

Family Weekend Core Guide





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YOUTH MINISTRIES • YOUNG ADULT MINISTRIES • ADULT MINISTRIES

Greetings!

Welcome to the guide with (nearly) all the resources you'll need to prepare a successful trip to Mountain T.O.P.! We are thrilled that you and your family have decided to serve with us. I assure you that your time on the Mountain will have an eternal significance and we look forward to being part of your spiritual journey. We are excited for the experience will have this weekend how that will shape your spiritual growth together in the future!

This packet contains a plethora of helpful information, not just about the weekend of service, but about Mountain T.O.P. as a whole and how we operate. **Please, take some time to prepare yourself**—and I'm not just talking about solidifying your travel plans or payments. I encourage you to read about our community, why Mountain T.O.P. does what we do. Spend time in prayer and in the Word as you prepare your heart for service. As a partnership ministry, we consider your commitment to being prepared as part of your contribution to the mission. Whether you are an old-time veteran or brand new to us, we can say with confidence that preparations will pay dividends to your experience.

To ensure that we are creating safe environments for all we work with, we require that all volunteers submit an Adult Self-Screening Form and have a satisfactory background check completed within the past 3 years. Mountain T.O.P. can run your background check for \$10, or we must have proof that one is on file with your church.

On behalf of the Mountain T.O.P. staff, we look forward to having your family in camp soon. Whether you are building a roof or building a relationship, the transformation that is possible in just a few days is incredible. The Lord is certainly capable of doing even more that we could ask or imagine. We can't wait for you to experience it for yourself.

Thankful to serve with you,

Rachael Osborn
Program Manager - Ministry Logistics

The Foundations of Mountain T.O.P.

Foundational Objective

.Through Christian community and faith-based relationships, we help meet the physical, spiritual, social, and emotional needs of all the people we encounter.

We see all four needs as equally important. Through home repairs and day camps, Mountain T.O.P. seeks to meet these needs. We serve in partnership with other agencies, churches, governments, business, and leaders to help develop the communities in which we work.

Mountain T.O.P.'s 5 Focus Areas

- *Eliminating Substandard Housing:* to provide direct services and organizational support that addresses severe housing issues in our service area.
- *Leadership:* to foster growth among staff, participants, donors and the community.
- *Community Development:* to engage in solutions with community partners for holistic and sustainable community growth.
- *Education:* to provide and support opportunities for lifelong learning and personal growth for all ages.
- *Health:* to promote lifestyles that support healthy choices

Statement of Values

Mountain T.O.P. (Tennessee Outreach Project) is a Christian organization affiliated with the Tennessee Conference of the United Methodist Church dedicated to a mission of rural life ministry in the Cumberland Mountains of Tennessee.

Specifically, Mountain T.O.P. seeks to empower people through a philosophy of partnership with those whom it serves. It seeks to enable the staff, camp participants, and Cumberland Mountain families to realize their potential and their responsibility as God's servants to holistically address physical, emotional, social, and spiritual needs.

Mountain T.O.P. is concerned with achieving immediate results through direct social service programming. Mountain T.O.P. is a referral-based organization, serving those who have expressed a need. It strives to serve as a "faith-in-action" classroom from which those touched can be energized to do likewise.

Foundational Scriptures

"As Jesus was walking beside the Sea of Galilee, he saw two brothers, Simon called Peter and his brother Andrew. They were casting a net into the lake, for they were fishermen. 'Come, follow me,' Jesus said, 'and I will make you fishers of men.' At once they left their nets and followed him." Matthew 4: 18 - 20

"Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.' ... The King will reply, 'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.'" Matthew 25: 34 - 36, 40

Helping in the eyes of Mountain T.O.P.

A look at how Mountain T.O.P. approaches helping families in our service area.

The first thing to remember about helping at Mountain T.O.P. is that we are here because we have answered the call Jesus gives us in Mathew 28:19. In the past two thousand years, men and women all over the world have tried to define and act upon this call and MTOP is no different. We believe that we are fulfilling Jesus' call by offering the opportunity to love one another through mission. We are all part of a much larger picture and giving others the opportunity to participate in Christ's love is vital to our world. We hope that your experience with MTOP will help you discover what God is calling you to do specifically in this world while discovering what it means to be a disciple of Christ.

“Go then and make disciples of all the nations, baptizing them into the name of the Father and of the Son and of the Holy Spirit.”

The second thing to understand about MTOP is that we seek to empower everyone with whom we work. From our staff to the Day Camp children to each one of our participants to our wider communities, MTOP is a partnership ministry. We are intentional about inspiring initiative in peoples' lives because that is what Christ's love has done for us.

“But we're only here for a short period of time. How can we make a difference?” This is part of the mystery of Christ's love! When you come to MTOP, you are part of a flow of ongoing ministry support in this region. You are joining with past participants, local families, churches, teachers, and other supporters to spread the message of abundant life in Christ. He takes what we have to offer and uses our efforts to bring about restoration and healing.

When you arrive at camp, it is important for you to recognize that MTOP sees needs in four categories (see our Foundational Objective and 5 Focus Areas). We seek to meet the **physical, social, emotional, and spiritual needs** of the Cumberland Mountain people. No one of the four needs is any more important than the other. Having a conversation with a lonely widow or playing a game of tag with a child is just as important as swinging a hammer. Our staff works very hard prior to your arrival to uncover the needs that exist and provide you with a meaningful experience in helping those needs.

While you are here, we hope that you see your work as fruitful and can build relationships with the people you serve. These relationships can be transformational in someone's life, reflecting the love of Christ. Helping at MTOP means the work you do will not only be fulfilling basic physical needs, but will act as a reminder that all people are loved and belong to the body of Christ. *“For Christ so loved the world...”*

Special Characteristics of Family Weekend

Mountain T.O.P. camps share a common purpose which integrates the forming of a Christian community, helping others meet different types of needs (physical, social, emotional and spiritual), and emphasizing faith development throughout the total experience. Listed below are specific characteristics that make our camp life unique.

Daybreaks

Daybreak, available before breakfast, is an opportunity for participants to be alone with the Lord at the beginning of each day. Literature is provided to help guide one's thoughts. The purpose is to help participants grow closer in their relationship with God.

Group Morning Devotion, also available before breakfast, is a time for participants to gather and praise the Lord for a new day while experiencing prayer, thanksgiving, and Christian renewal together. Someone in the camp community leads this time.

Community Life

There are several different activities that are part of the community life. Each evening, there is a time of sharing in which everyone has the opportunity to express their thoughts and insights of their daily experience to the total community. Community worship follows the sharing time. The worship is an opportunity for participants and staff to engage in reflective moments as they seek to more deeply develop their commitment to God.

Closing Worship

This worship is dedicated to celebrating the journey of the camp community throughout the experience and asking participants to commit to being "a fisher of people in the valley below." This time of reflection is designed to highlight for participants that the Mountain T.O.P. experience does not stay on top of the mountain, but it goes home with each participant in their heart. Campers have a time to rejoice with God regarding the growth they have experienced.

Closing Circle

This is dedicated to encouraging participants to "go forth and continue to share their love and faith" in their own home areas. Mountain T.O.P. seeks to enrich the lives of its participants so they will take their experience on the mountain and continue to build on that experience in the valley.

Expectation for Participation

- **Camp Attendance and Participation** - Arriving late or leaving early from the camp week is NOT an option. Leaving at any time during the week and coming back to camp is also NOT AN OPTION. We design our program very carefully to ensure that all participants receive the maximum benefit from their experience. On Sunday, our staffs will be breaking the community into work teams and on Saturday morning the community will have its final closure experience; missing either of these would hinder the experience for a person and the community. If there is an extreme situation, we are willing to address special cases.
- **Programming** - (youth and adults) are expected to attend and participate in all structured activities, recreation, programs, and worships. Please do not ask us for any exceptions to this camp participation expectation. We want everyone to gain the most they can while at camp together.
- **Dress Code** - Shirts are to be worn at all times. Shirts with beer, liquor or other possibly offensive subject matter should not be brought to camp. Additionally, halter or spaghetti-strap tops, bathing suit tops, sports bras, shorts with an inseam less than 4” and jeans with offensive holes are not appropriate and should not be brought to camp.
- **Alcohol & Drugs** - Do not bring any alcoholic beverages or illegal drugs to camp. Those who bring such items can be sent home at their parent’s expense.
- **Prescription Drugs** - Sharing of prescription drugs is strictly prohibited. Those who do can be sent home at their parents’ expense.
- **Fireworks** - Do not bring fireworks into camp – these are dangerous items, especially in wooded areas.
- **Adult Self-Screening Forms** - All adults ages 18 and over need to have completed a satisfactory background check before they arrive at camp. If a background check has not been performed in the last 3 years, then one is completed by Mountain T.O.P. at their expense. Adult Self-Screening Forms are kept in the Mountain T.O.P. office.
- **Tobacco** - The use of tobacco is discouraged and prohibited in some cases due to camp regulations, sensitivity and fire hazards. Our tobacco policy follows the guidelines of the United Methodist Social Principles. Anyone under the age of 18 is prohibited from smoking, using or possessing tobacco in any form during a Mountain T.O.P. camp week. Mountain T.O.P. recognizes the need to establish a designated tobacco area for those who use tobacco. This designated area is to be in a private and discreet area of camp. This is due to our desire to discourage the use of tobacco products and the need to not promote the use of tobacco as a social activity or as a part of the community process.
- **Electronic Devices** - The use of cell phones, iPods, is prohibited at the work sites. We want to encourage the gift that is building community and getting to know the Cumberland Mountain families and children. Also, we want to be sensitive to one another's musical tastes. The use of these items in camp is strongly discouraged for the same reasons.

Preparation Check List

- ✓ Submit Application

- Pay Deposit upon registration.
- Pay Balance before arriving at camp, based on stated payment guidelines.
- Study this Core Guide!
- Send in Adult Self Screening Form filled out completely.
- Seek prayer support from your home faith community.
- Ask Pastor to do a Commissioning at a Church Service prior to departure (optional).
- Prepare health form and statement of activities form; have them ready for registration.
- Be sure vehicle and tools are all in good working condition.
- Depart from home as to arrive at camp no later than 5 pm Thursday of your weekend.
- Enjoy your time of service!
- Debrief as a mission team or individual once back home using suggested materials.
- Debrief congregation or those supporting you.

Family Weekend Schedule

Importance of arriving on time- Please try to arrive at Cumberland Pines by **5:00PM** Thursday of your weekend. The preparation we do on Thursday evening is important for the rest of the weekend, so it is helpful if all campers are in camp by this time.

Thursday

5:00pm Registration
6:00pm Dinner
Community Orientation
Community Worship
MPT Breakdown
Team Building and Project Planning
9:00pm Closing

Friday - Saturday

7:00am Individual Daybreak / Group Morning Devotion
7:30am Breakfast
8:00am MPTs meet and leave for project sites
8:30am All MPTs out of camp
5:30pm All MPTs returned to camp/ Hosts prepare for dinner
6:00pm Dinner
7:30 – 9:30 Community Life:
Sharing & Worship
Fellowship time

Sunday

(We begin earlier on Sundays so that you can get on the road as soon as possible!)

6:30 am Individual Daybreak / Group Morning Devotion
7:00 am Breakfast
7:30 am Camp Clean Up
Closing Circle

What to Bring List

These items will help make your time at camp a more pleasant experience:

- Bible
- Any musical instrument you play
- Pillow, sheets, and blankets for bunk bed, or a sleeping bag (it might get cool at night) ** *Foam or feather mattress pads will increase comfort level.*
- Earplugs (these will help deal with the potential nightly noise factor)
- Enough clothes for the time you are here - *there are no laundry facilities*
- Clothing for home repair, painting, and yard work (long pants, close-toed shoes)
- Jacket (again - it might cool off in the evenings)
- Raincoat/ Waterproof shoes
- Sweat shirt/pants (see note with jacket)
- Flashlight
- Bug repellent and Sunscreen
- Tools (each person should have work gloves and safety glasses)
- Toiletries/towel/washcloth/Shower shoes
- Portable Camp Chair (*if you prefer*)
- Extra money for camp store, canteen, pit stops at local convenience stores, and local art offerings
- Water bottle and travel mug – reusable beverage containers (*optional, but very helpful*)
- Adult Self Screening Form (*if not already turned in to the MTOP office*) with proof of background check for those ages 18+.
- Medical Information/ Statement of Activities & Release Form to be turned in at registration (***Bring the original and one copy of each form***)

Directions to our Camps

Our year-round office is located at Camp Cumberland Pines. *Unfortunately, our mailing addresses are not found by most Internet map searches.*

Using Internet mapping software

We suggest using Google Maps or MapQuest. Both recognize our physical addresses. Google Maps also recognizes “Mountain Top” for Camp Cumberland Pines, and “Mountain T.O.P. Camp Baker Mountain” specifically.

Our turn-by-turn directions

Camp Cumberland Pines

GPS Coordinates: N35°.24.551' W085°.42.109'

Physical Address: 480 Old Hwy 56 Coalmont, TN 37313

Mailing Address: P.O. Box 128 Altamont, TN 37301

From Nashville: I-24 East (estimated driving time = 1 hour and 45 minutes)

- Follow I-24 East out of Nashville towards Chattanooga - approximately 1 hour and 20 minutes
- Get off at exit 127, the Pelham exit and turn LEFT, back over the interstate on Highway 50 toward Altamont – follow up mountain about 18 miles
- Highway 50 dead-ends into Highway 56 in Altamont (you will see Corner Market on your right).
- Turn RIGHT toward Coalmont and Tracy City – follow for 2.4 miles
- Turn RIGHT at the white Mountain T.O.P. sign (There is also a sign for “Cumberland Heights SDA church”) – follow for 0.4 miles
- Turn RIGHT at the white Mountain T.O.P. arrow below the mailbox, which indicates the entrance for camp!

From Chattanooga: I-24 West (estimated driving time = 1 hour and 20 minutes)

- Follow I-24 West out of Chattanooga towards Nashville - approximately 45 minutes
- Get off at exit 135, the Monteagle/ Tracy City exit and turn RIGHT – follow 0.5 mile
- Turn RIGHT at the “South Cumberland Recreation Center” sign which is Highway 41 - follow highway 41 to Tracy City – follow 5.5 miles
- Turn LEFT onto Highway 56 (it is at the first stop light in Tracy City) toward Coalmont and Altamont – follow 10 miles
- Go straight through intersection with 108 (L & L Market will be on the left) - follow 2.3 miles
- Turn LEFT at the white Mountain T.O.P. sign (There is also a sign for “Cumberland Heights SDA church”) – follow for 0.4 miles
- Turn RIGHT at the white Mountain T.O.P. arrow below the mailbox, which indicates the entrance for camp!

From Knoxville: I-40 West (estimated driving time = 3 hours)

- Follow I-40 West out of Knoxville, towards Nashville – approximately 1.5 hours
- Get off at exit 288, the Livingston/ Sparta exit and turn LEFT onto 111 south – follow 19 miles
- Veer RIGHT onto 70S West after you pass through Sparta – follow 17 miles

- Turn LEFT onto 127 – follow 6 miles
- Turn LEFT onto 56 – follow 24 miles into Altamont
- Go straight through the intersection of 56, 108 and 50 – follow 2.4 miles
- Turn RIGHT at the white Mountain T.O.P. sign (There is also a sign for “Cumberland Heights SDA church”) – follow for 0.4 miles
- Turn RIGHT at the white Mountain T.O.P. arrow below the mailbox, which indicates the entrance for camp!

Statement of Activities and Release Form

One copy and the original of this 2 page form must be brought to camp by each participant.

BOTH PAGES MUST BE KEPT IN THE VEHICLE IN WHICH YOU ARE TRAVELING AT ALL TIMES

The Mountain T.O.P. Adults in Ministry program is a Christian Service ministry to the people of the Cumberland Mountains in Tennessee. Volunteers participating in the activities of this ministry will be expected to be involved in all activities and to respect the people of the Cumberland Mountains at all times.

Major Home Repair participants will be involved in (but will not be limited to) construction, roof replacement, winterization, rehabilitation of existing dwellings, and other major home repairs as determined by the project. The scope of all projects will be within the capability of the volunteer service team. These activities may include the use of hand tools and the handling of materials and supplies. Power tools will only be used if the individual has the necessary skills to handle the power tool appropriately.

A.I.M. participants understand that photos and video may be taken during the course of the camp week that may be used by Mountain T.O.P. in the future promotion of our ministries and programs. Participants are never forced or required to engage in any work or activity in which they feel they are not able to participate safely. Participants are expected to follow all guidelines of participation, philosophies, and expectations set by the organization and camp staff.

We acknowledge that every effort has been made in preparing the participants for this mission experience. We therefore release Mountain T.O.P., Incorporated, its agents, employees, and any and all persons connected therewith from any and all liability, claims, and causes of action of any type whatsoever arising out of or in any way connected with participation in the activities of the Mountain T.O.P. mission project.

Further, consent/permission is given for (participant) _____ to be treated by competent medical personnel in the event of an accident or medical emergency and to receive reasonable medical treatment as deemed necessary by a licensed physician.

In the event treatment is called for which a physician and/or other professional health care provider in the hospital/clinic refuses to administer without my consent, I hereby authorize:

Group Leader (Print full name): _____

and

Camp Director (Mtn. T.O.P.): _____

to give such consent for me in the event that I am unable to give consent for myself. If in the event it becomes necessary for either of the identified persons to give consent for me, I agree to hold such person free and harmless of any claims, demands, or suits for damages arising from giving such consent.

I understand that Mountain T.O.P. accepts proof of personal insurance or acknowledgement of financial responsibility for all medical expenses. I agree that my insurance company will be used for all necessary medical expenses and am aware that I may be billed by the medical provider for any medical expenses not covered by my personal insurance policy and will be responsible for payment of those expenses.

This is the _____ day of _____, 20_____.

Signature (Participant or adult/guardian if minor)

Medical Information Form

BOTH PAGES MUST BE KEPT IN THE VEHICLE IN WHICH YOU ARE TRAVELING AT ALL TIMES

Last Name _____ First _____ MI _____

Address _____ City _____ St _____ Zip _____

Phone _____ Occupation _____

*Social Security Number _____ Date of Birth _____

Church _____ Church Phone _____

Church Address _____ City _____ St _____ Zip _____

Personal Physician _____ Phone _____

*Insurance Company _____ *Phone _____

*Policy # _____ *Insured ID # _____ *Prescription Card # _____

In case of emergency contact:

Name _____ Relationship _____

Daytime Phone _____ Evening Phone _____

Name _____ Relationship _____

Daytime Phone _____ Evening Phone _____

Medication(s) you cannot take _____

Medication you are currently taking _____

These medications are to be administered by (circle one): Youth / Contact Person / Staff

Allergies / special health problems or concerns _____

Do you have a current tetanus shot? Yes / No

If yes, indicate date _____ If no, we encourage you to get one before you come.

**** In lieu of this information, you may provide a copy of the front and back of your medical insurance card.***

Adult Self-Screening Form

Camp week(end) _____
Church _____
Last Name _____ First _____ MI _____
Address _____ City _____ St _____ Zip _____
Phone _____ Email _____
Occupation and Employer _____
*Social Security Number _____ Date of Birth _____
Driver's License number _____ Issuing State _____
If you will be driving during the camp week, you must fill out the following two lines:
Car Insurance Company _____
Policy # _____ Phone _____

Circle One

1. Have you ever been convicted of a felony? **Yes** **No**
2. Have you ever been convicted or formally accused of any sex related or child abuse offense?
Yes **No**
3. Have you had a background check completed within the past 3 years to verify the responses to the above questions? **Yes** **No**
4. Have you participated in Safe Sanctuary or similar youth protection training program?
Yes **No**

If you answered YES to questions #1 and/or #2, please fully explain on back of form.

If you answered YES to #3, what was the date of your background check: _____

Your background check MUST be on file at your church.

If you answered NO to question #3, you must have a background check completed before arrival to camp. If your church does not offer this service, Mountain T.O.P. will have one processed. You will need to reimburse Mountain T.O.P. for this cost for \$10.

YES, we need Mountain T.O.P. to process a background check for me. *SSN only needed if Mountain T.O.P. is completing background check.

I fully support Mountain T.O.P.'s effort to increase the probability of having a safe environment in our camp week for youth to perform mission work without fear of irresponsible adults who may take advantage of them or put them at risk of being hurt. I certify, to the best of my knowledge, the information that I have provided on this form is true and accurate. I authorize any investigation, including a background check, of any or all statements made on this form.

Signature _____ Date _____

Contact Person Signature _____ Date _____

Senior Pastor Signature _____ Date _____