

# CATHOLIC HEART WORKCAMP (Summer volunteer Immersion in NJ or elsewhere across the US for Parish Youth)

P.O. Box 2226, Goldenrod, FL 32733-2226  
Phone: (407) 678-0073  
Fax: (407) 678-8602  
E-mail: catholicrtcamp@msn.com  
www.heartworkcamp.com

To speak to someone locally, call or email:  
**Mary Connolly (who directs the Northern New Jersey Catholic Heart Workcamp Site) at mandmconnolly@gmail.com**  
Cell – 908-930-0784

## WHAT IS CATHOLIC HEART WORKCAMP?

Catholic HEART Workcamp is about SERVICE, CONNECTION and LOVING OTHERS. It all started in 1993 in Orlando, FL with 100 participants and has grown to over 13,000 serving in 2013. CHWC provides parish youth groups, teens and adult leaders service opportunities to restore homes and HEARTS, feed the hungry, lift the spirits of children, bring joy to the elderly and disabled and offer assistance while partnering with social agencies. Each Workcamp is equipped with a summer staff, director, manager, musician, nurse and priests to celebrate mass/confession. It is a youth friendly Christ centered week of caring for others. Catholic HEART Workcamp faithfully and enthusiastically serves the Roman Catholic Church and its teachings and is an excellent opportunity to “love the least of these”.

## HOW DO WE START?

Begin with a plan of action if you have not already. Ask for your free HEART Workcamp promotional DVD and show it to your pastor, adult leaders, teens and parents. Have a sign up sheet for those who are interested. Send in the registration form and a deposit for each young person and adult (you can also register online). Send a follow-up letter to those who have signed up with a deadline for deposits. Have monthly meetings with those who have paid deposits to prepare, plan and build a community.

## WHO CAN ATTEND?

The majority of our camps are open to any students entering the 8th grade in the fall through college. Our “Next Level” camps are open to students entering the 9th grade through college. We require one adult chaperone (21 years and older) for every five young people. Please bring at least one adult male and one adult female if you are bringing both female and male young people. CHWC International Trips are open to those entering the 10th grade in the fall through college. Individual registrations will be accepted from College/Young Adults/Adults for **International Trips ONLY**.

## HOW MANY PEOPLE CAN WE BRING?

We welcome groups of all sizes. Even if only a few young people participate, your group will have a great experience. We cannot accommodate individual registrations.

## HOW ARE WORKSITES SELECTED?

We work in cooperation with various agencies in each city to choose the work projects. These agencies work to improve the lives of low-income families, children and the elderly.

## WHERE DO WE STAY AND SHOWER WHILE AT WORKCAMP?

Facilities at local schools/retreat centers will be used for lodging, showers and food service. Bring your own sleeping bag and air mattress. There are separate sleeping areas for girls and guys.

There are no facilities or time allotted for doing laundry.

Most of the schools have “communal” showers, so make sure to bring a bathing suit (and towel). Some schools offer private showers with curtains. CHWC is concerned about the privacy and safety of our campers. In accordance with the “Bishops Charter for the Protection of Children” and to ensure the

safety of all campers, we will designate separate shower times for youth and adults (21 and older). Due to some diocese's needs we have incorporated a young adult (18-20) time as well. There are a couple of locations that the facilities do not allow for Young Adults to have separate shower times, please see the camp info page of the city you are attending if this is an issue.

### **WHAT KIND OF WORK WILL WE BE DOING?**

Each day will be spent either renewing homes by doing such things as painting, housecleaning, yard work, minor home repair, helping to build new homes for low income families, working to revitalize blighted neighborhoods by boarding up or tearing down unoccupied buildings, cleaning up vacant lots, etc.; helping at day care centers for low income families by assisting with the children's programs, working at homeless shelters or helping at centers that distribute food to the needy. At some locations, volunteers spend time with the elderly in nursing homes and in homes for the disabled.

### **HOW WELL SUPERVISED AND SAFE IS THE WORKCAMP?**

The HEART Workcamp Staff takes supervision and safety seriously. Besides the Workcamp adult staff, each group is required to bring one adult sponsor for every five young people to provide supervision at the worksites and the school. The HEART Workcamp will not involve young people in any kind of dangerous projects. No one will be allowed to use power tools unless they are well trained and have previous experience. Every participant is asked to bring protective safety gear. Every young person is matched to a project they can handle. To compensate for the hot weather, work campers are supplied with plenty of liquids to drink and given frequent breaks. Each worksite is inspected by the agency. Home repair projects are well organized and prepared. First-aid kits and emergency care instructions will be available at every worksite. Medical facilities, phone numbers and directions are clearly posted at the school "Home Base." Every safety precaution is exercised to produce a safe and injury free atmosphere. On Sunday, all participants are trained in Safety, Rules and "What If" situations.

### **WHAT IF A YOUNG PERSON HAS LITTLE OR NO HOME REPAIR EXPERIENCE?**

As long as young people come with a servant's attitude, there is no problem involving them in home repair projects. We match skills to projects. There is plenty of work that needs to be done, such as painting, which takes little or no experience. Young people are not asked to participate in projects they are not equipped to handle but will be given opportunities to learn new skills if they so desire.

### **HOW WILL THE WORKCAMP HELP YOUNG PEOPLE GROW IN THEIR CATHOLIC FAITH?**

Young people and their leaders will be spiritually renewed after participation in the Workcamp. By putting their faith into action, they will be living out Christ's command to love and serve others. By participating in the HEART Workcamp, the young people and their leaders will be celebrating their Catholic faith. The Workcamp promotes the signs, symbols, stories and rituals affiliated with the Catholic Church. The sacraments of Reconciliation and Eucharist, as well as prayer services will be offered throughout the week to help young people become more aware of the presence and love of God.

## **Catholic HEART Workcamp Will Offer ADULT LEADERS the Opportunity to...**

- Experience organized and structured service projects for you and your young people
- Travel and experience another city
- Have more quality time with youth group members
- Involve more young people in your youth group
- Motivate your teens out of complacency and taking things “back home” for granted
- Be involved with active faith learning
- Motivate your youth to have more love for the church and God
- Experience new creative program ideas
- Re-fuel your personal faith
- Be part of the solution to poverty
- Bring your teens to a safe and spirit centered Catholic event
- Bring your teens to an event, which they will “thank you” for participating in
- Feel fulfilled and satisfied through serving others
- Laugh, enjoy yourself and celebrate being Catholic
- Re-charge your ministry, renew your passion and refresh your soul
- Be inspired and encouraged by the “youth of today”
- Revolutionize your youth group
- Rejuvenate your relationship with God and your teens

## **Catholic HEART Workcamp Will Offer YOUNG PEOPLE the Opportunity to...**

- Make a difference by helping others through organized and meaningful service projects
- Travel and visit another city
- Overcome the “I’m bored with my faith” blues
- Learn more about what it means to be Catholic
- Increase self-esteem and self-worth
- Be part of the solution to poverty
- Participate in praise and worship music that rocks
- Interact with other Catholic young people from different parts of the country
- Deepen your faith through the sacrament of Eucharist, Reconciliation and prayer
- Witness your faith to others
- Re-charge your faith
- Feel fulfilled and satisfied
- Take a more active role in your faith
- Bond with the other youth from your own youth group
- Have a retreat experience
- Laugh, dance and have fun
- Be treated with respect by a “youth friendly” organization
- Do more than listen to a lecture
- Enhance your resume and college application
- Fulfill service hour requirements
- Put your faith into action

### **WILL MY GROUP MEMBERS BE MIXED WITH OTHER YOUTH AT THE WORKSITES?**

Yes, this is one of the beautiful aspects of the HEART Workcamp. New relationships and friendships are formed with other people from around the country. Most work teams consist

of seven members. There is free time each afternoon and evening for the young people to socialize with their own group members. CHWC will accommodate groups that request their young people be placed at a work site with two adults. The implications of a youth group requesting two adults per worksite are as follows:

- Your group must stay together with members of your own youth group.
- You must provide enough adults for your group to be split into teams with 2 adults.
- You will create your own teams based on your vehicles. (Form Provided by CHWC)

\*Your campers could be split up if a particular camp is able to provide 2 adults for every work team, but if you would like to be kept together, that request will be honored.

### **WHAT WILL THE MORNING AND EVENING PROGRAMS CONSIST OF?**

Our goal is to communicate that "OUR CATHOLIC FAITH IS NOT BORING!" The program at Catholic HEART Workcamp can leave you speechless! Why?

- SOUL STIRRING MESSAGE TO LOVE AND SERVE OTHERS • SKITS THAT TEACH (AND SOME JUST FOR LAUGHS) • LIVE MUSIC • INSPIRATIONAL MEDIA & VIDEOS
- PROFESSIONAL SOUND & LIGHTS • YOUTH INVOLVED ON STAGE • OUTRAGEOUS CROWD BREAKERS • DANCING • SERIOUS LAUGHTER • LIFE CHANGING

### **HOW DO THE ADULTS FROM EACH PARISH PARTICIPATE?**

Every adult is assigned to a worksite unless they have chosen to be an Associate Staff Member.

We depend on adults to work side by side with the young people in accomplishing the work projects. For the safety of the teens, each parish must have at least one adult chaperone in each sleeping quarter. Catholic HEART Workcamp also depends on adults to supervise their own parish young people during the free time and evening programs.

### **HOW DO WE PAY FOR THE WORKCAMP?**

Be creative, persistent and prayerful. Finding finances is not as hard as you think. Set up a budget for registration and travel costs, then brainstorm with your group and parish staff for ideas such as pancake breakfasts, car washes, letter writing campaigns and other activities to raise money. Fundraisers are a great way to build community. Ask each participant, the parish, local businesses and private individuals to help you cover the cost for Workcamp. See <http://heartworkcamp.com/fundraising> for some fundraising ideas.

## **Registration Fee 2014**

An \$85.00 deposit is needed to reserve spots. The deposits are non-refundable and non-transferable. Please note registration prices are the same for teens and adults.

Registration before December 1st: \$320.00

Registration before February 1st: \$335.00

Registration after February 1st: \$350.00

### **Policy for Deposits and Refunds**

Please only reserve spaces you can fill.

We will send you a confirmation email once we receive your deposits.

CHWC requires 1 adult (21 or older) for every 5 youth. If you register male and female campers you will need at least 1 male and 1 female adult leader.

\$85.00 holds each person's space (adults and youth). This deposit is non-refundable or non-transferable to another member's registration at any time. However you can substitute the cancellation with a new participant.

REGISTRATION REFUNDS (MINUS THE \$85.00 DEPOSIT) ARE AVAILABLE IF YOU CANCEL AT LEAST 30 DAYS PRIOR TO THE FIRST DAY OF YOUR ASSIGNED WORKCAMP. (EXCLUDING INTERNATIONAL CAMPS)

For any unforeseen circumstances that forces Catholic HEART Workcamp to cancel a camp such as a natural disaster, our policy is as follows...

You may receive a refund of half your total registration fee minus the \$85 deposit or....

You may apply your total registration fee (minus your deposits) towards your registration for the following summer