

MISSIONTRIPS



60416 HIGHWAY 10 • KANSAS, OK 74347 • 918-597-2192

Cookson Hills provides home, school, and therapy for kids who are at-risk.

Raising children is challenging. Since 1957, we've been partnering with families to give kids love, education, and healing in a beautiful setting. Each member of our team works to give children the best chance to live a mature life. It's not guaranteed, but we exhaust every option to give them the best opportunity possible.

For many kids, Cookson Hills is their childhood home. For others it's a temporary home for about two years. All kids come here to live within a family. They enroll in school, they learn, they play sports, they make friends, they help set the table, they laugh, they talk, they ride horses, they heal, and (we hope) they leave better than they came.

It's not foolproof. It's difficult. And, it's worth it.

TRIP PLANNING & PREPARATION

Pray

- Pray that the Lord will be glorified through your work at Cookson Hills.
- Pray for your team members, that they will work together enthusiastically and effectively.
- Pray for your family and church members, thanking them for their support of your mission work.
- Pray for safety in your service and travels to and from the mission.
- Pray for Cookson Hills and the lives of children and families who are receiving help, hope, and healing.

Participants

Remember the purpose of the trip is to "join up" with us in serving the Lord at Cookson Hills. There is a variety of work, so group members need to be willing to work hard and be flexible. We hope this trip will enrich you and your group. High school groups need to have a 7:1 ratio of students to sponsors.

Pre-Trip Meetings

Prior Planning Prevents Poor Performance. Meetings can be a time for prayer, team building, and discussing the materials contained in this handbook. Each member must complete the **On-Campus Volunteer Application/Medical Care Release Form** (*Job i 'n/ I Xnl 'tn/ x2 bytbl 'Axl' „ ZUuMZ*). If possible, submit the form to Cookson Hills one week prior to arrival. You will be spending a lot of time together, so you may want to discuss the challenges your team will face. Use this time to orient your team to the mission and project you will be serving in and to strengthen the team unity.

Identify Leadership

It is helpful for us to know who will lead your group while at Cookson Hills.

Remain Flexible

Several factors impact projects: group skills; length of time they have to serve; funds for the project; Ministry plans; supervision to complete a project; and the weather can limit our efforts. Unexpected things happen...so be flexible and willing to change plans if necessary.

Prayer Partners

Encourage your church to be involved and help with different aspects of your trip. Your team will likely sense a deeper commitment when they have the church family behind them. Fund raising, organizing, equipping, and serving as prayer partners are good ways to create involvement. If members back home want to send encouraging notes, just send to Cookson Hills – Attn: Mission Trip, with the group name/individual name on the envelope.

Quiet Time & Devotions

We encourage you set aside some time for devotions. You may want to assign different team members to present the Word for the day.

Cost

Lodging for an overnight stay is \$20 per night - per person. Meals are \$10 a day per person. This helps Cookson Hills retain mission dollars for mission critical expenses. Groups are asked to help fund a project that they are capable of completing. We have a range of projects with associated costs and skills required. If your group would like to provide your own meals, we will make a kitchen and equipment available to you to prepare it. The \$10 a day per person meal cost will be waived.

Housing

Housing will be provided primarily in our bunkhouse. There are two dormitory style rooms with bunk beds separated by bathrooms. Each dorm room has a private entry and will sleep 12 and 16 people. It comes with heat, air, refrigerator, microwave, and phone.

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may occur on an occasional basis, but should not be an expectation. Current licensing regulations and staff supervision requirements limit this opportunity. We want you to have time to interact with families and we plan for that during your stay.

Location

[Visit Google Maps](#)



ARRIVAL

When You Arrive

Upon arrival, the volunteer coordinator will meet you to help get you settled. If consent forms were not sent in advance, they should be turned in, and we will brief you on some of the basic rules and expectations for your stay on campus. A campus tour and orientation for the group can take about two hours, usually held on the day of arrival.

Work Projects & Work Tools

Projects can range from technical projects such as electrical wiring or computer networking to basic projects like painting, cleaning, or organizing and everything in between. We try and consider the abilities of our groups as well as ministry needs as we make plans. Some groups will work alongside Cookson Hills employees who will direct the project through to completion. The ministry will provide the tools needed for projects, though you are welcome to bring your own tools. Please treat tools with care and use them for their intended purpose.

Transportation

Transportation will need to be provided by you, unless it relates to the activities planned by the ministry.

Meals

If your group is with us during the week:

BREAKFAST - the work group kitchen will be stocked with items such as milk, juice, cereal, eggs, sausage, bread, flour, sugar, and paper goods. You will need to designate a “breakfast coordinator” to prepare/organize breakfast during your stay. We will provide the necessary items from our campus food store. You may choose to serve cereal or prepare a hot breakfast or a mix of both during your stay. Once you have your breakfast menu planned, let us know so that we can confirm what items we have versus what you will need to bring with you.

LUNCH - provided in our dining hall. Please be prompt at meal times because this can affect other families. Mealtime and clean up takes about 20 minutes. The routine is important to the children. Please help us maintain this routine by being respectful of the time limits. *ExZMI_MK' MIXj|I Va by'Ca uuμXA*

SUPPER - you are own your own for these meals. We will supply you with a kitchen and equipment to prepare them. This would also be a good opportunity to treat a residential house to a night of pizza and games. If interested in this option, just let us know.

Places To Eat/Things To Do While Visiting

A list of possible places to eat and things to do in the area is provided on your group’s webpage.

WORKGROUP KITCHEN



APPLIANCES

Refrigerator
Deep Freeze
Six-Burner Gas Stove
Gas Ovens x 2
Large Gas Cooktop
Convection Oven
Electric Mixer
Microwave
Electric Griddle
Crockpots x 2
16qt Roaster Oven
Coffee Pot
Toasters x 2
Charcoal Grill

COOKING WARE

Cooking Utensils
Pie Pans x 2
Bundt pans x 2
Loaf Pans x 3
11x15 Casserole Pans x 2
9x13 Casserole Pan
18x27 Sheet Pan
Stock Pots x 3
Skillet
Mixing Bowls
Pitchers
Strainer



RETREAT CENTER



APPLIANCES

Refrigerator/Freezer
Oven/Four-Burner
Stove
Electric Skillet
Gas Grill
Microwave
Coffee Pot
Toaster
Crockpot

COOKING WARE

Cooking Utensils
Mixing Bowls
Cutting Boards
Pots x 3
Stock Pot
Skillets x2
9x13 Casserole Pan
11x15 Casserole Pan
Pizza Pan
Cookie Sheet

If you have questions or need anything during your stay, please contact:

Debbie Tinkler

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[Email](#)

918-597-2192 x418

Things To Bring

Note: This is only a guide, so consider the specific needs of your group.

- Sleeping bag or twin bedding / pillow
- Toiletries and towels
- Sunscreen, hat, bug repellent - Be prepared to work outdoors
- Water bottle - Water jugs are provided at work sites, but bringing a personal bottle is a good idea
- Work clothes that are appropriate - Check the dress code on page 8!
- Shoes safe to work in - Something that laces up with non-slip sole
- Shower Shoes - Flip-flops, etc.
- Work gloves, sunglasses - Some prefer eye and/or ear protection as well
- Frisbees, balls and gloves, or other outdoor activity items



DO NOT BRING TOBACCO!

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The Bunkhouse

- Sleeps up to 28 - With 12 on one side and 16 on the other
- Amenities: Heat, AC, refrigerator/freezer, and small kitchen appliances
- Phone access: The phone number is 918-597-2192 x109 and can be used with a calling card.

Dining Hall

- Meals are provided in our dining hall on weekdays only.
- Mealtime lasts about 20 minutes from start until cleanup
- Please be on time at mealtimes so families are able to maintain routines and schedules.

Group Leaders (i ZZu{abyb k b X)

- At least one male and one female sponsor on the trip – maintain a 7:1 ratio.
- If you want to plan a time to swim or canoe at the river, take a trip to town for ice cream, or take advantage of off campus endeavors – plan and communicate that in advance so we can schedule it.
- Kids may not wander the campus unattended.
- Dress modestly, guidelines are enclosed in this packet.
- Be flexible. Routines at Cookson Hills are necessary to maintain continuity, be sensitive.
- The use or possession of tobacco, alcoholic beverages, and illegal substances is prohibited.
- Listen, be friendly, but don't counsel.
- Help us take care of the facilities, furnishings, and equipment.
- Possession of firearms, fireworks, or flammable materials by visiting groups is prohibited.
- To protect the privacy of children in care, do not take pictures of the children. If you would like video or pictures, our promotion department can provide materials for you, your church, or group.
- No one convicted of abuse or mistreatment of children is allowed on the grounds of Cookson Hills.

HOW YOU CAN HELP AFTER YOU DEPART?

Pray For Us

Pray for the staff, that we will continue to build bridges of hope for children. Pray for the children and their families to accept Christ as Lord of all.

Financial Support

The ministry relies solely on the support of churches and individuals who believe in the work being done at Cookson Hills. God may use you personally to give or encourage others who can give to the mission.

Donate Goods & Services

Maybe during your visit, the Lord has shown you ways you can contribute to the success of the mission by donating gently used clothing, box tops for education, or expertise to help us achieve our goals.

Join Our Staff

We are always looking for mature Christians who have been blessed with the calling, character, and competence to serve the Lord by building bridges of hope for hurting children to our Lord Jesus Christ.

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