraries are somewhat permanent. However, we reserve the right to make major changes to your itinerary before and during your trip. (We will discuss them with you.) While we don't intentionally plan on altering itineraries, often last minute changes with organizations, worksites, or weather cause us to switch activities around. We appreciate your understanding and flexibility in this area.



You play an important role in determining your groups' itinerary!

As you just read, we assign Mystery Trip locations based on the needs and goals of each group. However, it is up to you to share those needs and goals with us. **You, as the leader, must fill out and return the Group Analysis Sheet (on the webpage or in Packet Three) to our office as soon as possible...for sure before May 1st. We cannot assign your group to a specific itinerary until we have that form!**

While the itinerary of your trip should be a mystery to your participants, it does not have to be a mystery to you. It is up to you to decide how much itinerary information you would like know prior to your trip. You have three options and **will note which option you want on your Group Analysis Sheet.**

Option One: Know all your itinerary details

Before your trip, AdventureServe Ministries will provide you with a detailed itinerary, which includes a basic time schedule and an overview of all scheduled activities and service projects.

Benefits:

- You have better information to field questions from your chaperones, parents, and group.
- You can ensure the itinerary of your trip meets your goals (It is possible to tweak your itinerary slightly prior to your trip).
- Your expectations may be more realistic.
- It may be easier to prepare your group

Drawbacks:

- It is easy to accidentally ruin some of the mystery for your group.
- It is more difficult to be flexible with schedule changes

Option Two: Know a general outline of your itinerary

Prior to your trip, the Mystery Trip Director will explain the general activities and service projects included in your itinerary. However, you will not necessarily know when each event will take place. This is an attempt to get the best of both worlds.

Benefits:

- You have a basic understanding of your itinerary to help answer questions.
- You can make sure that the planned activities will meet your goals.
- You are more apt to be flexible with schedule changes.
- You can experience the mystery of not knowing what will happen each day, while still knowing generally what to expect.

Drawbacks:

- It is possible to accidentally let some information slip to your group.

Option Three: Keep your itinerary a mystery

Prior to your trip, you will not be provided with any specific information concerning your itinerary or activities.

Benefits:

- You will be able to experience the mystery along with your group.
- You can honestly say that you don't know what you will be doing.
- You will have to completely trust God and AdventureServe Ministries to know what your itinerary should entail.
- Your schedule can be more flexible to accommodate last minute opportunities

Drawbacks:

- It may be difficult to answer questions.
- You may have unrealistic expectations.

Mystery Trip Packing List

- T-shirts (immodest clothing or inappropriate graphics are not appropriate).
- Shorts (no short-shorts).
- Sweater, jacket or fleece and pants for cool evenings.
- At least one pair of long pants
- One set of old clothes (long sleeves and long pants) and old shoes (which may get ruined).
- Socks, underwear (enough for the entire week).
- Modest swimsuit (Swimming may or may not be available).
- Footwear is required for swimming (unless in a pool). Flip-flops are not enough. Use sandals or old sneakers.
- At least 1 pair of tennis shoes or boots.
- Shoes and/or sandals for around camp.
- Hat
- Raingear: poncho or jacket (plan for rain).
- Personal toiletries (toothbrush, soap, shampoo, deodorant, etc.).
- Towel & washcloth.
- Flashlight or headlamp with 2 sets of batteries.
- Reusable water bottle.
- Bug spray & sunscreen.
- Sleeping bag & pillow, ground pad (air mattresses are not ideal - too big).
- A small folding camp chair (if your group has room to pack them).
- Bible, notebook and pen (in a Ziploc bag is a good idea).
- Large and small plastic bags for dirty clothes & protecting gear from rain.
- Lifeguard card (if you are one, you can't lifeguard without it).
- Any necessary medications.
- A small daypack or bag to keep your daily items with you.
- Camera if you want to take pictures.
- Musical Instrument (i.e. guitar, drum).
- Be sure to bring enough clothes for the entire week and the trip home!!!



DON'T BRING:

Valuables (your gear will be stored in tents or vehicles).

- Cell phones, TV's, stereos, CD players, video games, etc.
- Your favorite clothing (will get dirty, torn, and most likely ruined).
- Junk food.
- Alcohol or drugs, firearms, pocketknife with blade over 2 inches long.
- Animals/Pets.

***Community gear is provided by AdventureServe like tents, cooking equipment, general camping gear, food, etc.**

***You may be packing and unpacking several times through the week, so don't bring lots of "stuff," and make sure you have a bag that is quick and easy to pack/unpack.**

Be Responsible!

- * At ASM, you will be responsible for keeping track of your own stuff. ASM is not responsible for any lost, damaged, or stolen items.
- * Any personal gear/equipment requiring special knowledge for use must be stored away from other participants.