



Exhaust the body  
Refresh the soul  
AWC 2024

Those of you who are new to this experience may be wondering just what exactly happens at a work camp. Being a volunteer in the work camp allows you to personally experience what you have read about in the Bible and have talked about in church. Jesus commands us to give, serve, feed, clothe and take risks. Talk is not enough. Work camp offers opportunities for you to reach out and serve in Jesus' name. Work camp gives us the chance to refurbish, refresh and renew homes in disrepair of low-income, elderly or other people in need. Other characteristics of work camp include:

### **Work camps create an environment of Christian faith.**

A work camp is like fertile soil where seeds can grow. Self-esteem is enhanced. Confidence builds. Enthusiasm for Christian service blossoms. The Spirit of God flows through serving hands, loving hearts, and developing minds.

### **Work camps focus on hard work.**

Talk to anyone who has attended one of our work camps and they will confirm that we work hard. Each year we build homes from the ground up, add a few additions to existing dwellings and complete countless repair jobs. This is VERY demanding work for seven consecutive days. Days where the temperature is above 90 degrees. Work camp means "keep going" even when the bees are biting and your hands are full of blisters. But all your time and commitment will pay off when you see the Spirit of Jesus shining through the smiles of both residents and workers.

### **Work camps shout "Action!"**

Christian love flows through the hills and hollers of poverty-stricken areas, as feelings of care and concern echo through the sound of pounding hammers. A widow's loneliness fades as her home begins to shine with a new coat of paint. The hugs from her new friends on the work crew will warm her memories when winter storms swirl around her home.

### **Work camps bring willing workers together to help people in need.**

You will discover what the kingdom of God is really like as you work with old and new friends to repair and winterize someone else's house. You become united in your purpose. You learn to rely on one another. Together you build a commitment to your mission. Elderly couples, widows and widowers, low-income families, people with disabilities, and anyone who is lonely or forgotten welcome all the help they can get.

### **Work camp gives you a feeling of accomplishment.**

You will grow through learning firsthand how to face challenges, develop new abilities, make decisions and carry personal responsibility. Each person is responsible for a part of the total project. Each person faces the inner search for strength, skill, stamina, resourcefulness and creativity. Each person must react to the daily fluctuations and surprises of new people, new tasks and new settings.

### **Work camps pave the way to service.**

Jesus described his followers as active servants who love, feed, clothe and visit people in need. His words create nagging uneasiness in Christians who seldom serve or give of themselves. The work camp puts to use the power God created in us. After taking God's Word, we want to launch out from attending church services to putting Christ's love into action. A work camp can be the vessel that takes us from preparation to performance.

### **Work camps present a clear picture of the presence of God.**

God chose to make Himself known through the people who commit their lives to Him. When our ideas and plans for service remain inside the walls of church buildings, we have minor impact on people outside the church. But when the church sends a mission force of energetic workers into the homes of people who are lonely or in need, people start to notice God's action.

*By accompanying us to Appalachia, you will have a chance to do something active, challenging, and meaningful with your friends. You will have the chance to energize your faith by working together to significantly improve someone's home. Those of you who have attended work camps in previous years accomplished so much despite the heat and humidity. You surely expressed Christian love and servanthood, commitment and understanding, awareness of your real ability to help others, and a personal realization that God works wonders with willing hands.*

## **KITCHEN CREW**

This is an amazing group of people who do the hardest job during the work camp. They get up at 5:00 AM and prepare delicious home-cooked meals including a hot breakfast and the best dinners you will ever eat. They are stuck in the kitchen all day in stifling temperatures without air conditioning or even a slight breeze of fresh air. These are also the people who keep the bathroom/shower area clean. Remember to thank them for all they do.



## **MEDIC**

If you are injured or do not feel well on the job site, you should notify the Site Manager. Medical treatment will be administered in accordance with your "Consent to Treat" form. There is always a nurse at camp. All injuries must be reported to the nurse upon returning to camp. If you need medical attention at camp, please see the nurse. Again, treatment will be administered in accordance with your "Consent to Treat" form. The nearest hospital is about an hour away. If you are not feeling well during the day, you can stay at camp in the bunkhouse. You may not stay in your tent.



## **CLEAN-UP CREW**

One of the work crews will be assigned to "police the grounds" each day. This means removing trash bags when the cans are full and replacing them with clean liners (especially during dinner time and at the end of each day). This group will also be responsible for walking around and picking up empty cans and litter on the camp grounds throughout the day. When the 11:00 PM bell rings, all cans must be picked up, emptied and thrown away. While everyone is responsible for throwing away their own trash, sometimes things are left around. Also chairs taken to the campfire must be returned to the porch at the 11:30 PM bell. Any chairs left by the campfire should be returned to the porch by the Clean-up Crew.



**Let's ALL pitch in and keep the camp site  
clean and free of litter!**



## AN ORDINARY DAY IN APPALACHIA

Once we arrive, everyone is to help get things unpacked and set up. After the supplies are unloaded and general housekeeping is finished, you may claim your private sleeping area. Tent City will be separated with guys on one side and girls on the other. On Sunday, we will get up at 7:00 AM, have breakfast and then celebrate Mass at 8:00 AM. Then you will pack your lunch and off to work we go. After a short day of hard labor, it is time to return to camp for dinner and to relax for the night. Each night we will meet after dinner to share a prayer and talk about what was done at your job site. The camp bell will ring at 11:00 PM signaling that it is bedtime. Everyone is to be tucked into their own sleeping bag by midnight.

After a good night's rest, it's time to rise at 6:30 AM and have a delicious breakfast that was prepared by our kitchen crew. You will then pack your own lunch and hi ho, hi ho, it's off to work we go, to whatever the job may be such as building a house, digging a ditch, painting a house, building a porch or building an addition. You will have a good feeling about yourself because you've helped someone you don't even know and probably will never see again. Sometimes the days get hot, hot, hot, but you will not melt. Just keep drinking lots of water and keep on working. If you keep moving, you will feel better.

Finally, the crew leaders call for a lunch break. You will enjoy a wonderful lunch that you made that morning consisting of meat and bread or peanut butter and jelly and a snack. If you're really thinking, you'll make a cheese sandwich because after it sits in the heat of the sun, you'll have grilled cheese for lunch. You'll have all of the comforts of a picnic lunch-bugs, a dried-up sandwich, a cool refreshing drink of water and the beautiful scenery for which a restaurant would charge top dollar.

When you're done for the day, all tools and materials are to be picked up. The vehicles are to be loaded and back to the homestead we go. Once at camp, you take a shower. Remember there are many of us and only four showers. Get in and get out as fast as you can. People are waiting. You will still be told to hurry up. After a scrumptious homecooked meal, you chill out with your old and new friends, sip cool drinks, play soccer or volleyball, throw darts, play cards or sit by the campfire. The crew leaders may sit and plan their strategy for the next day.

At some point in the evening, we will have a general meeting. At 11:00 PM, the camp bell will signal it is time for persons under the age of 21 (youth) to head to the bunk house for restroom use and brushing of teeth. The bathroom will be closed to youth at 11:30 PM except for true emergencies. LIGHTS GO OUT AT MIDNIGHT!!!! If you are new to the work camp experience, around Monday or Tuesday, you will want to go home. Hang in there! By the time the last day of camp rolls around, you won't want to leave.

Hopefully this will be a great experience that you will never forget. For many people, once they go to Appalachia, they get bitten by the Appalachia bug and they want to come back. Years later when speaking with campers, they still speak of what a great experience they had. Appalachia not only changes the lives of people in Kentucky, so many of our peoples' lives are changed forever as well. You have chosen to take part in a life-changing experience. You have chosen to answer God's call and use your gifts and talents to help those who need an extra push in life to not just hang onto the fence, but to be able to get up and over it, and to help them realize they are important, and people do care.

## WHAT TO BRING

### PERSONAL ITEMS



**Please write your name on everything! It is all packed on the truck and unpacked into one heaping pile when we arrive in Kentucky. If your name is on it, you'll have a better chance of**

- ONE Duffel Bag
- Bath Soap
- Deodorant- Please
- Shampoo
- Towels/Washcloths-You will need several. Please identify your towel with a laundry marker
- Toothbrush/toothpaste
- Comb/brush
- Sunscreen -This is not the time to be working on your tan.
- Deep Woods Off- Insect spray
- 25 Chinet Plates- Flimsy paper plates are not recommended.
- 25 Sets of Utensils
- Bowls & Cereal if you want it for breakfast. Please take any cereal to the bunkhouse kitchen.
- Cup
- OPTIONAL – Gatorade (pack with your belongings & keep it in *your* tent)
- Flashlight - You will need the light to walk around camp at night. It is very dark.
- Batteries
- Large Garbage Bags- If it looks like rain, you'll want to put your pillow, clothing, etc. in the bags to keep them dry, especially when you are away from the campsite.
- Personal Money- We recommend a maximum of \$50. This will allow you to put a few dollars in the collection plate at two Masses. This money is donated to the Benevolence Fund which assists local KY families in need. You may also want to purchase something at the Dollar General. All of your regular meals will be provided. High school students will be given \$10.00 for each meal en route. See your group's youth leader when we stop for lunch.

### **DO NOT BRING:**

Anything Electric (razors, hair dryers, curling irons, etc.)  
Aerosol Shaving Cream- we've had bad experiences!

### Sleeping Stuff

- Tent
- Ground Cloth
- Tarp (optional to cover tent especially older tents)
- Sleeping Bag
- Pillow
- Air Mattress or Cot – Optional but recommended. The ground is hard and it will keep you up off the floor in the event of a tent leak.

## WHAT TO BRING (Page 3)

### WORK ITEMS

#### Required

- Work gloves- 2 pair
- Hammer - 20 oz is a good weight
- Utility knife/spare blades
- 25' tape measure-inexpensive
- Safety glasses-inexpensive
- Nail apron or tool belt.
- Carpenter pencils/sharpener

#### Optional

- Small claw bar (Cat's Paw)
- Speed Square
- Chalk line

### ITEMS TO SHARE

**Last Names A-M:** 4 pack of toilet paper (Scott's brand Septic Safe)

**Last Names N-Z:** 4 pack of paper towels

**Campers under the age of 21** - Four 12 packs (48 cans) of brand name soda OR bottled water if you don't drink soda.

**Campers over the age of 21-** Two packages of cookies. Please take to the bunk house kitchen to be shared with the group. If you are bringing "adult" beverages, they must be left in the kitchen area so their consumption can be supervised.

