

Welcome to Family Retreat 2025

July 4 to 6, 2025

Check-In, Late Check-In, and Check-Out

- Check-in: Friday 7/4/2025, 9:00-10:00 AM Cedar Chapel (sanctuary)
- Late Check-in: 7/4/2025 at 12:45-2:00PM in Ponderosa (lunchtime)
- Room keys: Friday 7/5/2025 at 12:45PM at Ponderosa (lunchtime)
- Check-out: Sunday 7/6/2025 at 8:00AM at Ponderosa Dining
- Questions/Concerns: Contact Rose Lee 714.906.7040.

• Worship begins punctually in Cedar Chapel at 10:00AM

Prayer

- **Pray** that ALL campers, beginning with yourself, will experience spiritual renewal, unifying fellowship, safety & good health.
- **Pray** the Pastors, Speakers, Counselors & Staff will be empowered by the Holy Spirit as they serve the Lord and minister to us.
- **Pray** children & youth will learn Biblical principles to grow spiritually.

Guidelines

1. Be respectful; represent our Lord with gratitude & grace.
2. Bring your Bible, handbook, and pen to all sessions.
3. **Safety first!** Watch out for one another. **Report concerns to Pastor Godfrey.**
4. Children must be under the direct supervision of an adult.
5. The weather will be warm. Avoid over exhaustion and stay hydrated.
6. Be on time for programs and meals.
7. Respect lights out at 11:00 am. Quiet hours 10:00 pm – 8:00 am.
8. Lost keys will incur a charge.

Youth Guidelines

1. Cooperate with adult leaders, Pastors, Counselors, Directors.
2. Report all medications to counselor. If you feel ill or need first aid, ask counselor to report to the camp doctor.
3. Respect lodging areas. Keep noise to a minimum. Youth must stay out of opposite sex quarters.
4. Limit yourself to no more than 1 can of soda each day. Also, limiting the intake of milk and dairy products may help prevent stomach aches (gas).

Dress Policy

- All clothing must be modest and of good taste. No bare midriffs, low-cut or revealing blouses or shirts, short-shorts or skirts.
- Garments shall be sufficient to conceal undergarments.
- **MODEST SWIMWEAR.** Only one-piece swimwear should be worn. A T-shirt or cover-up should be worn outside the pool area.
- Bring comfortable clothing & good walking shoes.
- Light jacket for evenings.

Linens Provided?

	Hotel Style	Bunks	A-Frame (youth)	Cabins
Sheets	✓	✓	X	✓
Towels	✓	✓	X	✓
Pillows	✓	✓	X	✓
Blanket	✓	✓	X	✓

What to bring	DO NOT bring	Optional
<ul style="list-style-type: none">- A joyful heart- Bible and notebook- Medications- Water bottle- Summer clothing, Jacket, Pajamas, Undergarment- Soap, shampoo, conditioner- Sun hat/glasses- Lotion/sun screen- Swimwear- Comfortable shoes & socks- Toothbrush & toothpaste- Chapstick- Dining room "booster chairs" for infants/toddlers	<ul style="list-style-type: none">- Alcohol, drugs, tobacco- Gaming consuls- Firecrackers, matches, lighters- Food to your cabin room (wild animals)- Pets- Skateboards- Weapons	<ul style="list-style-type: none">- Walkie-talkies- Fans- Bug repellent- Flashlight- Ping-pong or pickleball paddles with balls- Hair dryer

歡迎來到家庭退修會 2025

七月四至七月六日

報到、延遲報到、與退房

- 報到: 星期五 7/4/2025 @ 9:00-10:00AM 在 Cedar Chapel (sanctuary)
- 遲報到: 星期五 7/4/2025 @ 12:45-2:00PM 在 Ponderosa Dining (lunchtime)
- 領鑰匙: 星期五 7/5/2025 @ 12:45PM 在 Ponderosa Dining (lunchtime)
- 退房: 星期日 7/6/2025 @ 8:00AM 在 Ponderosa Dining
- 問題/需求: 聯絡 Rose Lee 714.906.7040.

- 崇拜將於每天上午 **10:00** 準時在 **Cedar Chapel** 禮堂開始

禱告

- 求所有參加者（從你我開始）都得到屬靈更新、團契合一、安全與健康.
- 求聖靈加添牧師、講員、輔導員與工作人員力量，並恩膏他們服事並事奉主.
- 求孩子與青少年學習聖經原則，靈命成長.

守則

- 尊重營地，感恩謙卑地代表主.
- 出席所有聚會時請攜帶聖經、手冊與筆.
- 安全至上**，彼此關心；如有問題請向 Godfrey 牧師回報.
- 孩童須有成人全程陪同.
- 天氣偏熱，請避免過度疲勞並保持充分水分.
- 準時參與活動、用餐.
- 關燈時間為晚間 10 點至隔天早上 8 點，請勿熬夜.
- 若遺失房間鑰匙，須照價賠償.

青少年守則

- 遵守成人領袖、牧師、輔導員與主任的安排。
- 所有藥物須向輔導員報告. 如有不適需急救，請輔導員聯繫營區醫師.

- 尊重住宿區,不製造噪音;青年禁止進入異性住宿區域.
- 建議限一天一罐汽水. 為避免胃部不適, 減少攝取牛奶與乳製品.

衣著規範

- 所有衣物須端莊得體，不可露出腹部、不可穿著低胸或暴露的上衣，嚴禁超短褲或迷你裙。衣著應遮蓋男女內衣。
- 端莊泳裝: 穿連身泳衣。離開泳池區域時，需外罩 T 恤或其他合適罩衫.
- 攜帶舒適衣物/步行鞋.
- 晚間氣溫偏涼，建議攜帶輕便外套.
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打包清單

	酒店形式	上下舖	A 型屋	小木屋
床單	✓	✓	X	✓
毛巾	✓	✓	X	✓
枕頭	✓	✓	X	✓
毯子	✓	✓	X	✓

應攜帶	勿攜帶	可選擇
一顆喜樂的心 聖經與筆記本 需用藥品 水瓶 夏季服裝 外套,睡衣,內衣 肥皂,洗/潤髮精. 遮陽帽/太陽眼鏡 潤膚乳/防曬乳 泳衣 舒適鞋襪 牙刷/牙膏 潤唇膏 幼兒用餐增高椅	- 酒精、毒品、菸草製品 - 遊戲主機（如Switch、PS等） - 鞭炮、火柴、打火機 - 食物（以免吸引野生動物） - 寵物 - 滑板 - 武器	- 對講機 - 電風扇 - 驅蚊用品 - 手電筒 - 乒乓球拍 - 乒乓球拍與球 - 吹風機