



**Jeremiah Project**

**Combined Middle School/High School**

**Church Preparation Manual**  
**Summer 2024**

# Welcome!

We are so excited that you are bringing your amazing students to JP this summer. We pray this will be a life-changing experience for them. We are also grateful that you have invested so much on your part to get them to JP this summer. As a former youth pastor, I know what goes into pulling off a week-long mission trip. So, thank you for all you do!

We have prepared two separate documents for your mission team. The first is this manual that will provide more of the logistics for your trip: what-to-take lists, FAQs, transportation requirements, arrival and departure times, etc.

The second document is called the *Jeremiah Project Mission Team Training Sessions*. That document can be downloaded on the JP website under “Mission Trip Resources.” That resource provides 5 training sessions for you to use to prepare your team mentally and spiritually for their week of service at JP.

This preparation manual is designed to assist you in preparing your students and adult leaders for their week of service. It’s packed with good information that will answer lots of questions and help you as you move toward your week of service with us.

If you have any questions, please feel free to call or email us and we will do everything we can to help you get ready for JP!

Blessings,

A handwritten signature in blue ink that reads "Todd Freneau". The signature is fluid and cursive, with the first name "Todd" and last name "Freneau" clearly visible.

Todd Freneau  
*Co-founder and Executive Director*

# What's Inside:

Mission Statement & Core Values	Page 1
Statement of Belief	Page 2
Expectations	Page 3
Frequently Asked Questions	Page 5
Weekly Schedule	Page 7
Safety & First Aid Kits	Page 8
Transportation Requirements	Page 9
Camp Guidelines	Page 10
What to Bring: Individual List	Page 11
What to Bring: Group Checklist	Page 12
Camp Location/Address/Mailing Care Packages	Page 13
Directions to Camp	Page 14
Suggested "Free Day" Activities	Page 15

# Mission Statement & Core Values

## JP's Mission Statement:

*"Transforming lives for Christ through student mission, ministry, and leadership development."*

## The Jeremiah Project's Core Values:

*With the guidance of the Holy Spirit, we adhere to the following eight core values in all of our ministries:*

### **Community**

We will emphasize the importance of establishing relationships and forming community among the students, adults, staff, and those we serve.

### **Connection**

We believe that spiritual growth happens at a deep, personal level when students experience program and worship in a small group setting.

### **Excellence**

Nothing but our best is good enough. Integrity and intentionality are vital in everything we do.

### **Faith**

Jesus is everyone's need. We will enthusiastically share the Good News of Jesus Christ. We model and encourage students to establish healthy spiritual practices.

### **Fun**

We will create space to laugh and have fun together.

### **Innovation**

We will always push the envelope with new ideas and methods that will serve to strengthen the ministry and impact the Kingdom in greater ways.

### **Leadership**

We value and provide opportunities for students and staff to develop and use their unique gifts as servant leaders to further the ministry of the Jeremiah Project and the Kingdom of God.

### **Worth**

We are passionate about sharing the truth that God has a plan for student's lives and wants to use them right here, right now, to advance the Kingdom.

# Statement of Belief

*What we believe:*

## **About God:**

We believe in one personal God who exists eternally in three distinct persons: Father, Son, and Holy Spirit, equal in power, authority and glory.

## **About Jesus:**

We believe Jesus Christ, born of the virgin Mary, to be the Son of God who lived in flesh, was both fully human and fully God, died for the sins of the world, was buried, rose again bodily, and ascended to the Father.

## **About the Holy Spirit:**

We believe in the Holy Spirit who lives in every believer in Jesus, assures us of our salvation, guides us into all truth, glorifies Jesus and convicts of sin. He comforts us, gives us spiritual gifts, and empowers us for service.

## **About the Bible:**

We believe that the scriptures of the Old and New Testaments are the inspired Word of God and that humans were moved by the Spirit of God to write the very words of Scripture.

## **About Humankind:**

We believe that all people were created in the image of God to have fellowship with Him but became alienated in that relationship through sinful disobedience. As a result, people are incapable of regaining a right relationship with God through their own efforts.

## **About Salvation:**

We believe that the blood of Jesus Christ, shed on the cross, provides the only way for the forgiveness of sin. God freely offers salvation to those who place their faith in the death and resurrection of Christ as sufficient payment for their sin. Salvation cannot be earned; it is a gift from God.

## **Foundational Scripture**

Jeremiah 1:7

# Expectations

**What you can expect from us:** Your JP staff wants to help make this a great mission trip experience for you and your students and adults. The staff will do their very best to keep you informed on all issues, provide support on the work sites, be available as much as possible, be encouragers, laugh and play together, and be Christian examples in word and deed. The Staff consists of the Camp Director, Assistant Camp Director, Program Director, Worship Leader, Tool Site Coordinator, a Media Lead, a Recreation Lead, 2-3 J. Staffers, and a kitchen staff of 3-4.

**What we expect from your adult leaders:** We're excited that you will be serving as an adult leader with your church this summer! We want to help make this a great experience for you and we want you to be as prepared as possible for your role as an adult leader during the mission week. It will be an enjoyable experience for you and your team!

## Participation

Adults are expected to participate in all the camp activities because they, like the students and staff, are part of the community. We are committed to working, playing, and worshipping together, with the hope for all of us to see the power of a Christian community in our lives.

## Support your JP Staff

Another important element is to support and be in partnership with the Jeremiah Project staff. Help the staff by enforcing the guidelines for appropriate behavior, participation, etc. The camp staff will look to the adults as positive role models for their students. Maintaining a positive outlook on the camp experience is one way that adults can teach a valuable lesson in maturity.

## Conversations around human sexuality

JP's mission at camp, simply put, is to provide opportunities for students to serve and to point them to Jesus Christ. Although this mission trip experience can be seen as an experience for just *your church*, the reality is that you are part of a bigger community where other churches will be attending. Work teams and breakout groups will be made up students from multiple churches and our overall community as we gather to worship, pray, and lift up the name of Jesus together encompasses *all* churches.

Knowing that there will be churches on your JP week that will likely hold differing views on the topic of human sexuality and gender identity, we respectfully insist that you refrain from initiating conversations on this topic with students while at camp, at the worksite, etc. Engaging in these conversations will only serve to divide the community

and distract us from JP's mission. Should a student initiate a conversation on this topic, we ask that you acknowledge the importance of discussing it, but since others may have different views on this topic, encourage the student to continue the conversation with their youth leader either on free day, or when they return home from JP.

## **Empower your Students**

Adults need to “empower” students, not “overpower” them. Even if it takes longer than you believe is necessary, take the time to teach students and allow them to accomplish a task.

## **Be Responsible for your Students**

The staff needs you to handle any situations that require disciplining your students, should it be necessary. We also ask that you be responsible for getting your students to sleep at night, and to see to it they are out of bed and ready for the first activity of the day. Please ensure that they are present and on time for all events.

# Frequently Asked Questions

*If you cannot find your question here, please contact Nancy Lam at [Nancy@jeremiahproject.org](mailto:Nancy@jeremiahproject.org)*

## **Q: When do we arrive at camp?**

**A:** Plan your travel to arrive at camp between 2:00 pm and 3:30 pm on Sunday afternoon. It is important that all groups arrive on time since activities cannot begin until everyone is in camp. If there is some emergency that will delay your arrival, please call Todd Freneau at 757-342-5757 to let us know. For late arrivals, you can also try the 4H Camp phone at 304-822-7313.

## **Q: I have a student who wants to arrive late (Monday, Tuesday, etc.) or I have a student who wants to leave early. Is that okay?**

**A:** No. JP's policy requires that all participants arrive on Sunday between 2:00-3:30pm and depart no earlier than Saturday at 10:00am. Why? Participants that arrive late or leave early have a significant negative impact on their work team and the community. Because of this and many other reasons, we insist that all participants arrive and depart with their church mission team. The exception to this policy is a death in the family or a participant or family member that becomes ill.

## **Q: As an Adult, what must I participate in while at camp?**

**A:** We expect all adults to participate in *every aspect* of the mission experience. The daily schedule is very structured and does not allow for a great deal of "free time" for students and, consequently, adults. JP works hard at building and maintaining a community throughout the week. You are part of that community. We know that living in a community is hard for many people, but we ask that you work toward that goal and let us know how we can help make that work for you.

## **Q: Will our kids be together on the same work team?**

**A:** A typical work team is made up of 5 students and 1 or 2 adults – all from different churches. Occasionally, there will be two students from the same church on a work team. Any special situations that require a student to be with a specific adult should be communicated along with your student roster (due 2 weeks before camp).



**Q: Will Middle and High School students be on the same work teams?**

**A:** No. Middle School and High School students will be on separate teams and worksites. Middle School students will be moving to different work sites each day and High School students will be at the same work site for the whole week, or until the project is completed.

**Q: Will our students be sleeping in the same bunkhouse together?**

**A:** Yes, they are in the same bunkhouse together, but you will also have other church groups in your bunkhouse.

**Q: What is the Jeremiah Project's child protection policy?**

**A:** The protection of our students is vital to our ministry. All staff members 18 years and older are screened via a background check and all churches are required to screen each adult volunteer, including students 18 years and older. Your church submitted a signed copy of our *Child Protection Policy* when registering for camp.

**Q: As an adult, can I have my cell phone with me at all times?**

**A:** Yes. You are welcome to have your cell phone, but we ask that you do NOT have it out during worship or devotional times. Students are not allowed to have cell phones on their persons during the camp week except on free day.

# Weekly Schedule

*(times & activities are subject to change)*

## **Sunday**

- 2:00-3:30pm - Groups arrive, unpack, relax, etc.
- 4:00pm - Orientation Session
- 5:30pm - Dinner
- 7:00pm - Evening Program
- 10:00pm - To cabins/rooms

## **Monday, Tuesday, Thursday, Friday**

- 7:00am - Rise & Shine!
- 7:30am - Breakfast
- 8:00am - Morning Devotions
- 9:00am - Leave for ministry sites
- 9:30-4:30pm - Serve!
- 5:45pm - Dinner
- 7:30pm - Evening Program
- 10:00pm - To Cabins/rooms

## **Wednesday\***

- 7:00am - Rise & Shine!
- 7:30am - Breakfast
- 8:00am - Morning Devotions
- 9:00am - Leave for Free Day fun!
- 9:30-4:30pm - Fun, Fun, Fun!
- 5:45pm - Dinner
- 7:30pm - Evening Program
- 10:00pm - To Cabins

## **Saturday**

- 7:30am - Rise & Shine!
- 8:00am - Breakfast
- 8:30am - Clean-up/Pack-up/Load-up
- 9:00am - Final morning devotion
- 9:30am - Group pictures
- 10:00am - Leave for home!

## **\*Wednesday is “Free Day”**

Since part of our mission is to have fun, we have set aside Wednesday to be a “day off” from the camp workweek. This is a free day for your church group to have fun together! Church groups are not allowed to stay at camp on Wednesday during the day. Church teams should plan on leaving shortly after morning devotions end (around 9:30am) and returning no earlier than 3:30pm. Suggested Activities can be found at the end of this document.

**IMPORTANT:** If someone from your church is staffing, they are not allowed to participate in free day activities with the church.

# Safety/First Aid Kits

1. Only adults listed by their churches as “designated drivers” can drive work crews to the work sites. All drivers must be at least 25 years old.
2. Students will not operate power saws.
3. No participant will be required to work on roofs or ladders if he/she is apprehensive about heights.
4. Special care will be taken to remove nails from any lumber lying on the ground.
5. Special care will be taken to encourage each participant to drink adequate fluids.
6. Participants must bring and wear (sturdy) long pants (no sweatpants, etc.) and shirts with sleeves at the work site. Sturdy shoes, hats, gloves, and sunscreen are strongly recommended.
7. At least one adult participant will be present at each work site.
8. Close adult supervision is built into the work-camp program, and church leaders are asked to bring only responsible, service-oriented youth who will work with safety in mind.
9. If a camper (student or adult) is injured at the work site and blood is present, that camper must first have the wound treated and/or bandaged before further participation.

**IMPORTANT: Each Church attending JP must bring an extensive and well-stocked first aid kit for each vehicle.**

# Transportation Requirements

Your vehicles must be large enough to seat belt a 7-member team as well as carry several tools, a large chest cooler, and a water cooler to a worksite. A “team” includes both student and adult participants. It is imperative that you follow our guidelines set forth below. You will be asked to submit your transportation details 2 weeks prior to your work camp week.

- **For teams bringing up to 7 participants:** You must bring 1 vehicle that can safely transport at least 7 people, and be able to transport tools, as well as a lunch and a water cooler.
- **For teams bringing 8-14 participants:** You must bring 2 vehicles that can safely transport at least 7 people each, and be able to transport tools, as well as a lunch and a water cooler.
- **For teams bringing 15-21 participants:** You must bring 3 vehicles that can safely transport at least 7 people each, and be able to transport tools, as well as a lunch and a water cooler.
- **For teams of 22 or more:** You must bring a minimum of one vehicle (7-passenger or greater) for every 7 participants, and be able to transport tools, as well as a lunch and a water cooler.

**Reminder: Each Church attending JP must have a first aid kit for each vehicle.**

# Camp Guidelines

- **Cell Phone/Device Policy.** Students are not permitted to have cell phones/devices at JP, except for daytime use on "free day" (Wednesday). Adults may have cell phones, but we strongly encourage them to use them only when needed. Exceptions to this policy are for medical reasons where a student needs to have access to their device.
- **Tobacco:** Tobacco products of any kind are not allowed and may not be used by any camp participant – student or adult – during the camp week.
- **Tetanus Shots:** All participants must have had a tetanus shot within the last 10 years.
- **Medications:** Church group leaders will be responsible for ensuring that members of their group receive any medications on time.
- **Pets:** Pets are not allowed in camp.
- **Conduct:** The use or possession of, intoxicating beverages, illicit drugs, firearms, or fireworks is forbidden! If someone is in violation of this guideline, he/she may be sent home at his/her own expense.
- **Lodging:** Participants will be housed based on birth sex.

## Dress Code

- **At the Work Site:** All participants are required to wear long pants at the work sites. Pants must be made of jean material or similar to provide appropriate protection. Sweatpants, leggings, or similar, are not acceptable. No torn clothing. Shirts must have sleeves. These requirements exist for safety and out of respect for the families we will be working for, fellow participants, and to maintain a good image throughout the community we are working in.
- **At Camp:** Shirts that reveal too much of a person's body may not be allowed if the staff deems them inappropriate. Shirts must cover the midriff. Shorts at camp are okay but must be an acceptable length. Pants and shorts should not sag to the point of displaying underwear. Staff will work with adult church leaders prior to addressing the issue with campers directly.
- **Other Clothing Requirements:** Please do not bring clothing that bears an alcohol ad, cigarette ad or logo, or questionable wording or graphics.

# What to Bring: Individual List

*Each person attending the Jeremiah Project should bring the following items. Please note that there are no laundry facilities at camp. Please bring enough clothing for the entire week.*

- Bible (if possible)
- Required medications: Please advise your group leader of dosage amount and timing.
- Sleeping bag or sheets and a blanket/pillow & pillowcase.
- Towels and washcloth.
- Toilet articles and personal items.
- Sunscreen & Insect repellent.
- Work clothes: Clothes may get dirty or possibly ruined:
  - Long pants made of denim or sturdy material as required for safety on work sites
  - No pajamas, sweatpants, or scrubs for the work sites.
  - T-shirts (no offensive logos) or shirts. All shirts must have sleeves on the worksite
  - Sturdy shoes or boots (no open-toed on job sites)
  - Work gloves, Cap or hat.
  - Rain gear.
- Leisure clothes (to wear in camp) NOTE: Shirts that reveal too much of a person's body may not be allowed if the staff deems them inappropriate. Shirts must cover the midriff. Shorts at camp are okay but must be an acceptable length. Pants and shorts should not sag to the point of displaying underwear.
- Jacket or sweatshirt.
- Water bottle.
- Flashlight.
- Sleepwear.

## **Optional Items**

- Digital camera.
- Sandals for showers.
- Swimsuit (for possible free day activity with your church)
- Small amount of spending money
- "River shoes" for tubing if your group chooses this free day option.

## **Stuff NOT to Bring**

- iPads, mp3 players, etc.
- Electronic games.

# What to Bring: Group Checklist

*Each group attending The Jeremiah Project must bring the following:*

- \_\_\_\_\_ Several 2", 3", or 4" INEXPENSIVE paint brushes to donate (they will be discarded after one use)
- \_\_\_\_\_ One ice-chest cooler (56 quart or larger) for each vehicle. **The cooler will be used to carry your lunches and beverages to the work site each day. This will be your lunch cooler for the week! Failure to bring the required number of coolers (and size) means your group will need to purchase one or more once you arrive.**
- \_\_\_\_\_ One large (5 gallon) insulated water jug for each vehicle.
- \_\_\_\_\_ Emergency funds, vehicle registration, and insurance information readily available in each vehicle.
- \_\_\_\_\_ First aid kit for each vehicle.
- \_\_\_\_\_ One (1) copy of each participant's "Medical Information/Parental Permission for Treatment" **NOTE: Students will NOT be permitted to leave for work sites without a signed and completed medical form. Medical forms are required for all adult participants as well.**
- \_\_\_\_\_ One (1) completed "Group Covenant of Participation."
- \_\_\_\_\_ One (1) completed "Group Photo Release Form."
- \_\_\_\_\_ Leaders: Consider bringing some extra Bibles for your students that may not have one.

# Camp Location/Address & Directions/Mailing Care Packages

*Send all mail/care packages no later than **Monday** to ensure delivery by **Friday** to your camp location (see address below).*

## Camp Location:

### **ROMNEY, WV**

We are staying at the **Hampshire County 4H Center** outside of Romney, WV located on River Road. Groups will stay in bunkhouses that surround a large building (new in 2022) with meeting/dining space, kitchen with showers and bathrooms. There is A/C in the new facility, but not in the bunkhouses.

Emergency Number: (757) 342-5757

4H Center Phone Number: 304-822-7313

### **How to address mail in WV:**

Hampshire Co. Parks & Recreation  
(Name of Participant/Home Church)  
c/o The Jeremiah Project  
PO Box 213  
Romney, WV 26757



# Directions to Hampshire County 4-H Center

*Please ensure you have selected your correct camp week assignment dates.  
Should you have any questions about your assignment please contact  
Nancy@jeremiahproject.org*

## **ROMNEY, WV: HAMPSHIRE COUNTY 4-H CENTER**

**From Richmond and points south:** Approx. drive time from Richmond: 3 hours, 30 minutes

- Take I95 North to exit #133 (Rt. 17 North to Warrenton)
- Take Rte. 17 North toward Warrenton for 26 miles at which point you will come to a 3-way intersection - take a RIGHT and continue following signs for Rte. 17 North toward Winchester (From here on, follow the signs very closely - you will soon need to exit RIGHT in order to stay on 17 North)
- Once you exit RIGHT, go approx. 9 miles and follow signs for I 66 West (this will be a LEFT exit) • Stay on I 66 West until you see signs for I 81N. Take I 81N toward Winchester.
- At Exit 310, follow the signs for Rte. 37 N/W. This is a bypass around Winchester. Once on Rte. 37, take the exit for Rte. 50 WEST to Romney. Follow this for about 50 miles. • Go through Romney – you will go through 2 traffic lights.
- At bottom of the hill just before the bridge crossing the South Branch of the Potomac turn left onto River Road.
- 3.5 miles the Hampshire County 4-H Center will be on your left.

**From Northern Virginia:** Approx. drive time from Northern Virginia: 2 hour, 30 minutes

- From 495 Capital Beltway, take I 66 West to I 81 North.
- At Exit 310, follow the signs for Rte. 37 N/W. This is a bypass around Winchester. • Once on Rte. 37, take the exit for Rte. 50 WEST to Romney. Follow this for about 50 miles. • Go through Romney – you will go through 2 traffic lights.
- At bottom of the hill just before the bridge crossing the South Branch of the Potomac turn left onto South Branch River Road.
- 3.5 miles the Hampshire County 4-H Center will be on your left.

## **Hampshire County 4-H Center**

Three miles South of Romney on South Branch River Road in Romney, WV  
Emergency Contact Phone Numbers: (757) 342-5757 or 304-822-7313

## Wednesday “Free Day” Activities (Romney, WV)

- **Seneca Rocks, WV** Located in Seneca Rocks, WV., about an hour from camp. We strongly discourage climbing, but there are some excellent hiking trails to the top of Seneca Rocks. It's an awesome site and is the best-known natural landmark in West Virginia.
- **Canoeing – Romney, WV**  
Calleva Trough Outfitters. <https://calleva.org/trough-wv/>
- **Smoke Hole Caverns, WV**  
Located in Seneca Rocks, WV., about an hour from camp. 800-828-8478.  
[www.smokehole.com](http://www.smokehole.com) \$8 for adults, \$5 for ages 3-12.  
Tours are every ½ hour beginning at 9am.
- **Cacapon State Park, WV**  
Horseback riding, swimming (lake), paddle boats. Only 45 minutes from camp.  
Reasonable rates. State Park number: 304-258-1022. Stables: 304-258-5118.