



# **UPWARD CHALLENGE**

## **Welcome Packet**

**Youth Ministry of PRMI  
Presbyterian-Reformed Ministries International**

# Upward Challenge DNA

**Submission-** that may sound like a bad word these days, but it really isn't. Submission means yielding to the control of another. Let's create some context for this: you submit to your parents, teachers, the police and so on. Well at Upward Challenge we learn to submit to God. That means we allow Him to rule as King in our daily lives. We also submit to the leaders at Upward Challenge and other campers...Jesus submitted to God and so we do too. By understanding this, we have a safe place for everyone to learn and grow without fear.

**Service-** this is the same as saying we are contributors not consumers. It can be easy to always think about what we want for ourselves, but at Upward Challenge we try to ask, "What can I do for others?" We help out when needed, encourage each other, and think more about others before our own needs. We also serve God in this way. Jesus always put others before Himself...just look at the cross!

**Stewardship-**being a good steward means that you use all that God has given you- Talents, time, possessions, etc.- for His glory. Something special happens at Upward Challenge when we can use what God has given us without all the distractions of "normal" life. We build a community, and fast! Upward Challenge quickly moves from friends to family throughout the week.

**Students-** we are always constantly learning, growing and changing. To be a great leader, one must first be a great student. At Upward Challenge we encourage everyone to learn and grow in leadership, test the waters and serve the Lord with gifts and talents. There is no junior Holy Spirit, so we believe leadership comes in all ages.

**Supplication-** to supplicate is to humbly ask in prayer. The person we love to ask and speak with is God. Nothing happens without prayer so we make prayer a priority. I guess you could call us prayer prioritizers! When we take the time to supplicate, then listen for the Lord's answers and guidance, we grow in relationship and trust with God. At Upward Challenge there are many opportunities to live this out and practice: morning prayer, devotional time, quiet hour, personal prayer ministry and more.

**Seekers-** specifically we are Kairos (K-eye-ross) seekers. This Kairos moment happens when Holy Spirit moves over a situation or a person. We are always on the look out for when Holy Spirit is moving: conversations, worship, teaching, prayer and others. So at Upward Challenge we welcome Kairos moments and keep our spiritual eyes and ears at the ready to notice them.

# Leadership Roles

**Coordinator-** this staff held position is what connects Upward Challenge to Presbyterian-Reformed Ministries International. The role keeps the big picture in mind as they help form leaders, goals and outcomes for the ministry.

**Camp Pastor-** is an ordained minister who is there for the nurturing health of everyone at camp.

**Camp Nurse-** is a licensed nurse who stays onsite to help with any health issues that may arise at camp.

## Leadership Development Group

**Director-** is someone who helps run the organization of camp. They delegate to other leaders, lead meetings, and discern where Holy Spirit is leading the direction of camp throughout the week.

**Teacher-** is someone who imparts the lessons and materials from the manual to the campers. They nurture and excite everyone to grow deeper with Holy Spirit.

**O.W.L's (Older Wiser Leaders)-** this person is a part of the small groups and is there to nurture, love and support the campers and others through their experiences. Plus they are just stinkin' awesome!

**Y.A.M.'s (Young Adult Mentor)-**this person may or may not be a teen, but they have proven to be growing in leadership and understanding of walking in relationship with Jesus. They also help out during small group time.

**Student Leader-**this person is a peer leader, and they facilitate the small group time with the OWLs and YAMs to help them. They desire to grow in leadership and be an example to others.

**Tent Leader-** this person is in charge of the tent they themselves are sleeping in. They usually have a flashlight, know tips for tent living, and will be there for you if needed.

**Fun Guy/Gal-** this person is possibly the coolest person at camp, because they know how to gather everyone together in community...and usually always have a game planned! They lead by example and can communicate well.

## Intercessory Leadership Group

**Point Intercessor and Team-** are people who pray over the camp before, during and sometimes after. The "point" intercessor is the leader.

**Prayer Ministry Team-** Usually this team has three positions: the Point who is running the appointment and discerning what the Lord may or may not be doing during the prayer time. There is usually a "wing" to the point person to help discern, listen and pray. The third job is intercession. This person prays over the prayer team and the prayer time.

## Worship Leadership

**Worship Point-** This position is similar to the other "points" listed above, their job is to discern and encourage the worship team, campers, and leaders to engage with Holy Spirit through song, dance, word, and prayer.

**Musicians-** this position is for those called and anointed to help assist the worship point in accomplishing what Holy Spirit would like to do during the worship time.

## Servant Leadership

**Food Ministry-** this person prepares and plans the daily meals, snacks and general hospitality for the week at camp. They also work with everyone else to inspire servant-heart behavior.

**Photographer-** this person does more than takes pictures, they will try and capture the essence of what God has done the week of camp. They also are able to post pictures to the social media sites for PRMI.

**Audio/Visual Crew-** this person(s) helps set up all the things needed to run the teaching sessions and worship times for camp. This involves having knowledge of computer programs and audio/visual equipment.

**Set-Up/Tear Down Crew-** this job is vital to Upward Challenge. This group of people help set up chairs, tables, displays, staging, and whatever else is needed for the week of camp. They also help take it down for storage afterwards.



# Mountain Living Info

**Bears-** it's the mountains of North Carolina and bears live here too. Black bears, from time to time will roam onto the property WHEN we don't care to keep them away. Bears have a wonderful sense of smell, so there can be absolutely NO food, things that smell like food, or crumbs in our pockets, bags, or tents. We have to clean-up our trash and lock our trash in bear-safe cans. Luckily, black bears are skittish when it comes to noise. If you should encounter a bear on the mountain then do your best and biggest craziest dance and be as loud as you can. This should get it going on its way, if not, you keep making noise as you slowly back away from it. Never run from the bear.

**River-** we have a beautiful river on the property that we encourage everyone to wade in. The bottom is made of rocks and can be VERY slippery, so bring your water shoes. Also, showers are limited to save on resources, so we "bathe" in the river in our swimsuits. Pack some earth-friendly soap to get yourself clean. Our property ends before the bridge, although there is a deep swimming hole beyond the bridge we are not allowed on that side.

**Buddies-** groups of FOUR is how we do our buddy system. This is for safety reasons and for accountability reasons. Always let an adult know if you plan to hike, swim, or roam.

**Ticks, Chiggers and Biting things...Oh my!** Bug Spray is essential for camping in the mountains. Many campers recommend the bug repellent bracelets that can go around your wrists and ankles. When you're swimming, showering or dressing, make sure to check yourself for ticks.

**Sunscreen-** non-scented (remember the bears) is best. We are mostly shaded on the mountain, however since there has been a lot of construction on site, trees have been cut down and more sun is getting through. Face, arms and shoulders should be protected.

**Tent Sleepin'-**we will be camping on the mountain in tents! It does rain (almost every day) so a good idea would be to pack your stuff in ziplock bags. A good tip is to keep your things from touching the walls of the tent so they won't get wet. The floor is rocky, so a sleeping pad or air mattress works great. Do not bring a twin-sized air mattress, it needs to be slimmer. Pool Floaties meant for lounging work well! You will be sharing your tent with other campers, so pack smart and small. Don't forget your flashlight!



# Packing List

**Notes on weather:** It will be hot, cold, rainy, muggy, sunny and shady. Literally it will be all these things and all in one day. The weather is very unpredictable in the mountains with its own systems. Look at the weather station for guidelines for packing.

**Dress code:** We do ask that all clothing be modest, including swimsuits. No bikini's or speedos. Ripped shirts down the sides or spaghetti strap tank tops. Please don't bring or wear anything with controversial wording or pictures.

## Packing List:

- o Shirts (6) (outdoor work clothes)
- o Shorts (5-6)
- o Sweatpants/ jeans (1)
- o Hoodie
- o Underwear (7 days worth)
- o DEODORANT
- o Closed toed shoes
- o Socks
- o Sandals/ water shoes (There is a river!)
- o Sunscreen
- o Bug spray (recommended: the bracelets)
- o Flat Pool Floatie/ single size air mattress (there is a pump at camp)
- o Sleeping bag/ sheet set
- o Pillow
- o Blanket
- o Small Backpack Large enough to hold these items:
  - o Bible (if you don't have one, we can give you one)
  - o Notebook
  - o Pen & pencil
  - o Water bottle
- o Flashlight
- o Toiletries-
  - o Bag to hold them
  - o Shampoo & conditioner
  - o Soap & washcloth/loofa
  - o Shaving items
  - o DEODORANT
  - o Toothbrush & toothpaste
- o Towel...you will want TWO TOWELS
- o Bathing Suit
- o Rain gear
- o Work gloves
- o Your prayerfully considered offering
- o Seriously put DEODORANT in your bag!

## Do not pack:

- Fireworks
- Firearms (including Nerf or Water)
- Fire starters
- Snacks...there can be NO snacks in your tent or luggage!
- Pets
- Lice
- Large knives (pocket knives are fine)
- perfume
- Dinosaurs...jk bring those!
- makeup
- non-prescription drugs
- candy
- video games
- alcohol
- tobacco products
- (this includes vape...bro)

## Other things you can bring, but are not required:

- o Extra money
- o Card games, board games, puzzles
- o Sports equipment like soccer balls, football, frisbee
- o Hunting calls
- o Cammo paint/ gear
- o Bandanas
- o Art supplies
- o Hats
- o Camping Hammocks
- o Water Squish Balls



# Media Release Form

Minor Child's Name \_\_\_\_\_ Birthday \_\_\_\_\_

I, \_\_\_\_\_ (Parent/Guardian), give permission to Presbyterian-Reformed Ministries International (hereafter "PRMI") to publish or display photos/images/videos of my minor child listed on this form, to the organization's web site, [www.primi.org](http://www.primi.org), and other social media platforms.

In granting this permission, I understand that the PRMI may use photos/images/videos of my child for purposes such as celebrating achievements, development of education materials and publicizing events, as deemed appropriate by the Leaders and employees of PRMI.

I further understand that, although Churches associated with photos/images/videos will be identified, and that adults appearing in photos/images/videos may be named, my child's name or other personally identifiable information will **not** be used with any photo/image/video.

I am signing this release form with the knowledge that any photos/images/videos posted on the PRMI Web site/social media can be downloaded and reprinted by various organizations, including print, electronic and broadcast media, and I, therefore, release PRMI from any liability arising from use of my child's photos/images/videos in PRMI web postings.

Additionally, I understand that there are potential dangers associated with the posting of personally identifiable information on a Web site/social media, since global access to the Internet does not allow for control of who may access such information.

I further understand that if I wish to rescind this agreement, I may do so at any time by sending a letter/email to PRMI, who will immediately notify the proper authorities in control of PRMI's policies.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_ Email \_\_\_\_\_

I have social media accounts and would like to be "tagged" when photos of my child are uploaded.

Facebook Name/Handle \_\_\_\_\_

Instagram Name/Handle \_\_\_\_\_

Twitter Name/Handle \_\_\_\_\_

Other \_\_\_\_\_ Name \_\_\_\_\_

I also give permission for my child to communicate with Upward Challenge Leaders and adult volunteers with texting by phone, on the internet and social media sites.



# Release Form

Minor Child's Name \_\_\_\_\_ Birthday \_\_\_\_\_

I, the undersigned, certify that I am the parent or legal guardian of the minor child listed on this form. I hereby give my consent to have my minor child participate in Upward Challenge, a ministry of Presbyterian-Reformed Ministry International (hereafter "PRMI").

I recognize that there are risks involved in participating in Upward Challenge and hereby assume all risk of injury, harm, damage, or death to my minor child in connection with his/her participation in Upward Challenge. These risks include but are not limited to: hiking, river swimming, sleeping in tents, running, playing, and encountering nature.

I also understand that PRMI screens its adult volunteers and employees to ensure their credibility for working with minors. As the parent or legal guardian of the minor child I understand that my child's safety will be held at the highest regard at all times during Upward Challenge.

To the fullest extent permitted by law, I release PRMI, its trustees, officers, directors, employees, agents and representatives from any injury, harm, damage or death which may occur to my minor child while participating in the activity and agree to save and hold harmless PRMI, its trustees, officers, directors, employees, agents and representatives from any claims arising out of my minor child's participation in the activity. In signing this form, I agree that my minor child will have access to the mountainous/ river terrain on PRMI property. I recognize and understand that being near a river involves certain risks and having access to mountainous nature paths could jeopardize both health and life, specifically including but not limited to fast moving currents of water, wildlife, and various weather/climate conditions. I also understand that there will be no lifeguard on duty, however the PRMI adult volunteers and staff will have my minor child's safety at the forefront of concern at all times.

Further, being the parent or legal guardian of the minor child, I do consent to any medical, surgical, x-ray, anesthetic, or dental treatment that may be deemed necessary for my minor child. I understand that efforts will be made to contact me prior to treatment but, in the event I cannot be reached in an emergency, I give permission to an Upward Challenge Leader through PRMI to make the decisions necessary for treatment. Should there be no Leader available, I give permission to the attending physician to treat my minor child. As parent or legal guardian, I understand that I am responsible for the health care decisions of my minor child and agree that my insurance plan is the primary plan to pay for the medical, dental, or hospital care or treatment that is given to my minor child. Any insurance policy of the organization sponsoring this event will be used as the secondary coverage.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_ Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Allergies \_\_\_\_\_

Long-Term Medical Conditions \_\_\_\_\_

Current Medications \_\_\_\_\_

Insurance Provider \_\_\_\_\_ Policy # \_\_\_\_\_

Group # \_\_\_\_\_ Insurance Phone \_\_\_\_\_

Primary Care Doctor \_\_\_\_\_ Phone \_\_\_\_\_



# Personal Prayer Release Parental Consent Form

I understand that I consent to my minor child to be ministered to and prayed for by an encourager and prayer partner(s) and that they are helping my minor child work through some personal and spiritual issues. I understand that they are not professional counselors, but encouragers and prayer partner(s)/Ministers.

I understand that my minor child does not have to participate in Personal Prayer Ministry but if my minor child does then they are free to leave at any time and will participate voluntarily. I understand that I am under no financial obligation. I am also aware of my right to ask for clarification for any part of this form.

I authorize the Prayer Ministers of Presbyterian-Reformed Ministry International (PRMI) to provide Personal Prayer Ministry to my minor child. I understand that my child will benefit most from having their Personal Prayer Ministry as confidential, so I will agree to limited communication with the Prayer Ministers unless otherwise needed.

I also understand that in the state of North Carolina the adult Prayer Ministers have a duty to warn authorities if there is any suspected child abuse, neglect, or molestation divulged during the minor child's personal prayer time. By signing this form, you authorize PRMI to notify relevant (including a possible victim) and/or law enforcement authorities, if PRMI judges that a minor child has an intention to harm self or others.

I understand that my minor child or myself are not being advised to alter any medication my minor child may be currently taking. That is a matter between myself and my minor child's physician or therapist. I understand that some or all of the procedures used by the prayer team may or may not be clinically demonstrated or guaranteeing either short or long term results.

I fully understand that the ministry my minor child receives is NOT counseling in any form but rather encouragement and prayer ministry. I accept this ministry fully and completely and do not hold anyone responsible for ANY outcome that may arise as a result of this ministry.

I hereby certify that I and my family, estate, and all assigns, will assume personal responsibility for and will hold harmless the prayer partner(s)/Ministers and their assigns and estates and PRMI and its assigns, officers, directors, employees and any parties volunteering on behalf of PRMI for all actions, costs, expenses or damages of any kind growing out of or related to the prayer ministry provided to me by the prayer partner(s).

I have read the statements listed above and agree to these parameters of ministry for my minor child during the week of Upward Challenge with PRMI.

\_\_\_\_\_  
Name of minor child

\_\_\_\_/\_\_\_\_/\_\_\_\_(\_\_\_\_)yrs old  
Minor child's Birthday and Age

\_\_\_\_\_  
Signature of Parent/ Guardian

\_\_\_\_\_  
Date of Signature



# Personal Prayer Release

## Minor Child Form

I understand that I voluntarily consent to be ministered to and prayed for by an encourager and prayer partner(s) and that they are helping me work through some personal and spiritual issues. I understand that they are not professional counselors, but encouragers and prayer partner(s)/Ministers.

I understand that I do not have to participate in Personal Prayer Ministry but if I do then I am free to leave at any time and am here voluntarily. I understand that I am under no financial obligation. I am also aware of my right to ask for clarification for any part of this form.

I authorize the Prayer Ministers of Presbyterian-Reformed Ministries International (PRMI) to provide Personal Prayer Ministry to me and that my time in prayer ministry will remain confidential from other participants of Upward Challenge, PRMI, other adults and volunteers.

However, I also understand that in the state of North Carolina the adult Prayer Ministers have a duty to warn authorities if there is any suspected child abuse, neglect, or molestation divulged during my personal prayer time. By signing this form, I authorize PRMI to notify relevant (including a possible victim) and/or law enforcement authorities, if PRMI judges that I have an intention to harm self or others.

I understand that I am not being advised to alter any medication I am currently taking. That is a matter between myself and my physician or therapist.

I understand that some or all of the procedures used by the prayer team may or may not be clinically demonstrated or guaranteeing either short or long term results.

I fully understand that the ministry I receive is NOT counseling in any form but rather encouragement and prayer ministry. I accept this ministry fully and completely and do not hold anyone responsible for ANY outcome that may arise as a result of this ministry.

I hereby certify that I will assume personal responsibility for and will hold harmless the prayer partner(s) and their assigns and estates and PRMI and its assigns, officers, directors, employees and any parties volunteering on behalf of PRMI for all actions, costs, expenses or damages of any kind growing out of or related to the prayer ministry provided to me by the prayer partner(s).

I also understand that since I am a minor child, I have to have preauthorization from my parent/guardian to participate in Personal Prayer Ministry. I have read the statements listed above and agree to these parameters during the week of Upward Challenge with PRMI.

\_\_\_\_\_  
Name of Participant

\_\_\_\_/\_\_\_\_/\_\_\_\_ (\_\_\_\_) yrs old  
Birthday and Age

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date of Signature