



# KURIAKOS

Sylvan Lake Lutheran Bible Camp Association

## What to expect at Kuriakos Family Camps and Getaways

### Free Time Activities

Waterfront  
Swimming, Boating, Sauna

High Ropes  
(Ages 12+)

Archery

Crafts

Slip 'n' Slide

Sports

Climbing Wall

Low Ropes

### Daily Schedule

8:15 am	Breakfast
9:45 am	Worship
10:30 am	Adult Bible Study Kids Quest and Activities
12:00pm	Lunch
1:00 pm	Quiet Time/ Rest Hour
2:00 pm	Free time activities
5:30 pm	Supper
7:00 pm	Family Activities
8:15 pm	Campfire
9:00 pm	Kids activities Adult relaxing

\*Schedule is subject to minor changes

### Family Activities

Wide Games

Canoeing

Talent Show

Passion Play

### Fantastic Meals

Christmas Morning Pajama Breakfast – Tuesday  
Easter Dinner –Thursday Lunch (dress up in Sunday Best, or bunny costumes!)  
Nutritious meals with options that are interesting to kids and adults  
Snacks in the morning and evening



### Meaningful Bible Studies

Daily Worship services will introduce the theme of the day  
Adults will have a daily Bible Study, led by our Guest Speaker  
Kids will have age-appropriate bible studies led by Summer Staff  
Evening campfires will include worship, prayer and devotions



# Welcome to KURIAKOS Family Camp

We're excited to have you join us this summer.

**Here are a few things about our week that we would like to share with you:**

**Start/End (see Getaways Below)** – On Sunday, registration is 3-5pm, with introductions in the Chapel at 5:30pm, and supper at 6pm. On Friday, we will wrap up after lunch at noon. If you will be late, please let us know so we can plan for your arrival. A tour for new (or returning) families will be offered at 5pm from the Bell.

**Family Getaways** – Arrival and move-in will be 3-5pm on Monday and Wednesday, with registration at 5pm. Program will begin with supper at 5:30pm, and end at 3pm on Wednesday and 4:30pm on Friday.

**Check In** – We look forward to spending the week with all of you. When you arrive at camp, staff will direct you to your accommodation. If you have any questions or concerns, please address them with staff in the office. If you have questions about accommodations or would like to make a change, please contact the staff as soon as possible. Accommodation changes are extremely difficult to make at camp, and may not be possible.

**Medical / Waiver form** - Please bring the enclosed medical information/waiver form to the camp office when you arrive. This information must be collected for all campers. If you registered online, you do not need to fill out the medical information, as that was collected through the online process. We do ask that you sign the waiver statement however, and hand it in to camp.

**Payments** – Registration fees must be paid in full 2 weeks prior to camp. Craft and canteen money is not included. Registration payment can be made online, by mail, or by phone. Canteen and craft payments can be made at camp. Payment can be made by debit tap, cash, cheque, Visa or Mastercard.

**Summer Theme** – Our summer theme is **In God's Time**. Through Bible Study, Worship, Activities, and Devotions, we will be discovering the seasons of the Church year, from Advent to Christmas, Lent, Easter, and Pentecost.

**Special Events** – **Several special events are in the works for Family Camps this summer. For theme dinners, costumes are encouraged! On Tuesday, we will celebrate Christmas, while Easter Dinner is on Thursday. Wear your Christmas Pyjamas and Sunday Best, or come as shepherds or wisemen, candles or eggs, bunnies or flowers!**

**Staff** – Our dedicated and caring staff will provide the following activities for children and youth:

- During Quest time in the mornings, the children and youth will be divided into groups according to age. Camp staff will lead activities that include Bible study, games, crafts, etc. appropriate for each group.
- For one hour after campfire each night, the staff will provide supervision for the children and youth appropriate to their ages. Activities offered will change throughout the week, including games, sauna, and sleep outs.

**Cabins, Rooms and RV / Tent Sites** – We will assign accommodations for everyone. When possible, people have been assigned the accommodations requested on their registration forms on a first-registered, first served basis. If there are any special needs to be met, please let us know right away so we may do our best to accommodate you. Towels and bedding are NOT provided in our dormitories and cabins. Also, if you like softer mattresses, you may wish to bring your own foamy to put on top of the mattress we provide.

**Activities** – We have all kinds of activities available for your enjoyment while at Kuriakos. Archery, high and low ropes, challenge course, bouldering and climbing wall, craft room, wood shop, sports of all kinds and more await. At the lakefront; swimming, canoes, kayaks, paddle boats, boogie boards and sailing are available. Do you have a **motor boat**? Talk to camp staff about bringing your boat to camp.

**Quest Topics** - Quest activities for kids 0 -18 will be available during the morning adult bible study. Kids are divided into groups by age range, and counsellors prepare age-appropriate activities for their group. This will include bible study based on the summer theme.

**In Case of Emergency** – All staff are trained in Standard First Aid. There will also be a Medical Officer with access to the Infirmary. Staff can be contacted on radio (there's one on the kitchen counter) or in the office trailers where they live. If the situation is life-threatening, please call 911 then contact staff.

## The KURIAKOS Family Camp COMMANDMENTS

Here are a few requests that we ask of everyone so that we can all enjoy living in community together for a week:

**Meet and Greet** – Don't be shy! Everyone's camping experience is enhanced if you remember that strangers are only friends you haven't met! Each family will be a part of a **Family Group**, which is a great opportunity to get to know other campers.

**Responding to the Bell** – Please respond promptly to the bell. You don't want to miss out on the next activity.

**Camp Conduct** – Parents are responsible for the conduct of their children (and the reciprocal, depending on the family!).

- **Parents are asked to ensure proper supervision of their children during all activities, so that all campers can partake in these events.** Please ensure that your children are in bed at an appropriate time and NOT disturbing other campers.
- As a group, teenagers' parents will help set and enforce an agreed upon bed time. All children and youth are expected to participate in camp programs and activities.

**Noise Pollution** – PLEASE respect others! Especially in and around sleeping areas, it is important to avoid waking sleeping children of all ages! There will be a quiet time for one hour each day, 1-2pm. We ask that campers respect this time and do not disturb others.

**Community Care** – Community living requires that we all share in the work. This allows us to keep costs down and there is no better way to make new friends than to scrub pots together! All campers over age 8 will be expected to participate. Children under 8 may help with their parents' Family Group.

**Kitchen Courtesy** – Please stay out of the kitchen unless you are performing a task. No one is permitted to take "camp food" from the kitchen or walk into the cooler without permission of the kitchen staff. Plenty of food will be provided for you to eat so don't worry!

- If you follow a special diet, please let us know. We will be happy to accommodate you as much as possible. If needed, please bring your own food to supplement what the camp provides.
- Many parents also find it helpful to bring along some extra snacks and breakfast foods for younger kids.

**Meals** – Large groups make for large serving lines. We do our best, but here are some hints:

- a. people on dish duty for the meal, and parents with children 5 years or under may dish up for their children first
- b. staff will call tables to join the serving line when it is appropriate – thanks for waiting your turn
- c. PLEASE don't go back for seconds until everyone has had firsts. Staff will announce when seconds are available.
- d. meals will conclude with announcements and grace. Please stick around for important information.

**Water Use** – Kuriakos uses many water saving devices in our effort to be good stewards of the environment. Camp laundry facilities are not for camper use. Water fights are more fun with lake water or water from the hand pump.

**Smoking** – Smoking is not permitted in any camp buildings. Please use outside decks to smoke and place "smoking garbage" in the provided ash cans.

**Pets** – Camp policy states that pets are not to be on camp property at any time. Please respect this and leave Bingo at home.

**Bare Feet** – We ask that you wear shoes at all times on camp property to avoid injury. Inside, no one is to be in the dining hall or kitchen without footwear.

These commandments are meant to help ensure that everyone has a great Kuriakos week! If you have any suggestions or comments, please share them with the camp staff. We will provide a camp tour on the day that you arrive, so please join us if you are unfamiliar with our facilities, or would like a refresher.

I belong at camp.



**WWW.KURIAKOS.AB.CA**