

# Harvest of Hope



General Information  
Booklet for Events

*WE'RE DOING SOMETHING  
ABOUT HUNGER!*

## Dear Harvest of Hope Participants:

I am excited that you will be participating in Harvest of Hope this year! I hope that you enjoy this physically, mentally, and spiritually challenging experience.

This packet contains valuable information about preparing for your Harvest of Hope experience. Hopefully, it will answer most of your questions.

In this packet is emergency information for your family. The “Participant’s Form” (liability/medical form) and the “Covenant of Conduct” must be brought to the event. You will not be allowed to participate in Harvest of Hope if you do not have this form completed, signed, and also co-signed by your parent or guardian if you are under 18.

Once your team arrives at Harvest of Hope, you will be encouraged to become part of the larger group. Mixing with the other teams will be an essential part of the experience. We will strive to form one group focused on feeding those who are hungry.

The leaders of your event and I are looking forward to your participation in Harvest of Hope. May you find the experience meaningful and a lot of fun! See you at the Harvest!

Blessings and safe travel, Rachael Lee—Harvest of Hope Director



### What to Expect at Harvest of Hope

**Gleaning:** You will spend the mornings out in the fields gleaning crops that would normally go to waste after a farmer’s harvest.

**Study:** You will also take time to learn about hunger. You'll spend time in small and large groups discussing hunger issues, participating in simulations, watching films, and learning about the realities of hunger in our world.

**Worship:** Each day will begin and end with worship. These informal services will integrate the varied experiences of the event and help us focus on our Christian responsibility toward those in need.

**Meals:** Harvest of Hope is intentional about emphasizing good nutrition and responsible lifestyle. Food preparation varies depending on the camp. Some of our food is prepared by the camp cooks, some by our own volunteer cooks. Churches help us with lunch meals. A hunger awareness meal experience is planned for one of the meals.

**Commitment:** Your time at Harvest of Hope is just the beginning. We hope you'll learn lots of new things that you can take home with you. Harvest of Hope is much more than a mission camp; it's a challenge to us all to respond to Jesus' call.



### Emergency Information

In case of an emergency, here are some good numbers and places to know:

- Rachael Lee, Harvest of Hope Director, can be reached in case of an emergency at (540) 471-3068
- Also, parents and family, if you do not have your group leader’s number, it probably is a good idea to get it. Participants will not always have their phones on them, and cell service at our sites can be spotty.

*To those who have hunger, give bread.  
To those who have bread, give a hunger for justice.  
(Latin American table prayer)*

### **A Sample Daily Schedule**

(Actual schedule may differ -- this is just a sample!)

#### Arrival Night

6:00 - 7:00 p.m.	Participants arrive & register
7:00 - 7:30 p.m.	Group building
7:30 - 9:45 p.m.	Total group session, introduction, and worship
10:30 p.m.	Bedtime

#### Gleaning day(s)

5:30 - 6:00 a.m.	Wake up & get ready to glean!
6:15 - 6:30 a.m.	Worship
6:35 - 7:00 a.m.	Breakfast & kitchen clean up
7:30 a.m.	Leave for the field and GLEAN!!!

12:30 p.m.	Lunch at a local church or in field
2:30 - 5:00 p.m.	Afternoon free time
5:00 - 6:00 p.m.	Small groups
6:00 - 6:45 p.m.	Supper
6:45 - 8:30 p.m.	Total group session
8:45 - 9:30 p.m.	Worship
10:00 p.m.	Bedtime

#### Sunday

7:00 - 7:30 a.m.	Wake up!
7:30 - 8:15 a.m.	Breakfast
8:15 - 9:00 a.m.	Pack and clean up camp
9:00 - 9:20 a.m.	Evaluations
9:20 - 10:00 a.m.	Closing worship
10:00 a.m.	Group picture

*“There’s a hunger beyond food  
that’s expressed in food,  
and that’s why feeding  
is always a kind of miracle”  
Sara Miles*



### Things to Bring

Accommodations at Harvest of Hope vary from modern dorms to rustic cabins. Check the link next to the event for more details on the site, or contact the event organizer with additional questions.

- twin-sized linens or a sleeping bag, pillow
- towels, washcloth, soap, shampoo, deodorant, ...
- flashlight
- bug repellent & sunscreen
- work/gardening gloves
- work clothes - bring clothes you don't mind getting dirty out in the fields.
- bring long pants and light-weight long-sleeved shirts for sun, mosquito, and field protection. Dressing in layers is the best way to deal with weather (hot or cold) while gleaning. (For weeklong events, long pants are also required for agency day!)
- something to hold very dirty clothes, like a trash bag
- comfortable, sturdy work shoes - preferably waterproof. Sneakers are fine. **No open-toed shoes or sandals will be allowed for gleaning.**
- informal clothes for free time and study sessions. Clothing must be appropriate for a Christian community!
- swimsuit in case there is a lake or pool at camp
- rain gear (Yes, we glean in the rain!)
- alarm clock
- reusable water bottle
- Bible
- signed Covenant of Conduct & Participant's Form

### Things to Leave at Home

All valuables and "extras" (i.e. MP3 players, laptops, curling irons, jewelry, dressy clothes, and hairdryers)

Snack food, soft drinks, and gum. The week before the event, cut down on snack foods and soft drinks to "withdraw" from caffeine and sugar that your body may be used to. We will not have soda or junk food at the event.

If you bring a cell phone, it must be left in your cabin and turned on only at free time. Only group leaders' phones may be taken to the fields or agencies.



## Gleaning Rules

When gleaning, you are on another person's land. Treat it better than you treat your own property. We are guests; don't abuse the privilege, or we may lose it.

In the fields, the Field Supervisor is the boss. Follow his/her instructions and directions.

Glean and park only in those areas designated by the Field Supervisor.

Safety is of utmost importance while gleaning. If any activity is of questionable safety, do not do it. Do not climb trees or fences, do not ride on the back of moving trucks, and stay away from farm machinery.

Gleaning can be cancelled at any time if these rules are not being followed.

## Helpful Hints

It is often good to dress in layers. In the mornings, it may be cool and wet, so long shirts and pants may be most comfortable. As it gets warmer, shorts and short sleeve shirts may be better.

Use sunscreen even when it is cold outside.

In corn fields and orchards, long sleeves and pants are needed. Leaves from cornstalks are sharp and can cut the skin. In many orchards, poison ivy and poison oak will be growing.

Gloves and hats should be worn by all gleaners.

Bathroom facilities are unavailable in most gleaning fields, so use them before coming to the farm



## The Sponsor Program

It allows the people of your church and community to support you as you devote your time and energy to fighting hunger.

Participating is simple: Collect sponsors for the hours that you will spend gleaning at the event. Ask your sponsors to pledge an hourly amount for the time you glean and work at agencies during the week. After the event, collect the amount sponsors pledged to you for your work. Then send the contributions to the Society of St. Andrew. The money will help fund SoSA's year-round projects, such as the Potato Project.

At most weeklong events, each participant will spend between 18-25 hours gleaning and working at agencies. The Society of St. Andrew provides food to hungry people at a total cost of about 3¢ a serving. At that rate, if you glean for 20 hours at the event and a sponsor pledges \$5 an hour to you, you will raise \$100—enough to provide 5,000 servings of food—with just one sponsor! (Form is attached at back of this booklet)

We encourage you to multiply the benefit of your team's gleaning efforts by participating in the sponsor program. Since its inception in 1979, SoSA has salvaged over 500 million pounds of produce— billions of servings of food for the poor! Help us keep it up!



## Eating Record

Many people in the world don't have access to an adequate diet. Fortunately, most of us in the United States are blessed with more than enough. Still, a lot of us make poor food choices and don't eat very healthy. For the three days before you go to Harvest of Hope, record what you eat using the spaces below. No one will collect this, so be honest! Don't change your habits in any way. What good/bad food choices do you make?

Day 1

Day 2

Day 3

"But if anyone has enough money to live well and sees a brother or sister in need and refuses to help—how can God's love be in that person? Dear children, let us stop just saying we love each other; let us really show it by our actions."

I John 3:17-18 (*New Living Translation*)

What do you think this Bible verse asks us to do? Does it apply to our responsibility to hungry and poor people?

Event Location: \_\_\_\_\_

Event Date: \_\_\_\_\_

## PARTICIPANT MEDICAL & LIABILITY FORM (REQUIRED)

Name \_\_\_\_\_ Gender \_\_\_\_\_ Birth date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ 2<sup>nd</sup> Phone (Is this work or cell?) \_\_\_\_\_

Church/School \_\_\_\_\_ Email \_\_\_\_\_

### LIABILITY WAIVER

Safety is of paramount importance in this event. For the protection of all involved, this disclaimer is necessary. I do not hold the Board, members, or employee of the Society of St. Andrew (SOSA), nor any volunteer, liable for any injury, bodily harm, accidents or death of myself / my child during events sponsored by the Society of St. Andrew. Neither will I hold the person(s) who owns and / or operates the farm(s) from which we glean, the agencies in which we volunteer, or the places where we stay liable for accidents, injury, or death during the events.

I give my permission for the Society of St. Andrew to use any photo and video in which I appear that are taken at events for news stories and promotional materials including newsletters, reports, websites, conference displays, and other appropriate publicity of the Society of St. Andrew.

Signature \_\_\_\_\_ Signature \_\_\_\_\_  
Participant Date Parent/Guardian if participant is under 18 years of age Date

### MEDICAL INFORMATION

Medical Information on this form will only be used if medical treatment is needed. It will be used for no other purpose. Please print clearly and fill in this form to the best of your knowledge. Attach an extra sheet if necessary.

Any Allergies &/or Special Health Problems or Concerns \_\_\_\_\_

Date of last tetanus shot \_\_\_\_\_

List any history of serious illness (diabetes, asthma, epilepsy, etc.) or recent injuries or hospitalization: \_\_\_\_\_

Medication(s) you currently take? \_\_\_\_\_

Medication you **CANNOT** take \_\_\_\_\_

List any concerns of which group leaders should be aware:

In the event (name) \_\_\_\_\_ suffers any illness or accident requiring emergency hospitalization, medication, or surgery while participating in this event, on the recommendation of the doctor, after consultation with the adults in charge of this event, I hereby give my permission for any medical treatment which may be deemed necessary and reasonable under the circumstances, understanding that the coordinator or other responsible person will contact me at the earliest possible moment. I fully understand and comprehend that reasonable care will be exercised by the adult staff for this event to protect the safety of those involved.

Signature \_\_\_\_\_ Signature \_\_\_\_\_  
Participant Date Parent/Guardian if participant is under 18 years of age Date

Health Insurance \_\_\_\_\_ Policy # \_\_\_\_\_

#### Notify in case of emergency during this event:

Name \_\_\_\_\_ Relationship \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_ Also on HOH? Yes No



## HARVEST OF HOPE COVENANT OF CONDUCT

*A Way of Life For Our Community of Faith in Action*

We want everyone who attends Harvest of Hope to enjoy the experience. These guidelines ensure the safety of all involved. Everyone is expected to abide by this covenant and to hold each other accountable. The following covenant guidelines are designed to keep everyone happy, healthy, and able to enjoy the Harvest of Hope experience.

1. I will keep my conduct within the highest Christian regard and respect for all.
2. I will attend all scheduled sessions and activities on time. This includes arriving on time for registration and not leaving until the end of the last scheduled event.
3. I will respect the privacy of all participants, and I will not visit in rooms of people of the opposite sex.
4. I will not change my room or group assignments without the permission of the Event Coordinator.
5. I will not possess or use alcoholic beverages or any illegal substances (including drugs, fireworks, etc.).
6. I will not smoke or use any tobacco products at Harvest of Hope.
7. **I will not bring or purchase junk food or soft drinks.** Good nutrition is an important part of Harvest of Hope. All of my snacks and meals will be provided.
8. I will not leave the designated retreat center without permission of the Event Coordinator.
9. I will keep all curfews. Rest is required for hard work and concentration.
10. I will respect the unique perspectives expressed by all present, including my own.

In applying to attend Harvest of Hope, I agree to assume responsibility for my personal conduct in keeping with the principles of Christian faith. I also understand that violation of such principles will result in appropriate action by the leadership team. Action may include notification of parents, being sent home early, exclusion from future events, or other appropriate action.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Parent's Day Phone # \_\_\_\_\_ Evening Phone # \_\_\_\_\_