

Church of St. Joseph - Mendham, NJ  
11<sup>th</sup> ANNUAL APPALACHIA MISSION TRIP  
June 23 – 29, 2019



*Thank you for your interest in our 2019 Teen Mission Trip to Appalachia to be held the week of June 23-29. We are excited to be planning St. Joseph's 11<sup>th</sup> Teen Mission Trip and partnering with Good Neighbors, Inc. in Paintsville, KY for the 8<sup>th</sup> consecutive year.*

*This packet includes General Information and FAQs, Things to Bring, Rules & Expectations. Please do read the FAQs before signing up as there is a lot of information to digest.*

*This year, all signups and payments are ONLY being accepted online at [www.stjoesmendham.org/appalachia](http://www.stjoesmendham.org/appalachia) The online form is extensive—be prepared to answer medical questions, give insurance information and answer a work skills survey. Leaving the online application midway will result in your data being lost. Take your time and answer all required fields.*

*We are accepting payment online via credit card or direct debit from a checking account.*

*The completed signup and payment must be received so we can add you to the roster of participants, assuming that space is available, on a first-come basis. Please note that St. Joseph parishioners will receive priority. If we have available space, we will accept non-parishioners on a first come basis. We will inform you once we have your completed package and you are confirmed to attend the Mission Trip.*

*All teens and a parents are expected to attend the information meeting on January 9 at 7:00pm when we will discuss trip preparations and fundraising plans.*

*For any further questions or concerns, please contact:*

*Monica Micera at (908)963-4546 or [monicamicera@aol.com](mailto:monicamicera@aol.com) or*

*Mark Tosso at (973)543-5950 or [tosso@stjoesmendham.org](mailto:tosso@stjoesmendham.org)*

## General Info and FAQs

### St. Joseph's 2019 Appalachia Teen Mission Trip



*Join us for a week of service to the people of Appalachia. We will help to build homes, foster relationships and grow spiritually in our mission to care for others and develop a feeling of community within our parish.*

*Dates: Sunday, June 23 - Saturday, June 29*

*Destination: Paintsville, Kentucky*

*Transportation: Teens will be driven to Kentucky by chaperones who will be using vans and SUVs*

*Cost: \$415 per participant which helps cover building materials, our lodging and activities.  
We raise additional monies for food, transportation, gas and incidentals*

*Participants: Will be limited to 45 students*

*Must be 16 years of age and over  
(by summer's end OR rising junior or senior)  
Sign-ups are on a first-come basis.  
St. Joseph parishioners receive priority.*

**\*\* Mandatory volunteer and parent/participant meeting: January 9 at 7:00pm in the Gym\*\***

*We will work from Monday through Friday at pre-determined project sites. Jobs may consist of building porches, underpinning trailers, painting, installing ramps, repairing roofs and more.*

*We will need to raise additional monies to offset expenses, such as van rental, gas and food.*

**All participants are required to help in our fundraising efforts via bake sales, pasta dinner & church fundraisers.**

## **Frequently asked questions (FAQ's):**

### ***Who are Good Neighbors?***

Jason Benedict felt a calling to relocate to Johnson County, Kentucky where his father had volunteered as a young man and brought Jason along as a boy. Jason founded the non-profit organization to help the working poor in the area. Those he serves do not receive any government assistance. People in need reach out to Good Neighbors for help in repairing homes, putting on needed additions, etc. In return, those he helps are required to undergo financial training to teach them to budget and save and they often turn around and help others in their community. Good Neighbors is our host organization when we go to Kentucky. They arrange the sites we will work on, provide us with housing and help organize our evening activities. We have developed a special and tight bond with Jason and his staff and are thrilled to be returning to work with them again.

### ***What are the homes/families like that we help out?***

The homes we work on are often trailers or very small structures in real need of repair. Often we are called in for a roof repair, adding an addition for a growing family, insulating parts of a home or reinforcing or building a front porch in addition to many more projects. Often the repair is life changing for these families. The people we serve are all very different. We might have a military veteran with 5 children in a 2 room house that needs expanding, an older lunch lady who chooses whether to heat her home or eat some days of the winter due to a lack of insulation, a couple who have holes in their flooring allowing cold air and creatures into their trailer, etc. All our families are working families who do not receive government assistance. They are proud and faith filled people and we are honored to serve them.

### ***How do we get to Kentucky? When do we return?***

We rent 10 and 12 passenger vans to transport the teens and chaperones to Kentucky. The chaperones drive the vans. We have a number of stops on the way to deal with bathroom requirements and if a driver needs to switch with another chaperone for a rest. We typically leave on a Sunday by 6:00 am and arrive in Paintsville, Kentucky by 5:00 pm. Our return trip is on the following Saturday when we leave by 7:00 am and typically pull into St. Joseph's parking lot by 5:30.

### ***Where do we stay and what do we eat?***

Good Neighbors organizes our stay at the First United Methodist Church in Paintsville, Kentucky. It is a church and a school and provides us with plenty of space, a nice kitchen for preparing meals and a large gym for our many activities and for sharing our meals. The women typically sleep in the lower level. All female teens are in one large room. The men typically use the upstairs level which are separate classrooms, so there will be a number of boys in each room. Boys are not allowed on the girls' floor and girls are not allowed on the boys' floor. The main floor, where the gym and the kitchen are, will be where most of our time is spent when we are at the church. Everyone is expected to bring an air mattress (twin-size only), pillow and sleeping bag or sheets and a blanket.

Food is always excellent. Two of our chaperones run the kitchen and will always prepare meals for us with help by the teens. For breakfast – there is an assortment set out and the teens help themselves. It could be oatmeal, cereal, toast, hard boiled eggs, fruit, bagels, etc. Always plenty to enjoy. Everyone makes their own brown bag lunch and dinner is a surprise each night but always fantastic. There is plenty to eat and if there are special dietary restrictions, we do our best to accommodate.

## ***FAQs (cont.)***

### ***What is a typical day like?***

Each morning begins bright and early. Everyone is expected to be dressed, have eaten and ready for the morning meeting by 7:45 am. We are on the road and to our job sites by 8:30 am. Each teen will have a job site that they are assigned to for the week. It is a nice way to get to know the people we serve and to see a job progress through the week. Remaining on the same site also builds relationships within our St. Joseph's community. The teens will have at least one adult who is knowledgeable with construction and can guide the teens for the week. Generally each site wraps up by 5:00 pm each day and heads back to home base for showers, dinner and ready for an evening activity. Each night is something different.

### ***How are the work groups / van groups decided?***

Work groups and van groups are two different entities. The people the teens ride down to Kentucky with may or may not be on their job site. The job sites are the people you are with all week long. When we assign teens to groups we try to balance by gender, grade and the numerous schools that are represented on this trip. Our goal is to build community and get to know others. Parents who chaperone are generally not assigned to their teen's work/van group and siblings are generally not placed together. One of the highlights of this trip is to see teens get to know others, form new relationships and enjoy each other's company.

### ***What kind of work will I do?***

Every site is different. Teens may be working on siding a trailer or home, building a ramp into a trailer or home for a handicapped occupant, repairing a roof, pouring cement and laying a foundation for a new addition, replacing a doorway or window, painting a room, and on and on. There are numerous opportunities to work on but there will always be at least one adult to guide the teens, and generally two or more.

There are also chores to be done back at home base. Every group will be assigned chores which will rotate. They may be returning to home base early to help cook dinner, clear the tables, clean the bathrooms, take out the garbage, etc.

### ***What do I pack?***

Please refer to the "List of Things to Bring". It is very important that you do not over pack. We are a large group of people and the amount of luggage, sleeping bags, air mattresses, pillows, tools and food that we bring down is enormous. We are all limited to one suitcase or duffle bag and one twin air mattress, sleeping bag and pillow.

### ***What does the \$415 cover?***

We are charged a fee by Good Neighbors which helps cover the building materials, our accommodations and some activities that we do in the evenings. We need to raise an additional \$35,000 to pay for the van rentals, to rent a trailer to carry our luggage and supplies, food, gas, etc., which is why we have fundraisers and why every teen is required to help in the fundraising effort.

## *FAQs (cont.)*

### *Do I need certain skills to attend the trip or to chaperone?*

The teens do not need any construction skills to attend the trip but must be physically able to get around a job site and be healthy enough to tolerate hot temperatures and sometimes difficult conditions (rain, mud, dust, etc.).

We try to have 2 chaperones at each job site; one who has construction knowledge and a second to assist and manage the job site. We welcome chaperones who have some knowledge of construction to share but if you don't, no worries, there is a place for all capabilities.

### *How can parents and teens help out?*

Teens must participate in the fundraisers. Each of our fundraisers only work if everyone does their part, therefore, this is mandatory. Every year we have a waitlist of participants who really want to come and would gladly help out; so if you are not able to be fully a part of this, please leave the space to someone who is.

Parents can help out by volunteering to chaperone. If this is not an option, please help by volunteering to help with the fundraising. Please make every effort to attend the parent/participant meeting and be responsive to e-mails.

### *What if my child does not want me to chaperone?*

First of all, parent chaperones and their teens are typically not assigned to the same job site or van group, so they will not be around you that much. When we are not on the job sites, the teens are pretty busy, so time with parents is not too easy to obtain. In addition, most teens would prefer that their parents not chaperone. The fact is that if we listen to our children and stay away from chaperoning, this trip would not take place. We are required to have a certain number of adults on each trip and if we do not have enough chaperones, the trip does not happen. The trip is meant for the teens, but adults also get a lot out of it; that is why we often have chaperones returning again and again.

### *What are my responsibilities as far as fundraising?*

**\*\* Every teen participant is expected to participate in all fundraisers. We also hope to have parent participation when needed. \*\***

# **THINGS TO BRING WITH YOU**



**Work clothes for 5 days (at least one long sleeve shirt and pair of jeans)**

**Sneakers / work boots**

**Work gloves / safety glasses (required)**

**Tape measure / hammer (put your names on all tools) / flashlight**

**2 Towels / toiletries**

**Sleeping bag / air mattress / pillow**

**Hat**

**Sun block / bug repellent**

**Street clothes**

**Jacket and poncho (for rain)**

**Bathing suit (no bikinis)**

**Two sets of underwear per day**

**Spending money**

**Sleeping attire (pj's, sweats - nights can be cool)**

**Flip flops or shower shoes**

**Water bottle**

**Medications (if needed)**

# **RULES & EXPECTATIONS FOR OUR TRIP**



**Have a great experience. Stretch your personality. Remember that we are one body of believers.**

**Safety is an absolute priority.**

**NO drugs, alcohol or tobacco. If we find a teen using any of these, we will call his/her parents to come and pick him/her up.**

**No one goes off alone and no one goes anywhere without an adult chaperone knowing it. Directions given by chaperones are to be observed.**

**Everyone helps with cleanup and chores**

**No males in the women's rooms and vice-versa.**

**Respect other people's stuff, space, quiet.**

**Keep the bathrooms / showers clean**

**Everyone must be where they are supposed to be when they are supposed to be there: meal times, prayer times, work times, etc.**

**Modesty in dress. No halters, tank tops, belly shirts, short shorts, offensive slogans, bikinis.**

**Appropriate dress at work sites - no shorts or flip flops/sandals.**

**Cell phones: bring them BUT - do not use them at the work sites**

**Do not touch stray animals**

**Seat belts must be worn at ALL TIMES in vehicles**