

Y O U N G W O M E N

CAMP



A Guide for Priesthood
and Young Women Leaders

“Let the mountains shout for joy, and all ye valleys cry aloud; and all ye seas and dry lands tell the wonders of your Eternal King! And ye rivers, and brooks, and rills, flow down with gladness. Let the woods and all the trees of the field praise the Lord; and ye solid rocks weep for joy! And let the sun, moon, and the morning stars sing together. . . . And let the eternal creations declare his name forever and ever!” (D&C 128:23).



Introduction

This guide is a spiritual supplement to the *Young Women Camp Manual* and will help establish the vision for camp for young women of The Church of Jesus Christ of Latter-day Saints. Using this guide will assist priesthood leaders and Young Women presidencies as they plan and organize camp. The *Young Women Camp Manual* should be used as a resource for instruction on certification, skills, activities, and music at camp.



What Is Camp?

Camp is an outdoor experience for young women ages 12–18 where they will have opportunities to:

- Draw closer to Heavenly Father and His Son, Jesus Christ.
- Feel the influence of the Spirit.
- Serve others.
- Build friendships and unity.
- Learn skills.
- Appreciate God’s creations.
- Have fun!

Camp is essential to the Young Women program. Camp is significant in strengthening young women’s testimonies and is an experience to build upon all year. Camp is challenging, but it is worth it!



Where Is Camp?

Camp should be:

- A safe place set apart from the world—in nature, if possible. This may or may not be Church-owned property.
- A place where young women can feel the Spirit. (See Moses 1:1–25.)



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When Is Camp?

Camp may be held any time of year, depending on area, climate, and the type of camping desired.



Why Do We Have Camp?

Camp is an opportunity for young women to practice patterns of gospel living away from worldly influences and the challenges they may face in their daily lives. Everything we do at camp should help young women come unto Christ by:

- Confirming their **identity** as daughters of God.
- Recognizing and cultivating the **Spirit**.
- Keeping baptismal **covenants**.
- **Preparing** for their future roles.



How Do Young Women Leaders Begin Planning?

I PREPARE SPIRITUALLY

Your own spiritual preparation will be a key to success as you plan how to strengthen each young woman at camp.

Begin with these steps:

- **Pray** to know what the Lord would have you do.
- **Study** scriptures and handbooks.
- **Counsel** together and seek counsel from priesthood leaders.
- **Recommend** additional people to help, if needed.



2 COUNSEL WITH PRIESTHOOD LEADERS

Ward and stake priesthood leaders have the primary responsibility for young women. Young Women leaders should receive guidance from priesthood leaders about:

- Purpose, goals, location, and schedule of camp.
- Budget guidelines.
- Safety and security.

Your priesthood leaders can also assist by:

- Approving plans.
- Calling others to help.
- Planning priesthood attendance and visits at camp.



3 PLAN WITH A PURPOSE

DETERMINE YOUR PURPOSE FOR CAMP

Ask:

- What does Heavenly Father want to have happen in the lives of our young women as a result of camp?
- Will the experience at camp increase faith in and testimony of Jesus Christ and provide opportunities to follow the living prophets?
- Will the experience meet the needs of young women and help build relationships of trust and love?
- Will the experience help young women strengthen their own families?



CHOOSE A CAMP THEME

A theme provides a focus for camp. A theme may be:

- A scripture
- A statement from a prophet
- A hymn
- The Young Women theme or the current Mutual theme



PLAN CAMP

With your purpose and theme in mind, plan experiences and activities that will help young women learn and have fun.

Ask:

- What do young women like to do?
- What do they need to learn?
- What can they learn at camp that they may not learn in another setting?

Include a variety of experiences, such as:

- Learning from the scriptures
- Serving others
- Developing self-reliance skills
- Sharing music
- Experiencing quiet time for reflection
- Developing talents
- Participating in sports and games
- Improving fitness (hiking, swimming, and so forth)
- Strengthening and sharing testimonies



INCLUDE CERTIFICATION

The *Young Women Camp Manual* provides instruction for certification.

- Camp certification will help young women gain confidence, learn to work together, and prepare for their future roles as wives, mothers, homemakers, and leaders in the Church.
- Certification can be conducted at camp and as part of Mutual activities before camp.
- Certification provides opportunities for older young women to serve as youth camp leaders.



A Day at Camp

A day at camp might include:

1. Traveling to camp or waking up at camp
2. Breakfast and cleanup
3. Morning devotional (scripture, prayer, music, announcements, and assignments)
4. Certification activities
5. Mealtime and cleanup
6. Quiet personal time (scriptures, meditation, journals, and prayers)
7. Other activities and fun
8. Mealtime and cleanup
9. Cleanup of camp
10. Evening devotional (talents, talks, testimonies, music, and prayer)
11. Evening prayers
12. Bedtime
13. Brief evaluation of the day by leaders

Use Youth Camp Leaders

Young women who are ages 16 and 17 may serve as youth camp leaders. Their responsibilities should be meaningful and appropriate for their experience, skills, and training. Serving others will help them build leadership skills and strengthen their testimonies. Youth camp leaders should:

- Receive leadership training prior to camp.
- Provide a positive example for younger girls.
- Serve as teachers and trainers at camp.
- Help include everyone.
- Help evaluate camp.

The *Young Women Camp Manual* contains ideas for youth camp leader assignments and responsibilities.



Include Parents

- Share information with parents.
- Receive medical information and permission for young women to participate in camp.
- Invite parents to support or help.



Safety

To minimize challenges:

- Follow Church policies and standards regarding travel, chaperones, supervision, insurance, safety, and budget (see *Church Handbook of Instructions, Book 2: Priesthood and Auxiliary Leaders*).
- Obey laws.
- Use good judgment in medical and safety practices.
- Know where to get help in an emergency.



Evaluate Camp

When camp is over, ask:

- In what ways did Heavenly Father bless us?
- In what ways did the experience at camp increase faith in Jesus Christ and build testimonies of the restored gospel?
- Where and when do you think the young women felt the Spirit at camp?
- Which purposes did we accomplish at camp?
- What has happened in the lives of our young women as a result of camp?
- How well did they learn skills?

Build upon the successes. For future planning, ask:

- How can we help our young women continue to feel the influence of the Spirit?
- How can future Young Women classes and activities build upon our successes at camp?
- How can we help our young women express gratitude for camp?
- How can we improve camp next year?

When young women return home from participating in camp, they can have an improved understanding of their identity and of their relationship with Heavenly Father—an understanding similar to Moses’s after his experience on the mountaintop (see Moses 1:1–25).

This understanding will lead young women to:

- Continue to seek the companionship of the Holy Ghost: “For his Spirit hath not altogether withdrawn from me” (Moses 1:15).
- Resist temptation and make righteous choices: “I can judge between thee [Satan] and God” (v. 15).
- Pray: “I will not cease to call upon God” (v. 18).
- Be worthy of the direction and companionship of the Holy Ghost: “Being filled with the Holy Ghost” (v. 24).
- Rely on the Savior’s strengthening power: “Thou shalt be made stronger” (v. 25).



THE CHURCH OF
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