



**JEREMIAH PROJECT**

**Jeremiah Project**  
**Jr. High**  
**Preparation Manual**  
Summer 2019

# Welcome!

We are so excited that you are bringing your amazing Jr. High 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 Jr. High Mission Team Training Sessions*. That document is also available on the JP website under “Youth Leader 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 written in a cursive style with a large initial "T".

Todd Freneau  
*Co-founder and Executive Director*

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

### **Excellence**

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

### **Faith**

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

### **Fun**

We create space to laugh and have fun together.

### **Innovation**

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

### **Personal**

We believe that ministry happens at a deep level when students experience program and worship in a small group setting.

### **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 students' lives and wants to use them right here, right now, to advance the Kingdom.

## 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, two J. Staffers, and a kitchen staff of three.

**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 youth 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 youth. Maintaining a positive outlook on the camp experience is one way that adults can teach a valuable lesson in maturity.

## Empower the Youth

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, even if it takes longer than necessary.

## Be Responsible for your Students

The staff needs you to handle any situations that require disciplining your youth, should it be necessary. We also ask that you be responsible for getting your youth 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: 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 as a whole. 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: When do we arrive to 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 Nancy Lam, Project Assistant, at 866-574-5744 to let us know.

**Q: As an Adult, what must I attend while at camp?**

A: We expect all adults to participate in *every aspect* of the mission experience. Because of how middle school students are wired, 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 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: No. 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 our kids be sleeping in the same cabin or room together?**

A: They are in the same cabin together, but you may also have another church group in your cabin, bunkhouse, or room.

**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. Your church submitted a signed copy of our Child Protection Policy when registering for camp.

**Q: Can I have my cell phone with me at all times?**

A: 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.

# A Typical Week at Camp

(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 - Work, Work, Work!

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 [8:30am] and returning no earlier than 3:30pm. Suggested Activities can be found at the end of this document.

# Safety/First Aid Kit Contents

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. Jr. High 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 drinks 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. Horseplay and unruly behavior will not be tolerated.
9. 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.
10. 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 bandage before further participation.

## **Each Church attending JP must bring a first aid kit for each vehicle.**

### **The kit should contain as many of the following items as possible**

- Team members personal medications & medical form (group leader will be provided with all Medical Forms for members of their work team- youth and adult)
- Aspirin, Tylenol, and Motrin (or similar)
- Antacid tablets or liquid Non-prescription diarrhea remedy
- Antihistamine
- Latex gloves (several pairs, large & small sizes)
- Adhesive bandages in assorted sizes (especially large size for elbow & knee)
- 4 X 4 gauze pads
- Butterfly strips (for pulling sides of cut together)
- Gauze roller bandages (assorted sizes)
- Several triangular bandages and cravats
- Rolls of elastic “Ace” bandage (large & small)
- Tube of triple antibiotic ointment
- Hydrogen Peroxide
- Moleskin (for blisters)
- Cotton tipped swabs
- Burn ointment
- Bandage
- Scissors
- Tweezers
- Needle & Safety pins
- Small bar of non-perfumed soap
- Case of commercially bottled water
- Thermometer (forehead or disposable type)
- Sunscreen Lip salve
- Poisonous plant lotion (Calamine)
- Chemical ice packs
- Small flashlight
- First Aid Manual

# 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 one van that can safely transport at least 7 people.
- **For teams bringing 8-14 participants:** You must bring 2 vans that can safely transport at least 7 people each.
- **For teams bringing 15-16 participants:** You must bring 3 vans that can safely transport at least 7 people each.
- **For teams of 25:** You must bring a minimum of one van (7-passenger or greater) for every 7 participants.

**Reminder: Each Church attending JP must bring a first aid kit for each vehicle. The kit should contain as many of the following items as listed under “First Aid Kit Contents”**

# Camp Guidelines

- **Cell Phone/Device Policy.** Students are not permitted to have cell phones/devices at JP, with the exception of daytime use on "free day" (Wednesday). We require adult leaders to collect cell phones upon arrival on Sunday. 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 groups 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 in violation of this guideline, he/she will be sent home at his/her own expense.
- **Camp Facilities:** Please keep in mind that our use of camp facilities may be terminated for failure to obey their rules and regulations. Please help us be courteous guests and good stewards of the facilities where we are staying!

## 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, 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:** No "spaghetti straps" will be allowed. Tank tops or muscle shirts may not be allowed if the staff deems them inappropriate. Shirts must cover the midriff. Shorts at camp are OK 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, notebook, & pen/pencil
- Required medications: Please advise your group leader of dosage amount and timing.
- Sleeping bag or sheets and a blanket/pillow & pillow case
- 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, sweat pants, 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: No “spaghetti straps” allowed. Tank tops or muscle shirts may not be allowed if staff deems them inappropriate.
- Jacket or sweatshirt
- Water bottle
- Flashlight
- Pajamas
- TWIN SIZED air mattress (**Winchester only**) -do NOT bring a larger mattress

### Optional Items

- Camera
- Sandals for shower
- Swimsuit
- 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
- Snacks and food to keep in housing (these tend to attract skunks, mice, etc.)

# What to Bring: Group Check List

Each group attending The Jeremiah Project must bring the following:

\_\_\_ 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 goes without or you 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

\_\_\_ Box Fan or personal fan for each participant (Romney, WV location ONLY)

\_\_\_ Twin sized air mattresses ONLY (Winchester ONLY)

\_\_\_ Several 2", 3", or 4" INEXPENSIVE paint brushes to donate (they will be discarded after one use)

\_\_\_ 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"

# Camp Locations/Addresses/Mailing Care Packages

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

## **WINCHESTER, VA: MACEDONIA UMC**

Macedonia UMC is a church with multiple buildings for housing staff and campers. Including recreation facilities, dining room and worship area. A shower trailer will be provided on site. Participants should bring TWIN sized air mattresses for sleeping accommodations (no larger than TWIN) All meals are provided.

Emergency Numbers:

(757) 342-5757 or (540) 869-4874

### **How to address mail:**

Macedonia UMC

-Name of Participant

-Home Church

c/o The Jeremiah Project

1941 Macedonia Church Rd.

White Post, VA 22663

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

The 4-H Center consists of two bunkhouses, a cafeteria/meeting area, playground and semi-private bathhouses. No AC. Box-style fans are suggested. Appropriate clothing (flip flops, robe, etc.) required to move between bunkhouses and bathhouses. The shower facilities are not private, students may want to shower with their bathing suits. All meals are provided.

Emergency Numbers:

(304) 822-7300 or (757) 342-5757

### **How to address mail:**

Hampshire County Parks & Rec

-Name of Participant

-Home Church

c/o The Jeremiah Project

PO Box 213

Romney, WV 26757

# Directions to Macedonia UMC

Please ensure you have selected your correct camp week assignment dates & location. Should you have any questions about your assignment please contact [Nancy@jeremiahproject.org](mailto:Nancy@jeremiahproject.org)

**From Richmond and points south:** Approx. drive time from Richmond: 2 hours, 30 minutes

- Take I-95 N toward I/64 Washington
- Merge onto US-17 N via EXIT 133 toward Warrenton
- Turn right onto James Madison Hwy.US-15 N/US-29 N/US-17N
- Stay Straight to go onto US-15 N/ US 29 N/ Eastern Byp.
- Take the US-17 N ramp toward US-15 Bus/US-29/US-211 W/ Winchester/Warrenton/Luray
- Merge onto US Highway 17 Business
- Turn slight right onto US-17 N/James Madison Hwy. Continue to follow US-17 N
- Merge onto I-66 W via the ramp on the left toward Strasburg/Winchester
- Take the US-522/US-340 exit EXIT 6, toward Winchester/Front Royal
- Merge onto US-522 N toward Winchester/Virginia Inland Port.
- Turn LEFT onto Macedonia Church Rd.
- Macedonia Church Rd. will be on your RIGHT

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

- Take I-66 West
- Take the US-522/us-340 exit, EXIT 6, toward Winchester/Front Royal
- Merge onto US-522 N toward Winchester/Virginia Inland Port.
- Turn Left onto Macedonia Church Rd.

## **Macedonia UMC**

1941 Macedonia Church Rd.

White Post, VA 22663

Emergency Contact Phone Numbers: (757) 342-5757 or (540) 869-4874

# Directions to Hampshire County 4-H Center

Please ensure you have selected your correct camp week assignment dates & location. Should you have any questions about your assignment please contact [Nancy@jeremiahproject.org](mailto: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 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 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  
Romney, WV

Emergency Contact Phone Numbers: (757) 342-5757 or (304) 822-7300

## Wednesday “Free Day” Activities (Winchester, VA)

Church leaders are responsible for students on free day for transportation, insurance, and adult leadership. All groups are required to be out of camp from 9:00am—3:30pm. The camp will provide a bag lunch if requested (at camp) in advance. Please call ahead for any activities listed below for the most up to date group rates and availability. Some of the activities listed may require significant travel, please plan accordingly.

### Winchester Location

- **Appleland Sports: [www.applelandsportscenter.com](http://www.applelandsportscenter.com)**
  - Between Winchester and Stephen’s City on Rte. 11 go-carts, batting cage, and snack bar.
  - 540-869-8600
- **Cacapon State Park**
  - Only 45 Minutes from camp! Swimming, paddle boats, and horseback riding available!
  - State park number: 304-258-1022 (for stables- extension 170).
- **Dinosaur Land: [www.dinosaurland.com](http://www.dinosaurland.com)**
  - Offer group rates of less than \$5.00 per person. Opens at 9:30am
  - 540-869-2222
- **Front Royal Canoe Company** (tubing on the Shenandoah River)
  - [www.frontroyalcanoe.com](http://www.frontroyalcanoe.com) **1-800-270-8808**
  - Group rates with 20 minimums == (includes, life-vest, and free cooler tube) Continuous departures - time on the river varies with water conditions (approx. 3-4 hours) Located approx. 1 hour from camp. Please call to confirm rates.
- **Northside Bowling Lanes: [www.nslanes.com](http://www.nslanes.com)**
  - **540-667-1470** Coupons may be available on website
- **Route 11 Potato Chip Factory: [www.rt11.com](http://www.rt11.com)**
  - **1-800-294-SPUD** Mount Jackson, VA Open 9am- 5pm
- **Sherando Park- Stephen’s City, VA**
  - <http://www.fcva.us/departments/o-z/parks-recreation/parks/sherando-park>
  - **540-655-5678**
- **Sportsplex: [www.sportsplex.us](http://www.sportsplex.us)**
  - **540-868-2200** Arcade, snack bar, basketball, lacrosse, in-line hockey, indoor soccer, volleyball, batting cages, climbing wall. Call ahead to reserve if you’re using an arena or the climbing wall as they have sports camps during June and July. Signed waiver needed to participate.

# Wednesday “Free Day” Activities (Winchester, VA.)

## CAVERN TOURS – closest to Winchester Camp Sites

- **Endless Caverns:** [www.endlesscaverns.com](http://www.endlesscaverns.com)
  - New Market, VA 1-800-544-CAVE
  - Approx. 1 1/2 hours from Winchester
- **Luray Caverns - Luray, VA 540-743-6551**
  - [www.luraycaverns.com](http://www.luraycaverns.com)
  - Approx. 1 1/2 hours from Winchester
- **Skyline Caverns - Front Royal, VA 1-800-635-4599**
  - [www.skylinecaverns.com](http://www.skylinecaverns.com)
  - Group rates – call ahead and reserve a tour!
- **In the event of a rainy Wednesday ...**
  - Magic Valley Food and Fun (Winchester) (540) 667-3495
  - Apple Blossom Mall (Winchester)(540) 665-0201
  - Alamo Drafthouse (Winchester) (540) 313-4060
  - Carmike Apple Blossom 12 (Winchester) (540) 431-2385

## 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**  
Trough General Store. Call for pricing: 304-822-7601.  
[www.wvcanoerentals.com](http://www.wvcanoerentals.com)
- **Smoke Hole Caverns, WV**  
Located in Seneca Rocks, WV., about an hour from camp. 800-828-8478. Z  
[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.