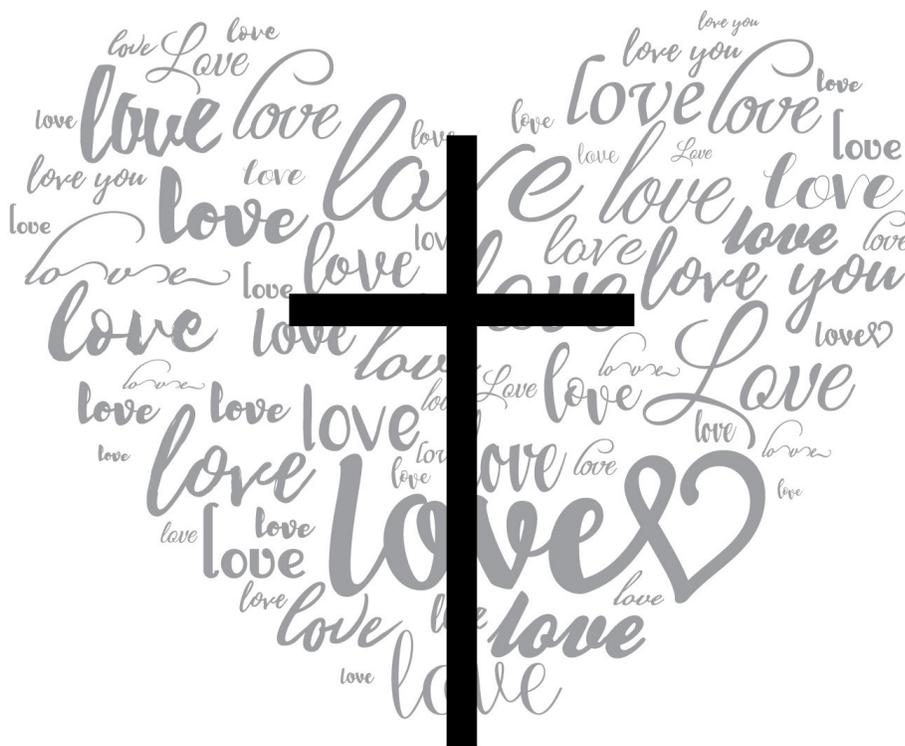


NORTHWEST FAMILY RETREAT

A HEART OF LOVE



I HAVE LOVED YOU WITH AN **EVERLASTING LOVE**... JER 31:3

FAMILY RETREAT 2019

JULY 3-7, 2019
UPPER COLUMBIA ACADEMY
SPANGLE, WA 99031

GENERAL INFORMATION

Where is Northwest Family Retreat (NWFR)?

Upper Columbia Academy Campus (UCA)
3025 E Spangle-Waverly Road
Spangle, WA 99031

What is the nearest major airport?

Spokane International Airport (GEG) is about 30 minutes from the UCA campus.

When does registration open?

Registration is open now!
Save \$10 and register by May 31, 2019.

What is the meeting schedule?

Restoration International (RI) seminars begin at 7 pm on Wednesday, July 3 and conclude on Sabbath evening. There will be a special 4th of July celebration on Thursday. No Sunday events are planned this year. After breakfast and worship, please finish packing and depart by 11 am. Check the Retreat Program when you arrive for additional information on planned activities.

Are day guests welcome?

YES! Come and bring a friend for any meeting or all day on Sabbath. There is no day guest fee. If you wish to purchase meals, please do so via the registration form in advance.

When should we arrive?

NWFR opens for guest check-in at 1pm on Wednesday, July 3, 2019. Please park by the gym to check in before setting up camp. You will receive lodging directions, name tags, meal tickets and the Retreat Program.

Where are meetings held?

Meetings are held in a large, wood-floored gymnasium. Restroom facilities are located in the rear of the gym. the gym is not air-conditioned.

Does UCA have cell phone and internet?

Yes, there is cell phone coverage out of doors. Coverage inside the buildings may be intermittent. Internet access is available to retreat attendees. Parents may stop by Registration for an internet access voucher.

What is the photography policy?

By attending NWFR, you are granting permission to be filmed or photographed by any means and are granting full use of video and still images without compensation. We will attempt to accommodate exceptions if you make yourself known to the audio-visual team.

What is the weather like?

July is warm and windy on the Palouse. Check the forecast before coming and plan accordingly.

What should we bring?

Bibles, notepads, umbrellas, flashlights, towels, bedding, personal care items, shower shoes, layered clothing, light jackets, walking shoes, cooking and camping gear.

How should we dress?

Wear comfortable, modest clothing, appropriate for camping and the weather. Dress pants for men and dresses for women are not required.

How may we help at the retreat?

Volunteers make this retreat possible. Let us know via the registration form or email how your family would like to help. We contact families as needs arise. Your family may also sign up to assist with various activities during the retreat at Registration.

What recreational activities are available?

Retreat sponsored activities include Family Fun Time on Thursday and Friday. Sabbath afternoon activities for the family and a special 4th of July celebration.

Walking, jogging, tennis, biking and other group games on the ball field are up to you and participated in at your own risk. July can be windy, so bring your kites! **Please leave all skateboards and rip sticks at home. They are not allowed on campus. Bikes may be ridden but please stay off the sidewalks.**

What are my parental responsibilities at the retreat?

Minors may only attend retreat with their immediate family or court ordered legal guardian, who is responsible for their supervision at all times.

This is a family retreat where parents and children sit together during meetings and stay together throughout the weekend. NO place is safe for unsupervised children.

All attendees participate in retreat activities at their own risk. Neither NWFR, RI, UCA, UCC or any of their representatives accept any liability of any kind whatsoever, regardless of the manner in which such liability may have arisen.

May we bring pets?

Pets are not allowed in any buildings. If you bring a pet, you are responsible for their care, cleanup and any property, physical damage or disturbance they cause. If possible, leave pets at home. Documented service animals are welcome. Please let us know on the registration form if you plan to bring a service animal.

MUSIC

Philosophy

We encourage Christ-centered music. Children and youth are invited to join the song leaders onstage to open each meeting. Parents are welcome to participate with their infants and toddlers.

Will there be a choir?

Yes, children and youth may join the choir for a simple performance on Sabbath morning. Parents, if you wish to include your toddlers/infants, accompany them to practice and bring them on stage for the performance.

Should we bring our instruments?

Yes, Instrumentalists are welcome to play at each song service and you may join the ensemble for a simple performance on Sabbath evening. Practice times are listed on the Retreat Schedule. Please bring your own SDA hymnal and music stand if you are able.

How do we sign up to help with music?

Circle the appropriate answer on the registration form and the music coordinator will contact you. All special music is reviewed prior to retreat and the music schedule is posted at Registration. Live accompaniment only for special music participants. Song service leaders and pianists are contacted in advance to help select music with which they are familiar. Thanks for being willing to share the talents God has given you.

Welcome Sabbath with Song

Join us at the fountain in front of the Administration building at 8:30pm on Friday evening to welcome Sabbath with music led by the youth.

RESTORATION INTERNATIONAL (RI)

Will RI have materials to sell?

The Resource Table is set up in the gym during the retreat. Books, music CDs and t-shirts are available. Stop by early for the best selection.

Speaker appointments

We invite you make appointments with any of our speakers. Approach them early to schedule your appointment.

Expenses

Retreat expenses include office supplies, facility rental fees, administrative costs and RI speakers' transportation, food and lodging. The cost to host NWFR 2019 is approximately \$10,000 dollars.

NWFR collects two offerings (Friday evening and Sabbath morning) to cover the expenses of this retreat. Please prayerfully consider your contribution.

What if I want to contribute regularly?

You may contribute to NWFR and RI during the year by check or on-line donation. Automatic donations may be set up using debit Visa or MasterCard at RI's Resource Table.

REGISTRATION GUIDELINES

Review the lodging and meals information. Register by May 31, 2019 and save \$10. Family (2+ people) Registration Fee is \$45. Single Adult Registration Fee is \$35.

Questions?

Call the Petteys at 406-890-1195 or email host@nwfamilyretreat.org.

Option 1 Credit Card Payments

Download the registration form, complete, scan and email to host@nwfamilyretreat.org. We email invoices for credit card payment via Paypal. Credit card payments are processed in June and July only.

Option 2 Check Payments

Download the registration form, complete and mail with your check no later than June 15, 2019 to

Vernon & Karina Pettey
525 Moose Creek Rd
Polebridge, MT 59928

LODGING

What accommodations are available?

1. Dorm rooms sleep 2 adults and 4 children. There are two twin beds, bring bedding/mats for everyone.
2. Tent camping on the ball field surrounded by trees.
3. RV sites by the creek. (no hook ups)

What shower/restroom facilities are available?

Showers and restroom facilities are located on each floor in the girls' dorm. They will be labelled "Men" or "Women". For those tenting or in RV's, restroom/shower facilities are at the rear of the gym. Port a potties are located on the ball field and at the RV area. Trash dumpsters will be conveniently located as well.

What about grocery stores, ice and laundry?

Spangle has a small convenience store located a mile from campus. Additional shopping is about 30 minutes away. Ice is sold at the cafeteria during meals. Laundry facilities are available in the girls' dormitory. Washers are .50 and dryers are .25/45 minutes. Bring your own supplies.

Are camp fires permitted?

No.

MEALS

May we prepare our own meals?

Yes, meals may be prepared at your RV or tent site. Bring your own supplies and equipment. Cooking appliances of any sort are not allowed in the dorm rooms. Plan accordingly if you are bringing your own meals and staying in the dorm. Campus kitchen facilities are not available for use.

Are meals served?

The UCA cafeteria offers plant based, dairy/egg free, buffet style meals. The buffet is "all you can eat", so encourage your children to start with small portions and go back for seconds. Food may not be taken out of the cafeteria.

Meal tickets are purchased via the registration form. A limited number of meal tickets will be available at Registration during the retreat. Meal ticket sales close at 3pm on Wednesday, Thursday and Friday for next day tickets.

What about Sabbath meal tickets?

If possible, purchase Sabbath meal tickets in advance via the registration form, or at Registration once retreat starts. No tickets are sold on Sabbath.

What about suppers?

Bring simple foods for your family suppers. The cafeteria is only serving breakfast and lunch.

NWFR provides a light supper on Sabbath evening for all attendees. Join us on the cafeteria patio for light refreshments and fellowship before the evening meeting.

Are meal tickets refundable?

Missed meals are not refunded or transferred to another meal or day. If you have tickets you are not able to use, consider selling/giving them to another family.

What is the menu?

Below is a sample menu for NWFR, it is subject to change.

All breakfasts:

Hot/cold cereal bar with nuts/raisins/dates/diced or fresh fruit/berries/seeds. Homemade whole wheat bread, nut butters, fruit spreads, honey.

All lunches:

Salad bar. Homemade whole wheat bread, nut butters, hummus, fruit spreads, honey.

Day	Breakfast	Lunch
Thursday	Breakfast Tacos Beans Rice	Baked ziti Steamed vegetables Bread Cookies
Friday	Pancakes Nuts/Fruit toppings Hash browns Granola	Bean enchiladas Steamed vegetables Spanish rice Cookies
Sabbath	Baked millet Apple/Date Muffins Scrambled Tofu	Special K loaf Baked potato bar Vegetable Dessert
Sunday	Biscuits/Gravy Vege sausage Oatmeal	