

Everything Document

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Warning About Altitude

Continental Ranch is at 10,000 feet of elevation and that will cause most people to feel short of breath, tired, etc. The effects can be lessened by drinking lots of water both while at altitude and for several days prior to arriving.

If you have any pulmonary issues please check with your doctor to make sure coming is a good idea and have a plan to be able to return to lower elevation if needed.

Pre-Workshop Recommended Work

1. Print, sign and return the "Assumption of Risk" Document
2. If you have not done so previously, fill out, sign and send to Darrell, New Hope's general "Intake Documents" available at www.newhope4si.com.
3. Watch/Listen to Darrell's "Predator or Protector" teaching available at www.newhope4si.com
4. Practice "Immanuel Prayer Journaling" (See page 210 or 214 of *New Hope For Sexual Integrity*) Please make at least two attempts beforehand.
5. Sign up for cooking/cleaning assignments on the sign-up genius that Darrell will send out prior to the event
6. Prepare yourself for a digital fast for as much of the time as possible and especially during the time we are doing our work. **We require everyone to turn off** their phones or other connected devices during our session times, and also encourage you to only do essential "check in with your wife" type use from the time you arrive until we are done late Sunday evening. Let your wife know you can check in with her before we begin and/or after we finish in the evenings. We want this to be a time you truly "get away." If you are trying to manage things at home, work, church or otherwise, you will have trouble staying connected to important work you will be doing.

7. Make an agreement with your wife around your phone use while at the workshop. Again, my recommendation is to not check email, websites, social media, etc. and only use your phone for whatever level of connection she desires.
8. Give your wife, children, or whoever needs it my cell 785-331-4673 as an “Emergency Contact.” Text is best. I will try to check my phone during breaks, but cell coverage is spotty at times. Please ask them to only reach out in emergencies so that it does not create unnecessary distractions.
9. Write out, at least in bullet points, the key points of your story as you know it right now. Include what you know about what your parents’ ability to care for you as an infant and small child, memories of harm, abandonment, etc., your initial exposure to pornography or other sexual matters, etc. **This is the most important Preparation Work for the workshop**

What Do I Need To Bring?

1. Shower supplies: towel, soap, shampoo, etc. (Shower house is basic but has good hot water)
2. Bedding—recommend a warm sleeping bag and a full bedsheet. Beds have a mattress cover only. (If you are flying in, reach out to Darrell and he can likely find you a loaner sleeping bag & pillow)
3. Fire starter. Cabins have modern wood stoves that do a great job heating the cabin. However, some fire starter cubes or sticks makes it much easier.
4. Comfortable clothes. No need to impress anyone. Wear what feels comfortable for you. Temps swing greatly at 10K elevation. Mornings, evenings and when a shower comes through can get downright cold, but when the sun is shining it gets toasty, so bring layers.
5. Bible, Journal & writing utensils
6. Water! We recommend at least a gallon of drinking water each day. The water at the ranch is not for drinking, just for bathing, cleaning, etc.
7. Drinks, Snack, Sweets and possibly lunch food. New Hope is providing dinner Friday-Sunday and breakfast Saturday-Sunday. Snacks will be community shared unless you are prepared to guard diligently. ☺
8. Ear plugs in case your roommate snores. (Two men in most cabins with separate beds)
9. Fishing gear if you are so inclined. (Make sure you pick up a fishing license as well.) We have had good luck on the lake with power bait, spinners (Rooster tails, Meps, Panther Martins, etc.) Some men have done well on the creek behind the cabins with flies and small spinners. It holds some surprisingly large brown trout as well as brooks, cutthroat and cutbows.

Where & When

Continental Ranch between Lake City and Creede, Colorado. If coming from Creede, turn left on the dirt road to Continental Reservoir around mile marker 49 between Creede and Lake City. Cabins are on your left and pretty much impossible to miss. Enter “Continental Reservoir Colorado” in your navigation on your phone.

On Friday, July 23, you may arrive as early as you like (Your cabin might not be ready, but Darrell will already be set up in cabin #2 and you can unload your stuff there if you need a place to unload.) Please be there by 5PM to get settled in. We will eat at 6 and begin our first session at 7. Late arrivals will be disruptive to the flow of our work so please give yourself plenty of time. FYI, you may want to give yourself time to stop a few places on your way in.

Emergency Contact Information

As stated in the Pre-Workshop Recommended Work Give your wife, children, or whoever needs it my cell phone # 785-331-4673 as an “Emergency Contact.” I will check my texts during break times in case someone has an emergency.

Menu

The menu below is from 2026 and will be similar in 2027. If you have any special needs that are not addressed, please let me know. I’m not promising we can do anything about it, but at least we will know and you can plan accordingly.

Friday Dinner—Lasagna & Salad

Saturday Breakfast—Breakfast burritos. Darrell will bring, but you are on your own to heat up as he will be headed to the lake early.

Saturday Dinner— Chili

Sunday Dinner— Elk Backstrap & Pulled Pork

OK, I hope that is everything important in one place. I’ve probably missed something, but you can forgive me later. 😊

