

CROSS Missions Urban Plunge

Hello, CROSS Missions Leaders,

We look forward to having you here! Please visit our website for additional information - http://cross.myersparkpres.org

This packet includes:

Items to help you plan your trip:

- Covenant for CROSS Mission Trips
- Packing List
- Meal Menu
- Facilities description and photos
- Descriptions of Ministry Sites
- Youth and Adult Ratio Requirements
- Reservation and Cancellation Policy

Items to return 30 days prior to the trip:

• Final number of participants in the Group Roster

Items in to CROSS two weeks prior to the trip

- Remainder of funds for trip participants we will send you an invoice after receiving your final number of participants and a detailed schedule for the week-end.
- Security deposit of \$100

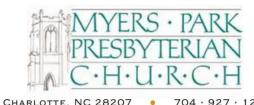
Items to have upon arrival: Groups must use CROSS forms to participate in the CROSS program

- Completed CROSS Medical/Liability (also acknowledges Covenant for CROSS groups) for each participant (youth & adult).
- **Child Policy Form for Adult Leader** –signed by every participant 18 and older. <u>All adults should read</u> the complete Myers Park Presbyterian Church policy.
- Any extra payment for last minute additions to group.

If you find errors in the packet or have questions please notify me as soon as possible.

Thank you!

Erika Funk CROSS Missions Director 704-927-1282



2501 Oxford Place 🔹 🔹

704 · 927 · 1282

WWW.MYERSPARKPRES.ORG

Covenant for CROSS Mission Trips

For Adult and Youth Participants

- □ I know that I am loved and appreciated as a child of God. Therefore, I will make an effort to get to know and treat others as children of God during my trip.
- I understand that I represent not only my home church and the CROSS program at Myers Park Presbyterian Church, but the love of Jesus Christ in the world. Therefore, I will conduct myself in a manner that shows Christ's love and grace at ministry sites I visit, at Myers Park Presbyterian Church where I will be sleeping/eating/recreating, and at various places my group visits during my time spent in Charlotte, NC. If inappropriate behavior occurs at ministry sites, individuals involved may be dismissed from the program.
- □ I will not use inappropriate language that will degrade or embarrass others.
- I will leave ALL electronic devices (tablets, cell phones, etc) at the church or in the van instead of bringing them with me to sites. These items isolate me from other and divert my attention from the purpose of serving others instead of myself. (Adults may bring their cell phones.)
- □ I will not be alone during the week, which means I will always stay with my adult leaders and I will use the buddy system at MPPC and at ministry sites.
- I will not give money or any personal identification information, such as my address or phone number, or personal social media information to anyone I meet at ministry sites. We are there to provide our time and talents, not our material possessions.
- I will dress appropriately, meaning I will dress in clothing that is not too revealing, unkempt, or tight. I am portraying an image of God to others and I do not want my appearance to detract from my witness.
- I understand that the use of and/or possession of alcoholic beverages, and any illegal medications (those you cannot buy over the counter at a drug store and/or those that have not been prescribed by a doctor for you) will not be tolerated under any circumstances. I understand if these substances are found in my possession, my emergency contacts will be notified and I will be dismissed from the CROSS program.

I understand that violation of any part of this covenant will result in appropriate actions that may involve calling emergency contacts or, in extreme cases, being dismissed from the CROSS program. This covenant is meant to be signed by each CROSS participant, including adults, youth, and the parents of youth. It is not mean to be a contract, but rather a commitment to an experience in which God will be at work in your life and in the lives of others.

(By signing the bottom of the medical form you agree to abide by this covenant.)

Myers Park Presbyterian Church CROSS Mission Program Medical and Liability Release Form

Youth and Adult CROSS participants please fill out the following section:

Note to Participants: This form (1) waives Myers Park Presbyterian Church from all liabilities from damage, injury, illness, death to CROSS participants (2) gives the CROSS staff and your group leader's authorization to secure medical aid for your youth should it be necessary.

I/We the undersigned parent(s) or guardian(s) of (**youth participant**)_________ or the adult participant (**adult participant**)_________ hereby acknowledge that participants will be participating in the CROSS Mission experience or related activities and will be using facilities at the mission team participants' own risk. I/We on our own behalf, hereby release, discharge and indemnify Myers Park Presbyterian Church, its directors, officers, employees, agents and all volunteer personnel from all liabilities, claims and causes of actions or action of any type whatsoever arising out of or in any way connected with my participation in the activities of CROSS Mission, including but not limited to liabilities of damage, injury, illness and death to the mission participants or their property during their participation in or travel to or from any CROSS Mission experience or related event. I/We agree to pay any and all expenses incurred by group participant for damage, injury, illness, accident, and death.

I/We the undersigned hereby authorize any hospital, clinic, physician, doctor, nurse, or technician to furnish my youth, named above, any medical care and treatment necessary as a result of injuries sustained, or other emergency medial care and treatment as the circumstances require, while at the church, while being transported from and back to the church, and while at the place of destination. I/We the undersigned further authorize a representative of Myers Park Presbyterian Church or ______ (your church name) to retain or acquire said medical care and treatment in behalf of the undersigned as if personally done by me/us.

Thisday of(Month),	_(Year).
Emergency Contact:	Relation:
Home Address:	
Phone Number: HOME () Work N	umber of Contact stated above ()
Participant Name:	
Insurance Information:	
Group Number:	
Physician:	Phone #:()
Please circle if you have been or being treated for any of the folloDiabetesElevated CholesterolHigh Blood PressureBack PainHeart Disease	wing: Other:
Epilepsy Muscular Problems Arthritis	Date of last tetanus shot:
Please list all medications that you are currently taking:	
By signing below, indicates I have filled out the above inform COVENANT accompanying this form. I also permit the taking children/myself at Myers Park Presbyterian Church to be use relinquish any right to examine and approve the completed n Presbyterian from any liability.	and use of photographs, audio, and video of my ed in church publications and materials only. I
Signed, CROSS participant (adult and youth)	
Parent(s)/Guardians(s) of youth under 18 only	

CROSS Missions Packing Checklist

Dress will always be casual, with shorts or jeans and t-shirts being standard. Work clothes will be subject to wear and tear.

What to Bring

- Bible
- Personal medicine
- > Sleeping bag OR Blanket and twin fitted sheet
- > Pillow
- One set of outside work gloves

Mattresses are provided, see picture below. IF you would like to bring an air mattress, that will be fine.



Twin mattresses that are provided are 6" thick. (1 per person)

Clothes to bring

- Jeans/Shorts For ministry sites, shorts must have an inseam of 4" minimum. Please bring one pair of pants/jeans/capris to ensure that you have appropriate clothing available for ministry sites in the case of rain, cool weather, or clothing regulations.
- Shirts For ministry sites, shirts must have sleeves no tank tops. If shirts are too revealing, you will be asked to change.
- Undergarments
- Sweater/Jacket
- > Shoes and socks *Sturdy, closed toed shoes are required for ministry sites.*

As noted above, our ministry partners have specific clothing requirements. Leaders will determine appropriate clothing standards for the group's attire during free time.

Sleeping and Showering

- Clothes suitable for coed area
- Soap, shampoo, toothbrush, toothpaste, etc
- > Towel(s)
- Other necessities

Optional Items

- Frisbee, games, cards, reading material, etc.
- Sandals (cannot be worn at worksites)
- Spending money (for Sat. night)
- Sunglasses

DO NOT BRING!

- Alcohol or non-prescription drugs
- Electronic or computer games
- Fire crackers
- Irreplaceable clothes/jewelry/electronics
- Lots of money

CROSS Missions Menu for URBAN PLUNGE

Saturday and Sunday Breakfast

Cereal, bagels, granola bars, oatmeal, fruit, milk, OJ, and coffee. Food is bought in advance by CROSS staff.

Saturday Lunch

PB&J or turkey/ham & cheese sandwich, chips, fruit, dessert and water bottle. Lunches are packed in the morning prior to 8AM and carried in a cooler provided by CROSS to be eaten in between first and second ministry site.

Saturday Dinner

Pizza, salad, and soda. Some groups prefer to eat out on Saturday evening If this is your group's preference, please let us know prior to your arrival.

Friday dinner is not provided

Please plan on eating together before your arrival to CROSS.

Please note any food allergies on your Group Roster so special arrangements can be made prior to your arrival.

Myers Park Presbyterian Church's Facilities for CROSS Missions



Outreach Center: 1073 Providence Road Charlotte, NC 28207 Main location for life at CROSS Missions!



Outreach Center Gym: Available for CROSS groups at designated free times.



Outreach Center Bathrooms: Showers & bathrooms available on each floor of the Outreach Center.



Outreach Center Game Room: Available for CROSS groups during designated free times.



Typical Sleeping and Meeting Rooms: CROSS groups will have 1 room for boys & 1 room for girls. Similar rooms are used for breakfast (and dinner for week-end groups) & morning worship and devotion.



Outreach Center Kitchen: Used for breakfast preparations and for meals for weekend groups.

CROSS Missions Urban Plunge Ministry Sites

Please note that we are always in the process of developing relationships with other ministry partners and so your group may have the opportunity to serve at ministry sites not listed below. Thank you for your flexibility!

Beds for Kids A ministry to provide a bed and other essential furniture to every child and family in need in Charlotte. CROSS groups will assist in the warehouse, sorting, cleaning and perhaps painting items. <u>www.bedsforkids.org.</u>

<u>Charlotte Family Housing</u> The only family shelter in Charlotte where men, women and children can all stay together. CROSS groups help with maintenance to the facility/grounds through lawn mowing, shampooing carpets, etc. <u>www.charlotteemergencyhousing.com</u>

<u>Changed Choices</u> Provides a range of support services to female inmates in local, state and federal systems. Inmates who continue a relationship throughout their incarceration with Changed Choices and demonstrate a high capacity for complete rehabilitation will be offered additional support upon release while facing the extraordinary challenges of transition. <u>http://www.changedchoices.org/</u>

<u>Crisis Assistance Free Store Ministry</u> A wide reaching ministry that provides rent assistance, medical aid and referrals, free furniture, and clothing. CROSS groups help with sorting, folding, and hanging clothes for the store that is free for Crisis' clients. <u>www.crisisassistance.org</u>

<u>Cuthbertson Village at Aldersgate</u> Cuthbertson Village offers assisted living services for individuals who are experiencing the challenges that come with a diagnosis of a dementia illness such as Alzheimer's disease. CROSS groups lead an activity or craft, and visit with the residents. Some groups read stories as well. www.aldersgateccrc.com

Florence Crittenden Services Florence Crittenden Services of Charlotte, NC promotes health and hope for tomorrow's children by providing comprehensive health, educational, and social services for single, pregnant, and non-pregnant adolescents, women, and their families. CROSS groups will work on the property and in the donation room providing needed assistance to the residents and staff. <u>www.fcsnc.org</u>

<u>Haven at Highland Creek</u> The Havens is an assisted living facility for Alzheimer's and dementia clients. CROSS groups play bingo, do crafts, read to individuals, sing, play musical instruments (if gifted in this area), etc. (<u>http://havenhighlandcreek.com</u>

<u>Hope Haven Inc.</u> Hope Haven, a foundation of recovery, provides life skills for chemically dependent adults and families within a supportive residential environment leading to independence. CROSS groups will maintain the community garden as well as other property needs. Make sure everyone brings a set of work gloves for this day. www.hopehaveninc.org

Loaves and Fishes A local food warehouse that collects, sorts, and stores food supplies for 15 local pantries. The pantries provide a full week of food for families in need. CROSS groups sort food into bins. <u>www.loavesandfishes.org</u>

Love Inc. Love INC exists to mobilize area churches to reach out to a hurting and needy world in the Name and Love of Christ. There are many individuals living with severe needs in the Charlotte-Mecklenburg community that no social service agency is able to serve. Service work generally consists of cleaning and/or yard work on the home of an elderly or disabled individual. <u>www.loveinc-charlotte.org</u>

<u>McCreesh Place</u> Charlotte's first single-room occupancy apartment (SRO) community designed to help disabled men who were formally homeless with permanent housing and support services. CROSS groups help with maintenance to the facility/grounds and play board games with residents. <u>www.supportivehousingcommunities.org</u>

<u>MedAssist</u> A non-profit pharmacy program providing access to lifesaving prescription medications, client support, advocacy, and other services to poor, vulnerable, and uninsured North Carolina residents. Groups will be spending time sorting medications within their downtown location. <u>www.medassist.org</u>

The Men's Shelter of Charlotte The Uptown Shelter provides safe shelter, meets basic needs, and provides access to transitional services for homeless men in the greater Charlotte area. Our goal is to help homeless men return to self-sufficiency. CROSS groups will prepare and serve an afternoon dessert and then play board games and cards in the dining hall to those interested. *All adult volunteers from your group will need to complete the online application*. Go to <u>www.mensshelterofcharlotte.org</u> and click on Get Involved. You will find a drop down box that has the volunteer application. You can note CROSS Missions volunteer in the comment section on the 2nd page.

<u>Moore Place, Urban Ministry Center</u> A Housing First community that recognizes a fundamental right to housing, no matter what a person's mental health condition, physical disability, or addiction may be. The idea is to get people into housing first, and then work on the issues that need attention in order to help the person stay housed. Moore Place opened in spring 2011 and serves 85 formerly homeless individuals. Groups will share a social time with residents that may include playing board games or doing arts and crafts. <u>http://urbanministrycenter.org/moore-place</u>

<u>QC Family Tree</u> QC Family Tree works to embody an alternative, a way of life that is centered, whole, and founded on love. We who call ourselves QC Family Tree seek to be kinfolk rooted in discipleship in West Charlotte. CROSS groups will work in the community garden, and do yard work or other property needs. <u>http://qcfamilytree.org/</u>

<u>Samaritan's Feet</u> Samaritan's Feet shares hope with children in the U.S. and around the world by washing their feet, giving them a new pair of shoes, and helping them believe that their dreams can come true. We at Samaritan's Feet believe that a new pair of shoes can be a tangible foundation of hope to a person in need. Groups will be spending time with in the warehouse cleaning\preparing shoes for shipment. <u>www.samaritansfeet.org</u>

<u>Second Harvest Food Bank</u> A regional food bank affiliated with a nationwide program. Serves 16 counties out of its facility. CROSS groups sort salvaged food from grocery stores and other donations. Volunteers must be 14 years or older. <u>www.secondharvestcharlotte.org</u>

<u>The Samaritan House</u> Samaritan House provides recuperative care to the homeless when they are discharged from the hospital. We provide an alternative "haven" when the other choices are to turn these individuals back to the streets, woods, or to the highway underpass. CROSS groups will provide assistance to residents by doing yard work and either sharing lunch together or playing bingo and baking cookies. <u>www.thesamaritanhouse.org</u>

<u>Urban Ministry Center</u> The main function of UMC is as a soup kitchen that is open for lunch only 365 days a year. The day shelter also provides showers, laundry, mail, phone, message board, counseling, job advice, art and literacy programs, support groups, and NA meetings. CROSS groups participate in "A Walk in My Shoes," an educational simulation in Uptown Charlotte. <u>www.urbanministrycenter.org</u>

<u>24-7 Prayer Room</u> Is a fuelling station for the city's spiritually hungry, serves as a resource for churches, and seeks to support fragile inner-city neighbourhoods. They use creative & culturally relevant means to instigate movements of prayer, mission, & justice. 24-7 also serves the city's poor & exploited while apprenticing individuals & organizations in lifestyles integrating social justice among the most marginalized & needy. CROSS groups will visit the 24-7 prayer room to engage with the prayer stations and possibly have a conversation about prayer with a staff member. http://www.charlotte24-7.com/

Thank you for serving with us. As you know, there are changes that happen at each site as it does with our groups. We do our best to communicate your agenda but please double check with the CROSS Coordinator if you have any questions or concerns about your responsibilities.

We look forward to it!

CROSS Missions Spring\Fall Urban Plunge Transportation and Travel\Arrival

Departure Time and Arrival

- Please provide enough time to travel to and arrive at the Outreach Center of MPPC (1073 Providence Rd, Charlotte, NC 28207) Groups are encouraged to arrive between 5-7pm. CROSS staff will not be able to greet groups that arrive late.
- Remember to eat before you arrive on Friday! There any many locations around the Charlotte area to eat a meal with your group.
- Please call Erika Funk, 267-816-6961, when you are an hour away from the Outreach Center. This lets us know where you are and provides CROSS with an idea of when we can start group orientation on Friday night.
- We look forward to greeting you and checking you in, and we have a great deal of information to share with your group during orientation. We also hope that we can all get a good amount of sleep before Saturday morning, so please arrive promptly.

Transportation VANS AND BUSES

- We ask that groups provide the simplest transportation possible for travel back and forth to ministry sites. Please bring 15-18 passenger vans or a church bus to transport students and leaders. There are many insurance laws that require the back seats of vans to be removed for traveling purposes – keep this in mind when preparing for your trip and the number of your group. Most group sizes will be between 11-15 total so please have enough space for all participants.
- If your group is planning to bring more than 15 people total, we will ask you to provide a second large vehicle so that your youth group may be split up into two ministry groups during the week.
- CROSS is providing a trained college intern or CROSS staff member to guide you around the city. We do hope that this intern\staff member may ride with you in the front of your vehicle. Staff at times may be asked to ride ahead of you in their own cars if groups do not provide enough room, however, this may make transportation more difficult in the city. One vehicle is much simpler.
- All CROSS groups will be provided a COOLER to store packed lunches every day in their vehicle as well as additional space for other items (tools, board games, food, etc.) please keep this in mind as well as you are planning out the size of your transportation vehicle.

CROSS Missions Directions to Myers Park Presbyterian Church Outreach Center

Myers Park Presbyterian Youth/Adult Ratios

When recruiting adults for the CROSS Missions trip, be aware of the following:

- 1. Must have 1 adult per 6 youth.
- 2. Must have at least 2 adults in attendance (even if you only have 6 youth).
- 3. Must have 1 adult of each gender if you have both boys and girls in attendance.
- 4. Youth who have not completed 5th grade that attend the trip, must have a parent or an adult come making a 1:1 ratio.
- 5. If there is a married couple or a couple that is related, they count as 1 adult on the trip. (According to our child policy, since married couples cannot testify against one another in court).
- 6. There must be two adults sleeping in the same room as youth. If that cannot be done, adults will sleep in a separate room from youth.

CROSS MISSIONS RESERVATION AND CANCELLATION POLICY

OVERVIEW OF CROSS MISSION PROGRAM:

CROSS Missions offers summer youth mission trips, alternative college break service trips, and weekend mission trips during the fall/winter/spring. Adults, college students, youth as young as sixth grade, and elementary school students with a parent/guardian are all welcome. A week-long summer mission trip costs \$295/person for Sunday evening through Friday morning. If a group decides to stay Friday night, an additional fee of \$25/person is added. A week-long college break trip costs \$100/person for housing only, and \$165/person if CROSS schedules service sites. A weekend-long mission trip costs \$95/person for Friday night through Sunday morning after church. Fees include trip coordination, housing, ministry site fees, and food for all meals except meals groups choose to eat at restaurants. CROSS provides mattresses and buys all groceries. During the summer program, dinners are prepared by MPPC's chef. Showers and recreation facilities are available.

REGISTRATION PROCESS:

CROSS fills up six to twelve months in advance, so please plan ahead! To register your group for a CROSS trip, please call or email staff to find out if the dates you want are available. Staff will hold your spot tentatively. Fill out the Group Registration Form and send it in with a deposit of \$50/person for fall/winter/spring trips and \$100/person for summer trips. We realize you may not know the exact number of people in your group, but a good estimate is helpful for planning your schedule. The number can be adjusted as your trip draws closer. Once we receive your deposit and registration form, your dates will be reserved.

Outline of required dates:

Urban Plunge & Urban Rebuild: Deposit and registration due 4 weeks after scheduling, final numbers due 30 days before trip, final payment and security deposit due 15 days prior to trip.

City Serve: Deposit and registration due 4 weeks after scheduling, second payment of \$100 per person due February 1, final numbers due 30 day before trip.

If your final number increases, you will be responsible for paying for all participants. Bring an additional check with you to pay for additional people. All payments are non-refundable. 2nd and final payments are due on or before date indicated on invoice. If late, a \$100 late fee is applicable.

CANCELLATION POLICY

If your group must cancel, the payments paid prior to cancellation will not be refunded. The deposit that is held for a trip is only good for that particular date. If you must reschedule your trip, a new deposit is required. Please be aware that we put a great deal of time and effort into planning each trip. Holding a spot for your group means that we will not receive revenue from groups who could not come at that time because your group was scheduled.

SECURITY DEPOSIT

Please include with your final payment a separate check for \$100.00 to serve as a security deposit during your trip. Money will be deducted from the security deposit if the following occurs: keys or key cards are lost, damage to facilities or equipment, late payments.

<u>GROUP ROSTER AND TRANSPORTATION INFORMATION</u> *Group Roster may be scanned and emailed.*

The completed roster is needed 30 days prior to the group's arrival stating your final numbers, along with participant's names, ages, gender, and dietary needs. Final Payment is due 2 weeks from the trip using the number committed below.

CROSS Missions Group:______FINAL NUMBERS:______

Adult Information

			Vouth/Adult Ratios
Name	M/F	Age	• Must have 1 adult per 6 youth.
1.			• Must have at least 2 adults in attendance (even if you only
2.			have 6 youth).
3.			• Must have 1 adult of each gender if you have both boys and girls in attendance.
4.			• Youth who have not completed 5 th grade that attend the trip, must have a parent or an adult come making a 1:1
5.			ratio.
6.			• If there is a married couple or a couple that is related, they count as 1 adult on the trip. (According to our child
7.			policy, since married couples cannot testify against one
8.			another in court).
9.			• There must be two adults sleeping in the same room as youth. If that cannot be done, adults will sleep in a
10.			separate room from youth.

Youth Information

Name	M/F	Age	Completed Grade	Please explain any special dietary need for the group and or/individuals:
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				

TRANSPORTATION INFORMATION: TYPE OF VEHICLES AND NUMBER OF PASSENGERS IN EACH

Employee and Volunteer Release Form for Outside Groups Using MPPC Facilities

This application form is to be completed by all leaders (adults and youth over the age of 18) of groups not associated with Myers Park Presbyterian Church but who are using the facilities of this congregation.

All leaders of non-MPPC sponsored groups and events using MPPC facilities, which have direct supervision of children and youth, are expected to adhere to the standards of MPPC's Child and Youth Protection policy. The outside group leaders must review the Overview and sign this Outside Group Leaders Release Form to acknowledge their review of it and to confirm their agreement to follow the policy.

An overview of the policy is at <u>http://mppc.wpengine.com/wp-content/uploads/2016/07/Child-Youth-Protection-Policy3-CROSS-Updated-2016.ppt</u>

Myers Park Presbyterian Church will not perform background checks, personal and professional references, employment records, and civil and criminal record reviews for groups not affiliated with MPPC. Leaders of outside groups are invited to attend MPPC's frequently scheduled training classes and are expected to conduct their own due diligence in this regard. Check the website for scheduled classes. MPPC encourages all groups to perform their own due diligence regarding their leaders' character and fitness for working with children or youth.

Information regarding the Outside Group:

Group Name:	
Address:	
Staff Contact:	Phone Number:

By their signatures, the undersigned leaders acknowledge that they have reviewed the Child and Youth Protection Policy of Myers Park Presbyterian Church and agree to adhere to it.

Applicant's Name (printed)	
Applicant's Signature	Date
Applicant's Name (printed)	
Applicant's Signature	
Applicant's Name (printed)	
Applicant's Signature	Date
Applicant's Name (printed)	
Applicant's Signature	
Applicant's Name (printed)	
Applicant's Signature	Date
Applicant's Name (printed)	
Applicant's Signature	