



CAMPER HANDBOOK

SAINT VARTAN CAMP

Ararat Youth and Conference Center
6944 State Route 32 - Greenville, NY 12083

DIOCESE OF THE ARMENIAN CHURCH OF AMERICA (EASTERN)
630 Second Avenue - New York, NY 10016

2024

Summer Camp Bingo

Use this space to keep track of all the fun memories you can create at camp this summer! Mark them off with your friends as you go!

SING SONGS ON YOUR WAY TO AN ACTIVITY	TAKE A COUNSELOR GROUP WALK AFTER DINNER	MEMORIZE THE WORDS TO JASHAGESTZOOK	WORK ON A LARGE PUZZLE	EAT A S'MORE AT THE CAMPFIRE
ASK A QUESTION DURING ONE OF YOUR CLASSES	PERFORM AT THE TALENT SHOW	LEARN TO WRITE YOUR NAME IN ARMENIAN	AS A COUNSELOR GROUP READ "I CONFESS WITH FAITH" BEFORE BED	TIE DYE A T-SHIRT
HAVE A DANCE PARTY IN THE DORMS	WRITE A PRAYER OF GRATITUDE		INTERVIEW YOUR COUNSELORS AND CITS	WRITE A LETTER HOME TO YOUR FAMILY
TRY A NEW FOOD YOU'VE NEVER EATEN BEFORE	LEARN TEN NEW ARMENIAN WORDS	MAKE A FRIENDSHIP BRACELET	TRY SINGING HYMNS DURING BADARAK	SIT NEXT TO SOMEONE NEW AT A MEAL AND GET TO KNOW THEM
LEARN AN ARMENIAN DANCE	COME UP WITH A MEAL CHANT	VISIT THE CANTEEN	PLAY CAPTURE THE FLAG AT SUNSET	LEARN HOW TO PLAY TAVLOO

Map of Facility





DAILY SCHEDULE

*Please note: Junior and Teen sports/swim
and class schedule alternate each week.
This is a sample daily schedule;
it is subject to change.*

7:45 AM	Reveille
8:00 - 8:45 AM	Breakfast
8:50 - 9:05 AM	Flagpole / Meal Crew
9:10 - 9:30 AM	Chapel - Matins
9:30 - 10:00 AM	Clean-Up
10:00 - 10:40 AM	Class One
10:45 - 11:25 AM	Class Two
11:30 AM - 12:10 PM	Class Three
12:15 PM	Back-to-dorms
12:30 - 1:30 PM	Lunch
1:30 - 2:00 PM	Group Time / Canteen
2:15 - 3:15 PM	Sports
3:30 - 4:30 PM	Swim
4:30 PM	Back-to-dorms
4:30 - 5:40 PM	Group Time
5:45 - 6:45 PM	Dinner
6:45 - 7:30 PM	Free Time
7:30 - 9:00 PM	Evening Program
9:05 - 9:20 PM	Chapel - Vespers
9:30 PM	In Dorms (Juniors)
10:00 PM	Lights Out (Juniors)
9:20 - 10:20 PM	Free Time (Teens)
10:30 PM	In Dorms (Teens)
11:00 PM	Lights Out (Teens)



Code of Conduct

ALL CAMPERS, CITs, STAFF, AND PARENTS/GUARDIANS ARE REQUIRED TO READ THE CODE OF CONDUCT, ACKNOWLEDGING THEIR RESPONSIBILITY.

In order to coexist within a camp environment, it is necessary to recognize and follow certain behaviors and conduct that must be established and agreed upon for the benefit of all. In the end, each of us is responsible for his or her own behavior, but, in order to ensure a fair and fulfilling experience for all participants, the following are to be accepted and agreed to:

In order to coexist within a camp environment, it is necessary to recognize and follow certain behaviors and conduct that must be established and agreed upon for the benefit of all. In the end, each of us is responsible for his or her own behavior, but, in order to ensure a fair and fulfilling experience for all participants, the following are to be accepted and agreed to:

I WILL:

- Recognize that the Camp family is first and foremost a Christian community, and I will commit to treating all campers, CITs, Staff, and visitors with the utmost respect, just as I would want to be treated.
- Follow the daily schedule, be on time, and participate in all activities with enthusiasm and good sportsmanship.
- Remain under the supervision and instruction of Staff and CITs at all times, and I will follow the camp rules.
- Turn in my cell phone at registration and only use it during designated phone times.
- Practice sun safety by wearing adequate sunscreen, protective clothing, including a hat and sunglasses, stay hydrated, and seek shade during the hottest/sunniest times of the day.
- Dress properly and modestly for all activities, and maintain good hygiene by regularly showering, brushing my teeth, and changing my clothes.
- Help maintain the cleanliness of the camp facility and surrounding environment by picking up after myself, throwing trash away, and putting supplies away after I use them.
- Talk to my counselor, head counselor, or Camp Director if I feel unsafe or unhappy.
- Be a positive role model for my peers and campers through my words and actions.
- Make the most of my time at camp by making friends, creating great memories, and enjoying my camp experience!

... continued on next page

Code of Conduct

I WILL NOT:

- Initiate, participate in, or tolerate fighting, taunting, hazing, bullying, or sexual misconduct, against any camper, CIT, or Staff.
- Deliberately hurt anybody's feelings, which may include pulling pranks on others that would cause someone to feel offended or unsafe.
- Initiate or engage in romantic relationships while at camp. I understand camp is committed to creating a safe space for all participants, and any activities of a sexual nature are not permitted on campus.
- Be in my dorm/cabin unattended, be in the dorm/cabin of the opposite sex, or leave my dorm/cabin after curfew.
- Trespass, steal, vandalize, graffiti, misuse, or abuse someone's property or the camp facility, and understand that I and my family may be held financially liable for the repair or replacement.
- Bring any food or liquids other than water into the dorms/cabins.
- Transport, sell, purchase, or consume alcohol, tobacco, marijuana, illegal drugs, or paraphernalia of any kind while participating in the camp season. This includes, but is not limited to, cigarettes, e-cigarettes, cigars, snuff, chewing tobacco, vaporizers, hookahs, pipes, bong, vials, rolling papers, and shot glasses, etc. I understand that having any of these items with me during camp is cause for immediate dismissal due to the camp's zero tolerance policy on drugs and alcohol.
- Use foul or abusive language, including words of a sexually explicit or violent nature.
- Bring weapons of any kind, firecrackers, or inappropriate audio/video recordings to camp.
- Leave the camp grounds without first obtaining written permission from a parent/guardian and approval from the Camp Director.

I understand that if I am having trouble following this Code of Conduct, the following could happen:

- I may have a meeting with my counselor, head counselor, camp administrator, or camp director.
- The camp leadership may call my parents to discuss my behavior.
- I may receive a suitable consequence as determined by the camp leadership.
- If my behavior is hurtful to myself or others, I may have to go home early.

Please note: All discipline will be evaluated on an individual basis and dealt with quickly and firmly. There is no intent to be harsh or unreasonable, however, any serious misconduct, such as a violation involving alcohol, tobacco, drugs, or sexual misconduct, will result in the affected participant(s) being required to leave the camp. The family of the participant(s) will be expected to promptly come and remove the participant(s) from camp. There will be no refunds for campers or CITs who are asked to leave camp for disciplinary reasons. Depending on the nature of the violation, the camp may be required to contact the local authorities.

PRAYERS OF THE

Armenian Church

HAYR MER | OUR FATHER

*Hayr mer, vor her-geens yes,
soorp ye-ghee-tzee a-noon ko.
Ye-ges-tze ar-ka-yoo-tyoon ko,
ye-ghee-tzeen gamk ko,
vor-bes her-geens yev her-gree.
Uz-hatz mer ha-na-ba-zort,
door mez ays-or.
Yev togh mez uz-bar-dees mer,
vor-bes yev mek to-ghoomk me-rotz
bar-da-ba-natz.
Yev mee da-neer uz-mez
ee por-tzoo-tyoon
ayl pur-gya uz-mez ee cha-reh.
Zee ko eh ar-ka-yoo-tyoon,
yev zo-roo-tyoon
yev parrk ha-veed-yans. Amen.*

Our Father, who art in heaven,
hallowed be thy name.
Thy Kingdom come, Thy will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses
as we forgive those who trespass
against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power and the glory,
forever and ever. Amen.

DER EEM ASDVADZ | AT BED TIME

*Der eem Asd-vadz, der pa-re-rar
Too bah-ba-neh zees ays kee-sher
Door ho-rus yev mo-rus gyank yer-gar
Yev yer-cha-neeg han-keesd o-rer.
Koo soorp hresh-da-gut mer mo-den
Chee he-rra-na a-me-ne-veen
Ayl ba-heh meeshd por-tzank-ne-reh
Ar-tun-tzu-neh zu-var-ta-keen. Amen.*

Lord my God, good Lord,
keep me safe this night.
Give my parents a long life
and happy, peaceful days.
Keep your holy angel nearby,
let him never leave me.
And keep me from wrongdoings.
Awaken me with happiness
in my heart. Amen.

JASHAGESTZOOK | BEFORE MEALS

*Ja-sha-ges-tzook kha-gha-ghoo-tyamp
uz-ge-ra-goors vor bar-kev-yal eh mez ee
Dyarr-neh. Orh-nyal eh Der ee bar-ke-
vus-yoor. Amen.*

Let us in peace eat this meal that has
been provided by our Lord. Blessed is the
Lord in all his gifts. Amen

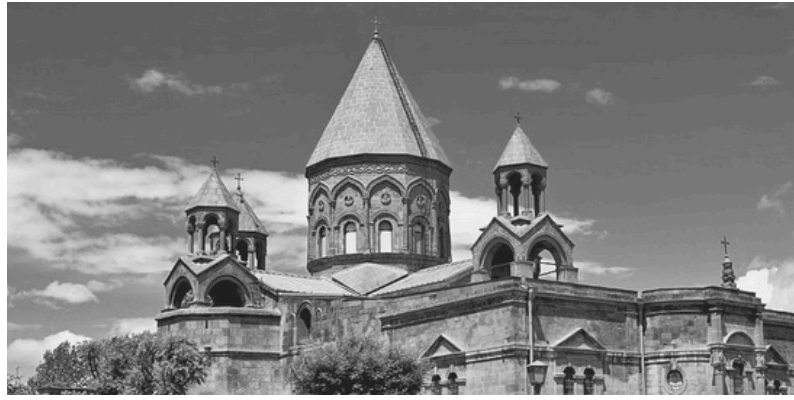
UZLIOOTIUN | AFTER MEALS

*Uz-li-oo-tiun ee ve-ra se-gha-nooys an-
had yev an-nu-vaz a-ra stzeh Kris-dos
Asd-vadz mer. Voruz-mez ge-ra-gri-atz
yev li-a-tzooytz, nu-ma park, ha-vi-dians.
Amen.*

May the abundance of this table be made
endless and inexhaustible through Christ
our God. To him who nourished and filled
us, glory, forever. Amen

Hayr Mer / Հայր մեր

Հայր մեր որ յերկինս ես,
սուրբ եղիցի անուն քո:
Եկեսցէ արքայութիւն քո:
Եղիցին կամք քո
որպէս յերկինս եւ յերկրի:
Զհաց մեր հանապազորդ
տուր մեզ այսօր:
Եւ թող մեզ զպարտիս մեր,
որպէս և մեք թողումք
մերոց պարտապանաց:
Եւ մի տանիր զմեզ ի փորձութիւն:
այլ փրկեա զմեզ ի չարէ:
Զի քո է արքայութիւն
եւ զօրութիւն եւ փառք
յաւիտեանս
Ամէն:



Հայ Եկեղեցւոյ ԱՂՕԹՔՆԵՐ

Mer Hayrenik / Մեր Հայրենիք

Մեր Հայրենիք, ազատ անկախ,
Որ ապրել է դարե դար
Յուր որդիքը արդ կանչում են
Ազատ, անկախ Հայաստան:

Ամենայն տեղ մահը մի է
Մարդ մի անգամ պիտ մեռնի,
Բայց երանի՛ որ յուր ազգի
Ազատության կզոհվի:

Jashagetzook / Ճաշակեսցուք

Ճաշակեսցուք խաղաղութեամբ
զկերակուրս,
որ պարգեւեալ է մեզ ի Տեառնէ:
Օրհնեալ է Տէր ի պարգեւս իւր:
Ամէն:

Uzliootiun / Զլիութիւն

Զլիութիւն ի վերայ սեղանոյս
անհատ եւ աննուազ արացէ
Քրիստոս Աստուած մեր,
Որ զմեզ կերակրեաց եւ լիացուց
Նմա փարք, յաւիտեանս:
Ամեն:

Der Eem Asdvadz / Տէր իմ Աստուած

Տէր իմ Աստուած,
Տէր բարերար,
Դու պահպանիր մեզ այս գիշեր,
տուր հօրս եւ մօրս կեանք երկար
եւ երջանիկ հանգիստ օրեր:
Քու սուրբ հրեշտակդ մեր մօտէն
չհեռանայ ամենեւին,
այլ պահէ միշտ փորձանքներէն,
արթնցնէ զուարթաքին:
Ամէն:

MER HAYRENIK

OUR FATHERLAND

*Mer Hayrenik', azad angakh,
Vor abrel eh tare tar
Yoor vortik'e art ganch'um e
Azad, angakh Hayasdan.
Yoor vortik'e art ganch'um e
Azad, angakh Hayasdan.*

*Amenayn deg h mahu mi eh
Mart mi ankam bid mer'ni,
Paytz' yeranni, vor yoor azki
Azadoot'yan gu zohvi.
Paytz' yeranni, vor yoor azki
Azadoot'yan gu zohvi.*

Our Fatherland, free, independent,
That has lived for centuries,
Is now summoning its sons
To the free, independent Armenia.
Is now summoning its sons
To the free, independent Armenia.

Death is the same everywhere,
A man dies but once,
Blessed is the one that dies
For the freedom of his nation.
Blessed is the one that dies
For the freedom of his nation.



SEARCHING THE SCRIPTURES

For Christians, the ultimate source of life and salvation is Jesus Christ, the Word of God. The phrase "Word of God" points us to the other primary source in Christian life and theology: the Bible itself. In Armenian, the Bible is called Աստուածաշունչ/*Asdvadzashunch*, the "Breath of God." After God Himself, then, the ultimate source for Christians is the Bible.

You can use these prompts to look up passages for certain emotions or topics. Let these verses breathe new life into you!

BEARING GOOD FRUIT

Jeremiah 17:7-8
John 15:1-17
Galatians 5:22-26

ANGER

Matthew 5:22
Romans 12:19-20
Ephesians 4:26-32
Colossians 3:21

COURAGE

Psalms 27:14
Psalm 31:24
Psalm 37:3
Philippians 4:12-13

ETERNAL LIFE

Luke 20:35-36
John 6:39-40, 54
John 10:27-28

BEING ANXIOUS

Proverbs 3:5-6
Philippians 4:6-7
Matthew 11:28-30

GOSSIP

Leviticus 19:16
Proverbs 11:13
Proverbs 16:28

HELP IN DIFFICULTY

Job 8:20-21
Psalm 18:28
John 16:33

HOPE

Psalms 31:24
Colossians 1:5
1 John 3:3
1 Peter 1:3

JEALOUSY

Ecclesiastes 4:4
1 Corinthians 10:24
Galatians 5:26
James 3:14-16

LONELINESS

John 14:18
Isaiah 43:4
Isaiah 58:9

PEER PRESSURE

Romans 12:1-2
Proverbs 13:20
Ephesians 5:10-11

RESPECT

Romans 12:10
John 13:34-35
Colossians 3:20

SICKNESS

Matthew 9:28-30
1 Peter 2:24
James 5:14-16

STRENGTH

Philippians 4:13
Ephesians 6:10-20
Isaiah 40:30-31

WORRY

Luke 12:13-21
Psalm 23:1-6
Psalm 55:22

"I CONFESS WITH FAITH"

BY ST. NERSES SHNORHALI

One of the most noble and saintly leaders of the Armenian Church, and a great literary figure in Armenian Ecclesiastical Literature, is Nerses, surnamed Shnorhali, "The Graceful," born in 1100 A.D. He was consecrated a bishop when he was thirty-five years old. In 1165 Nerses was elected to the office of Catholicos of All Armenians, (Nerses IV) and remained in office until his death in 1173.

One of the most popular of his works is a prayer, consisting of twenty-four verses, beginning with the words, "I confess with faith". It has been translated into 32 languages.

1 I confess with faith and worship You, Father, Son and Holy Spirit, Uncreated and immortal nature, Creator of angels, men and all that exists. Have mercy upon your creation, And on me, a manifold sinner.

2 I confess with faith and worship You, Indivisible Light, unified Holy Trinity and one Godhead, Creator of light and dispeller of darkness, Drive out the darkness of sin and ignorance from my soul, And illuminate my mind at this hour, so that I may offer pleasing prayers to you, And receive from you the fulfillment of my requests. Have mercy upon your creation, And on me, a manifold sinner.

3 Heavenly Father, true God, Who sent your beloved Son to seek out the lost sheep. I have sinned against heaven and before you. Receive me as the prodigal son, And clothe me with my former garment, of which I was deprived by sin. Have mercy upon your creation, And on me, a manifold sinner.

4 Son of God, true God, Who descended from the bosom of the Father, And took on flesh from the holy virgin Mary for our salvation, Who was crucified, buried and rose from the dead, And ascended with glory to the Father. I have sinned against heaven and before you. Remember me as you did the penitent thief when you come with your kingdom. Have mercy upon your creation, And on me, a manifold sinner.

5 Spirit of God, true God, Who descended on the river Jordan and the Upper Room, And enlightened me through the baptism of the holy font. I have sinned against heaven and before you. Cleanse me once more with your divine fire, As the tongues of flame cleansed the Holy Apostles. Have mercy upon your creation, And on me, a manifold sinner.

6 Uncreated Nature, I have sinned against you With my mind, soul and body, Remember not my former sins, for the sake of your holy name. Have mercy upon your creation, And on me, a manifold sinner.

7 Seer of all, I have sinned against you In thought, word and deed. Erase the record of my transgressions, And write my name in the book of life. Have mercy upon your creation, And on me, a manifold sinner.



"I CONFESS WITH FAITH"

BY ST. NERSES SHNORHALI

(CONTINUED)

8 Searcher of secrets, I have sinned against you Willingly and unwillingly, knowingly and unknowingly, Grant forgiveness to me who sins, Since from my baptism of the holy font through today I have sinned before your Divinity with my senses and all members of my body. Have mercy upon your creation, And on me, a manifold sinner.

9 All-provident Lord, place your holy awe as a guardian On my eyes, so that I may not look askance, And on my ears, to not take pleasure in hearing wicked words, And on my mouth, to not speak falsehood, And on my heart, to not think evil thoughts, And on my hands, to not commit injustice, And on my feet, to not walk on the paths of lawlessness. Rather, guide my motions and movements According to your commandments in all things. Have mercy upon your creation, And on me, a manifold sinner.

10 Christ, the living fire, Tremble me with the fire of your love, Which you dispersed over the earth. That it may burn the impurities of my soul, And cleanse my conscience and mind, And purge the sins from my body, And ignite the light of your knowledge in my heart. Have mercy upon your creation, And on me, a manifold sinner.

11 Jesus, wisdom of the Father, grant me the wisdom To always think, speak and do that which is good in your sight. Deliver me from evil thoughts, words and deeds. Have mercy upon your creation, And on me, a manifold sinner.

12 Benevolent Lord, Who wills all that is good, Do not let me go astray by pursuing my own desires, Rather guide me to always walk according to your benevolent and loving will. Have mercy upon your creation, And on me, a manifold sinner.

13 Heavenly King, grant me your kingdom Which was promised to your loved ones, And reinforce my heart to hate sin, And to love only you, and to do your will. Have mercy upon your creation, And on me, a manifold sinner.

14 Provider of all creation, by the sign of your cross, Keep my soul and my body from the bonds of sin, From the temptation of demons, And from unjust men, And from all dangers of the soul and the body. Have mercy upon your creation, And on me, a manifold sinner.

15 Christ, Guardian of all, May your right hand be upon me Both day and night, while at home and traveling, While sleeping and awake, So that I may never falter. Have mercy upon your creation, And on me, a manifold sinner.

16 My God, who opens your hand and fills all creation with your mercy. I surrender myself to you. Care and provide the necessities for my soul and body, From this time forth for evermore. Have mercy upon your creation, And on me, a manifold sinner.

17 Finder of the lost, Turn me from my evil ways to good ones, And imprint on my soul the dreadful day of death, the fear of hell and the love of your kingdom, That I may repent my sins, and do that which is righteous. Have mercy upon your creation, And on me, a manifold sinner.

18 Fountainhead of immortality, Cause my heart to pour out tears of repentance Like those of Mary Magdalene, That I may wash away my sins Prior to departing from this world. Have mercy upon your creation, And on me, a manifold sinner.

19 Grantor of mercy, Grant that I should approach you With the true faith, with good works And the communion of your holy body and blood, Have mercy upon your creation, And on me, a manifold sinner.

20 Benevolent Lord, entrust me to the care of the good angel, To sweetly deliver my soul And guard it to pass undisturbed through the wickedness of evil spirits who dwell below the heavens. Have mercy upon your creation, And on me, a manifold sinner.

21 Christ the True Light, make my soul worthy To see the light of your glory with joy on the day of my calling, And to rest with the hope of good things in the house of the righteous. Until the day of your great coming. Have mercy upon your creation, And on me, a manifold sinner.

22 Righteous Judge, when you come at the chosen hour with the glory of the Father to judge the living and the dead, Do not pass sentence on your servant. Rather save me from the eternal fire, And make me worthy to hear the blessed call of the righteous to your heavenly kingdom. Have mercy upon your creation, And on me, a manifold sinner.

23 All-merciful Lord, have mercy on all who believe in you, My family and others, Those known to me and unknown, those living and those dead. Grant also forgiveness to my enemies and those who hate me for the wrongs they have committed against me And turn them from the malice which they bear for me to become worthy of your compassion. Have mercy upon your creation, And on me, a manifold sinner.

24 Glorious Lord, hear the appeals of your servant, And fulfill my requests that are deemed good, Through the intercession of the Holy Mother of God, And John the Baptist, and Saint Stephen the Protomartyr, And Saint Gregory our Illuminator, And the Holy Apostles, Prophets, Doctors of the Church, Martyrs, Patriarchs, Hermits, Virgins And all your saints in heaven and on earth. And to you, the indivisible Holy Trinity, is glory and worship, Forever and ever. **Amen.**

OUR CAMP SONG

SING ALONG!

*Menk anveher hayorteener
Meeshd ver bahenk mer jagadner!*

*Yerkenk surdov mer anarad
Getseh getseh
Soorp Vartan Jampar!*

We'll swim and play
Bake in the sun
Learning, working
Everything is fun!

All through our lives
no matter what
We'll remember
St. Vartan Camp!



St. Vartan Camp Memories!!!

Use this page to write down all the things you don't want to forget about your time at camp, and all the fun and silly things you want to remember all year long until you return home next summer!



St. Vartan Camp Friends for Life!!!

Use this page to write down the names and contact information for your friends from camp so you can stay in touch all yearlong.

“DO
NOT
BE
AFRAID.”

ISAIAH 12:2



Diocese of the Armenian Church (Eastern) | Diocesan Summer Camps

Department of Youth and Young Adult Ministries

www.armenianchurch.us · www.diocesansummercamps.org