



CAMPER & FAMILY HANDBOOK

Updated 6/23/2025

Dear Camp Families,

We are so excited that you have decided to send your child to All Saints Camp (ASC) and humbled that you have entrusted us with their care, a responsibility that we take very seriously. Here, our campers have the unique opportunity to experience life in community together and to live out their faith as Orthodox Christians in the beauty of the Pacific Northwest. It is our goal at ASC to create a space for youth to make new friends, have fun, experience the outdoors, and grow in their faith.

At ASC, campers have the rare opportunity to interact with a number of clergy who are there to answer their questions, hear confessions, and to teach about spiritual life. Counselors are trained to provide your campers with the best experience possible. Campers have the chance to engage in fun activities like arts & crafts, team games, swimming, canoeing, so much more. Many of us have seen or experienced how just one week of camp can transform a young person's life both in the short and long term. All of us at ASC feel so fortunate to be a part of making their camp experience one to remember!

Here, you'll find valuable information that will help you and your camper prepare for their camp experience. In addition to this handbook, check out our website (www.allsaintscamp.com) for FAQs and other family resources. Please read this handbook carefully and don't hesitate to contact me with any questions that you may have.

We can't wait to see your camper at All Saints Camp!

Tasha Bekris

Camp Program Director

206.940.0027

Camp@allsaintscamp.com

All Saints Camp & Retreat Center Mission:

The Mission of the Foundation for the All Saints Center is to develop, operate, and maintain the All Saints Camp and Retreat Center to facilitate the spiritual, educational, philanthropic, cultural and recreational ministry of the Greek Orthodox Church. The primary purpose of All Saints Camp is to provide an environment where families, church groups, and other member organizations can retreat from the routine of daily life and come to enjoy fellowship and spiritual growth.

Important Dates:

- Early Bird Registration: March 1, 2025
- Registration Deadline: June 1, 2025
- High School Camp Session: July 13 - 16, 2025
- Elementary Camp Session: July 13 - 19, 2025
- Intermediate Camp Session: July 20 - 26, 2025

Contact Info

Camp Address: 205 Camp Dr. NW, Gig Harbor, Washington, 98335

Camp Phone Number: (253) 265-6161

Program Director: Tasha Bekris 206.940.0027

Clergy: Fr. Photios Dumont 206.992.9467

Clergy: Fr. Daniel Triant 206.992.2319

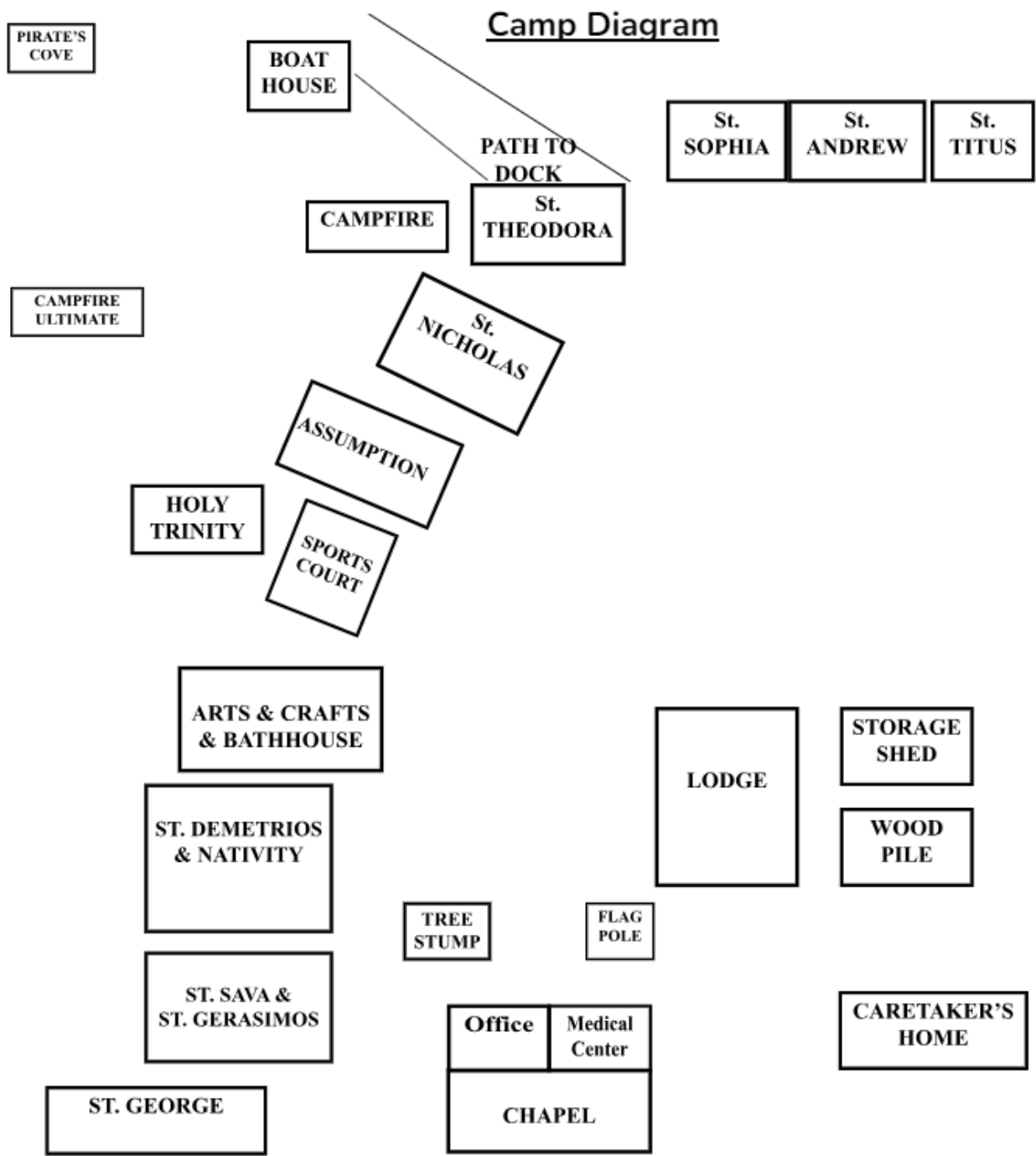
Camp Life

At All Saints Camp, so much about life at camp is different from life at home! Preparing your camper with as much information as possible will help them to better adjust.

Some key differences are having a different daily schedule, sharing living quarters with others, and eating food that may be different from home. Please review all sections of this handbook together with your camper(s) so they know what to expect.

A Typical Camp Day (subject to change)

7:30 am	Wake Up
8:00 am	Chapel
8:15 am	Stretches, Prayer & Breakfast
9:00 am	Announcements, Mail, & Cabin Clean Up
10:00 am	Activity Rotation 1 (Arts & Crafts, All Saints Activity, Orthodox Life)
10:45 am	Activity Rotation 2
11:30 am	Prayer & Lunch
12:15 pm	Cabin Clean Up Video
12:30 pm	Activity Rotation 3
1:15 pm	Siesta, Change & Leave for Pool
2:00 pm	Pool Time
3:30 pm	Camp Store & Free Time
5:00 pm	Chapel
5:30 pm	Announcements, Prayer, Dinner
6:30 pm	Cabin Time
6:45 pm	Evening Activity
8:00 pm	Snack & Campfire
9:00 pm	Cabin Time
9:45 pm	Lights Out



Living Arrangements

Campers will live with between 4-6 fellow campers and 1-3 counselors in a shared cabin. Each cabin is equipped with bunk beds, electricity, and a fan to keep cool. Restrooms are either located within the cabin itself or in the bathhouse, just a short walk from the cabin. Campers are grouped according to age and gender. While we do accept cabinmate requests, these are not guaranteed. Please note that we are unable to accommodate requests for campers with an age difference of two years or more, and groupings depend on the number of campers within each age group. One of the best aspects of the camp experience is learning to adjust to group living, making new friends, and getting along as part of a team!

Meals and Fasting

Meals made and served by our amazing Kitchen Volunteers in the lodge kitchen and are served to campers on individual trays. The servings are generous and there are almost always second helpings available. Fasting rules are observed on Wednesday and Friday (no meat) and during fasting periods, such as Aug. 1 - 14 for the Dormition of the Theotokos. For those campers with specific dietary needs, this should be specified within your camper's registration form.

Camp Activities

Each cabin will rotate through three activity sessions a day: Orthodox Life, All Saints Activity, and Arts & Crafts. Cabins are combined in different configurations during these sessions for optimal discussion & play groupings.

- **Orthodox Life:** Campers meet with at least one of our priests at camp for in-depth teaching sessions: teachings by the priests on the focus topic of the day, stories from the saints' lives, discussions about icons, miracle stories, and exploring the Bible in depth.
- **All Saints Activity:** Beach time, service project, canoeing, nature walks, and team games at the sports court or field, etc.
- **Arts & Crafts:** These sessions allow campers to express themselves creatively with a new project each day that corresponds to the session or daily theme, create friendship bracelets, and the ever pervasive lanyard!
- **Evening Activities:** Each evening program varies each day but generally includes high energy inter-cabin competitions, skit creation, and team-building activities that are often the highlight of the camper experience!

Camper Rules and Expectations

Read the following carefully and share with your camper(s).

The purpose of All Saints Camp is to provide an environment free from the pressures of modern urban life in which the camper can grow spiritually, mentally, socially, and to lead the camper to personally encounter the Living Christ in the beauty of God's creation. The Gospel of Jesus Christ is the standard of all behavior at All Saints Camp. The following rules and standards will be strictly enforced. These camp policies apply to both staff and campers. When followed by everyone, these policies help make the All Saints Camp program run smoothly and safely.

Camper, Family & Staff Code of Conduct

All campers & their families are expected to act in ways appropriate to an Orthodox Christian setting and as those who seek to be living examples of Christ. Campers and staff alike treat one another with kindness, creating a culture of a loving, positive, and inclusive environment. Such an atmosphere involves the commitment of each and every camper and staffer to follow the rules as outlined below. Failure to do so may result in a camper or staff member being sent home.

- Be Respectful & Kind:
 - I will treat others with Christian respect at all times, and I understand that therefore fighting, gossiping, put-downs, swearing, hazing, verbal/physical/other types of harassment or other behavior harmful to others is not tolerated at camp.
 - I will respectfully follow directions of all authority figures at camp: Clergy, Camp Director, Counselors, and Staff.
 - I will ask questions when I don't know the answer.
 - I will encourage, include, and use kind words with myself and others.
 - I will actively listen when someone is speaking.
 - I will speak my own truth honestly.
 - I will dress modestly in accordance with the All Saints Camp dress code. I understand that I will have to change my clothes if a staff member recognizes that I am not following the dress code.
- Respect Property:
 - I will clean up any messes I make.
 - If I see something out of place, I will report it and offer to help even if I didn't make the mess. We are all responsible for keeping our camp clean & beautiful!

- I will respect the property and space of others.
- I will not participate in any graffiti, raiding, etc.
- I will leave contraband items at home. If any contraband items are mistakenly or knowingly brought to camp, I will turn them in at the start of camp, including but not limited to all of the “Do Not Bring” items on the All Saints Camp packing list. Failure to do so will result in confiscation, a phone call home, and possible expulsion from camp. ASC reserves the right to search a camper’s or staff’s belongings if any prohibited items that are suspected to be in their possession and these will be confiscated. At the discretion of the Camp Director, these items may be disposed of or returned to the camper’s family upon departure from camp.
- I understand that All Saints Camp is not responsible for my items, whether they become lost, stolen, or damaged. I will not bring valuables to camp.
- I will do my best to eat well at camp to nourish my body and have energy to sustain me for camp activities. I understand that food should be eaten in the specified dining areas only and that it is not permitted in cabins.
- Be Safe:
 - I will stay with my assigned counselor within camp boundaries and remain at my scheduled activity unless I’ve been given specific permission to change locations (restroom use, free time, etc.).
 - I will use the “buddy system” and “rule of three” at camp. All campers and staff should remain in a group of three or more while at camp for the safety of everyone.
 - I will report people and behavior that don’t feel right to a trusted staff member.
 - I will turn in all medications (over the counter and prescription) to the medical staff on the first day of camp.
 - I understand that displays of physical affection between campers will not be permitted. This includes: prolonged hugging, kissing, sitting on laps, hand-holding, and/or any other such displays that staff determine is inappropriate.
 - I will always wear a lifejacket while canoeing and going onto the dock beyond the secure platform.
 - I understand that I am not permitted to enter staff cabins, the camp office, or the kitchen.

Please Note: While staff will attempt to resolve conflicts on and/or take disciplinary action on site, the Camp Director reserves the right to dismiss campers for gross violations of camp rules. Families will be responsible for arranging and covering costs for their camper’s early departure.

Cancellation and Refund Policy

First, we would like to encourage you to email us about potential scheduling issues, as oftentimes we are able to work with families so campers are still able to experience camp to the fullest. However, we understand that things come up and you may need to cancel all together. To do so, please email us with this information at camp@allsaintscamp.com.

- All payments must be made IN FULL by June 1st
- Cancellations before June 1st: You will receive all money paid EXCEPT for a \$100 non-refundable deposit.
- Cancellations between June 1st and 2 weeks prior to your camper's session - 50% refund, except a \$100 non-refundable deposit
- Please note: The \$100 non-refundable deposit is non-refundable at all times.

Campers with Dietary Needs

If your camper has a life-threatening food allergy and/or medical need for a special diet, please note it in the camper registration form. All Saints Camp can accommodate certain dietary restrictions if it is communicated ahead of time. Please note: Unless your camper has an actual medical need for a dietary restriction, we ask that you not request a special diet— it can create a great amount of unnecessary work and expense for the kitchen staff for diet “preferences.” If your camper has dietary issues, please email the Camp Director to discuss options.

Camper Health Care

Any important health information (history, allergies, medications, etc.) that the medical staff should know about for your camper(s) should be disclosed within the camper registration form. The Camp Medical Staff reviews all camper health information prior to camp, and is in residence for the entire week to handle routine and minor health care needs. Campers who present to the Medical Director at any time during camp with a fever, with lice, or with any other illness the Camp Medical Staff determines requires departure from camp, will be kept comfortable in the Infirmary Station in the Chapel while their emergency contact is notified. Campers in need of emergency medical care will have their emergency contact notified and will be cared for on a case by case basis to determine immediate next steps for care.

Health Insurance

All campers must be covered by a medical insurance policy. While All Saints Camp will act as guarantor, any costs incurred by ASC in providing required treatment for doctor's appointments, prescriptions, urgent/emergency medical care, etc., will be billed to the camper's parents or guardians.

Medical Waiver from Camper Registration Form:

For the safety of our campers, all campers must be in good health in order to attend All Saints Camp.

I understand that if my campers have been exposed to a contagious disease, or feel that they are coming down with a cold, flu, or other illness that they will not come to camp until a physician can confirm they are not contagious. I understand that if my campers arrive at camp sick they will most likely be sent home at my expense. I understand that if my campers start to feel sick at camp, or am experiencing any symptoms out of the ordinary, the medical staff will contact me immediately. It may be something simple like exhaustion or allergies, or it may be coming down with something. The medical team will determine necessary action.

I authorize the sharing of my and/or my child's and family's private health information, including: date of birth, health insurance, allergies, diagnoses, child's primary medical facility and phone number, child's primary doctor(s) with All Saints Camp staff, camp medical staff and volunteers for the purpose of medical treatment and to aid staff and volunteers in knowing how to best care for my campers at camp.

By signing this waiver, I give my permission to All Saints Camp Staff and medical team to obtain medical care on my behalf, or on behalf of my camper.

As my camper(s) attendance at All Saints Camp is a privilege, by signing this waiver, I release All Saints Camp, including its trustees, employees and agents, from any physical injury, including death or illness while at camp, including any camp sponsored travel to and from camp, or camp sponsored activity on or off camp property, in consideration of the privilege.

COVID-19 Protocols for 2025

To ensure the safety of all campers and staff at All Saints Camp, the following protocols are in place this year due to the COVID-19 pandemic, as recommended by the Center for Disease Control for Overnight Group Summer Camps. Please read the following protocols thoroughly. You will need to agree and comply with the following protocols for your camper(s) to participate in All Saints Camp.

- Social distancing and mask wearing requirements will be enforced as deemed necessary by the CDC. As of May 11, 2022, wearing a mask is completely optional for all indoor and outdoor activities in Washington state. Families will be informed of any changes to the status of masks and social distancing requirements as camp approaches.
- Campers and staff will respect others' individual decisions with regard to mask wearing and social distancing under the current circumstances, where both practices are optional.

- All campers will have their temperature taken and be asked about their current symptoms as they relate to COVID-19 prior to boarding the camp bus or upon arrival at All Saints Camp, depending on the family's chosen transportation method.
- If a camper exhibits symptoms of COVID-19, the on-site medical staff will have the camper take a COVID-19 test, and the parent/guardian of the camper will be contacted. The camper will be required to wear a mask and isolate until they can be picked up by their parent/guardian from camp if the test is positive.
- If a camper is unable to maintain any distancing and/or masking protocols throughout the camp session, the parent/guardian of the camper will be contacted and asked to come pick up their camper immediately.

Media Consent

Throughout your camper's experience at camp, staff members will be taking photos for the final evening's photo slideshow (a highlight of the week!). This highlight reel and the group camp photo will be displayed on the camp website. There is a Flickr album created for each camp session, and the link to this will be shared with the families of the other campers at this session. In your camper registration, you had the option of signing off on use of photos and videos of your camper(s) for camp promotion on our social media pages, website, etc. Please know that all staff members have signed the "ASC Volunteer Staff Media Policy" and take your camper's privacy seriously. By sending your child to All Saints Camp, you are giving permission for their photo to be on the camp website.

Media Waiver from Camper Registration Form:

I give All Saints Camp permission to photograph, video record, and use pictures or visual and audio of the person(s) represented in this application in professional and fund-raising activities. On occasion, with this permission, participant photographs may be included in a bulletin board, video, newsletters, camp album, personal photographs, or in interactions with media. I give permission for myself or my campers, together or individually, or in conjunction with others to be photographed during All Saints Camp. I understand these images will remain the property of All Saints Camp, and they may be used now, or in the future, for promotional and/or educational purposes, in any medium for publicity purposes, including without limitation, for purposes of illustration, promotion, advertising and trade. These photos may also be posted to All Saints Camp official social media accounts.

I understand that once All Saints Camp discloses this information and/or material, the person or organization that receives it may re-disclose it, and privacy laws may no longer protect it.

I understand that I and/or my children may appear in photos that end up posted to social media sites, including but not limited to Facebook and Instagram. All Saints Camp has provided training to staff, instructing that this should only be done with permission, positive intentions, and without directly tagging a family or naming a child. We cannot ultimately control the social media accounts of our volunteers, but will attempt to assist you in removal of something that your family does not want posted if you email camp@allsaintscamp.com.

Sending a First-Time Camper

If this is your child's first week at All Saints Camp, your preparation in advance will go a long way towards helping them have a great experience and minimize the effects of homesickness. Please visit the [Family Resources](#) section of our website for a link with tips from the American Camp Association on preventing homesickness, as well as our Camp Director's Tips for Happy Campers and Families. We do ask families to consider carefully whether their child is ready for camp. In our experience, we have found that if a child is hesitant about attending camp or does not yet seem ready, it is often in the child's best interest to wait a year. It is better to wait one year and have a camper have a positive experience, than to come too early to camp and be left with a lasting negative impression. Readiness to attend camp varies widely, especially among 8-9 year old campers, so please take your own child's temperament and social maturity into consideration.

All Saints Camp Dress Code

Families, make sure that your camper respects the dress code and packs appropriate clothing in accordance with Orthodox Christian values. Campers wearing inappropriate clothing in violation of the ASC Dress Code Policy will immediately be asked to change. This process can be disruptive and upsetting for your camper so please take the time to ensure that you and your camper are aware of the dress code policy and pack together accordingly.

- Overly revealing clothes or otherwise inappropriate clothing (i.e. plunging necklines, exposed midriffs, spaghetti-strap tops, shorts shorter than middle finger length, clothing with objectionable slogans or language, etc.) or very tight clothing should be left at home.
- Swimwear for all campers and staff must be appropriate to the standards of Christian modesty. Female staff and campers are required to wear 1-piece bathing suits or bathing suits that cover the abdomen and are in accordance with Christian modesty. If swimwear is inappropriate, campers will be asked to wear a cover-up.
- Appropriate attire must be worn at all church services
- Excessive make-up and stylish clothes are unnecessary in the outdoor camp environment.
- Excessive body piercings will not be allowed. Clothing must cover tattoos.
- Clothing should be practical for the outdoor environment. Younger campers may need help from you in deciding what type of clothing is suitable for the weather or time of day or activity when packing.
- Appropriate clothes should be worn for Divine Liturgy. A skirt, dress, or long pants & button up, blouse, or polo shirt should be worn, with shoulders covered.

Click here for the [All Saints Camp Packing List](#) and [Printable Packing Checklist](#)

Chapel Etiquette

There are certain ways to act in Chapel. Outlined below are certain guidelines that we should follow while in Chapel.

- **Talk softly and carry a big Cross**

Remember we're here because Christ died for us, so be reverent and respectful. We should also cross ourselves and say a prayer as we enter or leave the Chapel so that we can turn our thoughts to God.

- **Standing, Sitting, and Leaning**

If you or your campers get tired, it is okay to *quietly* sit down for a little bit. It is disrespectful to lean up against the wall, cross your arms, etc in church. While in Chapel, we are having a conversation with God (prayer), so our body language must demonstrate that we are interested and focused on that prayer.

- **Let us pray to the Lord**

Make sure all of your campers have a service book so that they can follow the service. Everyone should also be encouraged to sing. We are all called to participate in the service.

- **Stayin' and Swayin'**

As campers file out of the Chapel, collect service books and leave with them at the back of the pews, kissing the icon and doing your cross as you exit the chapel. Walk with your cabin to line up at the Lodge for meal time.

- **We all gotta go sometime**

Using the restroom is a natural thing; we all do it. So plan ahead. Little kids especially may need reminders to use the restroom before lining up for Chapel. Remember, that we're trying to be respectful and keep from distractions; Popping in and out of Church makes it hard for us, and others, to remain focused on the service. Some campers will ask to leave church to go to the bathroom. As you get to know your campers, you will be able to tell when they just want to leave, and when they really need to go. Usually if you tell them that there is only a few minutes left in chapel, and that they can go as soon as the service is done, it will be fine.

- **Dress for Success**

When in Chapel, like in Church, we want to look our best because we want to present the best we have to offer to God. However, we must remember Christian modesty when we dress. Open shoulders, open backs, short skirts, tight clothing, etc. is not appropriate.

During Camp

Visiting Camp

You will have the opportunity to meet our staff and tour the camp facilities on Sunday during camper drop off. However, because campers often become homesick when they see a family member, we ask that there be no other visits to camp during the regular camping session. No unauthorized visitors are allowed at ASC during the entire duration of camp.

Contact With Your Camper

The active camp schedule prevents regular contact with your camper. Outgoing calls may be allowed at the discretion of the Camp Director, and only for urgent matters. Receiving or placing phone calls during the camp week disrupts the program and often makes homesickness worse, so these are not permitted except for emergencies. If your camper suffers a serious injury or illness, you will be notified promptly.

Option 1: [Camper Mail Google Form](#)

Click the link above to access the Camper Mail form to send your camper a message which can include one photo if you wish. You can submit Camper Mail each day by 8pm. We will print your responses for your camper to open and read the following day. The last day to submit Camper Mail is the Thursday of your camper's session at 8pm.

Option 2: Letters & Packages

If you wish to send your campers mail during camp, you can mail physical letters directly to camp. We recommend that you mail any letters through USPS before camp begins so they are sure to arrive while your camper is still at camp. **Please do not send food or other contraband items, as these will be held in the contraband box until the end of camp.**

Ideas for camp-approved letters or care packages:

- Hand-written letters (these mean the most!)
- Photographs of family & pets
- Disposable camera
- Pre-addressed & stamped envelopes with stationary & pens for writing home
- Deck of cards
- New flip flops or sunglasses

If you and your camper pack pre-addressed and stamped envelopes, stationary, and writing utensils, they can send mail home too! See Camp Packing List.

Camp Address:

All Saints Camp C/O: YOUR CAMPER'S NAME, 205 Camp Rd NW, Gig Harbor, WA 98335

Camp Arrival

Please make sure that your camper eats lunch prior to being dropped off at the bus or dropped off at camp and make every effort to arrive no later than 4:15pm so that all campers can begin settling into their cabins and starting to get to know their cabin mates. Especially if you have a first-time camper, you will want to arrange to arrive with enough time to meet your camper's counselor, tour the camp, etc. Once you've helped your camper put their belongings in their cabin and get settled, allow them to start in on the introduction activity. Oftentimes, camp friends are made in the first few minutes of camp! Once they're settled, say goodbyes and let them get acquainted.

Drop Off at All Saints Camp: Sunday at 4pm.

-OR-

Drop off at St. Demetrios Greek Orthodox Church to ride the Camp Bus: Sunday at 3:00pm. Check in your camper with a staff member and get their belongings loaded onto the bus. The Camp Bus leaves for camp promptly at 3:15pm.

Check-In Process

If your camper is taking the bus to camp, the check in process will be the same as follows, but take place in the St. Demetrios Greek Orthodox Church parking lot prior to your camper loading the bus.

If you are dropping your camper off at camp, please park in the [designated area](#) of the main parking lot. Please do not bring your pets to drop off your camper at All Saints Camp. Luggage may be placed at the wooden bench or the large tree stump while you continue to the registration tent. Here, your camper will be checked in with our Camp Director and you'll be asked to verify your camper's departure transportation method. Your camper will then receive their cabin assignment and turn in any electronic devices and other contraband (these will be returned upon check-out on Saturday). With the Medical Staff, your camper's medical information will be reviewed, medications will be turned in, and screening questions asked. Your camper's temperature will be taken and will be asked about symptoms of COVID-19. If they exhibit these symptoms, they may be asked to take a COVID-19 test, provided by ASC. If your camper tests positive, they will not be allowed to attend camp.

After the health screening, campers will meet their counselor. The counselor will escort your camper (and family if desired) to their cabin. Here, they will meet other campers and any other counselors in their cabin. At this point, families are free to leave, and their campers are now in the care of their counselors and will begin their fantastic week at All Saints Camp!

Camp Departure

For Elementary and Intermediate Sessions, camp ends on Saturday of each respective session at 11:00am and we request that families who pick up campers at camp arrive promptly so staff can begin to turn over the camp for the next session and get some rest. Please keep in mind that all staff are volunteers who have devoted an entire week to providing a memorable experience for your camper! Be sure to thank your camper's counselor(s) and other camp staff for their dedication to your camper all week. For the High School session, camp ends at 10:15am on Wednesday, July 19, 2025.

Please let us know if you have any questions or would like to make a change to your camper's method of transportation before the first day of camp.

Elementary & Intermediate Sessions Pick Up from All Saints Camp: Saturday at 11:00am

High School Pick Up from All Saints Camp: Wednesday at 10:15am

-OR-

Elementary & Intermediate Sessions Pick Up from St. Demetrios Greek Orthodox Church from Camp Bus: Saturday at approximately 12:45 - 1:00pm (time estimation depends on traffic)

High School Session Pick Up from St. Demetrios Greek Orthodox Church from Camp Bus: Saturday at approximately 11:35 - 11:55am (time estimation depends on traffic)

Check Out Process

If your camper is taking the bus home from camp, the staff taking the bus will have a sign out sheet for the authorized pick-up person to sign. Your camper cannot be released until the staff member has verified the identity of the authorized person via a valid ID and they have signed the sign-out sheet. The counselor will then return any stored contraband and medications.

If picking up our camper from camp, procedures are the same as above except that counselors will be checking out campers and any medications that were collected upon arrival can be picked up at the medication retrieval table where medical staff will be stationed to return all medications.

Camp Updates & Media

Staff will be posting updates about camp on our camp Flickr account starting the first day of camp! Access to the specific camp albums will be sent to families via email.

Follow us on Social Media:

Instagram: [@allsaintscampwa](#)

Facebook: [@ASCWA](#)

WE CAN'T WAIT
TO SEE YOU AT
ALL SAINTS CAMP!
LET'S HAVE A GREAT
CAMP EXPERIENCE!

- ALL SAINTS CAMP STAFF

Orthodox Prayers & Practices

The Lord is far from the wicked, but He hears the prayer of the righteous.

– Proverbs 15:29

Prayer is one of the most powerful tools we have as Orthodox Christians. We can pray as individuals or together for communal prayer. We can pray to Christ our Lord, or to Saints to intercede on our behalf. Oftentimes, we pray only when we need something, or when we think we have no other option. While these are important times to pray, it is even more important to pray all the time, even when we don't need something.

Every person is different, and at a different level spiritually, so choosing the appropriate prayers for your cabin is very important. Prayer is more than just reading the words that are on the paper. It is our personal conversation with God, so the words have to mean something to the people praying. Below are a few prayers that might be helpful for you personally and also for leading your cabin in prayers. Feel free to use other prayers, or to seek help from the Camp Director or Spiritual Advisor for other prayers that might be appropriate.

Morning Prayer (Included in Camp Journals!)

Heavenly King, Comforter, Spirit of Truth, present in all places and filling all things, Treasure of Blessing and Giver of Life, come and dwell in us. Cleanse us of every stain and save our souls, O Gracious One.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3)

Glory to the Father, and the Son, and the Holy Spirit, now and forever to the ages of ages. Amen.

All Holy Trinity have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name's sake. Lord, have mercy. Lord, have mercy. Lord, have mercy. Glory to the Father, and the Son, and the Holy Spirit, now and forever to the ages of ages. Amen.

Our Father, Who art in heaven, hallowed be Thy name. By Kingdom come, Thy will be done, on Earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not to temptation, but deliver us from evil.

O, Lord grant me to greet this new day in peace. Help me to depend on Your holy will in all things. Reveal your will to me in every hour of this day. Bless my dealings with all who surround me. Teach me to treat all that comes to me throughout the day with peace of soul and with a firm belief that Your will governs everything. Guide my thoughts and feelings in all my

deeds and words. In unexpected events, let me not forget that all are sent by You. Teach me to act firmly and wisely without embarrassing or hurting others. Give me the strength to bear the fatigue of this day and all that it will bring. Direct my will, teach me to pray. Pray Yourself in me. Amen.

Through the prayers of our holy Fathers, O Lord Jesus Christ our God, have mercy on us and save us. Amen.

The Creed

I believe in one God, the Father Almighty, Creator of heaven and earth, and of all things visible and invisible;

And in one Lord, Jesus Christ, Son of God, Begotten of the Father before all ages, Light of Light, True God of True God, Begotten, not created; of one essence with the Father, through whom all things were made:

Who for us men and for our salvation came down from heaven, and was incarnate by the Holy Spirit and the Virgin Mary, and became man;

He was crucified for us under Pontius Pilate, and suffered and was buried;

On the third day He rose, according to the Scriptures;

He ascended into heaven, and is seated at the right hand of the Father;

He shall come again with glory to judge the living and the dead, Whose kingdom shall have no end.

I believe in the Holy Spirit, the Lord, and Giver of Life, Who proceeds from the Father, Who with the Father and the Son together is worshiped and glorified, Who spoke through the Prophets;

And I believe in One Holy Catholic and Apostolic Church.

I acknowledge one Baptism for the remission of sins.

*I await the Resurrection of the dead,
And the Life of the ages to come. Amen.*

Evening Prayers

You may use the following prayers after the cabin is calmed down for the evening, during your cabin talk or prior to lights out. Each Camper has their own reflection journal, which has this prayer included in the pages. You can recite the prayer together:

Heavenly King, Comforter, Spirit of Truth, present in all places and filling all things, Treasure of Blessing and Giver of Life, come and dwell in us. Cleanse us of every stain and save our souls, O Gracious One.

*Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3)
Glory to the Father, and the Son, and the Holy Spirit, now and forever to the ages of ages.
Amen.*

All Holy Trinity have mercy on us. Lord, forgive our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for your name's sake. Lord, have mercy. Lord, have mercy. Lord, have mercy. Glory to the Father, and the Son, and the Holy Spirit, now and forever to the ages of ages. Amen.

Our Father, Who art in heaven, hallowed be Thy name. By Kingdom come, Thy will be done, on Earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not to temptation, but deliver us from evil.

O, eternal God and King of all creation, Who have granted me to arrive at this hour, forgive me the sins that I have committed today in thought, word, and deed. Cleanse, O Lord, my humble soul from all defilement of flesh and spirit. And grant me, O Lord, to pass the sleep of this night in peace, that when I rise from my bed that I may praise Your most holy Name all the days of my life, and conquer my flesh and the fleshless foes that war with me. And deliver me, O Lord, from vain and frivolous thoughts, and from evil desires which defile me. For yours is the Kingdom, and the power, and the Glory; of the Father and of the Son and of the Holy Spirit, now and forever to the ages of ages. Amen.

Through the prayers of our holy Fathers, O Lord Jesus Christ our God, have mercy on us and save us. Amen.

Fasting

Do You Fast?

Give me proof of it by your works.

If you see a poor man, take pity on him.

If you see a friend being honored, do not envy him.

Do not let only your mouth fast, but also the eye, and the ear, and the feet, and the hands, and all the members of our bodies.

Let the hands fast, by being free of greed.

Let the feet fast, by ceasing to run after sin.

Let the eyes fast, by disciplining them not to glare at that which is sinful...

Let the ear fast... by not listening to evil talk and gossip...

Let the mouth fast from foul words and unjust criticism.

For what good is it if we abstain from birds and fishes, but bite and devour our brothers?

--St. John Chrysostom

Fasts observed during the camping season: Every Wednesday and Friday

Fasting is a tool that we as Orthodox Christians use to grow closer to Christ. Here at the Camp, we observe all the fasts of the church. Fasting should not be looked at as something that "we have to do." Instead, it is a tool that God has given us to simplify our lives. Through fasting, God removes some choices from our lives, and allows us more time to focus on Him.

The community standard that has been set is that we will fast from meat only during these times. If you wish to follow the fast more strictly, please consult the Camp Director so arrangements can be made.

And he humbled you and let you be hungry, and fed you with manna which you did not know, nor did your fathers know, that He might make you understand that a man does not live by bread alone, but man lives by everything that proceeds out of the mouth of the Lord.

– Deuteronomy 8:3

Sermons We See

I'd rather see a sermon than hear one any day,

I'd rather one should walk with me than merely show me the way.

The eye's a better pupil and more willing than the ear;

Fine counsel is confusing, but example's always clear;

And the best of all the preachers are the men who live their creeds,

For to see the good in action is what everybody needs.

I can soon learn how to do it, if you'll let me see it done.

I can watch your hands in action, but your tongue too fast may run.

And the lectures you deliver may be very wise and true;

But I'd rather get my lesson by observing what you do.

For I may misunderstand you and the high advice you give,

But there's no misunderstanding how you act and how you live.

--Edgar A. Guest