

St. Cuthbert Episcopal Church
High School
2010 Mission Trip



July 16 – July 25



Dear Friends,

I would like to take the opportunity to announce a change in our summer mission trip from Presidio, Texas to Cheyenne River Reservation, South Dakota. The leaders of this trip desire to be good stewards of finances and resources. The decision regarding the change in location was not taken lightly. It took deliberation, thoughtful discussions, and prayers before we decided this is the best option for this summer. The cost of the trip remains the same, but we will now be leaving Friday, July 16. On May 26 from 6:30 to 8:30 p.m. there is a mandatory information meeting about the trip at St. Dunstan's Episcopal Church. St. Dunstan's is located at 14301 Stuebner Airline Road. A leader from *Together for Hope* the organization with whom we will join will teach us the etiquette necessary for being on an Indian reservation. They will also provide information about the projects we will be working on! The representative from *Together for Hope*, along with Britney Maxwell and myself will be present to answer any questions you may have about the trip. I believe this trip will be awesome and one filled with spiritual growth, discovery of earth's beauty, fun, and physical labor!

If after reviewing this packet you have any questions about the trip, do not hesitate to contact me. I look forward to a great trip.

Yours in Christ,

Maizeanne Scarpati
Director of Youth Ministries

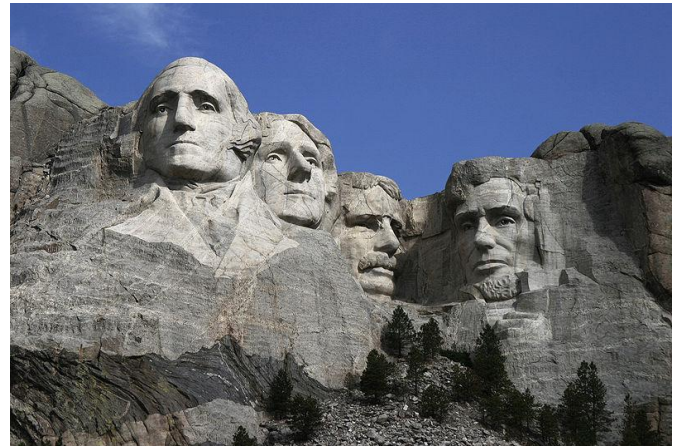
eyc@stcuthbert.org
281.463.7330

When are we going?

July 16 – July 25

Where are we going?

Cheyenne River Reservation, South Dakota
(& side trip to Mount Rushmore National Park)



Information about Mount Rushmore:

Mount Rushmore Memorial is located in the Black Hills of South Dakota, 23 miles from Rapid City. The memorial serves as home to many animals and plants representative of the Black Hills of South Dakota. The geologic formations of the heart of the Black Hills region are also evident at Mount Rushmore, including large outcrops of granite and mica schist.

Between 1927 and 1941, Gutzon Borglum and 400 workers sculpted the 60-foot busts of Presidents George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln to represent the first 150 years of American history. Washington was selected for Mount Rushmore because he was the father of our country and represents our struggle for independence, our constitution and our liberty. Jefferson was to be honored on Mt. Rushmore as the author of the Declaration of Independence, representative government and for the expansion of our country through the Louisiana Purchase. Teddy Roosevelt, the third bust on Mount Rushmore was selected because he saw through the completion of the Panama Canal linking the oceans and opening the connecting waters of the East and the West. Lincoln was chosen for preserving the Union through one of America's darkest hours and for the ideals of freedom and equality for all.



Where is Cheyenne River Reservation?

South Dakota within the Border of the Great Sioux Nation

Tribes in South Dakota:

Standing Rock Sioux Tribe / Cheyenne River Sioux Tribe / Sisseton Wahpeton Sioux Tribe /

Crow Creek Sioux Tribe / Lower Brule Sioux Tribe / Rosebud Sioux Tribe / Oglala Sioux Tribe / Flandreau Santee Sioux Tribe / Yankton Sioux Tribe

Where will we stay?

On the way there we will stop in Wichita, KS and stay at **Good Shepherd Episcopal Church**, 8021 W. 21st Street North, Wichita, KS 67205, (316) 721-8096.



During our mission work (July 18-July22) we will stay in a community church on the reservation.

We will visit Mount Rushmore and spend the night(s) of July 22nd & 23rd at **SPOKANE CREEK, Cabins & Campground**, 24631 Iron Mountain Rd, Keystone, South Dakota 57751, (605) 666-4609.



On the way home we will stop in Oklahoma City, OK and stay at All Souls Episcopal Church, 6400 North Pennsylvania, Oklahoma City, OK 73116; 405-842-1461.

What is Cheyenne River Reservation & what are the Lakota people like?

Life of Peace: Our ancient story began with living a life of peacefulness, having respect for Mother Earth and understood that all things are related (Mitakuye Oyasin) and alive in spirit. It is part of creation that all things have life and that we live as one and in command of nothing. We do not own Mother Earth but that we belong to the earth. We respect that Mother Earth provides for us and in return we take care of her like she was own mother.

Our History: If our ancestors were to tell stories of the history and unity of the Lakota Nation... the Oglala (Scatter their Own) of the Pine Ridge reservation, the Sicangu (Burnt Thigh) of the Rosebud reservation, the Hunkpapa (Camps at the Entrance) of the Standing Rock reservation and the Cheyenne River reservation; Mnikoju (Planters by the Water), Siha Sapa (Black Foot), Owohe Nupa (Two Kettle), Itazipa Cola (Without Bows), they would proudly teach that these are the seven bands of the Titunwan (People of the Plains) one of the Oceti Sakowin (Seven Council Fires) of the Lakota/Dakota/Nakota Nation.

Not Just a Community, But a Way of Life: To speak of community usually conjures up a mental image of a township with city blocks, border lines, and the buildings and residents therein. This would not be an accurate picture of the community as it is understood by the Lakota people. Community is much more encompassing than city limits and lines drawn on a map. Our way is much more comprehensive than that. It may be explained logically as the outlying areas, farms and homesteads of rural dwellers and those who live outside the limits set by modern terminology. However,

in our way of thinking it is the people and the total environment, regardless of the proximity or distance from the city center.

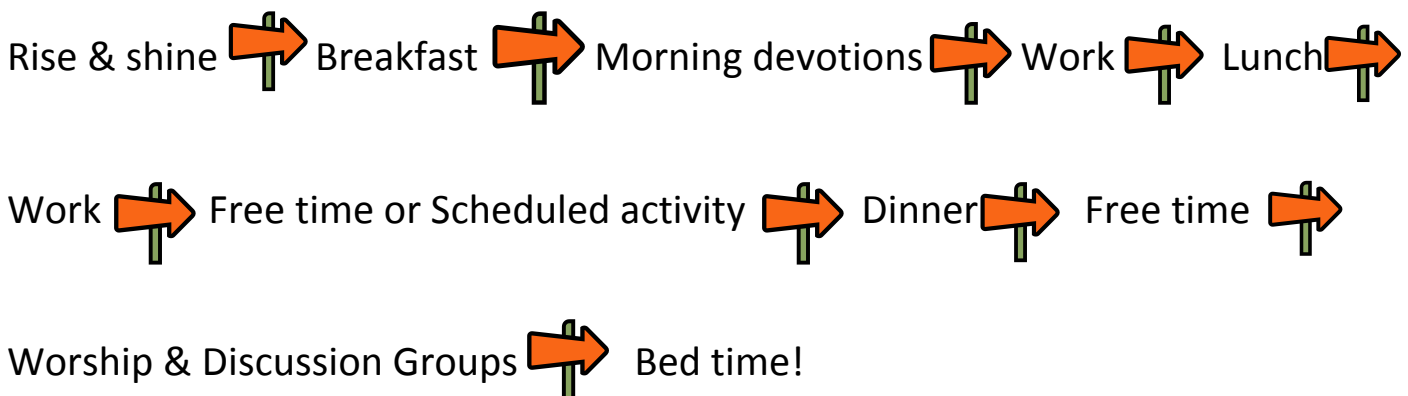


What will we be doing there?

We will be teaming with St. Dunstan's youth to work with "Together for Hope" which is part of Cooperative Baptist Fellowship. (For more information about this organization check out: www.ruralpoverty.net) Youth will work at ministry sites, assist in meals preparation, participate in personal devotion and group worship, experience fun, cultural evening activities and engage with youth and other people of the community.

What will the "work" be?

Our group, St. Cuthbert and St. Dunstan's youth, will be helping build/repair a structure or completing labor relevant and helpful to the community. We will share in this learning and work experience with others in the community. **A general day will consist of:**



Who is invited?

This is a mission trip organized and planned for high school students (those students entering 9th grade through graduating 12th graders). However, all members and/or active participants of St. Cuthbert Episcopal Church and their families and friends are welcome to apply. If you are chosen to attend as an adult, parent, college student, nurse or doctor, etc. you are attending as an advisor to our youth. As such, you will be given additional responsibility and we expect you to act in an advisory role at all times.

Priority will be given to those active. It is mandatory for participants to help with our fundraisers, meetings, and events which participants should attend prior to taking this faith journey. If you are unable to attend these meetings (because of your physical location, your schedule, your job, etc.) you will be required to cover the information on your own.

*** Special consideration will be given to applications & deposits turned in early. ***

Are college kids invited?

See section “Who is invited to attend?” This is a mission trip organized and planned for high school students. If you are chosen to attend as an adult, parent, college student, nurse or doctor, etc. you are attending as an advisor to our wonderful youth. As such, you will be given additional responsibility and we expect you to act in an advisory role.

Are parents invited?

This is a mission trip organized and planned for high school students. Parents are invited. We leave it between you and your high school student. If he/she would like to have you join us, then we welcome parents. If he/she prefers you not attend, we leave it up to you.

Are friends invited?

See section “Who is invited to attend?” This is a mission trip organized and planned for high school students. All members and/or active participants of St. Cuthbert and their families and friends are welcome to apply. That being said, priority will be given to high school students that are active members of the church and youth group.

How old do you have to be to apply?

Due to the physical working conditions and emotional/spiritual rollercoaster many of our youth experience when they are on trips like these, children below ninth grade are not able to attend.

If too many people have applied, how will you pick?

First, we will try to get additional transportation. In the event that we are unable to do this, priority will be given to those youth who are most active in youth programs at St. Cuthbert. From there, we will give priority based on seniority with regards to seniors before juniors, juniors before sophomores, etc. Again, participation in St. Cuthbert Youth activities and programs is more important than age or seniority.

How can I help if I can't attend?

If you are not able to attend, there are plenty of ways to get involved and support the mission. A few options are: Make a financial donation; Serve on a fundraiser project; Sponsor a Youth / Adult Participant; and Keep this project in your thoughts and prayers.

How much does it cost to go?

The total cost for the trip will be approximately **\$455** per person. Transportation, food, lodging, and fees are included in this amount. While on the road, traveling, youth will be responsible for meals &/or snacks. Additional spending money beyond money for food while traveling is optional and not necessary. Please do not bring excessive amounts of cash.

If this cost is the only thing keeping you from attending, please contact Maizeanne Scarpati, to apply for a scholarship.

- The first deposit of **\$200** is due
 - Along with a deposit the applicant will need to provide a completed application.
 - The deposit is non-refundable; we rely on this number for food, vehicle rental, lodging, etc.
- The remaining **balance** will be due **Friday, June 5th, 2010** by 5:00 PM
- No exceptions will be made deposits are due by these dates.

How are the costs broken down?

Here is a copy of the preliminary budget for the trip. It is subject to change, but it will provide a general outline of how the money is spent.

Expenses (per person for the week):

| | | |
|----------------|-------|--------|
| Food | ----- | \$ 130 |
| Lodging | ----- | \$ 175 |
| Supplies | ----- | \$ 30 |
| Transportation | ----- | \$ 100 |
| Mount Rushmore | ----- | \$ 20 |

Note:

There will be many opportunities for youth to fundraise and reduce the student's out of pocket cost. Youth are encouraged to participate during these times. Only the youth that participate in such fundraising activities will earn credit toward their trip. It is completely up to the youth to attend and fully participate in the activities to earn such credit. In summary, those that really want to go will be able to go and those that do not make participation in fundraising a priority will have to depend on someone's financial graces.

Assumptions:

- Each line item is a total for the 10 days and 9 nights per person.
- Food includes 3 meals a day: breakfast, lunch, & dinner.
- Transportation includes rental and fuel cost.

Is this trip safe for my child?

St. Cuthbert Church, I and the adult advisors would not take youth anywhere we did not feel they will be safe. There are obviously risks involved with taking a group of high school students on a work trip. Many of those risks would be the same if we were doing a local activity (person falls and hurts themselves, person hits their finger with a hammer, doesn't pay attention to instructions and ends up injuring themselves on a worksite, etc.).

Youth's safety and well being is most important to the leaders of this trip. As a result, here are some of the many things we do to make sure everyone is safe.

1. Adult to youth ratio is at least 1:10.
2. Each adult will be assigned a small group of youth to mentor and work with the entire week. They may not work together every day, but they will be meeting with and talking with these mentors multiple times throughout the day.
3. Adult leaders will check in with their youth at each meal and each gathering time to insure their group is feeling well and drinking enough water.
4. If we feel a youth or adult is acting in a way that could cause injury to themselves or each other he/she will be advised to immediately discontinue such behavior, and in the event they do not do so immediately, they will be sent home.
5. We provide transportation to and from each event. Youth are prohibited from riding mopeds, motorcycles, ATVs, etc. or in any taxi or the bed of a truck except in *very unlikely* circumstances where youth is accompanied by an adult leader and approved by trip leader.
6. No youth travel alone ever! Persons traveling outside the worksite, church, etc. must have at least 3 people and one of those three must be an adult advisor (preferably 2 adult advisors).
7. The males and females will have separate sleeping quarters and each will be prohibited from entering those sleeping quarters during the "lights out" times.
8. Youth are prohibited from entering the homes of ANYONE on our trip without the permission of the adult leaders and without an adult leader present.
9. Youth that are sick or not feeling well will be encouraged to stay at "the base camp" where we sleep and eat for the day. An adult advisor will stay with them.
10. Each youth AND adult will be required to sign a covenant stating they will not violate the policies explained in this packet.

*If you do not trust your child or if you think you will have a problem following the rules outlined in this packet and discussed in our informational meetings, DO NOT attend this trip.

Is there a policy about alcohol and drug use?

Yes, we have a ZERO TOLERANCE policy with regards to alcohol and illicit drugs. The ZERO TOLERANCE policy is explained below. If you have any questions, concerns, etc. please contact Maizeanne Scarpati.

Can we participate in illicit drugs?

No. You will be sent home immediately if you are participating in the buying, selling, or act of doing any illegal drugs. In addition, any “legal” drugs should be run by our adult advisors so they know and understand what is going on.

Can I use tobacco products?

If you are 18 years of age or older, you may use tobacco products. That being said, you are prohibited from smoking with our youth or in the common areas where our group generally hang out. We kindly request you go right outside the compound when using tobacco products.



Can we drink alcohol?

No. This is a mission trip organized and planned for high school students. If you are chosen to attend as an adult, parent, college student, nurse or doctor, etc. you are attending as an advisor to our wonderful youth. All members of this trip must sign an agreement stating that he/she will NOT consume alcohol on the trip. If you are caught violating this rule (regardless of your age) you will be sent home immediately and at your own expense. If you are under the age of 18, you will also be required to pay for an adult to fly home with you and you will be responsible for paying for him/her to fly back to Seward to join up with our group.

Can we purchased or bring alcohol home?

You may not purchase or consume any alcohol while on this trip or when you get home for that matter (if you're under 21). If you are caught violating this rule you will be sent home immediately and at your own expense. If you are under the age of 18, you will also be required to pay for an adult to fly home with you and you will be responsible for paying for him/her to fly back to Seward to join up with our group.

Is there a policy about sexual harassment and conduct?

Yes. This is a trip organized and planned for high school students. While there is very little “free time” there will be periods when youth are not closely watched by the adult advisors. We expect youth and adults to conduct themselves in a mature manner at all times. That being said, we were all in high school once and we realize that anytime you put youth together for a week, relationships are bound to form. Relationships are cool and totally acceptable. In fact, we encourage this trip to be an opportunity to grow in your relationships with each other! That notwithstanding, youth are not to participate in any type of sexual behavior while on this trip. It is simply not the time, place, etc. for this. Youth will be required to sign a covenant stating they will not participate in sexual behavior while on this trip, even if they are already in a committed relationship prior to attending.

If it comes to the attention of an adult advisor that any youth is acting in a way that does not reflect the values of St. Cuthbert Episcopal Church or the values of the adult leaders on the trip, we will use our best judgment to take care of the situation. If it is not rectified, we will send the youth home at his/her own expense.

If you are caught violating this rule you will be sent home immediately and at your own expense. If you are under the age of 18, you will also be required to pay for an adult to fly home with you and you will be responsible for paying for him/her to fly back to Presidio to join up with our group.

Males and females will have separate sleeping quarters and each will be prohibited from spending time in the other sleeping quarters after “lights out.”

If you are caught violating this rule you will be sent home immediately and at your own expense. If you are under the age of 18, you will also be required to pay for an adult to fly home with you and you will be responsible for paying for him/her to fly back to Presidio to join up with our group.

If you are chosen to attend as an adult, parent, college student, nurse or doctor, etc. you are attending as an advisor to our youth. As such, you will be given additional responsibility and we expect you to act in an advisory role at all times. This means you may not participate in any way whatsoever in any sexual behavior with any youth. If this occurs, you will be sent home immediately at your own expense. This includes but is not limited to kissing, cuddling, excessive touching or excessive public displays of affection, etc. This is a ZERO TOLERANCE policy and any violation will result in you being sent home immediately at your expense.

What should I bring?

ALL ITEMS THAT THE YOUTH DECIDES TO BRING MUST FIT IN ONE BAG AND ONE SMALL CARRY-ON TYPE BAG. THERE WILL BE NO EXCEPTION! BRITNEY WILL NOT LET YOU ON THE BUS WITH ANY ADDITIONAL ITEMS. SORRY, SPACE IS/WILL BE EXTREMELY LIMITED.

Clothing

- Shorts (appropriate length; they should come to the end of your fingertips)
- Jacket (that has some rain repellent component)
- Tee-Shirts (especially St. Dunstan related shirts)
- One outfit (for church)
- Hat
- Hard soled shoes or thick soled athletic shoes
- Tevas (or sturdy sandals)
- Swim Suit (one piece for girls)
- Underwear
- Socks (yes, I have had some to forget this)
- Tee-shirts/shorts or PJ's (something to sleep in)

Equipment

- Driver's License or ID
- Good quality work gloves
- Sunscreen
- Bug spray
- Sunglasses
- Water bottle (reusable)
- Handi-wipes or Purell
- Towel (1 or 2) and wash cloth
- Personal toiletry items (deodorant, toothpaste, contact solution, feminine products, etc.)

Strongly suggested

- Bible
- Flashlight
- Extra food (re-sealable) (there will be plenty of food; still, some people are always hungry)
- Sheets or sleeping bag
- Pillow

Good ideas but not required

- Camera
- Pen & journal
- Book
- Watch

DO NOT BRING

- Expensive anything (i.e. jewelry, clothing or designer anything, etc.)
- Anything if lost or stolen would result in you being exceedingly depressed or bummed
- Lots of cash (up to \$75 is plenty) (all meals paid for except on the ride there and back)
- Hair dryers, flat irons, curling irons, etc.
- Perfume or strongly scented lotions and deodorants

INSTEAD OF EVERYONE BRINGING EXTRA STUFF THAT CAN BE SHARED, THINK ABOUT COORDINATING & PACKING ITEMS TO SHARE WITH OTHERS GOING ON THE TRIP.

How do I sign up?

Application forms are attached to the last pages of this packet or see Maizeanne Scarpati.

Application Form
St. Cuthbert Episcopal Church
Summer Mission Trip to Cheyenne River Reservation, SD
July 16 – July 25, 2010

Name: _____
(As it will appear on my ID) (Name I like to be called)

Address: _____

Phone: _____ E-Mail: _____

Birth Date: _____ School Grade: (Sept '08) _____

Church Membership—St. Cuthbert: _____ Other: _____

Give a brief description of past and current volunteer community or church activities in which you have been involved

The living conditions on this trip will be very simple. The weather could be hot, cold, & / or rainy and the cultural patterns are different from ours. What consideration have you given to your ability to work hard and be flexible under such conditions?

If I am chosen to participate in this project, I agree to do the following:

- Participate in fund-raising activities for the project.
- Be present at orientation meetings and return money and forms when they are due.
- Abide by the rules and guidelines for behavior and safety while in Seward, Alaska.

Signed: _____ Date: _____
(Applicant)

For Parent/Guardian: I approve the application of my daughter/son for this project and I will be supportive of his/her commitment and responsibilities. I agree to accept full responsibility for any extra travel expenses incurred if it becomes necessary for my daughter/son to return home early because of illness or her/his failure to uphold the rules of participation of the Mission Trip.

Signed: _____ Date: _____
(Parent/Guardian)

Send this application and a **\$200.00 deposit** to:

St. Cuthbert Episcopal Church
ATTN: High School Mission Trip
17020 West Road
Houston, Tx 77095

** This is a non-refundable deposit. Please make out check to "St Cuthbert Episcopal Church" & in the memo reference high school mission trip.*

Medical Information & Release:

Name: _____ Age _____
 LAST FIRST MIDDLE

Year in school _____ ☐ Male ☐ Female Birthday _____

Address _____ City _____ State _____ Zip _____

Phone _____ Cell _____

Medical insurance company _____ Policy # _____

Mother's name _____ Phone: Home _____ Work _____

Father's name _____ Phone: Home _____ Work _____

Emergency contact _____ Phone: Home _____ Work _____

If necessary, describe in detail the nature and severity of any physical and/or psychological ailment, illness, propensity, weakness, limitation, handicap, disability, or condition to which your child is subject and of which the staff should be aware, and what, if any action of protection is required on account thereof. Submit this notification in writing and attach it to this form.

1. Allergies to—
☐ pollens ☐ medications ☐ food ☐ insect bites

2. Suffer from, or has ever experienced, or is being treated currently for any of the following:
☐ asthma ☐ epilepsy / seizure disorder ☐ heart trouble
☐ diabetes ☐ frequently upset stomach ☐ physical handicap

3. Medications with youth: _____

Note: Prescribed medications must be in original pharmacy container with the correct name, date, instructions and physicians name on label. Over-the-counter medications must be in original container and have dosage information clearly printed on container.

4. Any over the counter medications that the participant **should not** receive if any minor symptoms develop? (i.e. Tylenol, Advil, Kaopectate, etc.)

5. Does your child wear

☐

glasses

☐

contact lenses

6. Please list and explain any major illnesses the child experienced during the last year:

*Additional comments:

*Should this child's activities be restricted for any reason? Please explain:

This consent form gives permission to seek whatever medical attention is deemed necessary, and releases the Church and its staff of any liability against personal losses of named child.

I/We the undersigned have legal custody of the student named above, a minor, and have given our consent for him/her to attend the Mission Trip to being organized by St. Cuthbert Episcopal Church. I/We understand that there are inherent risks involved and I/we hereby release the Church, its pastors, employees, agents, and volunteer workers from any and all liability for any injury, loss, or damage to person or property that may occur during the course of my/our child's involvement. In the event that he/she is injured and requires the attention of a doctor, I/we consent to any reasonable medical treatment as deemed necessary by a licensed physician. In the event treatment is required from a physician and/or hospital personnel designated by the Church, I/we agree to hold such person free and harmless of any claims, demands, or suits for damages arising from the giving of such consent. I/We also acknowledge that we will be ultimately responsible for the cost of any medical care should the cost of that medical care not be reimbursed by the health insurance provider. Further, I/we affirm that the health insurance information provided above is accurate at this date and will, to the best of my/our knowledge, still be in force for the student named above. I/we also agree to bring my/our child home at my/our own expense should they become ill or if deemed necessary by the youth trip.

Parent/guardian signature: _____

Date: _____

*** Please include a copy of both sides of insurance card with this form.**