

ASP Prep Retreat 2019

As the name implies, this is our time to get prepared for this summer's trip. What to bring, what we're going to be doing, where we'll be going, and just why is it important to do *This Sort Of Thing*, anyway?

We will spend the weekend training for this whole ASP thing. We will be doing fun activities like ASP study sessions (What is Appalachia like?), group building (I have to work with them?), construction training (Which end of a hammer do I hit things with?), general planning (What do I have to bring this summer?), and in the process, we will help the camp by doing work so they can open for the summer.

Nobody will participate in ASP this summer who has not been part of the prep retreat or an appropriate make up – this includes both youth and adults.

- We will meet at First UMC at **6:30pm on Friday, May 10**
- Eat dinner before you come
- We will travel by carpool to Camp Aldersgate, in RI, about an hour away. You will need to sign yourself up for a seat down and a seat back. Watch for the carpool sign up in the coming days. Youth are not permitted to drive themselves or other youth down or back. Please plan accordingly.
- We will return to First UMC by 11:00 am on Sunday

We will stay in Aldersgate's Retreat Center and cabins, which (unlike ASP) have bunk beds and real showers. In all other respects, we're going to try to make this weekend as much like the real ASP as possible. After all, that's what we're doing it for!

- In case of emergency (only!) during the weekend, Jonathan's cell phone (508-400-0550)
- Aldersgate's office number is 401-568-4350, and there should be someone checking that during the time we are there.

Here's what you need for the weekend.... (yes, all of it)

Tools:

- √ a hammer (14-16 oz claw hammer, either plastic or wood handle is fine)
- √ a 25' or longer tape measure
- √ pencil(s)
- √ retractable utility knife
- √ a tool belt
- √ other hand tools if you've got them and want to use them

All need to be marked in a way that allows them to be returned to you if we find them laying around at the end of the weekend!

Work clothes: (of limited sentimental value – you may be working with both paint and/or tar!)

- √ long, sturdy pants (i.e. jeans without major holes)
- √ work t-shirt (not tank-top – must have sleeves)
- √ work boots (If you'll be buying them new, start breaking them in now)
- √ a hat or bandana
- √ sturdy work gloves (not garden gloves)

Also Bring:

- sleeping bag or twin sheets & blanket, pillow, toiletries, towel, pajamas, etc.
- a refillable water bottle
- comfortable, appropriate clothes for Saturday night and Sunday morning. Your clothing on the ASP trip **MUST** be ASP appropriate which means shirts with sleeves, long shorts, no tight-fitting clothes like leggings. We'll talk more about this at the retreat, but it's good to get in this habit now.
- singing voice
- a willingness to cheerfully work hard with others, not only during the construction sessions, but during meal preparation, cleanup, training sessions, and anything else we do. Start finding it now, because you're going to need it during the ASP week.

Do NOT bring:

- Weapons, drugs, alcohol or any vaping paraphernalia. These are restricted at all times from all ASP activities.

If you have specific medical or dietary issues that the GLs need to be aware of that you have not already indicated on your medical/release form, please notify us at asp@firstumchurch.com *before* the retreat. If you require special (other than vegetarian) food, make arrangements to bring your own, per our food policy.

That's pretty much it. There are still a few hundred things left to talk about, but we'll cover those at the Prep Retreat and the June group meeting. Get excited! We're going to West Virginia in July!

– Jonathan