

Camp Saint Raphael



2026 Camper Parent Information

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Beloved Parent/Guardian,

Christ is in our midst!

Over the past 25 years Camp St. Raphael has been blessed to be a home for our young people from across the diocese and country to come together in a safe place to learn about the Faith of our Holy Fathers and Mothers, to participate in the sacraments and to make lasting friendships. In an ever-changing world, our little camp offers a safe haven to remove ourselves from the business of worldly life and to step into the communal life of the Church.

This summer, we look forward to have the joy of welcoming Christ's little ones into our midst. So much fruit has been produced by the ministry of Camp St. Raphael. We have been blessed to see campers become counselors, and counselors become young men and women devoted to serving the Church in so many aspects. We have even witnessed the blessing of those who were campers and staff members now having their own Christ-centered families who send their children to experience that which brought them together - CHRIST.

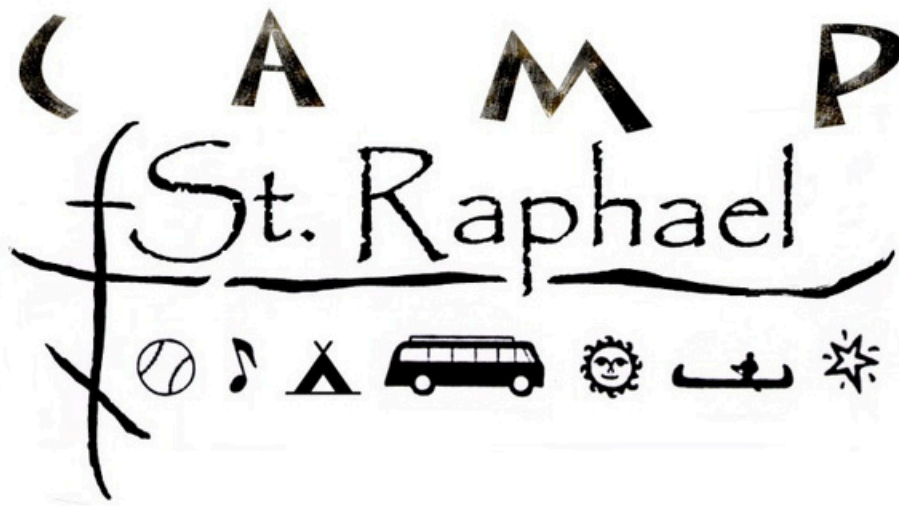
As we prepare for our 2026 Camping Season, we are delighted that you have an interest in sending your precious ones into our care. We are excited to welcome them and strive to serve them, being guided by Christ the Good Shepherd.

The following pages contain information to prepare your child (and you!) for his/her stay at Camp St. Raphael. We take the safety and well-being of your child as our first priority, and therefore we ask and expect that you will read each section carefully so that you can properly prepare your camper for this wonderful experience.

Your servant in Christ,

Fr. James Shadid
Camp Director





The mission of Camp St. Raphael is to present to young people a living experience of the Holy Orthodox Christian Faith, in their relationship with God and other campers and staff in an uncluttered, natural environment. To accomplish this we will seek to bring young people to:

- Awareness of self and fellow man
- A broadening of their Orthodox Christian life
- A greater awareness of their faith and its teachings
- Good sportsmanship
- Growth in personal relationships and personal responsibility
- An appreciation of nature and a concern for God's creation

Camp St. Raphael Non-Discrimination Statement & Policy

Camp St Raphael follows the 2,000 year old teaching of the Orthodox Christian Church that man was created in God's Image. He created all humans in His image and His likeness (Genesis 1:26-27) In Christianity we are united as one body, and as humans, one race. We therefore value all human life and find thoughts and acts of racism, prejudice, and any discrimination unacceptable. Our camp promotes and accepts the diversity of the Kingdom of God, and models the teachings of Jesus Christ; rooted in love and respect for our fellow man.

Preparing Your Camper for Camp Life

The camp experience is like other important experiences in life: the better one is prepared, the more one gets out of the experience. This section covers all of the key areas that require attention before your camper leaves home. One of the first things to do, especially with new campers (but returning campers need reminders, too!), is to talk with your camper(s) about what they can expect. Below are a few sections of things you should review with your campers to help in their transition to camp life.

A Typical Day at Camp

Each session is filled with activities to allow young people to experience a holistic, Orthodox Christian lifestyle. Campers experience an average day with wake-up at 7 AM, breakfast at 8 AM, followed by Orthros at 9 AM. Divided into groups of two or three cabins, the morning program consists of two one-hour sessions, filled with Christian Education classes and other activities to enhance the educational program. Campers have a 45-minute break before lunch to change into afternoon attire.

Lunch is to refuel for an afternoon of sports and fun. All campers attend 3 one-hour afternoon periods where they choose from Arts and Crafts, swimming, soccer, volleyball, basketball, canoeing, and “bumping,” just to name a few. The campers get a snack at 3:30 before the third afternoon period begins.

5:00 PM offers a rest and needed quiet or social time within the cabin. Evening commences with dinner at 6 PM. Songs and playful chants are often heard at mealtimes and create an atmosphere of love and fellowship. Following dinner is Vespers at 7:00 PM.

Each evening, after Vespers, all campers come together to be entertained and participate in a wide variety of programs such as serenade night, theme nights, dances, and much more. The theme nights will be explained on the packing list in this booklet so you can prepare accordingly.

Following evening program, cabin time allows for unwinding and answering questions for individual cabins. Contemporary moral issues may be addressed in older cabins, while younger units get much needed rest.

Just about everything about life at camp is different than life at home. Preparing your camper with as much information as possible will be helpful to their adjustment. While giving them a positive preview of their coming experience, let them know that life will be different, and that you want them to gain many new experiences while away. Some of the areas to prepare them for would include the following:

Living Arrangements

A cabin consists of six or seven fellow campers and their counselor. Living quarters are joined by restroom facilities which are shared with another set of campers and their counselor. Each cabin has 5 sets of bunk beds and a bathroom equipped with 2 showers, 2 toilets, and 2 sinks. Campers are grouped according to age and gender. One of the best aspects of the camp experience is learning to adjust to group living, making new friends and getting along as part of a team.

Meals

Breakfast, lunch, and dinner are eaten together as a community in our dining hall. Rest assured, our menu is both nutritious and attempts to meet the variety of tastes of the kids. Many items will be to your child's liking, some items served may be things your child may never have tried before, while other items may be things they dislike. Help your camper by relaying your expectation that they will try new things and eat what is served. If for medical reasons there are dietary restrictions for your child, please make sure the FARE Allergy and Anaphylaxis Emergency Care Plan form is signed by the doctor. We take physician confirmed allergies very seriously, so the more information we have the better we can serve your child. If their medical dietary needs fall outside of our meals, you will be asked to send prepared food (frozen or shelf stable) with your child to camp.

Fasting

As an Orthodox Christian camp, we adhere to the tenets of the faith. Therefore, on prescribed days, we follow the fast of the Church in a very simple and humble attempt. Our fasting practice at Camp St. Raphael is to refrain from meats on fasting days. While we recognize that families follow different fasting practices, here at CSR we feel this is a reasonable expectation of all campers and staff to aid in our spiritual growth. We encourage you to speak with your children about fasting while they are at camp.

Camp Activities

Life at camp takes full advantage of our outdoor setting. Activities include field sports, climbing wall, swimming, canoeing, and boating. Rainy days are a possibility, so rain gear is a must.

Conduct

All campers are expected to act in ways appropriate to an Orthodox Christian setting. While all disciplinary action will be taken to attempt resolution on site, the Camp Director reserves the right to dismiss campers for gross violations of camp rules. Parents will be responsible for arranging and covering costs for their child's early departure.

Independence

Last but not least, one of the major adjustments campers experience is being independent from parents, with typically no contact during the camping session. This can be one of the most positive experiences they can have at camp, and one which can be invaluable in the process of growing up. Be aware that you may need to prepare for this as much—if not more—than your camper!

Arrangements Parents Need to Make Before Camp

Fees

Balance of all payments is due by May 31, or the camper's spot may be moved to the waitlist for the session in which they were previously enrolled. Special payment arrangements can be made by writing the Executive Director, but such requests must be received before the May 31 deadline. All balances will be billed to the camper's parents, regardless of any parish subsidies, so parents are encouraged to ensure that all parish subsidies are paid before the May 31 deadline to avoid losing their camper's spot in the session. Go to www.campstaphael.org/register to log in to your UltraCamp account. **Late Fee – anything received after May 31 will be assessed a \$25 late fee.**

Cancellation and Refund Policy

We appreciate prompt notification in the event of cancellation. Cancellations before May 31 will receive a full refund less the deposit. After May 31, refunds of tuition payments may be requested in writing and will only be granted if a replacement for the open spot is found, except in cases of family emergency (not family choice). The deposit is non-refundable and non-transferable.

Health Care

The Health History and Medical Examination form will be emailed with the acceptance notice and must be filled out in its entirety by you and the camper's doctor, and returned to our office no later than May 31. The Medical Staff reviews all medical forms in advance. Forms are to be uploaded through your Ultracamp parent portal. There will be a \$25.00 fee for any forms received after the deadline. If your child has any medical issues or conditions requiring special accommodations at camp, please contact the Executive Director as soon as possible. Please do not allow embarrassment to prevent us from providing adequate care for your child in your absence. The form is confidential, and the information is only available to the Executive Director, Camp Director, the Health Staff, and any trip leaders. A Registered Nurse or Physician is in residence during the camping season to take care of any health care needs. Upon your camper's arrival, he/she will meet with the Medical Staff or Executive Director to review any medical concerns. **All medication (prescription and over the counter) will be collected upon arrival at camp, so please pack them in an accessible location. Prescription and nonprescription medication must be brought in the original prescription container with the original pharmacy label.**

Health Insurance

All campers should be covered by their family policy. While Camp St. Raphael will act as guarantor, any costs incurred by the Camp in providing required treatment for doctor's appointments, prescriptions, etc., will be billed to the camper's parents or guardian.

Travel Information

All travel information must be received by May 31.

Packing for Camp

Snacks and Care Packages

No snacks need be sent with the campers or mailed to camp as they will be entitled to three large meals plus two snacks per day. The cost of these snacks is included in the camper fee. Here at camp, packages with food or candy are simply an invitation for rodents and ants to come to a scrumptious dinner. Treats from home also often lead to stomach aches and improper nutrition, and complicate relationships between campers with treats and those without.

What to Wear

Enjoying everything camp has to offer begins with packing the proper attire. Our program contains a variety of experiences, and we want you to be ready for them all! We will often be sitting on the floor, walking long distances, and participating in athletic activities. This packing guide should provide the details you need to prepare for an incredible time at camp!

Bottoms:

- Camp is meant for running, jumping, climbing, etc, so be sure your shorts fit those activities
- Be mindful of the length and fit
- Spandex/biker shorts are not permissible
- Sagging pants, exposed underwear and see-through pants are not permissible

Shirts:

- Shirts should meet your waistline and cover your chest. Your midriff should be covered while arms are raised, allowing you to participate in athletic activities.
- Active wear shirts and tank tops with thicker straps are great for afternoon program
- Low cut arm holes and spaghetti strap tanks are not permissible

Lake & Swim Attire

- **Note: We do not have a pool at Cross Point, we use the lake for all water activities. Plan accordingly if water shoes need/want to be packed**
- Guys: swim trunks that fit well at the waist (be mindful of length and fit)
 - Speedos are not permissible
- Girls: one-piece swimsuits, tankinis, modest two-piece swimsuits, or swim shorts and a shirt
 - Bikinis and revealing cutouts are not permissible
 - No string ties

Because we are very active during camp, stud earrings may be more practical than dangling earrings. Ear piercings are permissible, but we ask that facial and other body piercings be removed at camp to avoid potential injuries.

Because of our outdoor setting with uneven terrain, tree roots, etc, backless shoes (flip-flops, etc.) and open-toed shoes **ARE NOT PERMITTED** at camp - except for shower shoes! Athletic shoes must be worn while playing sports during Afternoon Program. Heels are not safe on camp terrain and should not be packed or worn at camp. Rain is a frequent occurrence, so proper rain gear is required so that programs can continue in spite of light rain. Dress for daily church services is casual with Christian modesty as the guide. For Divine Liturgy, celebrated once each session, boys are expected to wear a dress shirt and slacks; girls should wear a dress or skirt and blouse, with skirt length near the knee or lower. **Everyone must cover their shoulders in church.** We do not recommend bringing expensive or name-brand clothing or other expensive items to camp. Each article of clothing and all gear, must be clearly labeled for identification. Please write your name or initials on all belongings. Cabin storage space is limited, so each camper should bring no more than two pieces of luggage: one suitcase/duffle bag, and one carryon size, small bag, or backpack. All items left behind will be given to local charities. 8

Camper Packing Checklist:

- Change of clothes for at least 7 days (we sweat a lot)
 - Shorts
 - Shirts
 - Sweatshirt/sweater in case we get colder weather
 - Socks
 - Underwear
 - Swimsuit/lake attire
- Nice outfit for Divine Liturgy
- Sturdy athletic shoes—close-toed only
- Sleeping bags/sheets, blanket, and pillow
- Towels/washcloths
- Lightweight poncho or other rain gear
- Sunscreen, beach towel, goggles
- Toiletries: comb/brush, toothbrush, toothpaste, soap, shampoo, deodorant, chapstick, feminine products, lotion, non-aerosol insect repellent
- Necessary medication
- Laundry bag
- Flashlight, sunglasses, and hat
- **Evening Program Themes:**
- **Monday:** Heroes Night - Dress as your childhood or current hero!
- **Tuesday:** Artemis II Night - Dress to impress for an outer space themed neon dance party.
- **Wednesday:** Color Wars - Pack a blue or pink shirt to be ready to compete for either team!
- **Thursday:** CSR Presents - Create hilarious 90-second skits with your cabinmates.
- **Friday:** World Cup Night - Represent your favorite country's team!

LEAVE AT HOME:

- Food
- All electronics (any electronics brought will be kept with the Camp Director on check-in day and will be returned the night before for packing purposes)
- Jewelry and other valuables, including sports equipment
- All alcohol and tobacco products
- Apparel with inappropriate words and slogans
- Dangerous implements (knives, axes, guns, fireworks, etc...)
- Any illegal substances (campers found with any will be sent home immediately)
- Pets
- Aerosol products (hairspray, spray deodorant, insect repellent, etc...)
- Money - everything available at camp is included in your camper fee. If money is needed for bus rides to and from camp, plan accordingly with a chaperone or youth director

During the Camping Session

Contact with your Child

The active camp schedule prevents regular contact with your camper. The chaperone of the buses will be responsible for contacting the parents upon arrival. Receiving or placing phone calls during the session disrupts the program and often makes homesickness worse, so we do not allow them except, as stated, for emergency circumstances. Therefore, you will probably not hear from the camp or your camper. No news is good news! If your camper suffers serious injury or illness, you will be promptly notified. These would include any issue requiring off-camp health services, or an illness in which a fever lasts for more than 24 hours. Should an emergency requiring communication with your child arise, please call the Camp Office at 405-277-0099 or 580-564-2505, and ask for Father James, Chris Al-Dehneh, or Erin Ghata.

Getting to and from Camp

Arrival

Campers may begin arriving at CSR on Sunday at 1:00 p.m. If you arrive prior to that, please plan on staying with your camper. The staff will be finishing last minute preparations. Check in is from 1:00 p.m. – 5:00 p.m. If for some reason you can not arrive during this time please contact us A CSR Staff member will greet you as your car arrives at the camp. Please stay with your camper and the vehicle until a Staff member greets you, at which time the camper's luggage and belongings need to be unloaded. Please make sure your camper has his/her medicine in their hands to give at check in. Proceed into the check-in area where you will sign your camper(s) in. After they have proceeded through check-in, you may escort them to their cabins if you wish. No vehicles can drive through the camp grounds.

Departure

Camp ends on Saturday. Please plan on picking up your campers between 8:00 AM and 10:00 AM. Please make every effort to arrive on time for pickup—it helps your camper end their week on a positive note. A CSR Staff member will direct you where to park your vehicle; please proceed with caution. Once you have parked, you will be directed to the checkout station where you will sign out your camper and be reunited. Since we lease space at Cross Point Camp, please check for your campers belongings (suitcase, sleeping bag, and pillow). When our staff leaves, everything stays and becomes property of Cross Point Camp.

Driving Directions

Camp St. Raphael leases space from Cross Point Camp. The physical address is 7310 Rock Creek Rd., Kingston, OK 73439. Google Maps is a great resource for getting directions from your location. If you get lost, please call the camp at 580-564-2505.

Arrival & Departure Times:

- **Arrival Day - Sunday from 1pm - 5pm**
- **Departure Day - Saturday from 8am - 10 am**



Camp St. Raphael Camper Policy for Online Social Networking and Blogging Websites

In general, Camp St. Raphael views social networking sites (e.g., Instagram, Snapchat, TikTok etc.), personal websites, and blogs positively and respects the right of campers to use them as a medium of self-expression. If a camper chooses to identify himself or herself as a camper at Camp St. Raphael on such internet venues, some readers of such websites or blogs may view the camper as a representative or spokesperson of Camp St. Raphael. In light of this possibility, Camp St. Raphael requires, as a condition of participation in the camp, that campers observe the following guidelines when referring to Camp St. Raphael, its programs or activities, and/or its campers/staff, on the internet:

1. Campers must be respectful in all communications (text and photos) and blogs related to or referencing the camp, its staff, and other campers. Any photos or messages that are linked or “tagged” from “friends” and attached to your site(s) or profile(s) that are inappropriate should also be removed.
2. Campers must not use obscenities, profanity, or vulgar language.
3. Campers must not use blogs or personal Web sites to disparage Camp St. Raphael, other campers, or staff of Camp St. Raphael.
4. Campers must not use blogs or personal Web sites to harass, bully, or intimidate other campers or staff of the Camp St. Raphael. Behaviors that constitute harassment and bullying include, but are not limited to, comments that are derogatory with respect to race, religion, gender, sexual orientation, color, or disability; sexually suggestive, humiliating, or demeaning comments; and threats to stalk, haze, or physically injure another person.
5. Campers must not use these venues to discuss engaging in conduct prohibited by camp policies and an Orthodox Christian lifestyle, including, but not limited to, the use of alcohol and drugs, sexual behavior, sexual harassment, and bullying.

Any camper found to be in violation of any portion of this policy will be subject to immediate disciplinary action, up to and including dismissal at the discretion of the Camp Director.