

**St. Anastasia
Teen Ministry
Summer Mission Trip 2024**

Tentative Schedule – The following information is subject to change

St. Anastasia 2024 Mission Trip Master Itinerary

St. Anastasia to Bethany Youth Retreat Center – Young People Who Care (YPWC)

Sunday, July 28

- 7:30 a.m. - Load cars at St. Anastasia Davidson Center (get car assignments)
- 8:00 a.m. - Mass (sitting together and a blessing / Parents welcome)
- 9:05 a.m. - Departure (quick stop at Coffee & Donuts in Social Hall)
- 12:15 p.m. - Stop along Toll Road for lunch as group
- 4:15 p.m. - Arrive in Clearfield, PA for dinner (McDonald address - 14659 Clearfield Shawville Hwy, Clearfield, PA 16830) Teens can eat at any option (21 min away from Bethany Retreat Center)
- 5:45 p.m. - Arrive at Bethany Retreat Center (881 Germania Road, Frenchville, PA 16836)

YPWC to Villa Maria

Friday, August 2

- 8:00 a.m. - Leave YPWC (2hr 19 min drive to Villa Maria)
- 11:00 p.m. - All return to [Begel commons] to be dismissed to Dorms.
- 10:30 a.m. - Arrive at Villa Maria (2067 Evergreen Rd, Villa Maria, PA 16155)
- 10:50 a.m. - Expectations - Large Group Meeting [Begel Commons West]
- 11:00am - Breakout Room (Gym) available
- 12:00 p.m. - Lunch in dining room
- 1:00pm - Breakout Room available
- 5:00 p.m. - Evening Check in – group prayer [Begel Chapel]
- 5:25 p.m. - Dinner in dining room
- 6:30 – 7:45 p.m.- Swimming pool available
- 11:00 p.m. - All return to [Begel commons] to be dismissed to Dorms.

Saturday, August 3

- 7:30am Wake-up and load cars
- 8:15am Breakfast in dining room
- 8:45am Drive home (4hr 3 min drive to St. A's)
- 10:45am Quick Stop at rest stop (near Sandusky, OH)
- 12:00pm Lunch near Monroe, MI (1 hour 8 minutes to St. A's)
- 2:00pm Arrive back to the St. Anastasia Davidson Center

St. Anastasia 2024 Mission Trip

Important Details

Location and contact information:

July 28-August 2

Bethany Youth Retreat Center
881 Germania Road, Frenchville, PA 16836

Main Number:
814-263-4177

August 2-August 3

Villa Maria Education and Spirituality Center
2067 Evergreen Rd, Pulaski, PA 16143

Main Number:
724-964-8886

Adult Contact information:

(Cell coverage varies)

John Boutin

586-438-0096

Chaperone Drives needed! Please reach out to John: jboutin@stanastasia.org

No charge for chaperone drivers. Chaperone drivers must be practicing Catholics who can be good leaders and role models for Catholic teen volunteers. Chaperone drivers must 21 or older, be safe environment trained and pass a background check. Chaperone drivers will be reimbursed for gas costs.

Departure time:

Be at St. Anastasia by 7:30 a.m. on July 28 to load the cars and attend the 8:00 Mass. Parents are welcome to attend and see us off.

Return time:

The estimated return time on August 2 to St. Anastasia is 2:00 p.m.

Meals covered by teens and adults

Sunday, July 28 - Breakfast (before Mass), Lunch, Dinner

Saturday August 2 - Lunch

YPWC Packing List

Work clothes

- (2) old T-shirts, (1) sweatshirts, (1) jeans and/or other work pants (clothing that can get dirt)
- Work gloves, a hat, boots for wet/muddy days, old shoes/sneakers, work boots (if you own them)
- Socks and underwear

Casual clothes (for after the workday)

- (1) Shorts and comfortable pants, (2) T-shirts, flip flops/sandals

Dress Clothes, including:

- (1) clean jeans or khakis, (1) dressier tops (sweater, blouse) and shoes

Personal items

- Toothbrush, toothpaste, biodegradable soap and shampoo, shower shoes, a drinking cup
- Bible, stationary/notebook, stamps, journal, flashlight, games, water bottle, bag for dirty laundry, wet ones for job site, money for t-shirt

Other items

- Sleeping bag or bedding, pillow, pajamas, towel
- Bathing suit (one piece), water shoes, beach towel
- Bug spray (protects against ticks), sun block

DO NOT BRING

- Pants with holes in them or that ride low on hips
- Low cut tops, miniskirts, short shorts, tube tops or spaghetti straps
- Blow dryers, curling irons, electronics (except your cell phone and charger) etc.

Villa Maria Retreat Packing list

(Pack smart / have clean clothes for retreat)

(Suggest taking small bag to keep in car until we arrive at retreat center)

- Personal hygiene supplies (toothpaste, toothbrush, shampoo, soap)
- Towel
- Swim suit and towel (clean)

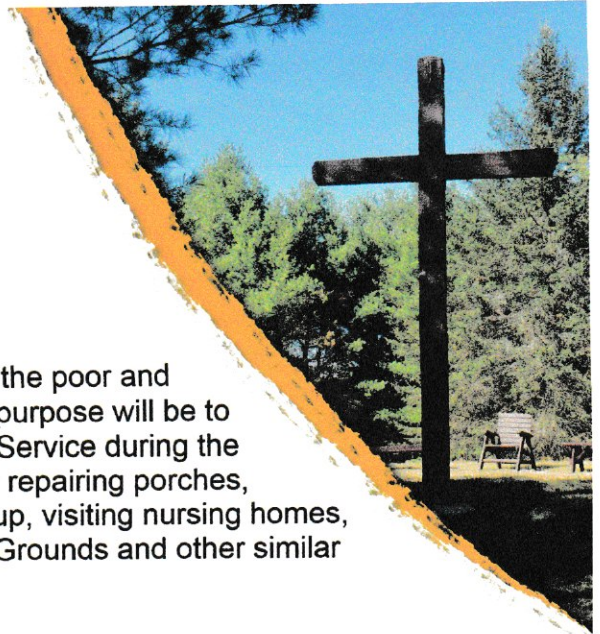
Casual clothing

- 2 Shirts
- 2 Shorts / pants
- 2 pair underwear
- 2 pair socks
- Jacket or sweater

Departure directives

- Put sheets, bathmat, and towels in pillowcase; place pillowcase on bathroom floor.
- Leave room key in top dresser drawer.
- Take trash to container near elevator
- Close windows and turn off lights
- Leave the door to the room open

FAQ's



PROJECT IMPACT

The purpose of YPWC Summer Program is to meet the needs of the poor and disadvantaged of Clearfield County, Appalachia, PA. Your main purpose will be to meet the needs that no one else in our county are able to meet. Service during the week may include but not limited to: home renovation, building or repairing porches, indoor/outdoor painting of houses or apartments, property clean up, visiting nursing homes, yard work, cleaning, building ramps, work on the Retreat Center Grounds and other similar tasks based on the abilities of those who come.

CHAPERONES

YPWC provides program staff to facilitate the week but the group must provide a 1:4 chaperone to student ratio to match the participant numbers. Male chaperone for male teens, and female chaperones for female teens. Teens are 14 year old and out of Freshman year high school.

MEALS

YPWC will provide menu and food to be prepared by Program Participants. Breakfast, lunch, dinner and evening snack.

COSTS

~~\$325*~~ per participant. This includes programming by YPWC staff, meals and housing in bunk rooms. This does not include transportation to and from the job sites, purchase of t-shirts or other items in on site store.

*\$250 for St. Anastasia teen parishioners and B.A.S.I.C. youth group members.

COMMUNITY PRAYER EXPERIENCE

YPWC staff provide Morning Prayer with education on one Element of (Catholic) Social Teaching while the "Home Crew" of each day, consisting of teens and chaperone, will prepare the Night Prayer and Evening Reflection on the days events.



YPWC - RULE OF LIFE

Welcome! We hope your stay with us will be a time of growth and renewal. As an important member of our volunteer service team, you will be helping to meet the needs of the people of Clearfield County by serving people of various ages and economic classes. Thank you for coming to share in our ministry and lifestyle.

Here at Young People Who Care, we live a life of:

SERVICE

We invite you to join us in providing direct service to local people and families. You might participate in everything from minor house repairs, painting, cleaning, and yard work, to running errands for the homebound, participating in programs with local nursing homes, or just spending time visiting with local people. You will also have the opportunity to provide indirect service by helping to renovate our facilities and grounds and doing other miscellaneous projects here at Young people Who Care. Of course, each of us will also serve each other throughout this week by preparing meals, assisting with meal cleanup, and planning our times of prayer. We all share responsibility during our service week.

SIMPLICITY

At Young People Who Care, we have chosen to live a life in solidarity with the people we serve. This week, you'll have the chance to experience the challenge of living more simply than you may be accustomed. Here are some examples of this:

- ❖ Refraining from "junk food" and soda – Many of the poor spend money on junk food and soda while their children do not have decent shoes or clothing. We hope to provide an example that –contrary to what advertising and society say–junk food and soda are not necessities.
- ❖ Creating an atmosphere of peace and quiet – We have chosen to live without TV and only use videos and tape players in order to enhance our prayer services and educational programs. We have found that because of this, we spend more time with each other and God, spending more time in conversation and building friendships. We hope that you will benefit from this experience as well.
- ❖ Eating simple and balanced meals – As you will see, we invite you to eat all you want, but please, eat all you take. We try to limit the food that is wasted. Please take all food you brought with you into the kitchen and refrain from taking food into the sleeping areas.
- ❖ Refraining from excessive use of modern conveniences – While cellular phones are quite handy, they can also become interruptive to our communal lifestyle. Adults will have their phones and will collect teens' phones until departure, unless otherwise needed.
- ❖ Dressing with simplicity and modesty – Out of respect and sensitivity to the people we serve – and for safety reasons – we do not wear shorts, baggy pants, running pants, or sweat pants to work sites. However, they can be worn when we return at day's end. Please, do not bring tight jeans or immodest clothing. If you need appropriate clothing, we'll make arrangements for a visit to one of our local used clothing stores.



STEWARDSHIP

At Young People Who Care, we believe that the resources and gifts of the Earth are sacred. This week, we invite you to aid us in our various conversation efforts:

- ❖ Conserving water – Good, clean water is a precious resource in this area and unimaginable in other parts of the world. Many people have no running water or access to toilets. Here, our hot water supply is limited. Please keep these ideas in mind as you use water, and shower only as scheduled.
- ❖ Conserving materials – We recycle and compost everything we can. We have separate receptacles for aluminum, glass, paper (burnable items), non-burnable items, and food scraps. Please, put things in their proper place, and reuse whatever you can!
- ❖ Conserving energy – We try to use as little electricity as possible. If you are the last person out of a room, please turn off the lights.
- ❖ Conserving fuel – We live with the awareness that burning gas and oil has detrimental effects on our environment. We will be combining trips to worksites and will strive to refrain from using cars whenever possible.

HOSPITALITY

We believe in recognizing the dignity of each person and we work to create a welcoming atmosphere for all people. Ours is a place where all types of people can come together and be accepted as they are. We live in an open circle and are always ready to welcome someone new to the community. Here are some special ways we can practice hospitality:

- ❖ Only have half the people at one table be from your group, we can then invite others to join us without making him/her feel like he/she is imposing.
- ❖ At meals, eat with someone you do not know.
- ❖ Help with what needs to be done – We are not done until everyone is done. Ask the question: What can I do?

PRAYER

At Young People Who Care, we live together in Christian community. Our life is rooted in faith and prayer, and our service efforts spring forth from this foundation. We begin and end our days with communal prayer. Our staff will prepare the morning prayers each day, and we will be asking some of you to work with our staff to plan the evening prayer and time of sharing about the day's experiences. We also have the opportunity each day for personal reflection and prayer during our Quiet Hour – an hour set aside each day for personal renewal through reflection, journal writing, prayer, study (homework), or even a short nap.

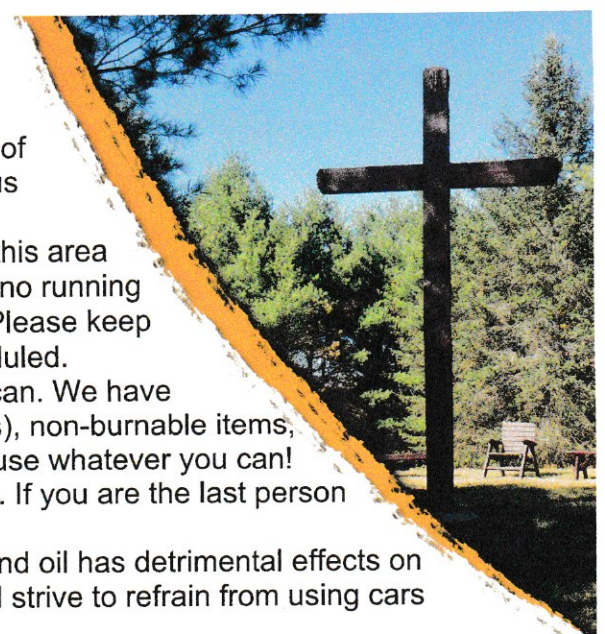
OTHER USEFUL INFO

- ❖ The use of drugs and alcohol at all mission facilities is prohibited.
- ❖ We are a smoke free facility. Smoking is not permitted.
- ❖ Food and drink are not permitted in the sleeping areas.
- ❖ The telephone is only available for emergencies because our line needs to be open for those in need or in crisis situations. If you need to use the phone, please ask one of our staff members beforehand.
- ❖ Dating and "dating behavior" are not permitted during participation in the YPWC Service Project.
- ❖ All volunteers are expected to participate in the full schedule of activities.



Once again, WELCOME!

We hope you can wholeheartedly embrace this time of growth, learning, and fun.



PACKING LIST

WORK SITE

(All clothing should be old. Ones that you are okay if they are damaged)

- T-shirts
- Jeans/work pants
- Hat
- Work Gloves
- Sunscreen
- Sweatshirts
- Work boots or Heavy Sneakers
- Water Bottle
- Wet Wipes

Note: due to safety concerns clothing with holes, bell bottoms, low hanging pants, sweatpants, yoga pants, pajama bottoms, and shorts may not be worn on the work sites

HOME BASE

- Casual shirts
- Pants/shorts/sweatpants
- Sandals/comfortable shoes
- One piece swimsuits
- River/Water Shoes (have backs and enclose the foot)
- Modest sleepwear

Because we strive to live in a Christian community and embrace modesty, we do not wear lowcut or belly shirts, short shorts, tube tops, tank tops/muscle shirts, or tops with spaghetti straps; low hanging pants; clothing with holes

PERSONAL ITEMS

- Toothbrush/paste
- Biodegradable soap/shampoo (i.e. Ivory)
- Flashlight
- Bug Spray
- Bag for dirty clothes
- Drinking Cup
- Journal
- Camera
- Spending Money

BEDDING

- Sleeping bag and/or twin sheets
- Pillow
- Towels
- Wash clothes
- Ear plugs (if snoring keeps you awake)

OTHER SUGGESTED ITEMS

- Reading material
- Instruments
- Bible
- Games (board and card)

Due to our simple way of life, we leave behind hair dryers, curling irons, flatirons, make-up, ear buds, MP3 players, cell phones, gaming systems, and any other electronics. A good rule to follow is: if it plugs in/needs to be charged, don't bring it.

