



## Introduction & Guide to the Preparation Materials

### Partners in Ministry

We are so excited to partner with you and your group! Promoting growth and serving others is at the heart of who we are at AdventureServe. Our mission is to come alongside you and your leadership team to provide a real, relevant, challenging, life-changing, thought-provoking, and truly outstanding mission experience.

Welcome to the Group Preparation Packets. We have broken it into four sections, each timed with a specific part of the planning process.

- **The Sign up Pack** (what you are currently reading) is intended to help you get your brain around everything you will need to do to prepare your group for your trip and to help you understand how AdventureServe will be planning your trip. Now that you are signed up you are to read it all right away and use the preparation documents in the back to prepare your chaperones and group for the trip. ***Timeline: Read it all as soon as you are signed up.***
- **The Detail Experience Pack** is intended to help you understand the details of your trip like the schedule and meals. This will help you get the most out of the experience for your group. You should read this pack as soon as possible but at least have it completed by March 1<sup>st</sup>.
- **The Group Analysis Pack** will help you give AdventureServe a better idea of your group's specific needs and goals. You can start working on this as soon as you would like but please return your Group Analysis Sheet by May 1<sup>st</sup> at the latest.
- **The Seed Thought Pack** contains our seed thought journal for the summer. Many of our leaders like to read through the journal before the trip.

Hey, we understand that your time is a precious commodity...we are ministry workers ourselves! That being said, we suggest that this GPM is something you cannot afford to overlook.



For you, your adults/chaperones and your participants to truly have an outstanding experience it is imperative that all trip participants are clearly prepared for what they will encounter while in Kentucky or Tennessee. ***Nothing will benefit your experience more than having accurate expectations and good attitudes about the trip.*** This is especially true for you and

the other adults and for this to happen preparation is key. Nothing will sabotage the success of your mission experience more than uninformed or misinformed trip participants.

The contents of this manual are based upon our past interactions with incoming groups, their preparation material requests, and preparation shortcomings they have experienced or we have witnessed. You can trust that the content herein will be relevant, practical, and well worth the energy you put into it.

This is more than a packet of information...it's the foundation for a successful mission experience.

### **Taking the experience home... perpetuating your group's growth**

While we want you to have a successful trip, we also want your group to continue growing long after the trip. We do not want the AdventureServe trip to simply be a one-and-done mountain top experience. Please consider using the "Taking the Experience Home" outline on our website or providing your group with other ways to process and continue learning from the trip. ***Intentional follow up will increase the value of your trip immensely.***



**Special Dietary Needs:** We want to know by May 1 if anyone in your group has special dietary needs like peanut allergies, a need for gluten free, or vegetarian needs. We ask for this info on the Group Analysis Sheet (see website and Group Analysis Pack) and will follow up for more details from there. We want to talk to each person/family about their unique needs so we can accommodate.

## **Suggested Preparation Timeline**

### **Have You Already Completed This?**

- ❖ Read your entire Written Agreement and understand your payment deadlines and cancellation policies. We will email this to you soon after you sign up. (If you did not make a copy of this document for your records before you returned it please contact AdventureServe Ministries.)

### **Right Away**

- ❖ Read the Sign up Pack so you know what to expect and what will be required of you.
- ❖ More Packs of information will be emailed to you during the times in which we think you will need the information. If we are not meeting your needs please let us know and we will be happy to send it to you earlier or feel free to find all the Group Prep Packs on the web page.
- ❖ Set your goals for the trip. What would you like your group to get out of it? What are your community and spiritual goals?

### **Three to Six Months Out**

- ❖ Advertise the AdventureServe Ministries program to the group, their parents, and possible chaperones.
- ❖ Develop an application. Have participants sign-up and commit early. This will help avoid competition with other summer activities and allow you to plan and pay for the correct number of people.
- ❖ Set a budget and develop a fundraising plan. (contact ASM for more help in this area)
- ❖ Set deadlines for trip payments for the group members.
- ❖ Recruit adult chaperones. Involve them in the planning and group preparation. This will give your leaders the proper scope and expectations.
- ❖ Find a copy of the daily devotional (Seed Thought Journal) on our website or we will also be emailing this to you in May.

(At the end of this document you will find materials to assist you in your parent, adult leader, and other group meetings.)

- ❖ Schedule a meeting with parents. Give them as much information about the trip as possible. Informing them now will save you many questions later on.
- ❖ Schedule your first meeting with your adult chaperones.

### **Before May 1st**

- ❖ Fill out the Group Analysis Sheet, which will be emailed to you in March, for your group and mail or fax it to AdventureServe Ministries. We cannot finalize planning your trip without the info provided on this sheet!
- ❖ Make sure your payments are up to date. (See your Written Agreement payment schedule)
- ❖ Finalize your number of participants and inform the Program Director of any changes.
- ❖ Notify the Program Director if you have any special activity, service, or location requests.
- ❖ Begin organizing and gathering tools based on the general tool list if need be. (lists will be in your Detail Experience Pack)
- ❖ Begin planning your post-trip “Taking the experience home” session (see website).

### **Two Months Out**

- ❖ Begin conducting your bi-weekly group preparation meetings.
- ❖ Schedule your second adult chaperone meeting.
- ❖ Plan for your transportation needs.

### **One Month Out**

- ❖ The program manager will contact you to discuss more trip details and to answer any questions.
- ❖ Make sure your payments are up to date. (See your Written Agreement payment schedule)
- ❖ Create a detailed schedule of when to meet at the church, leaving time, estimated arrival time, return time, important contact info, etc. to give to parents and other church authorities.
- ❖ Collect all the Participant Information and Liability Release Forms (on website) from each participants and adult coming. Make sure they are completely filled out and have the appropriate doctor, guardian and participant signatures.
- ❖ Continue your group preparation meetings.

### **After May 1st**

- ❖ Your Program Director will call you to discuss your group’s week and answer any questions you may have.
- ❖ Schedule and finalize your post-trip meeting.

### **Two Weeks Out**

- ❖ You will be emailed a Program-specific packet of information about your week. This packet will include directions, a rough itinerary, lodging details, contact information, and possible worksite details, site-specific tool lists, and regional information.

- ❖ Host your Final Logistics Meeting with all parents, chaperones, and group participants.

### **7-10 Days Out**

- ❖ The program manager will contact you and finalize many of the details of your trip including small number changes, sleeping arrangements, activity changes, AdventureServe staff, and other important logistics.

### **Travel Day**

- ❖ Make sure you have signed Participant Information and Liability Release Forms from all of your participants. Keep these handy so you can give them to your AdventureServe staff upon arrival. It will be one of the first things the AdventureServe staff will want.
- ❖ Monitor the things being packed so you can weed out anything that will be a hindrance to traveling comfort or group growth.
- ❖ Give a copy of directions to each driver. Make sure contact information is exchanged.
- ❖ Bring AdventureServe Ministries' phone numbers with you in case you have trouble finding your camping area.
- ❖ Eat dinner before arriving at your assigned campground.
- ❖ Meet your AdventureServe Ministries staff at the campground after 6:00pm Eastern Standard Time. Aim to arrive between 6:00 and 6:30pm.

### **After the Trip**

- ❖ Review plans and have your "Taking the experience home" session.
- ❖ Fill out AdventureServe Ministries' post-experience survey. This will be emailed to you after your trip.



**AdventureServe**  
— MINISTRIES —

*Growing faith in action*

## **AdventureServe Ministries Background & Philosophy of Ministry**

### **The Founding of AdventureServe:**

In 1980 AdventureServe Ministries was founded in Altamont, Tennessee by John and Jan Bell as Confrontation Point Christian Wilderness Adventures. The service-oriented ministry focused on youth encountering Christ in wilderness settings. The camp grew steadily and over the years missions programs were added. Now each summer we facilitate about 50 groups (750+ participants).

### **Mission Statement:**

*AdventureServe Ministries seeks to create a Christ-centered community and encourage growth through confrontational experiences with God, self, others, and nature.*

We live out this mission by providing relevant service and adventure opportunities for mainly youth groups, but we work with all other kinds of groups as well; using the experience to challenge the group to grow as a team; and challenging each person to grow spiritually and as a leader.

### **Changing Our Name from Confrontation Point to AdventureServe Ministries:**

To better communicate what we do, we changed our name to AdventureServe Ministries in the fall of 2013. This decision was made in the wake of much prayer, research, and organizational discussion. Adventure and Service have been a signature combo of every experience we guide. We make service become adventure, we follow the greatest Servant, and believe the best adventures happen when everyone sacrificially serves the team. The mission and programming will not change as we remain committed to our core values. We are the same crazy and caring ministry. We will continue to serve community members in need, inspire people to serve, and train future leaders!

### **Theological Position:**

AdventureServe Ministries is in a unique position in that we work with groups and employ staff from many different denominations. As a staff we affirm the Apostle's Creed. By using this creed and the other early Christian creeds as our guide we can be assured that our core beliefs are located directly within the "trunk" of Christianity. Our staff is encouraged to have a strong faith and to live this out in a context of love. We expect our staff to be firm on these core truths and to exercise charity and love in all aspects of the Christian worldview.

Our emphasis at AdventureServe Ministries is on developing a supportive Christian community and encouraging a lifestyle that flows from a Christian worldview. We provide a structure for you and your adult leaders to disciple the group and develop relationships with them within your specific theological system.

#### **THE APOSTLES' CREED**

I believe in God, the Father Almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried; He descended to hell. The third day He rose again from the dead. He ascended into heaven and is seated at the right hand of God the Father Almighty. From there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic church\*, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting, Amen.

\* Universal Church

## The Pillars of AdventureServe Ministries

One of our main goals is your group's growth! All programming elements and activities within the mission's portion of your trip are designed to create a safe environment where this growth can occur. We use five elements to achieve growth in your group: ***focus on God, community, service, leadership development, and challenges***. We call them the pillars of AdventureServe Ministries. While the different programs we offer may focus more predominately on certain elements, the pillars—our core philosophies—are woven into all programs.



Remember, **we want to partner with you for the trip**. The philosophies and practices described below have been effective for ministry in the past but if your goals are different let us know! We will work with you for the best possible experience for your group.

## Focus on God

It is often easy to focus on the life we're living rather than the reason for it. At AdventureServe Ministries we deliberately schedule time into every day to reflect on God and His challenges for us. There are so many things that God wants to teach us from the Word and through our relationships with others.

### Tools Used:

- ***Morning devotions*** give us the chance to take time away to read the Bible, pray, and journal. When we listen God speaks! Devotional themes change each year and are designed to bring the Bible to life by speaking to real, relevant needs/issues. "Seed Thought" as we call it, is just the beginning of the spiritual development plan for the week.
- ***Evening worship*** helps the group to communally focus on God. There are various options on how this can be done. Details are in Section 5 of this manual—*Group Experience Details & Options*.
- ***Teachable Moments*** are times to pause and see or experience a new understanding of God through His creation or people.

## Community

We are committed to living, teaching, and modeling a supportive Christian Community. The biblical model is a body—we are all members of one body and need each other. No part of the body is more important than the other (Ephesians 4).

As your group grows together as a community it becomes an even better context in which the group can grow as individuals. If youth have friends in youth group who are growing in their faith they are more likely to do so themselves. Also, youth with strong relationships with Christian adults other than just the youth pastor are far more likely to keep their faith. This is another reason

community, including adults, is important to AdventureServe Ministries. What better place to develop relationships between your youth and adults than on a trip like this!

#### Tools Used:

- A **Covenant**: At the beginning of the week your group will write an agreement that will be the focus of your relationships for the week. Members of the group will be responsible for helping others to keep this agreement for the good of the whole group. There are options for how this can be facilitated which are detailed in section five of this manual—*Group Experience Details & Options*.
- **Doing activities as a group** helps us to think of the others in the group (i.e. if two people are late for a meal the whole group waits until they arrive before eating).
- **Decision making** is done by the whole group, not a select few. Often the leadership will say to the group “These are your options, what do you want to do?” Making a group decision isn’t easy, but doing it with respect for everyone’s views and discovering a solution that everyone can accept is a victorious moment. Decisions involving safety will remain the responsibility of the leadership team (AdventureServe Ministries staff and Group Leaders).
- **Chores** are used as an initiative activity to teach small groups how to work together to achieve a task. Upon your arrival your group will be divided into smaller groups of four or five who will be given different responsibilities including meal preparation, meal clean up, and preparation/leading of worship services, etc.
- **Games and team building initiatives** are activities that have a specific goal in mind (e.g. to teach the group how to accomplish a difficult task using everyone’s skills and talents).
- **Debriefing** is a daily time of discussion for the whole group. We reflect on the day and share the things we learned, the struggles we had, deal with issues of conflict or frustration in a healthy way, and discuss how to apply all these things at home. It gets the whole group on the same page, is an integral part of processing growth, and helps the group begin to transfer the lessons learned on the trip to life at home.



#### Service

Consider Christ's "parting shot": in His last hours Jesus chose to demonstrate to the disciples that "the greatest among you must become like the least; the leader like the servant." As Christians it's this humble servanthood we are called to emulate. We are God's hands and feet on earth and it's our desire to incarnate (flesh out) God's love to those with whom we come in contact.

#### Tools Used:

- **Serving each other** by helping with chores and encouraging others is essential. Your group will be challenged through the covenant and actions of the leaders to display a servant attitude to the other members of the group.



- ***Serving people outside your group:*** Whether home repair clients or other individuals that you meet during your trip, your group will have the opportunity to communicate Christ's love through service and compassion.

### Leadership Development

We all know that claiming to be a leader or even holding a leadership position does not make someone a leader. We believe that *spiritual leadership* is the responsibility of all who take the name "Christian." We suggest that the definition of *spiritual leadership* is closely tied to an individual's understanding of and interaction with God, community, and service. Based on the principle that leadership is learned and cultivated, "Leadership Development" has been at the core of AdventureServe Ministries' philosophy since our inception.



We want to give your group a chance to take responsibility, ownership, to struggle, fail, and succeed. We desire to foster a safe arena in which people can "practice" leadership. The key here is empowerment—giving them the tools necessary to be successful in their endeavors and then LETTING them proceed. Our philosophy is summarized is **Show, Help, Let.**

**Let** can be the tough part but is the crux of what we want to accomplish here—giving the participants ownership. We want them to face opportunities to engage their mind (facing a situation), to overcome obstacles (difficulties or consequences of their decisions), and complete a task while being supported by the adults in ways other than providing all the answers. Support will look like creating a setting in which the group is ready to face these challenges. We want the group to have opportunities to make mistakes and learn from them. We want the participants to have this chance to accomplish more than THEY ever thought they were capable of and more than YOU ever thought they were capable of!

#### Tools Used:

- ***Planning and leading worship.*** There are various ways to organize worship but one option is to let the participants plan and facilitate it. With support from the leaders, the participants have the chance to express their love for God in their own way and to challenge others in the group.
- ***Decision making*** is used to build community and to help your group think through a problem and find the best solution.
- ***Responsibility*** for much of the experience is given over to the group. All leaders will be asked to step back and allow the participants, at times, to make mistakes (when safety is not a concern). We use the group setting to process and evaluate successes, failures, and frustrations that may arise from inexperienced leadership.

### Challenges

Romans 5:3-4: "... We also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope."

We strive to produce an experience that isn't "easy" or "comfortable" but is challenging yet achievable. We want your group to be outside their comfort zones so that they rely on God and their peers to help them.

We view growth opportunities in three stages—the green, yellow, and red zones.



**Green Zone:** This is the place we are comfortable and life is easy. It's where we live the majority of our lives—it is the sustaining zone.

**Yellow Zone:** Here participants are placed in a position where they are uncomfortable. This can often be a place of "perceived risk" but is actually a safe place where growth can occur.

**Red Zone:** This is the danger zone where participants are placed in an environment that is so far away from where they are comfortable that they can't grow because they are restricted by fear due to threats to their emotional, mental, spiritual or physical health and well being.

All participants will find themselves in different growth zones at different times throughout their experience. Our goal is that each individual would experience the yellow zone without entering the red zone.

When challenging participants we follow a guideline called **challenge by choice**. We will challenge participants and provide them with experiences that can push them into their yellow zone. However, we will never force them to do something they are not comfortable with. We will encourage them but the choice is theirs. This means that AdventureServe Ministries' job, and your job, is to create an environment in which participants can choose to step into the yellow zone.

#### **Tools Used:**

- **Camping** means living in close quarters with the outdoors and each other. This means bugs, rain, no soft bed, no gourmet meals and no TV or radio.
- **Outdoor adventure** activities often put the participants in a scary situation. Fear of heights, water, small spaces and rocky terrain are very real fears that can be faced, giving people more confidence than ever before.
- **Program specific challenges** like in the daily activities. In the Mystery Trip program, not knowing what to expect is trying for many people. Doing physical labor all day is a challenging part of Home Repair. Adventure activities test those in the Wilderness program. Sometimes being responsible for something like cooking for your whole group is a challenge!

## Organizational Promises:

### Regarding High Risk Activities

We desire to push people beyond their comfort zones. Because of this we do activities that are perceived as being high risk. We take reasonable precautions to be prepared for emergencies that may occur and have an excellent safety record. Nevertheless, no matter how hard AdventureServe Ministries works for safety, wilderness settings and construction worksites inherently involve risk. You and your group must understand that accidents can happen in the outdoors no matter how safe the program. Parents sending their child to AdventureServe Ministries are voluntarily accepting these risks.

As a courtesy, we have purchased primary medical insurance to cover all campers and chaperones attending AdventureServe Ministries to the value of \$3,000. Further details regarding this courtesy coverage are available in section three of this manual, *Goods and Services*.

99% of the injuries we see in the course of a summer are minor incidents including bumps, bruises, sprains, strains, minor cuts and abrasions, bee stings, etc.



## Group Preparation Outlines & Handouts

### Overview

You have now been equipped with the information to overcome barriers and to prepare your group for a great trip. The success of your trip will depend largely upon how well you prepare your group for their experience.

We understand that time is of the essence. We understand that weekly trip meetings are not an option. We understand that it is tough enough to get adults to volunteer to chaperone the trip let alone get them to trip leaders' meetings as well as all of the group preparation sessions. We understand that each group leader will tackle these problems differently.

With that said, we have provided in the following pages, suggested preparation outlines and handouts for parents, adults/chaperones and participants. This is how we would go about it if it were our group...this is what our experience tells us are the essentials in preparation communication.

Also, as you plan for these pre-trip sessions to prepare your group, you should plan a post-trip session to follow up with the experience afterwards. "Another meeting?!?" Yes. Again, this is not about a week-long trip. It is about long term results, and helping the group process the experience after the trip is essential for the lessons to sink in and stick for the long haul. Use "Taking the Experience Home" found on the web for information on this session.



## Parent Preparation

### Two Sessions

#### Session #1

Purpose: Orient parents to AdventureServe Ministries. Communicate trip preparation time table.

Suggested Handouts: Participant Information & Liability Release Form. Also feel free to give parents any part of the Preparation Packets we send you. You know your parents and you know what will make them feel safe about their child on a trip.

Discussion Points:

- Your goals for the group and this trip.
- How ASM will help you achieve these goals.
- Details about ASM (Suggested Handouts). For further reference, refer them to our website: [www.Adventureserve.org](http://www.Adventureserve.org).
- Importance of leader/group relationships ("5 Pillars" "community") **Consider: What can parents do after the trip to connect with their children?**
- Your timetable...what's next, how you would like them to be involved, financial deadlines, paperwork deadlines (Participant Information & Liability Release, others you may require), required parent and Group preparation meeting dates/times, fundraising information, etc. You may want to craft your own handout for this.
- Answer questions.

#### Session #2 (They are different session numbers, but this is the same meeting for parents, & the group)

Purpose: Final logistical meeting.

Suggested Handouts: See below.

Discussion Points:

- Craft a simple handout with an emergency cell phone contact for parents to use (yours or another trip leader's). Be sure to include our toll free office number (800-884-8483) for emergency use. Parents must understand that this is our office number and we will reach the group as quickly as possible (it could take 2-3 hours as cell phones do not always work in the rural areas of KY and TN and a physical visit may be necessary). *Contacting our office directly is most often the quickest method for an individual to contact you or a member of your group while you are on your trip.*
- Collect any last minute Participant Information & Liability Release forms.
- Share about the spiritual journey your group will be on and how parents can pray for your leadership team and their group while you are in KY/TN.
- Answer last minute questions.
- Recommended: spend the last part of this session developing your group's covenant for the trip.
- Close the meeting with corporate prayer for your experience in KY/TN.

## Adult/Leader Preparation

### Three Sessions

**It is assumed that all adults/leaders are present at the parent preparation session.** If this is not true, you must adjust accordingly. It is imperative that your adults/leaders are exposed to the same information. It is also assumed that your adults/leaders will attend all group preparation sessions.

#### Session #1

Purpose: Developing your leadership team.

Suggested Handouts: Have them read about ASM philosophy and 5 pillars found in your Sign up Pack. You know your leaders so feel free to pass off any further information you think may be needed

Discussion Points:

- Define the purpose of this trip and establish goals as a leadership team for the experience.
- What is the role of the adult/chaperone in trip preparation? During the experience?
- Re-emphasize the importance of leader/participant relationships ("5 Pillars," "Community." This is a suggested handout for parent prep session 1.)
- Discuss Creation Restoration program philosophy (Suggested Handout). What difficulties or challenges does your leadership team anticipate and how can you address them together?
- Foster a commitment to prayer for your experience.

#### Session #2

Purpose: Acquaint your leadership team with specific details regarding your experience in KY.

Suggested Handouts: Allow them to read the Detail Experience Pack. You know your leaders so feel free to pass off any further information you think may be needed

Discussion Points:

- Thoroughly discuss the Detail Experience Pack ...your adults/chaperones **MUST** have mastery knowledge of what they are getting into!
- What difficulties or challenges does your leadership team anticipate and how can you address them together?
- Answer questions and develop a list of questions you need to ask ASM as a result of your leadership meeting.
- Close with prayer for your experience and all those involved in it.

**Session #3**(They are different session numbers, but this is the same meeting for parents, & the group)

Purpose: Final logistical meeting

Suggested Handouts: None.

Discussion Points:

- Craft a simple handout with an emergency cell phone contact for parents to use (yours or another trip leader's). Be sure to include our toll free office number (800-884-8483) for emergency use. Parents must understand that this is our office number and we will reach the group as quickly as possible (it could take 2-3 hours as cell phones do not always work in the rural areas of KY and TN and a physical visit may be necessary). *Contacting our office directly is most often the quickest method for an individual to contact you or a member of your group while you are on your trip.*
- Collect any last minute Participant Information & Liability Release forms.
- Share about the spiritual journey your group will be on and how parents can pray for your leadership team and their group while you are in KY/TN.
- Answer last minute questions.
- Recommended: spend the last part of this session developing your group's covenant for the trip.
- Close the meeting with corporate prayer for your experience in KY/TN.

## Group Preparation

### Five Sessions

Five preparation sessions sounds crazy! You're right! It's really only four sessions plus attendance at the Final Logistical Meeting. We suggest one session every two weeks, beginning two months prior to your experience. All "suggested handouts" for group preparation follow this group preparation outline.

#### Session #1

Purpose: Provide general trip information to the group.

Suggested Handouts: "What to expect," "What to bring," "Top ten things," "The Law."

Discussion Points:

- What the group can expect on the trip.
- What the group should bring during the trip.
- What the group will give up on the trip.
- Group responsibilities and requirements.

#### Session #2

Purpose: To encourage the group to be aware of the defining moments they will encounter on the trip.

Suggested Handouts: None. See *Defining Moments* leader outline.

Summary of Discussion Points (Included in leader outline):

- What will the group do with the decisions they are faced with on the trip?
- How could a single moment effect them positively or negatively?
- How will they define those moments? How will their decisions define them?
- Empower the group to take charge of every moment on this trip.



### Session #3

Purpose: To help develop a stronger group community before your trip. To help the group identify the ways they can foster their community on the trip.

Suggested Handouts: None. See *Building Community* leaders outline.

Summary of Discussion Points (Included in leader outline):

- Define the areas the group can help develop community on their trip.
- How can they contribute in each of these areas?
- Why is a strong community essential for a successful trip?

### Session #4

Purpose: Teach the group basic home repair skills and techniques. Develop teamwork and group community.

Suggested Handouts: None. See *General Construction Skills* leaders outline.

Summary of Discussion Points (Included in leader outline):

- How to use tools
- Safety overview
- Lead the relay race competition.
- Build extra teamwork and HR skills through the doghouse building activity.

### Session #5

Purpose: Final logistical meeting.  
(Though they are different session numbers, this is the same meeting for all parents, leaders, & group)  
Recommended: Develop Group Covenant

Suggested Handouts: None.

Discussion Points:

- See parent preparation session #2.
- Recommended: Group Covenant

## Defining Moments *Leaders Outline*

### Goal:

To encourage the group to be aware of the defining moments they will encounter on the trip.



### Introduction:

Every day in our life, there are defining moments. There are choices that we make that will determine who we are and what we can become. Sometimes these moments are big. Sometimes they are small. Regardless, the decisions we make in these moments will go a long way in determining the impact our life has.

### Scripture:

Joshua 2:1-21

### Illustration one:

Story of Rahab from Joshua 2:1-21.

Read through scripture and describe the defining moment that Rahab encountered.

### Illustration two (optional):

Find and show the video clip from Spiderman the movie; Clip of Peter allowing the robber to get away at the wrestling match. Illustration of no action taken during a defining moment. The robber later kills Peter's uncle in a car theft.

### Application:

Why would Rahab do this? Where would she find the courage to make such a leap of faith in a God she did not know? The book of Hebrews gives us the answer:

“All these people were still living by faith when they died. They did not receive the things promised; they only saw them and welcomed them from a distance, admitting that they were foreigners and strangers on earth. People who say such things show that they are looking for a country of their own. If they had been thinking of the country they had left, they would have had opportunity to return. Instead, they were longing for a better country—a heavenly one. Therefore God is not ashamed to be called their God, for he has prepared a city for them.” (Hebrews 11: 13-16, NIV).

Rahab was exchanging her old country for the heavenly one. She had caught a glimpse of God's power, and she knew that was what she wanted. In Hebrews 11:31 we read, "by faith Rahab the harlot did not perish along with those who were disobedient, after she had welcomed the spies in peace." By what? By attitude, self-confidence, and believing in yourself? No, by faith!

Defining moments can be irrevocable decisions that alter our life forever. They are moments of boldness, faith and perseverance. They, almost certainly, will involve personal risk, either to our reputation, relationships, or future. For Rahab, everything was at stake. Had the king found the spies before they escaped, she was done for. If she had successfully helped out the Hebrews and yet not put on the scarlet rope, she would also have perished. Finally, she trusted the Hebrews, complete strangers to her, to tell the truth.

With all of those unknown factors, how did she know what to do? Rahab chose to go with the God of the Hebrews because she had watched what God had done. She had heard about His great miracles and wanted to know Him!

You will have defining moments in your life. In fact, you have defining moments every day of your life. Often these moments are not huge, world changing decisions such as Rahab's, but they are important in determining the kind of person you are. It may involve taking a stance, changing your friends, supporting a movement. Whatever that moment may be, remember to trust God for guidance and wisdom. God will be faithful.

In your defining moments, you are called to take action. To make a decision that will change your life as well as others. This summer, on our trip you will be faced with a defining moment. It will be an opportunity to change your life as well as others. What will you do with that moment? God is waiting; He wants you to take action.

### **Discussion Questions:**

- 1) What were you most inspired by in the story of Rahab? Why?
- 2) (If you watch the Spiderman clip) What is the difference between how Peter acted in the movie and how Rahab reacts in the story?
- 3) Have you ever experienced a time when you had to make a sudden decision with long-term consequences? How did you handle it? Would you have done anything different?

- 4) What risks and fears are involved in defining moments?
- 5) Do you ever struggle with feeling God will be faithful in your decisions?
- 6) How do you see defining moments playing out in your mission trip this summer?
- 7) Are there any defining moments in your life right now? Are you ready to take action?

## Building Community

### Leaders Outline

#### Goal:

To help develop a stronger group community before your trip. To help the group identify the ways they can foster their group community on the trip.

#### Introduction:

Something special happens when people gather together, united under a common cause. Bonds are developed, life long friendships are created, and lives are changed. Your mission team is a community that God has called together to serve. God has given us some guidelines into how to live and work in community.



#### Scripture:

1 Thessalonians 5:12-18

Read through scripture

#### Illustration one:

String a six-foot rope between two objects four feet high off the ground. The object is for the entire group to get from one side of the rope to the other without touching the rope, going around the rope or under the rope. (Safety note: proper “spotting” is required when someone is off the ground. This means that *at least* two people not helping lift have hands up ready to keep the person off the ground safe if they fall. Focus on head, neck, and back. The goal is not to catch, but to get them to the ground safely and with no pain.)

Observe how your group works through this challenge. Are they encouraging and cooperative with each other, or do they have a difficult time working together? Spend a little time after the activity discussing the results (Ex: How did you overcome the challenge? Why is it important to work together? In what ways will we need to function like this on our mission trip?)

#### Application:

In 1 Thessalonians, God has given us guidance into how we should interact with each other in community. Think for a moment about the mandates given here. “Build each other up”, “live in peace”, “warn the idle”, encourage the timid’, “help the weak”, “be patient”, “do not pay back wrong for wrong”, “be joyful”,

“pray”, and “give thanks”. Talk about a tall order! How could anyone or community ever live up to all of these goals? For a moment though, think what it would be like to be a part of a community that did all of these things. How awesome would that be!

The Bible gives us a picture of what a group that followed these principles looks like. We find them in the book of Acts. Soon after Christ’s death and resurrection, followers of Him began to gather, discuss and worship together. Acts 2 tells us that:

“They devoted themselves to the Apostles teaching and to the fellowship, to the breaking of bread and to prayer. Everyone was filled with awe, and many wonders and miraculous signs were done by the Apostles. All of the believers were together and had everything in common. Selling their possessions and goods, they gave to anyone as he had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.” (Acts 2: 42-47, NIV)

This group of believers were in harmony with what God had designed community to be. All of the principles in 1 Thessalonians were being followed and great things were happening. That is not to say they were perfect. Mistakes were made, however the desire of their community was to honor God and to follow God’s will.

God has called us as a body of believers to be a community, has given us the outline, and simply wants us to follow it. The challenge for us is to take this outline and apply it to our lives and the lives of our community. The concepts of 1 Thessalonians are not difficult to understand as individual ideas. The difficulty is in the actual practice of them in our life. We know how to be encouragers, but are we? We know how to pray, but do we? We know how to be patient, but are we? These are all challenges for us in or life. Our community will strengthen and grow when we are all committed to the principles of 1 Thessalonians.

As you prepare for your mission trip this summer, keep the ideas of 1 Thessalonians in mind. As you serve, your community will be faced with many opportunities to practice the principles learned today. There will be times both you and your group need encouragement, patience, and prayer among other things. The more committed you are as a community, the easier it will be to persevere through the challenges of the week. Commit today to being a 1 Thessalonians group. Make the decision to serve the Creator this summer as God’s community and set an example for all believers!

- 1) What principle of 1 Thessalonians is the most difficult for you? For your group?
- 2) What principle do you think is the easiest for you? For your group?
- 3) Do you think your community is a health one? Why?
- 4) What areas can you contribute to this community?
- 5) How will this group handle difficulties?

## **General Construction Skills Leaders Outline**

In order to make this instructional meeting easier for those in charge, we have developed a 1-day skills training course that will cover all of the information needed. This course would typically happen on a Saturday or any full day the group has off. It is divided into 3 parts: Safety and Equipment Overview, Relay race, and The Project.

### **Safety and Equipment Overview:**

#### **Materials needed:**

Several hammers, a bucket of nails, safety glasses, Power drill/driver, screws, tape measure, pencil, circular saw, chalk line, a couple of old 2x4's.

#### **Content:**

This is a 1-hour lecture given by a qualified adult, explaining all of the tools you have acquired for today's project. When describing the tool, it is vital that you include all safety information involved with that tool. Here are some points that should not be left out:

- Always wear safety goggles when working with any power tools, or hand tools that could be dangerous (i.e. hammer/nails, saw, etc.)
- Show how to start a screw in wood & explain the different types of screws that are used for different jobs.
- Show how to properly nail and remove nails—Let everyone try this, as it will be a part of the relay race.
- Show how to measure and mark a board. Also show how to use a chalk-line.
- Describe to them the parts of each power tool (especially drills & saws), so they can understand them.
- Allow each group member to practice cutting a board and drilling in a screw under your supervision.
- Explain where to put your hands when cutting with a circular saw, how to keep other objects (like the cord) out of the cut path, how a screeching sound means you are bending the blade, etc.

### **Relay Race:**

#### **Materials Needed:**

Several hammers, a bucket of nails, safety glasses, circular saw, measuring tapes, pencils, as many 12' 2x4's as you have teams, an open area with access to electricity.

#### **Content:**



I know what you're thinking: a relay race with power tools is a recipe for disaster. This is true if you don't approach it correctly. We have actually done this successfully with many first time tool users. The race we use goes as follows:

- Divide the group up into equal teams of 4-5.
- One team will go at a time unless you have enough tools for each team.
- The 1<sup>st</sup> member of the team must measure, mark, and cut 2, 18" pieces off of their 2x4.
- Then they must run (we make them carry the board) to a specified point and back—just to add a little physical factor in the race.
- Then they must return and nail the 2 boards together with 3 nails. The nails must go in straight or they have to pull them out and start again.
- As soon as they finish the nails, they tag the next person, who does the same routine with the exception of only cutting one piece of wood and nailing it to the 1<sup>st</sup> person's 2 boards.

**Rules:**

This is what makes the game interesting. Each team is timed, but in order to emphasize safety, you add time penalties for each safety or quality infraction. The following is a list of infractions we add 5-10 seconds for each:

- Not using safety goggles- cutting or hammering.
- 5-10 seconds for each 1/16 of an inch their cut is long or short.
- Not getting the cord or other obstacles clear before cutting.
- Not cutting straight.
- Not treating power tools with respect in general (dropping it quickly to start running, slinging it up to start cutting).
- Come up with any others you think should apply.

Note that the team that finishes fastest, isn't necessarily the winner once you add all the penalty minutes.

**Debrief:**

It is always important to look back at the group's performance and evaluate it. Take time after the race to discuss what happened. Why did the winning team win? Were there things that they could have done to improve their performance? Did they feel comfortable with the tools? Did they rush the job? Did they appear to take pride in their work?

Finish this part off with a final question and answer period dealing with the tools and safety.

## The Project:

Below is an example of a small doghouse/dollhouse that can be built relatively quickly and cheaply. If you are planning on doing different types of projects on your trip to AdventureServe Ministries, this is the time to discern who will work on each project. This doghouse will include elements of every level of worksite AdventureServe Ministries offers.

*Level 1- Painting.* They should learn how to cover areas with plastic and tape edges. Show the different types of rollers and brushes and their use. Explain how to scrape paint off – emphasize the use of goggles.

*Level 2- Support Structure.* They will learn how to measure, cut, and nail 2x4's and plywood board. They will learn how to make walls level, square and plum. They will understand that nails are not load bearing.

*Level 3- Joists and roofing.* They will learn how to measure and cut specialized joists. They will learn how to build, flash and shingle a roof.

It may be necessary for you to build several doghouses to ensure that all the group has a chance to participate. Ideally you will place only 8 of the group on 1 project with an adult chaperone overseeing each project. Not only will the group benefit from this activity, but your chaperones will be able to practice the "Show, Help, Let" leadership philosophy they have discussed.

## What You'll Need

### Tools:

- Hammers
- Nail Setter
- Tape Measure
- Extension Cords
- Circular Saw
- Jigsaw
- Carpenter's Square
- Chalk line
- Tin Snips
- Linoleum Knife
- Paintbrushes/Rollers
- Rags
- Safety Goggles
- Work Gloves
- Carpenters Pencils

### Materials:

- 3/4" Exterior Plywood Grade B-C
- floor: 28 1/2" x 34 1/2" to fit interior or
- 30" x 38" to fit flush with the exterior one roof piece: 32" x 40"
- second roof piece: 32 3/4" x 40"
- two side pieces: 36" x 30" with 45° bevel at top two end pieces: 30" x 48" plus 18" peak (90°)
- One-By-Two or One-By-Three Lumber:
- 4 pieces cut to 48" long (to trim the corners) Standard Roofing Shingles
- Standard Aluminum Ridge Cover: cut to 40" long
- Waterproof Construction Glue
- Nails: 4d galvanized finishing nails for general building, and 2d galvanized finishing nails for trim
- Wood Putty
- Sandpaper
- Masking Tape
- Exterior Paint
- Pre-Cut Wood Letters that spell your dog's name, if desired

### Getting Started

After rounding up the materials, your first task is cutting the plywood to size. Start by cutting the floor to fit either the interior or exterior dimensions -- which measurement you use is entirely up to your personal taste. Next, cut the sides, making sure to put a 45° bevel at the top so the sides will join smoothly with the roof.

When you get to the front and back of the house, include a 90° angled peak at the top. To do this, draw a vertical line from the top center of each piece (at the 15 inch point), and extend it upward 18 inches. Then draw a 45° angle from the top of that line to the upper right and left corners of the pieces, using the carpenter's square. That's all there is to it. Cut out the front and back. On the front, you'll want to put a door that's at least 24" high by 12" wide to accommodate most large dogs.

Now, it's time to cut out the roof. You'll notice that one piece of plywood is supposed to be just 3/4" wider than the other piece. Why? To allow for a slight overlap where the two pieces join at the top. Otherwise, your pooch will be stuck with a leaky roof.

By the way: you must use 3/4" plywood for the roof -- even if you decide to use OSB, lighter plywood, or some other less-expensive material on the rest of the house. Because the fact is, lighter materials just can't hold up across a span this size.

### **Some Assembly Required**

Now comes the fun part: watching the house take shape. First, lay out the floor piece so that the nicer-looking side is face-up. Place the front and back walls in their proper positions in relation to the floor, and glue and nail them into place. Do the same with the sides, gluing and nailing them into place at the floor and at the edges. The nails so far have been 4d galvanized. Using the hammer and the nail setter, sink all the nails.

At each of the four corners, nail the corner trim to cover the exposed ends of the plywood. Use the 2d galvanized nails, and sink them using the nail setter. Putty over the sunken nails. Then, glue and nail the two roof pieces to the rest of the structure and to each other, so that they overlap properly the top. Use sandpaper to smooth out the exposed edges and prevent anyone from encountering splinters.

### **Doghouse Decorating**

Get your brushes and paint and have at it. If you intend to give this doghouse to someone, decide what color they would most prefer. Otherwise, be creative and have fun. Be sure to tape the edges and protect anything surrounding it that you don't want painted.

### **Top It Off**

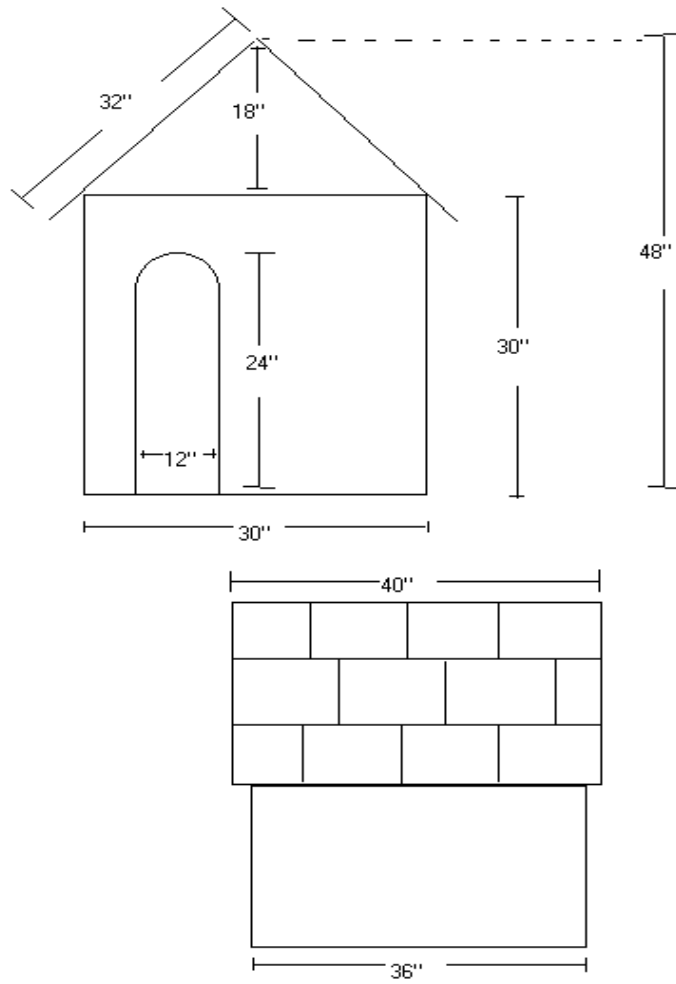
You've decorated the house, and it's looking sharp. Just one thing's missing: the rest of the roof.

Grab the roofing shingles (which are available in colors to complement the paint job you've given the house), and lay an upside-down row flush with the bottom edge along one side of the roof. Cover the first row with a right-side-up row, and proceed in staggered rows to the top. Do the same thing on the other side of the roof. Then, top the roof with the aluminum ridge cover. And that's it.

### **Debrief & Celebrate**

The project is done...it's time for pizza! While your waiting for the pizza to be delivered, take some time to debrief the day's activities.

- Talk through the day...the challenges, lessons learned, things you may have seen (teachable moments), etc.
- How did the adult chaperones do with *"Show, Help, Let"*? Did they take over the project or did they empower the group? What challenges did the chaperones face?
- What lessons were learned today that you'll need to take with you to AdventureServe Ministries?



# What to Expect

## On Your Home Repair Mission

- You will be very tired by the end of the week.
- It probably will rain on you at some time, so come with extra clothes. We will make the best of it!
- You will be sleeping 4-5 to a tent for the whole week. You will feel cramped.
- You will be in a small group rotating responsibilities (cooking, cleaning, leading worship, etc.)
- You will face many challenges physically, spiritually, mentally, emotionally and socially.
- Swimming may or may not be available.
- Showers are available during the week.
- You will know the members of your group very, very well by the end of the week.
- You will be using tools, working and building.
- You will be out of touch with your world for a week. (i.e. no TV, music, cell phones, etc...)
- God will push you way outside your comfort zone.
- You will have a full schedule and be very busy.
- You will experience things you never have before.
- You will see God's creation in a whole new way.
- You will impact someone's life.



### *Sample Daily Schedule*

7:00 A.M.	Rise & Shine
7:15	Breakfast
8:15	Seed Thought (devotion & quiet time)
9:00	Leave for the days activity Monday-Thursday : Worksites Friday: Outdoor adventure (caving, rafting, climbing, rappelling)
12:30 P.M.	Lunch
5:00	Arrive back at base camp
6:00	Dinner
7:00	Free time
8:00	Processing of the day (debriefing)
9:00	Worship

**What to expect, continued.**

**Where will we serve?**

- Appalachia: this is a region in the US extending from New York down to Georgia, Alabama and Mississippi.
- The Appalachia region has a greater rate of poverty than most of the USA, and has many need to address like education, health care, illegal drug use, and home repair.
- The region has some BEAUTIFUL land with rolling hills, mountains, overlooks, waterfalls and rivers. You will certainly see some of this beauty on your trip.
- Specifically, you will serve a family in southern Kentucky or northern Tennessee.

### Who will we serve?

- You will serve a person or family who is unable to do important repairs on their home.
- You will likely serve someone who is elderly, a widow, someone who is handicapped, a single mother, or family that is really having a hard time making ends meet.
- You will probably serve someone who, like you, wants the best for themselves and their family. They would love to do the repair by their own means if it were possible.
- Almost all our jobsites have running water and electricity, although some do not. It will probably NOT look like “third-world” poverty.
- Many of the people we serve already love God; some do not. Either way, you will share God’s love.
- Almost all the people we serve enjoy getting to know you, and your week with them may be a highlight of their summer.

### Why does it matter?

- Whether you are painting a room or fixing a leaky roof, your efforts will help someone have a better day, every day.
- There is need all around us. With AdventureServe Ministries, you will meet one need. Consider what needs surround you at home. Perhaps you pass them every day. You can be Christ’s hands and feet wherever you are.



## Top Ten Things You will Give up While At Adventure Serve

1. The comforts of home. The group, leaders, and staff will be staying at a state park. You will be staying in tents that have few "creature comforts."
2. Your private shower & bathroom. The bathrooms and showers are also used by others, so please be very clean. Please be courteous of others and their needs.
3. Your nice soft bed. Everybody sleeps on the ground. It is good to bring a sleeping pad (therm-a-rest, ridge-rest, etc.) and a sleeping bag. These add a bit of comfort.
4. Your time. The schedule can be very busy. Free time is scheduled, but often it does not seem like enough!
5. Mom to fix your meals for you. Will we starve without Mom around? Your group will be split up into small groups, which will each be responsible for specific tasks. These tasks include: cooking, cleaning up, preparing and leading worship services, etc. Each small group will get an opportunity to cook. The food is tasty and we try to avoid less- healthy foods like "junk food" or "sodas." Ideally one adult will be in each group.
6. The indoors. It is impossible to guarantee what the weather will be like, but we will make the best of the weather we get. Be prepared for cool evening temperatures and for possible rain showers.
7. Boredom. At ADVENTURESERVE MINISTRIES we do exciting activities. We teach rock climbing, rappelling, cave exploration, and we also do white water rafting. These activities, and spending time with others in your group, will make this week long remembered!
8. Your comfort zone. We try to stretch groups and individuals to do things that are new and sometimes uncomfortable. This is when rapid growth occurs.
9. Being anonymous. We expect all group members to be active participants in the discussions and worships.
10. Pick the one worldly thing you think you can't live without. You can.





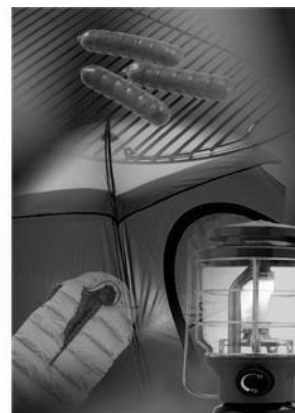


### Packing List

Community gear is provided by AdventureServe Ministries including tents, cooking equipment, general camping gear, food, climbing gear, etc.

#### The Necessities

- ☐ T-shirts (crop tops or immodest clothing is not appropriate).
- ☐ Shorts (no short-shorts - guys or girls).
- ☐ Sweater, jacket, or fleece and pants for cool evenings.
- ☐ Old, warm clothes for caving (will get very muddy) and old shoes (may get ruined). Bring these even if you are not planning to cave, because the weather may change your plans.
- ☐ Socks, underwear (enough for the entire week).
- ☐ Modest swimsuit (Swimming may or may not be available).
- ☐ Footwear is required for swimming and rafting (unless in a pool). Flip-flops are not enough, use sandals with an ankle strap or old sneakers.
- ☐ At least 1 pair of boots or thick-soled shoes.
- ☐ Shoes and/or sandals for around camp.
- ☐ Personal toiletries (toothbrush, soap, shampoo, deodorant, etc.).
- ☐ Towel & washcloth.
- ☐ Raingear: poncho or parka (plan for rain).
- ☐ Hat
- ☐ Sunscreen
- ☐ Bug Spray (or be sure a friend has some)
- ☐ Flashlight with 2 sets of batteries.
- ☐ Canteen or water bottle (at least 1 Liter).
- ☐ Safety goggles.
- ☐ Hammer.
- ☐ Work gloves.
- ☐ Sleeping bag, pillow & ground pad (air mattresses are not allowed - too big).
- ☐ Bible, notebook and pen (in a Ziploc bag is a good idea).
- ☐ Large and small plastic bags for dirty clothes & protecting gear from rain.
- ☐ Any necessary medications (with a MD's note).
- ☐ Be



## **WHAT NOT TO BRING**

- ☐ Valuables (Your gear will be stored in tents or vehicles).
- ☐ Cell phones, TV's, stereos, CD players, etc.
- ☐ Your favorite clothing (They will get dirty, torn, & likely ruined!)
- ☐ Alcohol or drugs
- ☐ Firearms, knives with blades over 3 inches long
- ☐ Animals/pets
- ☐ Junk food

#### Be Responsible!

\* At AdventureServe Ministries, you will be responsible for keeping track of your own stuff. AdventureServe Ministries is not responsible for any lost, damaged, or stolen items.

\* Any personal gear/equipment requiring special knowledge for use must be stored away from other participants.

## The Non-Negotiable Law

### Always:

- Stay within the defined camp boundaries. (Notify a leader if you need to leave)
- Wear shoes or sandals, even when swimming (unless in a pool) and rafting. Flip-flops are not enough. (Old sneakers work great)
- Be safe. (No horseplay, running near cliffs, etc.)
- Follow all specific safety procedures given by staff. (rock climbing, rappelling, caving, etc.)
- Follow all sanitary procedures for cooking and cleaning up meals.
- Wear clothing that is modest and will not offend anyone (i.e. crop tops or immodest clothing is not appropriate)
- Follow the instructions of the AdventureServe Ministries leader.



### Never:

- Swim, unless there is a AdventureServe Ministries lifeguard on duty or have you have signed the Swimming Liability Release form and your leaders tell you it is ok to swim at this time with the group.
- Dive into any water (except a pool's deep end where diving is permitted).
- Use or possess alcohol or illegal drugs anywhere or anytime.
- Drive any AdventureServe Ministries vehicles.

Responsibilities & Requirements	
<b>Exhibit a Christ-Like Spirit</b> <ul style="list-style-type: none"><li>▪ Have a good attitude</li><li>▪ Be encouraging</li><li>▪ Enjoy other's achievements, not just your own</li></ul>	<b>Work</b> <ul style="list-style-type: none"><li>▪ Work hard with the tasks at hand</li><li>▪ Take initiative</li></ul>
<b>Keeping Yourself Safe</b> <ul style="list-style-type: none"><li>▪ Eating well</li><li>▪ Getting enough rest</li><li>▪ Being careful during high risk activities</li></ul>	<b>Be a Team Player</b> <ul style="list-style-type: none"><li>▪ Looking out for others</li><li>▪ Serving each other</li><li>▪ Doing things as a group</li></ul>
<b>Keeping Others Safe</b> <ul style="list-style-type: none"><li>▪ Don't be careless with equipment or tools</li><li>▪ Don't fool around with other's safety</li></ul>	<b>Face the Challenges</b> <ul style="list-style-type: none"><li>▪ Push yourself</li><li>▪ Attempt even the tough activities</li></ul>