

BE Ready: Summer Missions Preparation Booklet

“Be” - 2019

Thank you for partnering with Hinton Rural Life Center through our summer missions outreach program. We're grateful for your willingness to serve in our rural, mountain, Appalachian community, and we're excited for your arrival this summer! Please take the time to read and use the information in this booklet to prepare for your week of service. We hope that you and your group will prepare as much as possible before your arrival at Hinton Center so that your experience will be more intentional and meaningful.

What's the purpose of this booklet?

It's our prayer that your trip to Hinton Center is more than *just another thing to do* this summer. We have seen how God works in the lives of the neighbors we serve and in the lives of those who come to serve. We believe in the importance of community and walking alongside our neighbors, and invite you to journey with us.

This booklet will help each member of your team prepare spiritually, emotionally, physically and mentally. Not only will it specify supplies and expectations (the nuts and bolts of your time at Hinton), but it will help you have a transformational experience as you build relationships within your group, with those you serve, and ultimately, with each participant and God. We want to help you create a unique, missional experience that will be more than a one-time trip; in fact we try not to refer to your time at Hinton as a "trip," because we want the concept of servanthood to be a way of life. We want to see participants become more active in discipleship and take a part of Hinton Center home – to continue carrying the theme of "be"ing in their own lives and in your own community.

Thank you again for your ministry partnership with Hinton Center and for your commitment to summer missions. We hope this booklet provides helpful resources and spurs conversation. Please let us know if we can help you in any way.

Hinton Center Ministry Staff

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GROUP LEADER CHECKLIST

All forms and documents are due no later than May 15, 2019.

GROUP FORMS (to be completed by the group leader)

- TSHIRT PREORDER FORM – Pre-order tshirts by submitting the order form and payment. (We must receive the orders for June mission weeks no later than May 6th and July/August mission weeks no later than June 7th).
- GROUP ROSTER & TRAVEL FORM – Please complete the group roster by documenting each individual in your group. Double check to make sure that age and gender are correct on the form and note any special instructions that will be helpful as we make lodging assignments. Also include specific travel information and specify arrival and departure times, especially if these times are different from the prescribed schedule. Also, it's important that you provide detailed documentation of each vehicle that you'll bring to Hinton. Your vehicles will be needed to transport teams from your group plus a Hinton Center Summer Ministry Leader to worksites. Be sure to keep a copy.
- DIETARY FORM – In order for Chef Phillip to plan, it's necessary that you list any special dietary needs or restrictions.
- GROUP SKILL/INTEREST SHEET -- ONE form that is to be completed by group leader in consultation with group. *Please note: Week 7 (Mixed Week) has *individual* skill/interest sheets to complete.
- COVENANT & GUIDELINES/EXPECTATIONS: Please make sure to sign the covenant (emailed to you) and also sign and send back or email a written declaration that you've read and understand Hinton Center's Sensitivity Guidelines and Rules/Expectations (pages 8-11 of this booklet).

INDIVIDUAL FORMS (to be completed by each participant and submitted by the group leader)

- LIABILITY / MEDICAL CONSENT FORM – Each participant (youth/adult) must complete.
- INDIVIDUAL REGISTRATION FORM – Each adult and youth participant must complete this form and include a copy of their health insurance. If no health insurance, you might consider arranging for a short term policy. Please keep a copy of this form in the vehicle with the participant at all times.

A FEW REMINDERS....

- Please share the Rules & Expectations and Sensitivity Guidelines with your entire group.
- Contacts: Please leave a copy of the "Stay in Touch with Hinton" sheet with your church office and with parents/guardians, in case of an emergency.
- Remember, you must have a 1:5 adult to youth ratio for your group.
- Supplies: Please bring enough coolers (for lunches) and first aid kits for each work team in your group. We provide water coolers, but you can bring those if you'd like as well.

One of our most-asked questions at Hinton Center is, "What exactly do you do?" Your participation in mission outreach is an integral piece of our ministry. It's our desire to do more than place bandaids on gaping wounds, which is why we have an emphasis on relationship building and you'll hear us say again (and again) that we want you to take a piece of Hinton home with you. Your mission trip doesn't end here as we're a training ground for discipleship, cultivating communities for Jesus Christ.

Hinton primarily focuses mission outreach in Clay and Cherokee Counties in North Carolina as well as in Towns County in Georgia. By the numbers:

- In the three counties, an average of 19.96% of residents live in poverty.
- About 10% of households use wood-burning stoves to heat homes.
- Median income in Clay County is approximately \$37,021 with most people working in the local school system or outside of the county.
- Substandard housing is an issue to health and quality of life. One example is this: Over 30% of the homes in each county have radon levels above the safe limit.
- In Clay County, 24.9% of homeowners are considered cost burdened and 12.04% are extremely cost burdened (paying over 50% of gross income to housing costs).
- One in four children in Clay and Cherokee Counties are food insecure.

A little about Clay County:

- Clay County is rich in Native American and Cherokee heritage, celebrated by a two-mile walking path, the "Quanassee Path: A Cherokee History Trail" in Hayesville.
- In 1839, this area was a collection point at Fort Hembree for the Trail of Tears.
- The Tennessee Valley Authority (TVA) built Chatuge Dam in 1942, displacing 278 families yet creating beautiful Lake Chatuge and bringing electricity to the area.
- The Historic Courthouse was built in 1889 and is currently being restored.
- Mountain timbering brought the establishment of a freight railroad, which operated from 1920 to 1951.

For more information on Clay County history, go to www.ncmtinchamber.com/history-of-clay-county.

In 2018, Hinton Center served **334 unique families/households** through safe and healthy home repairs, firewood and Christmas Care of Clay County. We completed **237 projects**, distributed **147 loads of firewood**, and gave **332 children** new clothing gifts at Christmas. We had over **21,000 volunteer hours in the community** and an nearly 1,500 additional volunteer hours on campus.

Daily Schedule *subject to change

7:00 – 7:30 AM	Pack Lunches / Coffee Time	Each morning participants are responsible for preparing sack lunches. Sandwich fixings and snacks are in the dining hall. Groups often fix extra lunches for the local family in the home.
7:30 AM	Breakfast	Energy for the day! Get excited for yummy food!
8:00 AM	AM Energizers / Announcements & Devo	Not a “morning person?” That’s okay! Service Ministry Leaders energize groups each morning with something fun and creative, followed by a time for us to worship and center ourselves for the day.
8:30 AM	Load Up Vehicles & Tools/ Travel to Homes	Team members are each assigned coordinator positions during the week at Hinton. During this time, each person will complete the coordinator tasks in order to get started for the day. Homes can around 10-45 minutes away.
	Work & Interact	Hinton asks teams to take time to talk to our community members. We emphasize a relationship-based mission and we want to respect rural culture in getting to know our neighbors.
12:00 PM	Lunch / Devotion	Each day during lunch, your Service Ministry Leader will coordinate devotion. We always invite our community members to join the group.
12:45 PM	Work & Interact	<i>*Wednesdays are half days – evenings are free and there’s no dinner at Hinton. Don’t forget about the ice cream social! ☺</i>
3:30-4:30 PM	Travel Back to Hinton	We encourage teams to be back at Hinton around 4pm. We have important programming in the evenings and we want teams to have some downtime. While work is important, we want to encourage a holistic faith experience.
4:00 PM	Rest / Free Time	This is a good time to shower, rest, swim in the lake, journal, and enjoy being at a retreat center in the mountains. Have fun! We’ll open the Gift Shop Mon/Tues/Thurs from 4:30-7:00p and Fri from 7:30-9:30a or upon request.
5:45 PM	Evening Gathering	Gather in the dining hall for dinner, which is served at 6:00 PM.
6:45 PM	Fun Activity	Announcements and a fun Staff/Camper Challenge.
7:00 PM	Evening Activity	Monday and Tuesday nights provide fun, interactive activities and the experience of Appalachian culture. Thursday we have closing worship.
7:45 PM	Debrief	Discussion about your day / experience.
8:15 PM	Free Time	Some groups use this time to have their own small group / devotion time.
10:00 PM 10:30 PM	Return to Lodging Lights Out	Please honor our lights out policy so everyone gets an appropriate amount of sleep in order to be healthy and safe during the work day!

Summer Missions Info Handout

Through Hinton Center's Missions Outreach Program, teams serve for one week working on a variety of home repairs in the local, Appalachian community. Projects may include, but are not limited to, handicap accessible ramps, porches, steps, underpinning mobile homes, painting, floor repair, and yard work. At Hinton, we emphasize not only construction work, but even more, relationship building as we serve God and our neighbors. Additionally, teams have the opportunity to connect to unique ministry with firewood and gardening. Through hands on work and building relationships, you'll open yourself up to being served in return.

While your time at Hinton will include lots of physical labor, you're also a guest at our comfortable retreat facilities. Enjoy afternoons jumping into the lake, reading underneath a tree, taking a prayerful walk at the outdoor labyrinth, and enjoying delicious meals with fellowship. Our ultimate purpose is to serve our community, but we want you to have time to retreat, reflect, and renew.

It's our prayer that you will grow personally, but also that we can grow together as communities of faith. One of our goals is that you will also grow in understanding of Appalachian culture, of poverty, and of being in ministry with our neighbors. We'll provide intentional time and reflection to learn more about how God calls us to a life of servanthood. Our staff incorporates different learning and reflection into a mission week, and also gives your group the opportunity to grow in relationship with one another.

A typical summer missions day at Hinton Center...

*Wednesdays are half days – afternoons/evenings are free (no dinner at Hinton)

7:00 AM	Pack Lunches / Coffee Time	3:30-4 PM	Travel Back to Hinton
7:30 AM	Breakfast	5:45 PM	Gathering / Dinner
8:00 AM	Announcements/Devo	6:45 PM	Announcements/Fun
8:30 AM	Depoart	7:00 PM	Evening Activity
12:00 PM	Lunch/Devo	7:45 PM	Debrief/Discussion

What should I pack for the week?

4 changes of work clothes (clothes that can get dirty)	Sunscreen	Comfy shoes for evening
5 changes of casual clothes	Bug spray	Closed toed shoes for worksite
Personal toiletries	Flashlight	Safety glasses, work gloves, dust mask
Towel to use at lake	Bible	Water bottle
	Swimsuit	

Optional Suggestions: Hat, lake shoes, individually wrapped snacks to supplement meals, tool belt, and money for Hinton Gift Shop/local ice cream / shops



A SERVANT'S HEART: Be.

While Jesus and his disciples were traveling, Jesus entered a village where a woman named Martha welcomed him as a guest. She had a sister named Mary, who sat at the Lord's feet and listened to his message. By contrast, Martha was preoccupied with getting everything ready for their meal. So Martha came to him and said, "Lord, don't you care that my sister has left me to prepare the table all by myself? Tell her to help me." The Lord answered, "Martha, Martha, you are worried and distracted by many things. One thing is necessary. Mary has chosen the better part. It won't be taken away from her."

[Luke 10:38-42 CEB]

You're encouraged to use this booklet to help you prepare for your summer missions journey. The theme for this summer is "Be," from Luke 10. Once you arrive at Hinton, we will continue reflecting on how we can be present, be ourselves, be in community, be in service, and become who God calls us to be. We know that you've been busy recruiting and preparing for your missions journey. We too have been preparing for your time at Hinton Center. Not only have you been in our prayers, but we have been working diligently in preparation for your arrival.

WORKING WITH OUR NEIGHBORS

Our staff has carefully assessed all community members who receive assistance from Hinton Center, evaluating each request that we receive based on need and circumstances. Most of our neighbors live at or below Federal Poverty Guidelines, while others might not meet these guidelines but still have housing needs. Hinton focuses outreach in three counties: Clay, Cherokee, and Towns (GA), where many folks rely on limited, fixed income through retirement, disability, unemployment, or underemployment. These stats give some insight; however, we encourage you to learn through personal relationships as we walk alongside our community members.

The **types of projects** we do typically fall under the following categories: building decks, ramps, stairs; painting, drywall; doors, windows; foundation, floor repair; underpinning; yard work; and general repairs. Hinton will provide materials for the projects that have been identified and agreed upon by the homeowner and the Hinton Center. Through careful assessment and preparation, we have implemented a plan for each work site. Please understand that we may not be able to accomplish all necessary repairs at one time. Sometimes it's important to remember that we may have to work in "phases" at homes in order to accomplish necessary repairs. We want this to be a positive experience for all involved, and sometimes that requires patience and understanding from everyone concerned. Generally, work teams are comprised of groups of 6-8 or 8-10 members.

Hinton outreach ministry also extends into the community through firewood and a garden. With a Hinton team leader, we will give groups the opportunity to split, chop, and load firewood and, then, connect with local families while making firewood deliveries. We will also give groups the opportunity to work in the garden, weeding, harvesting, gathering, learning about planting, and delivering to community food ministries. Gardening is important, as 1 in 6 people (1 in 4 children) struggles with hunger in Western North Carolina, which is one of the most food-insecure regions in the country. [continued on next page]

We ask that you inform your team in advance with the different ministries that Hinton Center is a part of and the importance of each. Please remind the adults / leaders in your group how crucial taking time to spend with our neighbors really is. Please also remember that taking time to visit with those we are helping is very important. **Yes, we want the work to get done, but we also want to build relationships.**

When submitting the skills/interest sheet for your group (or individually for mixed week), try to be as accurate as possible. We welcome all skill levels; however, being too conservative or generous with skills may hinder your team's progress for the week.

SERVICE MINISTRY LEADERS

Hinton Center equips college-age, young adults to work as Service Ministry Leaders (SMLs). SMLs help lead teams, hold small group discussions, facilitate lunchtime devotions, foster relationships between volunteers and community members, and lead programming. SMLs go through intentional training before summer begins and are First Aid/ CPR certified. While Hinton is equipped with summer leaders and staff, church leaders and adults are responsible for their youth during the time at Hinton.

OTHER IMPORTANT TIDBITS

We want you to get the most out of your Hinton Center experience. As such, we ask that all groups participate in the activities that happen at Hinton outside of the time on work sites, including meals, worship services, and morning and evening programming, including a poverty awareness activity and Appalachian Culture Night. Groups are invited to participate in and/or help lead devotions each morning, during lunchtime, and worship in the evenings, which might include reading scripture, leading music or sharing a testimony. You're encouraged to bring musical instruments and to have songs or presentations prepared. We welcome the opportunity for individuals and groups to share gifts and talents throughout the mission week. If you have interest ahead of time and would like to be involved, please contact Hinton to make plans.

We ask that everyone helps keep lodging rooms, group spaces, and outdoor grounds clean and in order. We also ask you to assist with loading and unloading of work site materials in the morning and afternoon, and maintain and keep the tool shed organized throughout the week.

We do have WIFI available for guest use across campus. Please understand that this is a rural area and the connection may have interruptions and if a large number of folks are using bandwidth the connection may be slower. We do our very best to maintain the connection and provide this service.

Sunday is an enjoyable afternoon. During orientation, your group will be asked to either *briefly* introduce your team or have a *short skit* prepared. Be creative and have fun, but please honor the time so everyone has a chance to share. We'll also make affirmation bags to use during the week. Feel free to bring supplies to donate for everyone's use (encouraging stickers, little note cards, etc).

Remember that Wednesdays are half days and you have an opportunity to arrange a fun afternoon for your team. There's a list of "things to do in the area" included in this booklet. Lunch (packed) is provided but dinner is on your own. We're again partnering with Young Harris College and they'll offer a free ice cream social after lunch on Wednesdays. You'll be asked at check-in on Sunday if your group plans to attend (maybe on the way to your fun activity). Free ice cream = great way to kick off the afternoon!

HINTON CENTER SENSITIVITY GUIDELINES

*Please share with all members of your team!

1. Follow the dress code—Clothes on worksites: Shirts MUST have sleeves (no cutoffs, tank tops, spaghetti straps). Long pants are recommended at the worksites, for safety purposes. Clothes at Hinton: Shirts are to be worn on all areas of campus with the exception of lakeside. Please pack appropriately. Shorts must be of an acceptable length (mid-thigh or knee length). NO SHORT SHORTS AND NO SHIRTS WITH NEGATIVE MESSAGES ARE PERMITTED.
2. Take time to meet and talk to the homeowners before unloading the vehicle.
3. Ask the homeowners for ideas and advice. Encourage them to join in the work, if they are able. Include them and interact with them in other ways, too.
4. Keep reactions to yourself that might hurt or insult the homeowners. Use positive language to maintain the family's dignity. It can be stressful for a homeowner to have someone in his or her home, so be kind and courteous. If you must talk about something sensitive, please take it to the van or talk about it back at Hinton.
5. Be sensitive to the community member's need for space and privacy. Ask before venturing into new areas. Remember, you are a guest.
6. Ask before petting or interacting with any animals that may be on the property. Please do not bring stray animals, kittens/puppies, or extra animals back to Hinton.
7. Please clean-up worksites each afternoon and do not leave trash on the property. Your team should have a trash bag in their toolbox. Please take ALL trash with you when you leave at the end of the week.
8. Invite the homeowner(s) to eat lunch with you. Your team should pack them a lunch in the morning. Don't be offended if the homeowner(s) declines your offer.
9. Please do not take "before and after" photographs of worksites and ask permission from the homeowner prior to taking any photos. If you'd like to include a homeowner in a photograph, please wait until a relationship has been established.
10. Be mindful of a homeowner's personal belongings when working. Move or cover them, if necessary, and always put things back where you found them before you leave. Treat them with respect.
11. Do not mention the name of a homeowner when out in the wider community. Please maintain confidentiality and respect their privacy. If people ask where you are working, you might say: "Different homes around the area."
12. No smoking—Hinton Center is a tobacco free campus. Additionally, we ask that you don't smoke or use tobacco on worksites, even if community members do so on their property.
13. Please no horse play on the worksite. Be mindful that you are a representative of Hinton Center and need to respect the property of a homeowner. Be careful with the materials you are using on a worksite. Please do not paint on each other. Be good stewards of the materials.

(Adapted from ASP manual)

RULES AND EXPECTATIONS

General Information

1. Responsibilities of adults: We recognize an adult as someone 21 years or older, who understands that they are responsible for group behavior while at Hinton. Adults are expected to participate in all activities, to maintain discipline within their group, and to lead by example. If you have a young adult participant who has recently visited Hinton as a youth, please make sure to discuss the differences between youth participation and adult leadership.
2. A mission week at Hinton is not the same as a vacation. It is a time of discipleship and service. This distinction does not mean that the mission week will not be fun. Your time at Hinton will be a mix of work, prayer, fun, games, devotions, cultural experiences, worship, and other activities. Please be prepared to engage creatively and participate at all times. We strongly encourage all youth and adults to commit fully to the week and to be open to experiences (e.g., don't skip going to your work site, don't sleep at your work site, don't spend the day on your phone, don't opt out of evening programming, etc.).
3. Please be at the appointed place on time. Schedules are posted around the retreat center and Hinton staff will alert you to any changes. For example, please arrive for morning announcements promptly at 7:45 am already dressed and ready to go to the work site for the day.
4. Hinton policy does not allow water or squirt gun fights, water balloons, or shaving cream fights.... Simply put: no fights of any kind!
5. Pets or animals of any kind are not allowed at Hinton.
6. Hinton Rural Life Center is a tobacco free campus. No smoking or tobacco use is allowed in buildings or outside on the grounds. Please do not use tobacco or smoke at a work site, even if a homeowner is doing so. No alcohol, illegal drugs, or sexual misconduct is permitted on Hinton's property or at any worksite.
7. If a Hinton staff person takes a call for someone in a group, we will notify the group leader.
8. You may bring outgoing mail to the administration building with a stamp or money for postage. We take mail to the post office daily. There are Hinton postcards and note cards available in the gift shop. If parents/others want to send mail to someone at Hinton for a mission week, they may send it to Hinton Center, C/O [name], PO Box 27, Hayesville, NC 28904. We recommend sending letters early in the week (Monday!) or even the week ahead to ensure it gets to Hinton Center in time.
9. The breezeway area near the Coke machine has four bins: one for trash, one for wet towels, one for recycling plastic containers (number 1s and 2s), and one for recycling aluminum cans. Please use the designated bins. Other areas for recycling are also around the property. Cardboard and gallon jugs are recycled by the main exterior door to the kitchen. As you recycle your plastic, please remove caps before placing plastic containers in bins. We need your help to "be green."

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Parking

10. When all groups arrive at Hinton, we realize that parking in the main parking lot may be limited. Please do not park in front of the dumpster, in the areas designated for our kitchen staff, or in a reserved handicap space unless you have a handicap parking tag. There's additional parking at each of the cottages and down on the road side at Retreat Drive.
11. Buses and large vans: please back into parking spaces so there's a clear view when leaving.
12. During a mission week, there's a lot of vehicle movement in and out of campus, in the main parking lot and around the tool shed (especially following breakfast), so please be extra careful and watch for pedestrians and other vehicles.

Lodge/Cottages/Lakehouse

13. Hinton supplies towels and washcloths for showering purposes. DO NOT TAKE HINTON TOWELS TO THE LAKE. Please bring your own towel for the lake. On Wednesday morning, turn in your wet Hinton towel in the towel bin in the breezeway beside the Coke machine. When you come in Wednesday afternoon, you can pick up a clean towel on the table outside the Gift Shop.
14. Please treat our facilities gently. They were built by volunteers like you, and they are repaired by volunteers like you. Please do not move furniture in the bedrooms, jump or play on furniture, or use outdoor sports equipment indoors. DO NOT OPEN WINDOWS OR REMOVE SCREENS. If you make a mess, please see a summer leader for necessary cleaning supplies.
15. Males and females are NOT to visit in each other's rooms. Please visit in groups in the common areas of the lodge or in public spaces. Do not go to the lake or out walking after 10 pm. Each person needs to be in the building where they sleep no later than 10 pm and in their own room with lights out by 10:30 pm.
16. On your last morning at Hinton, we will ask you to: (1) Place bed sheets and pillowcases in a bundle and put them downstairs by the Coke machine. Please leave mattress pad, bed spreads, and blankets in the rooms; (2) Put towels in designated bin near the Coke machine; (3) Put trash from your room in the dumpster; (4) Sweep, vacuum, and clean as necessary (including underneath beds); (5) Check rooms thoroughly for personal belongings (phone cords, toiletries, personal pillow/blanket, etc.). ***Someone will check all rooms prior to group departure. Group leaders and responsible adults will accompany Hinton staff while inspecting rooms/buildings. Groups are asked to wait until they are cleared to leave. If any damage is found, a group/individual will be expected to cover cost of repairs.*

Kitchen/Meals

17. Everyone MUST wear shoes while in the dining hall or kitchen.
18. Our kitchen staff works hard to ensure that we have balanced and nutritious meals. We ask you to be courteous and clean while in the dining hall. Whether eating a meal, packing a lunch, or filling a bottle of water, please make sure to leave your area clean by throwing away your trash, cleaning off your table, and picking up anything that has fallen on the floor.

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19. The meals are served cafeteria style. After the kitchen staff has opened the door to the serving area, you may go through the line and pick up utensils, a tray, and your food. Napkins, salt/pepper, and drinks are in the dining room.
20. After eating, bring your trays to the dish window, and someone will assist you in placing dishes, utensils, trash, and recycling in designated areas.
21. Vegetarians and persons with special dietary needs should ask a staff leader to introduce them to the kitchen staff. We are happy to set aside space for you to store your own food, if needed, and will do all that we can to accommodate special needs. Be sure and indicate any special dietary needs on the group dietary form so that we can be prepared in advance.
22. We are called to be good stewards of all our resources, including food. Follow the posted serving sizes when fixing your plate and/or your lunch. Choose only the food you will be able to eat. You may get seconds after everyone has been served.
23. Meals are served in the dining hall at 8:00 am (breakfast) and 6:00 pm (dinner). At breakfast, each person is responsible for packing his or her own lunch. You may pack extra lunches to share with homeowners. The dining room will be open at 7:00 am for coffee and packing lunches. Please try to use the same lunch bag every day. On Thursday evenings, we invite homeowners to join work teams for dinner. You will have the opportunity to coordinate this with homeowners early in the week.
24. Each person is encouraged to bring a water bottle to use daily and group leaders are asked to coordinate bringing enough coolers for each work group's lunches. Hinton provides large water coolers.
25. Please limit time in the kitchen to the food line. Hinton follows strict health code regulations and maintains a high sanitation rating. We are happy to help you if you need something – just ask.

Free Time/Lakeside/Outdoor Worship Center/Recreation

26. During free time groups may choose varying activities at Hinton: disc golf course, swimming at the lake, volleyball, cards, puzzles, basketball, walking, and board games. Free time also offers time for reflection and meditation. The chapel, labyrinth, and outdoor chapel are available for groups. Groups may use recreation equipment by signing the equipment out with a summer leader. After using any equipment, please return the equipment so that other people can use it.
27. The swimming area at the lake is open from 3:30--5:00 pm. An adult leader must always be present and should not be swimming while youth and others are in the water. Swimming is at your own risk; there is no lifeguard on duty during mission weeks. Please swim in Hinton's designated swimming area only.

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Worksites

28. Dress appropriately at worksites: no bathing suits, short shorts, halter-tops, or clothing with suggestive, vulgar, or alcoholic images/slogans. Long pants are recommended. Wear comfortable closed-toed shoes with good soles. Open-toed shoes (sandals, flip flops) are NOT permitted on the worksite. All volunteers must wear a shirt at all times.
29. There are no "boy jobs" or "girl jobs" at Hinton. Service Ministry Leaders will provide basic instruction with power tools and other equipment as needed for everyone on the team. We want to encourage each person on a work team to use their unique gifts, to build confidence, and to learn new skills.
30. Whenever possible, we ask that work teams be intentional about getting to know the families with whom they are serving. Building relationships with families and with one another is at the heart of Hinton's ministry and mission. For this reason, please do not take radios, headphones, cell phones, iPods, or other devices to the work sites, which might create a barrier between the team and the local family. Please ask permission before photographing the family or the home where you are serving. We ask that you do not take "before and after" photos in a way that might be insensitive or disrespectful to the family.
31. While traveling to and from work sites, each person must have seatbelts buckled. We ask that you NEVER ride in the bed of a truck for any reason.

Medical Information

32. Group leaders are responsible for the medical welfare of individuals. If someone needs medical attention, a group leader should be responsible for appropriate medical treatment. Only in an extreme or rare circumstance will a Hinton staff person take responsibility for signing a volunteer into an emergency room.
33. There are two hospitals in the Hayesville area. Murphy Medical Center is located 20 minutes west near Murphy, North Carolina. Chatuge Regional Hospital is located 20 minutes south in Hiawassee, Georgia. Summer leaders will provide specific information about hospitals during orientation.
34. We encourage each individual to be covered by accident and medical insurance. We recommend that each individual have an up-to-date tetanus shot. If a person has no medical insurance, he or she might consider buying a short term policy. If there is anyone on your team that has a specific health concern, please make sure that Hinton leaders and other group leaders are informed, as necessary, with discretion and privacy.
35. Remember to have enough first aid kits for each vehicle.
36. Please make a copy of each Individual Registration Form and keep in the vehicle with the participant at all times. If you have your own form for medical information you may choose to use it over our form, just ensure there is medical information with each participant in case of an emergency.

I have read and understand the Sensitivity Guidelines and the Rules/Regulations and agree to be bound by the terms of this document.

Group Leader Signature: _____ Date: _____
(or email a written declaration that you have read and understand these terms)

TRAVEL PLANS AND TRANSPORTATION

ARRIVAL AND DEPARTURE

For arrival day (Sunday), please plan your travel so that your group arrives at Hinton Center no later than 3:30 pm. Please arrange early or late arrival with the Director of Program Ministries well in advance. If you plan to make stops along the way, it is wise to be flexible in your travel plans.

On departure day (Friday), everyone will pack up and depart between 8:30– 10:00 am. Some groups elect to depart before dawn because of the length of their drive home. Please note an early departure on the group travel form. We encourage individuals to pack as much as possible the night before and groups to vacate rooms promptly following breakfast on Friday. This schedule will enable summer ministry leaders and Hinton staff to clean lodging and group spaces, to complete chores, and to accomplish other tasks in preparation for the arrival of additional groups.

For both arrival and departure times, you may want to arrange for a phone tree to notify those at home that you have arrived safely or that you are heading home. Although cell service is available in the local area, a phone tree may be helpful in keeping people at home informed just in case your particular cell provider has limited reach in the area. (Verizon has the best coverage in our area.)

VEHICLES

When you arrange for transportation, if possible, you need to plan to have one vehicle for each work team. This is necessary because the work sites might not be in close proximity to each other. Vehicles should be able to transport at least seven people, including the Hinton Service Ministry Leader, as well as coolers. Hinton will arrange for tools, materials, and equipment to be delivered to each site, as needed. Please take time to consider your vehicles. Call Hinton Center if you have any questions.

Each vehicle should include the Hinton phone number (828-389-8336) and a first aid kit. If one of your vehicles breaks down, please call Hinton (especially if the delay happens on your way on Sunday). If you have cell phones in each vehicle, remember to exchange numbers with each other.

Ideas for Securing Vehicles: present your request to the church congregation, borrow vehicles from another church, bring personal vehicles of other adults attending Hinton, rent vans at home for the trip.

Preparing Your Vehicles:

- thoroughly check vehicles before your trip, including fluid levels and other routine maintenance
- protect vehicle interior with cardboard mats, plastic sheets, and old blankets
- keep an extra set of keys for each vehicle

Hinton has limited extra transportation, which is available on a first-come first-serve basis. (Please note: if a Hinton vehicle is used to transport your work team, the church is responsible for refilling the vehicle's fuel tank at the end of the week.) Only licensed drivers over age 25 with a clear driving record are able to drive a Hinton vehicle.

STAY IN TOUCH WITH HINTON CENTER



Mailing Address:
PO Box 27
Hayesville, NC 28904

(828) 389-8336
FAX (828) 389-3279

Rev. Dawn Livingston, Director of Program Ministries
dawn@hintoncenter.org

Nick Oliver, Construction Ministry Coordinator
nick@hintoncenter.org

Physical Address:
2330 Hinton Center Road
Hayesville, NC 28904

www.hintoncenter.org
www.facebook.com/hintonrurallifecenter

FOR FUN... LOCAL RESTAURANTS

In Hayesville: * all phone numbers in Hayesville have an 828 area code

Rib Country (pork and beef barbeque) 389-9597

Chevelles' (sandwiches, burgers, salads) 389-6069

Angelo's Downtown Pizza (local pizza) 389-2500

Roma's Pizzeria (local pizza) 389-6366

Anejo Grill (Mexican) 389-6061

The Copper Door (fine dining) 237-4030

Carlotta's (New Orleans sandwiches and treats) 415-0909

New restaurants include the following taverns/breweries: Black Dog, Valley River, and Nocturnal

Fast food (Hardees', huddle House, McDonald's, Subway)

In Surrounding Areas:

Brothers, Young Harris, GA (706) 379-1272, Murphy (828) 835-9100

Georgia Mountain Restaurant, Hiawassee GA (706) 896-3430

Asiano (mix of Chinese, Japanese & Thai), Hiawassee, GA (706) 896-0508

Daniels Steakhouse, Hiawassee, GA (706) 896-8008

El Cancun (Lakeview dining), Hiawassee, GA (706) 896-7677

Mary's Southern Grill, Young Harris, GA (706) 896-1048

Bowl of Asia, Young Harris, GA (706) 896-8513

The ChopHouse, Hiawassee, GA (706) 896-3200

Fast Food (Zaxby's, Wendy's, Taco Bell, Burger King, KFC, Dairy Queen, and Krystall)

MORE FUN... THINGS TO DO IN THE AREA

Consider Wednesday afternoon/evening and Friday at departure time after breakfast as possible times to plan group activities. Groups are responsible for making their own plans in advance.

- White Water Rafting (Nantahala, Ocoee, or Chattooga River)
 - o Nantahala Outdoor Center 1-800-905-7238, www.noc.com
 - o Wild Water Rafting Co. 1-866-319-8870, www.wildwaterrafting.com (mention Hinton Center for package pricing and group discounts)
- Tubing Companies
 - o Deep Creek Tube Center (828) 488-6055 (Bryson City, NC) www.westernncattractions.com/deep.htm
 - o Cool River Tubing (800) 896-4595 (Helen, GA) www.coolrivertubing.com
- Boating on Lake Chatuge (Pontoon boat rentals)
 - o Boundary Waters Resort & Marina 1-800-323-3562 (Hiawassee, GA)
- Zipline Adventures (make reservations in advance)
 - o Ridge Runners Ziplines (828) 421-8119 (Andrews, NC) www.ridgerunnerzips.com
 - o Navitat zipline company (828) 626-3700 (Asheville, NC) www.navitat.com
 - o WildWater, www.raftandzip.com (mention Hinton for package pricing and group discounts)
- Nature Experiences
 - o Fires Creek Park: hiking, picnicking, swimming (20 minutes west of Hinton)
 - o Appalachian Trail: hiking (20 minutes east of Hinton Center)
 - o Brasstown Bald (highest peak in GA) trails, observation tower (706) 896-2556 (call for schedule)
 - o Jackrabbit Recreation Area: hiking, swimming, picnicking, mountain biking
 - o Bell Mountain (30 minutes east of Hinton): spectacular views
- Movies and Bowling (20 to 45 minutes from Hinton)
 - o Fieldstone Cinemas (706) 896-6843 (Hiawassee, GA)
 - o Galaxy Bowling (706) 745-4444 (Blairsville, GA)
 - o The Fun Factory (828) 349-8888 (Franklin, NC)
 - o Blairsville Cinemas (706) 745-1000 (Blairsville, GA)
- Others
 - o Helen, GA: (706) 878-2181 (45 miles) www.helenga.org
 - o Cherokee Visitors Center 1-800-438-1601 (Cherokee, NC) www.visitcherokeenc.com (1.5 hrs)
 - o "Unto These Hills" Cherokee outdoor drama (866) 554-4557 www.untothesehills.com (1.5 hrs)
 - o Blue Ridge Scenic Railway 1-800-934-1898 www.brscenic.com
 - o Chunky Gal Stables: horseback riding (828) 389-4175 www.chunkygalstables.com
 - o Brasstown crafts and local artists 1-800-FOLKSCH www.folkschool.org
 - o Working art studios in the area: Goldhagen Glass Studio & Smoke in the Mountain Pottery
 - o Farm Tours at Walnut Hollow Ranch (15 mins away from Hinton) 828-389-8931

DRIVING DIRECTIONS

From the North (Knoxville, Asheville, Waynesville/Lake Junaluska)—2.5 hrs from Waynesville/Lake J

- Follow I-40 (East or West) to exit 27 (signs will indicate 74W, to 19, to 23, and to Waynesville)
- Follow US 23 South/74 West towards Waynesville (stay in left two lanes)
- Continue through Waynesville (you will pass a rest area on your right) and through Sylva
- Take exit 81 (sign will indicate Dillsboro, Franklin, Atlanta) and follow 23 South (also 441S & 64W)
- Go through stop light in Dillsboro and continue 16 miles to Franklin
- In Franklin, go through two stop lights but do not leave highway. The road will become US 64 West in Franklin
- Follow US 64 West over the mountains (about 32 miles) towards Hayesville
- Turn left at Hinton Center Road (You will see a Blue directional sign with "Hinton Center" on it. Turn at that sign. If you arrive at a stoplight, you have gone too far.)
- Go straight at the stop sign (Oak Forest UMC on right)—road ends in the Hinton parking lot.

From the South (Atlanta, Hartsfield International Airport)—2.5-3 hours depending on traffic

- Follow I-75 North through downtown (or follow Camp Creek Pkwy to 285 North to I-75 North bypassing Atlanta)
- Go about 9.5 miles and take exit #268 onto I-575 North towards Canton and Woodstock
- Follow I-575 through Marietta, Woodstock, and Canton
- I-575 will turn into GA 515 North (Zell Miller Mountain Parkway)
- Follow 515N through Jasper, Ellijay, Blue Ridge, Blairsville, and Young Harris (there are no turns during this time)
- About 3.3 miles past Young Harris, turn left at the first light (GA 17/515)
- Go 4.5 miles (cross the NC state line and the road becomes NC 69) and turn right at the first stop light, (US 64 E)
- Go about 1 more mile (you will pass through another stop light and over a bridge)
- At the 3rd street on the right past the bridge, turn right onto Hinton Center Road (watch for Blue directional sign with "Hinton Center" on it.)
- Go straight at the stop sign (Oak Forest UMC on right); road ends in Hinton's parking lot

From Chattanooga—2 hours from Chattanooga

- Follow I-75 North to the Highway 64 Bypass just south of Cleveland
- Follow 64 Bypass around Cleveland and take 64 East as it exits toward Ocoee and Copperhill, TN (Ocoee River gorge)
- Continue on 64E to Murphy, NC
- Turn right at second stop light in Murphy just across bridge and follow 64 East toward Hayesville
- Go about 14 miles to the first traffic light in Hayesville (do not turn at Hayesville Business sign)
- Continue straight at the stoplight for about 1 more mile (through another stoplight, over bridge)
- At the 3rd street on the right past the bridge, turn right onto Hinton Center Road (watch for Blue directional sign with "Hinton Center" on it.)
- Go straight through the stop sign (Oak Forest UMC on right); road ends in Hinton's parking lot

From Western SC (Anderson area)—2 hours from Anderson

- Follow US 76 west through Clemson, Seneca, Westminster, and Clayton to Hiawassee, GA
- Turn right onto GA 75 at traffic light at McDonald's in Hiawassee
- Follow that road about 9 miles (it becomes NC175), turning left just over a bridge, toward US 64
- At US 64, turn left toward Hayesville
- After another 2-3 miles, turn left at Hinton Center Road (Watch for Blue directional sign with "Hinton Center" on the left. If you arrive at a stoplight, you have gone too far.)
- Go straight at the stop sign (Oak Forest UMC on right); road ends in Hinton's parking lot.



PRE-EXPERIENCE LESSONS AND ACTIVITIES

We know there are a lot of “nuts and bolts” type things to arrange before your journey, but we also understand the importance of preparing your team in advance. We encourage you to make time for team building and reflection before you come to Hinton Center. You may use the following three lessons as templates to help youth and adults from your group prepare for their Hinton mission week. The lessons are not intended to be comprehensive, but to guide thoughtful reflection. We hope that you can incorporate lessons and activities into your existing schedule or plan special gathering time.

[lesson one]

Scripture: We know that God works all things together for good for the ones who love God, for those who are called according to his purpose. –Romans 8:28 CEB

Materials: Bitter-sweet candies (Warheads)

Activity: A creative way to pray for yourself and your group.

- Prepare by unwrapping the enclosed hard candy* (one per person), closing your eyes and “quieting” your mind and heart; slow your breathing.
- Place the candy in your mouth, which will at first have a bitter and sour taste.
- As you taste the bitterness, pray for those things in your life and/or in our world that are “bitter” or “sour” – where there is pain, heartbreak, abuse, injustice, oppression, sickness, violence, greed, etc. (Maybe you or someone in your life is bitter about something.) Offer prayers for God’s intervention, healing, presence, and guidance.
- The flavor of the candy will slowly change from bitter to sweet.
- As you begin to taste sweetness, offer prayers of praise and thanksgiving.
- End your prayer whenever you want or when the candy is gone!

* Warheads sour candy offers the sour to sweet taste experience and can be purchased in bags of individually wrapped candy. You could also use any tart or sour candy to guide “bitter” prayers and a sweet candy to guide prayers of praise/thanksgiving

Discussion questions:

- What are your expectations for the missions week?
- Can you see how God can take even the unexpected on a mission experience and work it for good?
- What can we be in prayer for as a team prior to our arrival at Hinton Center?

Prayer: Creator God, help us to have open minds and hearts as we prepare for our time at Hinton. Help us to love as you love, even when it’s difficult. Through Christ Jesus our Lord, Amen.

[lesson two]

Scripture: Words kill, words give life; they're either poison or fruit—you choose. –Psalm 18:21
MSG

Activity: Start with a simple task (e.g. having a bowl of cereal). You will have one person write instructions (as detailed as possible) to tell the other player how to perform a certain task. The player performing the task must do EXACTLY what is written in the instructions. You can have materials available for the task or they can use their imaginations. It's up to you!

Discussion questions:

- How did it feel to have to give such detailed information?
- How did it feel to have to follow the directions exactly?
- Why is it so important to be aware of the words we say?
- What comes to mind when you hear the following words?
 - Client ----- Neighbor
 - Unemployed ----- Job-seeking
- What might be the difference in asking someone, “what are your hopes and dreams?” instead of “what do you need?”?
- What does “dignity” mean to you?

Summary: The words we say matter. We all have the power to lift someone up or tear them down. Yes, we speak the truth, but we should do so in love. When we think how we can “be” in service or in community, it's good to reflect on what it means to work on someone's home in rural Appalachia. It can really wear on someone to have to ask for help. It's been said that Appalachia features a culture of “taking care of our own” and “making do.” These traits can be good for survival, they can be strengths, but they can also hinder receiving help. It's important to be mindful of this way of life and to treat others with both dignity and respect.

Prayer: Loving God, help us to think before we speak. Help us to speak words of hope, love and life, not bringing others down but lifting them up. In Jesus' name we pray, Amen.

[lesson three]

Scripture: While Jesus and his disciples were traveling, Jesus entered a village where a woman named Martha welcomed him as a guest. She had a sister named Mary, who sat at the Lord's feet and listened to his message. By contrast, Martha was preoccupied with getting everything ready for their meal. So Martha came to him and said, "Lord, don't you care that my sister has left me to prepare the table all by myself? Tell her to help me." The Lord answered, "Martha, Martha, you are worried and distracted by many things. One thing is necessary. Mary has chosen the better part. It won't be taken away from her."

[Luke 10:38-42 CEB]

Materials: Art supplies, magazines, flip chart or freezer paper

Activity: In small groups, have teams depict the scripture and then describe to the larger group.

Discussion questions:

- Share at least one thing that stands out to you in the scripture.
- How do you think this mission experience at Hinton Center will impact you as a follower of Christ?
- How can you look for ways God is at work during your time at Hinton, recognizing that you too will be impacted, not only those you are helping?

Summary: *This is a good time to reflect together as a group and discuss any lingering thoughts or comments.*

Prayer: Read together this modern version of the Prayer of St. Francis:

Dear God,
Let me bring your peace to other people
Where people have given up, let me bring hope
Where people are in darkness let me bring light
And where there's sadness, let me bring joy.
O God, help me not to put my own needs before those of other people
So that I help more than I am helped
I understand people better than they understand me
And I love more than I am loved.
Amen.

[send-out]

We recommend having a mission trip commissioning the Sunday you leave for Hinton Center.

If you're traveling a distance to get to Hinton, then plan on having it the Sunday before or if you have Wednesday (or another evening service), you could do it then.

Suggestions:

- United Methodist Book of Worship, An Order for Commissioning to Short-Term Christian Service
- www.umcdiscipleship.org
- Hymn: "The Summons" John L. Bell [may be found in Upper Room Worshipbook, 2006 or The Faith We Sing as well as online]
- "A Companion Litany to Our Social Creed" [may be found in The Social Principles of The United Methodist Church 2017-2020]
- Contact us for more information or if you'd like other resource suggestions

[the conversation continues...]

While you're at Hinton Center, we'll provide each camper a devo guide! We'll use them for morning devotions, lunchtime and there are evening devos for individual or group reflections, if you choose.

[...and continues]

You've just returned home from your mission experience. **Now what?** We recommend having a debriefing session or multiple sessions as a group. We can provide you with a short post-experience booklet that can guide you in your discussions. It is our prayer that you take a part of Hinton Center home with you – that you don't return home unchanged, but rather that you can return home and find (new?) ways to walk alongside your neighbors.