

VBC Group Mission Trip- Nashville, TN

June 18-June 23rd

Trip Cost: \$175

(\$75 deposit due March 31st; \$100 remaining balance due May 1st)

Leave Time: 8:00am- Sunday, June 18th

Return Home: 4:00pm- Friday, June 23rd

Lodging:

Pennington United Methodist Church
2745 Pennington Bend Rd.
Nashville, TN 37214

We will be staying, eating, sleeping, showering, and having programs at Pennington United Methodist Church.

The facility is air conditioned, but showers will be outdoors in shower trailers. You will want to bring a bathing suit, towels, and shower shoes.

Students will need to bring an air mattress, sleeping bags, pillows, and other bedding to sleep on floors.

Theme: Forged

Each day we'll explore how God forges our faith. On our trip, our group will see how God wants us to know we're justified through faith and given access to his perfect peace and grace (Romans 5:1-4).

How We Will Serve:

Some of our projects sites will include:

- Serving at adult day programs! Participants will participate in structured activities with senior citizens including chair exercises, social activities, memory exercises, and light games like Bingo. They are excited to meet you!
- Serving at a children's ministry camp! Participants will help children 1st-8th grade doing games, crafts, sports, bible time, reading, water games, and kick ball. Have fun creating relationships with the kids.
- Helping kids 1st-8th grade learn! Participants will serve at a Christian summer literacy program spending time with kids while doing bible enrichment, reading, math, and games.
- Learning about and fighting the devastating impact and perpetuation of poverty. Participants will serve at a global non-profit organization that collects shoes and clothes and redistributes these both directly to those in need as well as to qualified micro- enterprise programs. Participants will load and unload shoes, sort, and make shoe boxes
- Participants will be weeding, mulching, raking, cleaning, and branch trimming on a 10-acre retreat center of a local non-profit.
- Serving over 70 senior citizens at a affordable residential center. Ask to hear their story! They have cleaning projects and small maintenance jobs that they need. They would love help with computers and also enjoy exercise class.
- Working with adults that have disabilities at an art camp. Some will need a lot of help, while others will need encouragement and slight assistance.
- Gardening! This local garden is centered on growing food and growing people. It is a great place to get down and dirty while growing developing, feeding, and spiritually growing people in the local community. Participants will be planting, weeding, possibly harvesting, working in green houses, and cleaning up farm.

Extra Camp Participation Options:

Drama- There will be opportunities to participate in drama, Scripture readings, and prayer during programs at camp.

Lip Sync Battle- Thursday Night- Let me know if you want to have an act and I can submit it!

Theme Dinners- Christmas Monday (Christmas shirts and Santa hats), Wacky Wednesday (knee-high socks, overalls, crazy hair), and Tropical Thursday (Hawaiian shirts and tropical leis)!

Code Of Conduct

To Provide The Best Experience, All Trip Participants Agree To The Following:

- I will respect the spiritual growth and work goals of the mission trip and participate in all scheduled activities, which are designed to make the most of my mission experience.
- I will not act or behave in a way that creates significant distractions or disruptions to other participants or staff.
- I will respect others' privacy by not entering into areas of the lodging facility that are assigned to females if I am a male or areas assigned to males if I am a female. I will also follow the designated adult and youth-only shower times.
- I will dress and behave modestly to show respect for the community, its people, and the other participants.
- I will respect the local community and those we live with for the mission trip by not damaging the lodging facility or other property.
- I will respect those around me by not using obscene or abusive language or engaging in reckless behavior that could cause harm to others or myself.
- To help the mission trip time be focused on interacting with God and others, I will not bring electronic video devices, computers, or toy guns. I understand there is no security for valuables.
- In order to build relationships with participants and residents at the mission trip, I will not use my cell phone or iPod, etc. on work sites or during worship programs.
- For my safety, I will not leave the lodging facility or project sites without an adult if I am under 21.

- I will not change room assignments, so my location will be known if I need to be contacted in an emergency.
- To respect other participants and so all can get the rest needed, I will respect the scheduled lights-out time.
- I will not have in my possession or use fireworks, firearms, illegal drugs, or alcohol. I will obey all the laws of the community and state in which I am serving. I know that illegal activity will not be tolerated and that local police will be called if necessary.
- I will respect and follow the directives of my adult leaders, other adult participants, and GMT staff.
- To respect others, I will not use tobacco, e-cigarettes, or vape pens in vehicles, at the project site, at the lodging facility, or in neighboring residents' yards. I understand it is illegal to use tobacco on most school grounds.
- I will respect others by avoiding inappropriate sexual activity. I will not engage in sexual misconduct, which can include inappropriate comments, gestures, or physical contact.

It is out of respect for God, ourselves, and others that we abide by these rules. If you violate these rules, you may be denied the privilege of participating in the mission trip.

You may be asked to leave (without reimbursement of expenses or registration) at the request of your youth leader or GMT staff.

Your signature, or your parent's signature, on the participant info form verifies that you have read, understand, and agree to this Code of Conduct.

Liability And Release Agreement

Thank you for your participation in the ministry of Group Mission Trips, a nonprofit 501(c)(3) organization. You have the opportunity to discover the rewards of providing care through service and outreach to a community. Group Mission Trips (GMT) works with many vendors and subcontractors, such as schools, material suppliers, local community agencies, and churches.

As a GMT participant, you may participate in activities such as carpentry, patching and installing drywall, roofing, digging, building steps and wheelchair ramps, insulating, painting, flooring, replacing windows and doors, and other miscellaneous types of home

repair. Other projects could include yard work, cleaning, working with the elderly, children, and/or animals.

You may be using cleaning products and hand tools such as hoes, rakes, shovels, paint brushes, and rollers. You may be using a drill to drive screws and, if you're over the age of 16, you may be using a drill for drilling holes. If you're over the age of 18, you may be using power saws such as a circular saw. You may also be climbing up and down ladders with and without tools and materials, and working in high places such as on ladders or scaffolding. Please understand that you are not required to do any work that you consider to be unsafe.

By signing the participant info form, you acknowledge these activities have inherent dangers that no amount of care, caution, instruction, or expertise can eliminate. Upon recognition of the inherent risks like the work involved and for the opportunity to participate in a mission trip, by your signature, you release and discharge GMT, and its directors, officers, employees, vendors, and agents from liability. You further release and discharge all partner organizations from liability associated with serving at their organization as part of the mission trip experience. You covenant with them that you will never, individually or as legal guardians of participating individuals, institute any action at law or in equity for any personal injuries, or injuries to property, real or personal, caused by, or arising out of mission trips and other related activities sponsored by GMT, its successors, and legal representatives. You further agree to indemnify and hold GMT harmless against any and all costs, damages, and expenses, which may be incurred by them as a result of any lawsuit you might file against them.

By signing the participant info form, you acknowledge that you (and your child, if applicable) have read and agree to abide by our Code of Conduct. You further permit you/your child to be transported in vehicles for mission trip activities and to receive professional healthcare if necessary.

By signing the participant info form, you also hereby authorize GMT to use or disclose you or your child's protected health information for the purposes of treatment, payment, health care operations, or any other disclosures as allowed by law in connection with an accident, medical incident, or claim made. (Please note: as a participant, you are responsible for your own health insurance needs and are advised to bring your personal health insurance information with you on your trip.)

Photographs and/or video and sound recordings of yourself or your child may be made during the trip. You authorize the use of such material by GMT and our partner organizations for its purposes.

The laws of the State of Colorado will govern any dispute arising out of the trip. We are grateful for you/your child's willingness to minister together with us.

Disciplinary Procedure:

- GMT staff will process any illegal activity or sexual misconduct situation with input from GMT leadership and the local authorities.
- GMT staff is the final authority on any trip disciplinary actions, he/she is instructed to immediately remove participants who pose a danger or threat to others, who participate in illegal activity, or who create significant distractions or disruptions to the other participants or staff
- First-time minor offenses against the Code of Conduct will be brought to the attention of the youth leader (or contact person). It will be up to the youth leader to devise actions, if any, to notify leadership.
- Second-time minor offenses will be processed by the youth leader and GMT staff. GMT staff will have final authority on actions to be taken. If a participant is removed from the trip, the youth leader will be responsible to carry out the details.

Schedule

Sunday

3–4 p.m. Check-in
4:30 p.m. Adult meeting
5:30 p.m. Dinner gathering
6:30 p.m. Kick-off program. Meet your crew and get project assignments
8:00 p.m. Chapel. Youth group devotions
11 p.m. Lights-out

Monday

6:30 a.m. Breakfast crew begins
6:45 a.m. Wake-up call
7–7:45 a.m. Breakfast and pack lunches
8:45–3 p.m. Serve at project sites. Lunch and crew devotions
3:30 p.m. Return to lodging facility. Camp store is open
5 p.m. Dinner crew begins
5:30 p.m. Dinner gathering
6:30 p.m. Hospitality tasks
7:00 p.m. Chapel team practice
8:00 p.m. Chapel. Youth group devotions
10:30 p.m. Bedtime stories (optional)
11 p.m. Lights-out

Tuesday

6:30 a.m.–3 p.m. Same as Monday

3:30 p.m. Check-in at lodging facility.
Free time: dinner and devotions on your own
8:00 p.m. Lodging facility is back open
8:30 p.m. Movie night (optional)
10:30 p.m. Bedtime stories (optional)
11 p.m. Lights-out

Wednesday

6:30 a.m.–11 p.m. Same as Monday

Thursday

6:30 a.m. Breakfast crew begins.
6:45 a.m. Wake-up call
7–7:45 a.m. Breakfast and pack lunches
8am. Morning program
8:45–3 p.m. Serve at project sites. Lunch and crew devotions
3:30 p.m. Return to lodging facility. Camp store is open
5 p.m. Dinner crew begins
5:30 p.m. Dinner gathering
6:30 p.m. Hospitality tasks
7:00 p.m. Chapel team practice
8:00 p.m. Chapel. Youth group devotions
9:30 p.m. Lip-Sync battle
11 p.m. Lights-out

Friday

7–8 a.m. Breakfast/Check-out

- Shower locations and times will be communicated at camp. There will be separate shower times designated for those that are 17 and younger from those 18 and older.
- Breakfast and dinner crews/hospitality tasks: Participants have the opportunity to serve other campers by helping prepare meals and clean the facility.

Sample Menu

(All meals are subject to change at any time)

BREAKFAST

- Participants will have one or more of the following options:
 - Waffles, sausage, English muffins, eggs, cheese, biscuits and gravy, ham
 - Accompaniments (each day): Cereal, yogurt, toast, peanut butter, fruit, oatmeal, milk, coffee, and juice
 - Please note: Friday morning will be a continental breakfast.

LUNCH

Lunches are picnic style and at the work sites. There will be: Sliced ham or turkey for sandwiches, wheat bread, lettuce, tomatoes, cheese, chips, a fruit or vegetable, and a treat like a granola bar or cookie. Peanut butter and jelly will be available each day.

Beverages on the work site:

- Participants will need to fill their water bottles that they brought with them before they leave the lodging facility each day
- Each crew will bring a full 5-gallon water container with them to the project site to refill their own bottles

DINNER

Sunday: Pizza

Monday: Meat and vegetable lasagna, side vegetable, dinner rolls, and dessert

Tuesday: DINNER ON YOUR OWN

Wednesday: Taco bar with flour tortillas, taco shells, ground beef, tortilla chips, black beans, lettuce, tomato, cheese, onion, sour cream, salsa, and dessert

Thursday: Chicken tenders, mac and cheese, side vegetable, and dessert

Salad bar (every night except Wed): Featuring mixed greens, carrots, hard boiled eggs, black beans, croutons, shredded cheese, sliced turkey or ham, and Ranch and Italian dressing

Beverages: Lemonade or fruit punch will be available

Dessert items may include: Ice cream cups, ice cream sandwiches, or strawberry shortcake

Packing List

PERSONAL ITEMS:

- Air mattress, cot, or foam pad (twin-size)
- Sleeping bag or sheets
- Blanket and pillow
- Towels and washcloths
- Swimsuit and shower shoes
- Toothpaste and toothbrush
- Soap and shampoo
- Any prescription medications
- Laundry/plastic bags (for dirty clothing)
- Shorts
- Work t-shirts
- Pajamas, socks, and underwear
- **Water bottle** (refillable, to be used at your work site)
- Personal health insurance card or copy
- Bible
- Jacket
- Sunglasses
- Sunscreen
- Bandanas, a hat, or visor
- Insect repellent
- Flashlight*
- Spending money*
- Games for free time*
- Pen/pencil for program and devotions
- One snack or drink to share with the group

WHAT NOT TO BRING:

- Alcohol, tobacco products, or illegal drugs
- Expensive clothes or jewelry
- Anything really valuable
- Fireworks, weapons, or toy guns

CELL PHONES/IPODS/LAPTOPS/ETC.

For security reasons, it's best to leave these items at home. If you decide to bring them, be sure to put them away during the programs and on your work sites.

GROUP MISSION TRIP PARTICIPANT FORM

Week of Hope - 23TN11 | Nashville, TN - Sunday, June 18, 2022

Name: _____

Birthday: _____ Gender: _____

Participant Email: _____

Participant Address: _____

Participant Cell Phone: _____

☐ I am over 18! You can communicate with me about other Group Mission services.

What Grade are you Entering in Fall 2023: _____

Have You Been to a Group Camp Before?: _____ Will you be a driver at camp?: _____

Have you ever been convicted of:

☐ Sexual misconduct? ☐ Use or Distribution of Illicit drugs or controlled substances?

☐ Violence against another person resulting in a felony conviction?

☐ Property crime resulting in conviction?

If yes, please provide written explanation.

☐ I have seen, read, and agree to every aspect of the Liability and Release Agreement and the Code of Conduct. By signing this form, I hereby authorize Group Mission Trips to use or disclose my protected health information for the purposes of treatment, payment, health care operations, or any other disclosures as allowed by law in connection with any accident, medical incident, or claim made.

Signature of Student: _____

Signature of Parent/Guardian: _____

Date: _____