

***Virtual* Catholic Camporee 2020**

**Archdiocese of Cincinnati
Catholic Committee on Scouting**



**Participant's Guide
&
Registration Form**

Version 1.2

Registration & Payment Form

Cost is \$5 per participant, youth or adult. Multiple forms/envelope are OK. Please make checks payable to ACCoS. Mail to ACCoS c/o Tom Wiles, 5045 Midfield Rd, Cincinnati, OH 45244

Due (postmarked) by Monday, Nov 2!

Participant's Name _____

(Circle one) Tiger, Wolf, Bear, Webelos, Scout, Venturer, Adult.

Mailing Address (for receiving the patch)

Street _____

City _____ St _____ Zip _____

I signed up for the (circle one) 8am 11am 4pm 8pm virtual session

Signature: _____

Parent or leader's confirmation that activities and requirements have been completed. Patches will be mailed following confirmation of participation in a virtual session on Nov 7th.

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Participant's Guide

Welcome to the Pandemic of 2020!! Everything is a bit different this year. Instead of our traditional Catholic Camporee in November, the Catholic Committee of Scouting have put together a set of activities to be completed prior to virtual prayer sessions taking place on Saturday, November 7th.

Please read through the guide below, and if you wish to participate, we need EACH participant to mail in the attached registration form, AND sign up for one of the virtual session at the SignUpGenius links in the virtual section of this guide. We'll need the information on the form and the sign-up to contact you if there are changes and to mail you your patch upon completion.

Each participant is required to complete activities, requirements, and participate in one or more virtual sessions. Please note that the registration form includes a spot for a parent's or leader's signature confirming that the required activities and requirements have been completed.

These are described in the following sections (click on the section title to go to the section):

Activities

Requirements

Virtual Sessions

Resources for researching requirements

Sample Flier

Questions???

If you have questions about this event, please contact Mr. Harry Heaton (harryheaton@me.com). Note: For youth emailing for more information, please copy a parent or adult leader on your email. No one-on-one contact please!

Activities: *To be completed prior to November 7th:*

What activities (or how many activities) you need to complete depends on your grade level. Cub Scouts and Webelos must complete two of the five activities. Scouts, Venturers and adults must complete three of the five activities.

1) Participate in a virtual weekday Mass, at least four times in October. The Mass may be one streamed by your local parish, the Archdiocese, or be a Mass offered to national or international viewers. The Masses viewed can be either streamed live, or viewed pre-recorded at a time of your choosing. Discuss with your family or friends the homily.

Archdiocese's cathedral daily Mass can be viewed on the archdiocese's Facebook page:

<https://www.facebook.com/CatholicCincinnati/>

Masses are live-streamed at 7:00AM, and are archived for later viewing.

Daily Masses can also be found at the Catholic TV Network (www.CatholicTV.org). These

Masses are also available on YouTube (<https://www.youtube.com/user/CatholicTV>).

Daily Masses from Canada can be found at (<https://dailytvmass.com>). Again, these Masses are also available on YouTube: <https://www.youtube.com/c/DailyTVMass/featured>

2) Conduct a personal no-contact neighborhood food drive. Drop off fliers to at least 10 houses or apartments, and collect any donations the following week. Donate the collection to your local food bank, St. Vincent DePaul, or your home parish's food collection. (See the sample flier on the last page of this guide). If you have difficulty locating your local pantry, please contact Mr. Harry Heaton for assistance (harryheaton@me.com), including a copy of the email to a parent or adult leader.

3) Conduct at least four virtual prayer sessions, ideally recurring daily or weekly, with one or more remote friends or relatives. This can be as simple as arranging a time for a phone call and sharing the Lord's Prayer or a decade of the Rosary, or a more elaborate video-conference session. Video chats are free on FaceTime (Apple products) as well as Skype and Google Meet. Both WebEx and Zoom offer free limited duration multi-person video chats.

4) Make a rosary. Links to instructions are found under **Virtual Sessions**.

5) Sew a re-usable cloth mask for yourself and a neighbor or family member. See the instructions below from the Center for Disease Control (CDC) website.

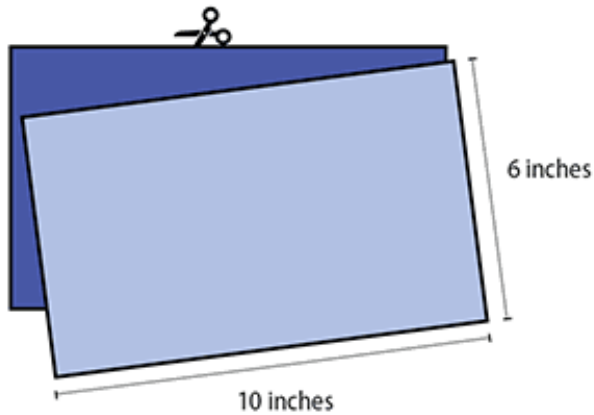
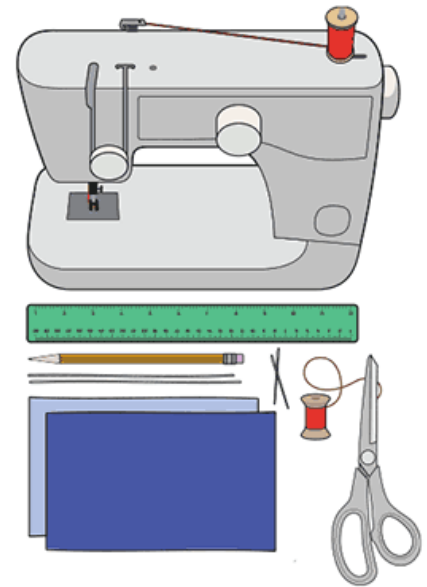
How to make a Sewn Mask

Materials

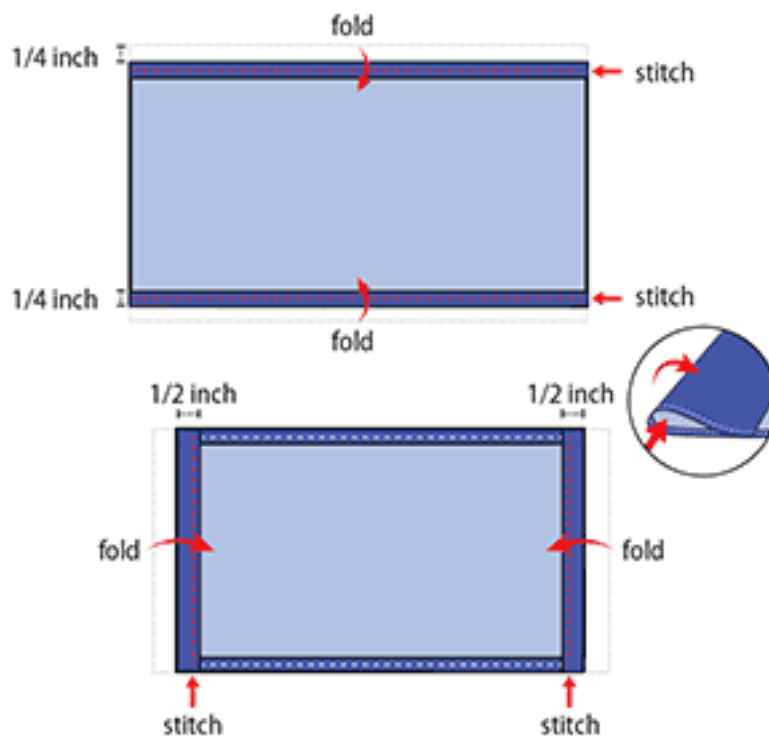
- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

Tutorial

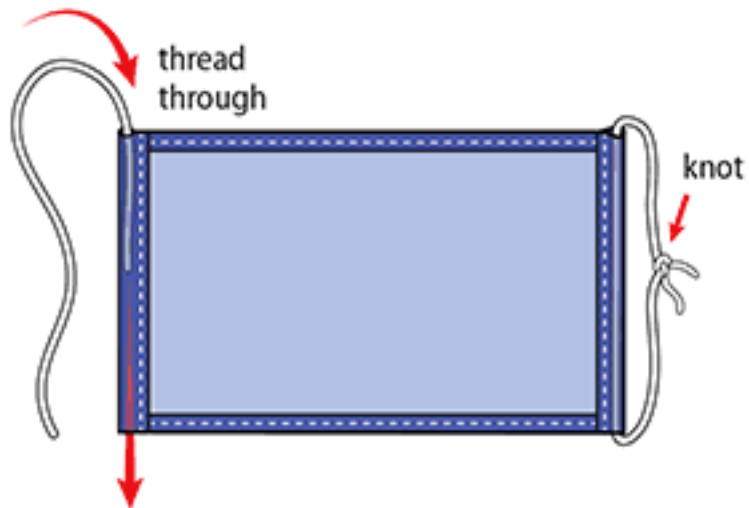
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.



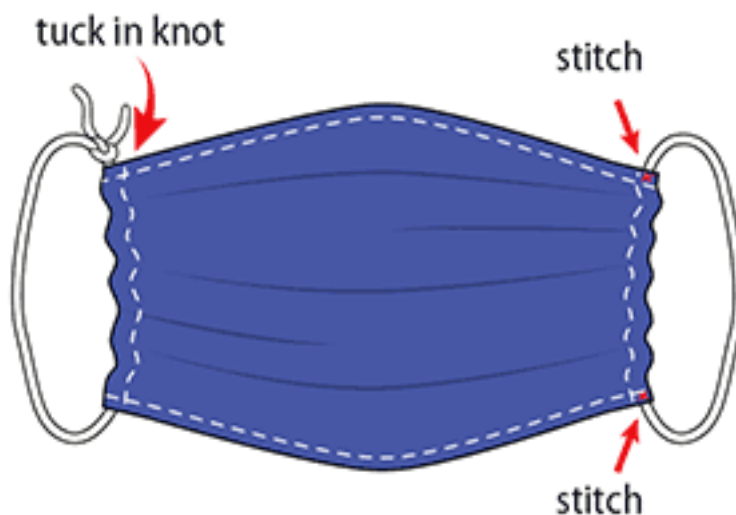
2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.



3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.



Requirements: *To be completed prior to November 7th:*

For Tigers, Cubs and Webelos, do two of the following: for middle-school age Scouts, do three of the following; for high school age Scouts, Venturers and adults, do five of the following. Note that links are provided at the end of this guide to resources to help you answer the questions. Adults may offer help to younger participants to complete these requirements.

- a) Explain two ways that hand-washing helps prevent the spread of corona virus.
- b) Explain what is meant by R0 (pronounced R-naught), a term used by epidemiologist.
- c) Read about the Washington state choir practice outbreak. Explain what it indicates about the virus.
- d) How do masks prevent the spread of viruses?
- e) What is the difference between a virus and a bacteria?
- f) What do Phase 1, 2 and 3 testing of vaccines mean?
- g) Explain how the following types of vaccines work:
 - 1) whole pathogen (both live-attenuated and inactivated),
 - 2) sub-unit vaccines
 - 3) nucleic acid vaccines (either DNA and mRNA).
- h) Explain how convalescent plasma therapy works.
- i) Testing
 - 1) Explain the three types of COVID tests possible: PCR, antibody and antigen.
 - 2) Which tests are currently in use for COVID-19.
 - 3) Give an example of a common illnesses that can be determined by antigen testing.

Virtual Sessions *to take place on Saturday, Nov 7*

We will offer four virtual sessions, where as a group, we will pray the Rosary, completing one Mystery, followed by praying for intentions offered by YOU, the participants. You satisfy the requirements for the patch by participating on one or more of the virtual sessions. Please sign up for the virtual session(s) of your choice using SignUp Genius, at the following links. **For youth, if using a personal email, please include a parent's email as well, as we'll copy them on any messages. If using a parent's email, simply add it twice, as a second email entry is required on the sign-up form.**

SCOUTS! We are looking for leaders for these virtual sessions. Two are needed for each session: A Rosary Leader, who would lead all the prayers (see below text marked "leader" or "all"); A Rosary second voice, who would read all of the responses during the rosary, thus cueing the participants whose microphones will be muted. Only your microphones, and the WebEx session host's will be live until time for individual intentions. There will be a require practice session for all leaders/second voices scheduled in advance of the event. If interested, Please contact Mr. Harry Heaton (harryheaton@me.com), copying a parent or second adult on your email.

Please use the following Sign-up-Genius link to sign up for one of the sessions. The email you provide will be used to send the WebEx invitation to your requested prayer session(s).

Saturday, November 7, **8:00 AM**. Rosary, the Sorrowful Mysteries.

<https://www.signupgenius.com/go/30E0B4FAEAB2CABFA7-virtual>

Saturday, November 7, **11:00 AM**. Rosary, the Joyful Mysteries.

<https://www.signupgenius.com/go/30E0B4FAEAB2CABFA7-virtual1>

Saturday, November 7, **4:00 PM**. Rosary, the Glorious Mysteries

<https://www.signupgenius.com/go/30E0B4FAEAB2CABFA7-virtual2>

Saturday, November 7, **8:00 PM** Rosary, the Luminous Mysteries

<https://www.signupgenius.com/go/30E0B4FAEAB2CABFA7-virtual3>

Instructions for participating in the Virtual Rosary

The leader will initiate most of the prayers. A second voice will lead the response. If there is an "internet glitch" in the audio of the response, just continue at your own pace. Most participants will be muted until individual intentions are requested.

Don't have a rosary? Here are instructions how to make a knotted rosary from heavy twine.

<https://ucatholic.com/blog/make-knotted-rosary-guide/>

If you'd like to make a beaded rosary, the second video at the following link provides instructions. Also the "Shop" tab at the top of this page is an on-line store where you can purchase the beads, centers, crucifixes and other supplies to make your rosary, or you can purchase a ready-made rosary.

<https://www.olrm.org/how-to-make-a-rosary/>

Below, is a graphic of how-to-pray the rosary, followed by detailed instructions for the virtual sessions, including all of the prayers.



How to Pray the Rosary

- 1) Start: Make the Sign of the Cross and pray the Apostles' Creed

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Leader: *I believe in God, the Father almighty creator of heaven and earth and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell.*

Response: On the third day he rose again from the dead. He ascended into heaven and is seated at the right hand of God, the Father almighty. He will come again in glory to judge the living and the dead. I believe in the Holy Spirit, the Holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting.

Amen.

- 2) On the first bead, pray the “Our Father”

Leader: *Our Father, who art in heaven hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven.*

Response: 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. Amen.

- 3) On the next three beads, pray three “Hail Marys” for Faith, Hope, and Charity

Leader: *Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women, And blessed is the fruit of thy womb, Jesus.*

Response: Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen.

- 4) On the 5th bead, pray the “Glory Be”

Leader: *Glory be to the Father, and to the Son, and to the Holy Spirit.*

Response: As it was in the beginning, is now, and ever shall be, world without end. Amen.

- 5) For each Decade, the Leader Announces the Mystery and then leads the “Our Father”

Joyful Mysteries	Sorrowful Mysteries	Glorious Mysteries	Luminous Mysteries
The Annunciation	The Agony in the Garden	The Resurrection	The Baptism of Jesus
The Visitation	The Scourging at the Pillar	The Ascension	The Wedding of Cana
The Nativity	The Crowning with Thorns	The Coming of the Holy Spirit	The Proclamation of the Kingdom
The Presentation in the Temple	The Carrying of the Cross	The Assumption of the Blessed Virgin Mary	The Transfiguration
The Finding in the Temple	The Crucifixion	The Coronation of the Blessed Virgin Mary	The Institution of the Eucharist

- 6) For ten beads, pray ten “Hail Marys” while meditating on the Mystery
Leader: *Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women, And blessed is the fruit of thy womb, Jesus.*
Response: Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen.
- 7) At the separate bead, pray the “Glory Be” (Leader/Response)
Leader: Glory be to the Father, and to the Son, and to the Holy Spirit.
Response: As it was in the beginning, is now, and ever shall be, world without end. Amen.
- 8) Pray the Fatima Prayer, Oh My Jesus:
All: O my Jesus, forgive us of our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.
- Leader: Announce the Next Mystery; then lead the “Our Father” and repeat these steps (6 through 8) as you continue through the remaining Mysteries.
- 9) After the final Fatima prayer, “Oh My Jesus”, say the Hail Holy Queen:
Leader: *Hail Holy Queen, Mother of Mercy, our Life, our Sweetness, and our hope. To thee we cry, poor banished children of Eve. To thee we send up our sighs, mourning and weeping in this vale of tears.*
Response: Turn then most gracious advocate, Thine eyes of mercy toward us, and after this, our exile, show unto us, the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us O Holy Mother of God, That we may be made worthy of the promises of Christ. Amen.
- 10) The leader will request personal prayer intentions from the participants (unmute your microphone if muted). Try not to talk over one another.
- 11) Pray the “Final Prayer”
All: Let us pray. O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech Thee, that meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ Our Lord. Amen.

Finish: Make the “Sign of the Cross”

Resources for researching requirements

a) Explain two ways that hand-washing helps prevent the spread of corona virus.

<https://www.webmd.com/lung/news/20200306/power-of-hand-washing-to-prevent-coronavirus>
<https://www.sciencefocus.com/news/coronavirus-can-hand-washing-really-stop-the-spread-of-covid-19/>

b) Explain what is meant by R0 (pronounced R-naught), a term used by epidemiologist.

<https://www.healthline.com/health/r-nought-reproduction-number>
<https://labblog.uofmhealth.org/rounds/how-scientists-quantify-intensity-of-an-outbreak-like-covid-19>

c) Read about the Washington state choir practice outbreak. Explain what it indicates.

<https://www.livescience.com/covid-19-superspreader-singing.html>
<https://www.cdc.gov/mmwr/volumes/69/wr/mm6919e6.htm>

d) How do masks prevent the spread of viruses?

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-mask/art-20485449>
<https://www.wthr.com/article/news/investigations/13-investigates/do-face-masks-slow-the-spread-of-covid-19/531-96479b50-7041-4f95-a88c-e33e2355fa37>

e) What is the difference between a virus and a bacteria?

<https://www.webmd.com/a-to-z-guides/bacterial-and-viral-infections#1>

f) What do Phase 1, 2 and 3 testing of vaccines mean?

<https://www.cdc.gov/vaccines/basics/test-approve.html>
[https://www.cdc.gov/vaccines/parents/infographics/journey-of-child-vaccine.html?](https://www.cdc.gov/vaccines/parents/infographics/journey-of-child-vaccine.html?%3A%2F%2Fwww.cdc.gov%2Fvaccines%2Fparents%2Finfographics%2Fjourney-of-child-vaccine-text.html)
<https://www.cdc.gov/vaccines/parents/infographics/journey-of-child-vaccine-text.html>

g) Explain how the following types of vaccines work: whole pathogen (both live attenuated and inactivated), sub-unit vaccines, and nucleic acid vaccines (both DNA and mRNA).

<https://www.dw.com/en/whats-the-science-on-dna-and-rna-vaccines/a-54097063>
<https://www.vaccines.gov/basics/types>

h) Explain how convalescent plasma therapy works.

<https://www.mayoclinic.org/tests-procedures/convalescent-plasma-therapy/about/pac-20486440>
<https://www.livescience.com/convalescent-plasma-therapy-reduces-covid19-deaths.html>

i) 1) Explain the three types of COVID tests possible: PCR, antibody and antigen.

2) Give an example of a common illnesses that can be determined by antigen testing.

<https://www.fda.gov/consumers/consumer-updates/coronavirus-testing-basics>
<https://www.sciencemag.org/news/2020/05/coronavirus-antigen-tests-quick-and-cheap-too-often-wrong>
<https://www.mayoclinic.org/diseases-conditions/strep-throat/diagnosis-treatment/drc-20350344>

NEIGHBORHOOD FOOD DRIVE!

Dear neighbor: with many families out of work, the COVID-19 pandemic has severely stressed local food pantries.

My name is: _____ . I am a Scout, conducting a small food drive in our neighborhood. IF you can help out, please place non-perishable food items in a plastic bag and place it outside your home where I can pick it up without contact. I will be picking up donated items next week on:

Day

Date

Between the hours of

_____ **and** _____
Start time

End time

This collection is being done as a service activity for the annual Catholic Camporee (virtual this year), sponsored by the Archdiocese Catholic Committee on Scouting, <http://archcincyccos.org>.