



JONAH MINISTRIES is a Christian, 501(c)(3), non-profit camp and retreat center. We operate year-round providing Christian camps, and hosting rental camps and retreats; we provide facilities for various activities and serve as a hub for many community events.

JONAH MINISTRIES MISSION STATEMENT Jonah Ministries is dedicated to presenting the gospel of Jesus Christ and promoting spiritual growth in a Christian environment through fun, God-honoring Camps and Retreats.

JONAH MINISTRIES SLOGAN Where kids laugh, hearts change, and God smiles.

JONAH MINISTRIES STATEMENT OF FAITH

1. We believe that the Bible is the inspired Word of God and is without error, infallible and authoritative in the original writings.
2. We believe in one true God, eternally living in three Persons: Father, Son and Holy Spirit.
3. We believe in the deity of our Lord Jesus Christ, in His miraculous virgin birth, in His sinless life, in His miracles, in His substitutionary death and atonement through His shed blood, in His bodily resurrection, and in His personal return in power and glory.
4. We believe that for the salvation of lost and sinful man, that faith in the Lord Jesus Christ and rebirth by the Spirit are essential.
5. We believe in the present ministry of the Holy Spirit, by whose indwelling the Christian is enabled to live a godly life.
6. We believe in the forgiveness of sins, the resurrection of the body, and life eternal.
7. We believe in the spiritual unity of the Church, which is called the Body of the Bride of Christ, made up of all who are spiritually reborn through faith in the Lord Jesus Christ.

We're praying for you before, during, and after your retreat!

STUFF YOU SHOULD KNOW RETREAT BOOKLET



If you need help with something during your retreat, please feel free to ask Jeff or Beki (after 10 pm —only if it's urgent, please).

If you don't see us in the building:
Call Jeff's cell: 541-490-3055 or Beki's cell: 541-980-5505

As always, it's our goal to help you tailor-make the best retreat ever. Just ask!



*"Come as our guest,
leave as our friend"*

Contact Information:

Jonah Ministries

31 Little Mountain Road, Trout Lake, WA 98650
 TEL 509-395-2900 ~ FAX 509-395-2920 ~ jonah@campjonah.com
 www.campjonah.com

For contract/payment help: ask for Beki
 For activities/fun help: ask for Jeff

Memberships:

Christian Camp and Conference Association (CCCA)
 Association for Challenge Course Technology (ACCT)
 Christian Video Licensing Incorporated (CVLI)
 Christian Copyright Licensing, Inc. (CCLI)

Just ask! If you have any questions or special requests prior to your retreat, please call or email. We love to help you tailor-make your event.

Cell Phone Use: Only ATT & Verizon have service in Trout Lake.

Wireless Code: Bigfish10

Quiet Hours: Indoors: it's up to you. Outdoors: 11:00 PM -7:00 AM. Please remind students to be quiet between the main building and The Lunch Counter during quiet hours.

Bus Transportation: We can provide bus transportation for your group for \$1.50 per mile. This price is subject to change as fuel prices increase. The cargo trailer is an additional \$50 charge.

What to Bring:

STUDENTS	LEADERS
-Sleeping bag -Pillow -Towel -Toiletries -Clothes for all weather -Flashlight and batteries (if caving)	-Minimum Payment -Activities Waiver for each student/leader -First aid kit -Sleeping bag -Pillow -Towel -Toiletries -Clothes for all weather -Ear plugs -Garbage bags for students' wet, dirty clothes

PM Shutdown Process:

Please assign one person to follow this checklist (so that we can go to bed before you do 😊)

- Dining Hall: Lights off, turn off coffee pot and hot water pot
- Lobby: Lights off. Switch by front door. Leave outside lights on
- Upper Hall: Turn off light switch at far end of hall, turn off lights in all rooms, bathrooms (emergency lights will stay on)
- Lower Hall: Turn off hall lights (emergency lights will stay on)
- Please turn off all Bathroom and Shower Room lights
- Gym: Turn off all lights (on stage), leave heater fan on low
- Rec Room: Turn off lights
- Chapel: Lights off, video projector off (not just on standby-- red light will be showing), amp and mixer off, power screen up.

THANK YOU FOR FOLLOWING THIS SHUT DOWN CHECKLIST !

Activities Available: Please request activities 2 weeks prior to arrival so that we can have adequate staff on hand.

ON CAMPUS

- Gym (no charge)
- Tennis Court (no charge, bring your own racquets / balls)
- Indoor Volleyball (no charge. Involves some set-up time)
- Rec Room (bring quarters for pool, ping pong balls)
- Zipline (50' high x 500' long, \$200 for 2-3 hours)
- Outdoor Portable Climbing Wall (28' tall, \$200 for 2-3 hours)
- Inflatable Bungee Run (35' long, \$100 for 2 hours)
- Finger Rockets (#200, \$25 for 1 hour)

OFF CAMPUS - Jonah

- Challenge Course (retreat group: \$400 flat rate for 1-20 people, \$15 each for 21+people)
- Challenge Course (non-retreat group \$1,500 flat rate)
- Hiking (free)
- Caving (free, must bring own flashlights and extra batteries)
- Three mile loop for walking/jogging right from our front door

OFF CAMPUS - Other Vendors

If you are interested in any of these activities, please make all the arrangements directly with the vendors. Be sure to mention Jonah Ministries when you call them!

- Mudd Creek Paintball (509-493-8244)
- Zoller's Outdoor Odysseys White Water Rafting (509-493-2641)
Remember when you're rafting at Zoller's to tip your guides. They're beginning to dread it when they see the "Jonah Bus" arrive. Let's be known for our generosity!
- Husum Hills Golf Course (509-493-1211)
- Crossfire Laser Tag (503-991-1834)

Local Businesses:	Local off-campus housing:
The Station Café (509-395-2211) Heavenly Grounds Café (509-395-2211) Andy's Chevron Café (509-395-2211) Trout Lake Grocery (509-395-2777)	Trout Lake Valley Inn (509-395-2300) Serenities (509-395-2500) B&B: Kelly's Trout Creek Inn(509-395-2769) Rooms/TL Grocery: (509-395-2777) Elk Meadows RV Park: (509-395-2400)

IMPORTANT! 3-Step Payment Plan* (check or credit card):

1. Send deposit with your contract. The non-refundable deposit is 10% of the total cost of the retreat.
2. Minimum balance is due upon arrival. Please request check from church treasurer early so that you can bring it with you. Yes, we'll send you home with a receipt of payment.
3. Final balance is due within two weeks of departure. We'll mail you an invoice with the final amount due.

*Any of these "steps" may be paid by credit card for a fee of \$10.

IMPORTANT! 3 Forms Needed:

1. Contract (sign, send with deposit)
2. Certificate of Insurance (We carry only secondary insurance. You must be covered by your group's insurance policy.)
3. Activities Waiver for each student and leader (Give to Beki upon arrival.)

IMPORTANT! First Aid/Medication: You are in charge of your group's first aid needs. Please appoint a medic (with a minimum of first aid/CPR training) and bring your own first aid kit. You must provide for emergency transportation, first aid and emergency care for any injuries or illnesses occurring while on camp grounds. Injuries and sickness incurred while at camp must be reported to the camp host prior to leaving. You are also in charge of all your student medication. Insulin, etc. can be stored in the refrigerator at the back of the Dining Hall, not in the Camp Kitchen.

Guest Rooms/Meeting Rooms: Please let us know prior to arrival if/how many rooms you will need for guests (speaker, bus driver, etc.), meetings or small groups. You must bring bedding for ALL rooms.

Food Requests: Please inform us at least ten days prior to arrival if you have any special dietary needs that require special foods. Please provide the names of the students/leaders who require the special menu. This includes gluten, dairy, vegetarian, etc.

Goals: We have two main goals at Jonah Ministries- that each guest will take the next step in their walk with God and that they will HAVE FUN!

Conduct & Rules:

- You are responsible to supervise ALL activities and behavior. Please have an adult with **all** students at **all** times in **all** places.
- Please keep active games in gym or outdoors (please no Hide & Seek-type games indoors).
- Jonah Ministries (JM) reserves the right to qualify all prospective users. **Programs offered may not be in conflict with the objectives and /or doctrinal statement of JM.** We have the right to ask guests to cease activities or leave the facility if any activities/teachings are in conflict with our mission statement, or with the law, or create a safety hazard for guests or staff. If this occurs, you will remain obligated to the contracted financial minimum.
- You will be responsible for all equipment used, and will pay loss at a replacement value for breakage beyond normal wear.
- Alcoholic beverages, illegal drugs, weapons, and pets are not permitted on the grounds. Smoking outside only, please.
- Mattresses are for sleeping only, not for gym games, etc., please!
- You are responsible to communicate these guidelines to the attendees of the retreat and to ensure compliance.**
- Please do not eat or drink anything other than water in the dorms or chapel. Water Bottles are fine.
- No Pranks Allowed!
- No Pets. No exceptions
- The kitchen is off-limits (health department rule).

Lost & Found: We will keep “found” items for two weeks only. Please call or email quickly if you’ve left something behind and we’ll mail it to you. During your retreat, please put unclaimed items on Lost & Found table in lower hall. Please check ALL rooms prior to leaving for items left behind.

Cleaning List: We’ll clean up after you, but we sure appreciate you taking everything (and everyone) home with you!

Meal Times: We prefer 8:30, 12:30 & 5:30, but we’ll gladly make changes if you ask before you arrive.

Schedule: Please email your schedule to us at least a week prior to your arrival so that we can have the activities, personnel, etc. ready to meet all your needs.

Books & Videos: Feel free to use our Lending Library full of good books and videos (a few DVD’s) available for your use while you are here.

The Lunch Counter (TLC): Come check out our favorite new hang out and camp store. Visit **TLC** in the early morning hours for a warm drink and a quiet time with Jesus in front of the fireplace *or* hang out with your retreat group at Camp Jonah’s newest hot spot!

Rec Room: Is now upstairs in the main building and has Pool Table, Air Hockey, Ping Pong, Foosball, and Carpet Ball. You must have a leader supervising this room at all times. This person will be responsible to oversee use of the room and all the equipment. Please bring some quarters for the use of pool table and purchase of ping pong balls.

Bring-your-own-Snacks: If you bring your own snacks, please store/serve them at the back of the Dining Hall. There are cupboards for storage and a refrigerator/freezer for your use. Bring EVERYTHING necessary for serving your snacks (plates, cups, silverware, napkins, bowls, etc.). Please clean up after yourselves so that the morning kitchen crew doesn’t arrive to a messy surprise! No students or leaders are allowed in the main kitchen.

Coffee/Hot Chocolate: For adult retreats, hot drinks (coffee, tea, hot chocolate, hot cider) will be available early morning to late at night. For youth retreats, hot drinks will be available only during meal times (coffee & tea will be available all day for leaders only). Please instruct your students not to help themselves to stock of drinks in the cupboards. Tea and creamers are also available FOR LEADERS ONLY in the labeled cupboard right above the hot water pot.

Cancellation Policy:

Your group will be required to pay 50% of the Minimum Guarantee if you cancel this contract 90 days prior to the first day of the retreat. You will be required to pay the full Minimum Guarantee if you cancel this contract 30 days or less prior to the first day of the retreat. *Your contract requires us to reserve specific dates, staff, activities, and equipment for your group. We may have turned other groups away and already purchased groceries, etc. Therefore, please bring at least the contracted minimum number of participants. Our heart is not to charge you for people you did not bring, but we must cover our time and expenses.*