1. What to bring?

- Sleeping bag or blankets (air mattress may be optional, depending upon housing). Cots are provided.
- Pillow, towels, and toiletries
- Note on cameras: because many people we will meet are concerned about having their picture taken, we ask that you don’t bring any cameras. We will take pictures and give a copy to your leader to distribute.

2. Where will we stay?

Groups will be housed at Forest Avenue Family Shelter or Sanctuary of Hope.

**Forest Avenue Family Shelter** - Located at 4300 Forest Avenue, Kansas City, Missouri, the mission of Forest Avenue Family Shelter is to fulfill the Great Commission as defined in Matthew 28:19-20 by providing for the spiritual and physical needs of homeless and/or battered women and, if necessary, their children.

**Sanctuary of Hope** - Located at 2601 Ridge Ave, is a beautiful retreat center operated by a contemplative, ecumenical community of people who are committed to knowing, loving, and serving God, each other, and those in need. With thirty-two acres of natural beauty, wildlife, trees, foliage, flowers and several beautiful shrines, Sanctuary of Hope is an ideal setting for spiritual reflection, contemplation and prayer. It is a place of quiet and peaceful serenity located right in the heart of the inner city of Kansas City, Kansas.

3. Beginning and End times?

Your group will meet us at approximately 4:00 p.m. at our housing location (See FAQ Question 2). We end around 2:00 p.m. on Sunday after the last church service. Our facilitator will conduct a debrief session at the end of your Plunge to help you identify what your next step might be. Everyone is asked to fill out an evaluation form at that time.

4. Are all costs taken care of while we are there, or is there anything we need to cover?

The $130.00 per person includes an Urban Plunge t-shirt, housing, meals, a facilitator to be with your group, all materials, assistance with recruiting, Faith Journal for each participant, follow-up video slideshow, pictures of your group, a team photo, and logistical support. We provide Friday night dinner, three meals on Saturday, and a light breakfast on Sunday morning. We also provide light snacks throughout the weekend. You are welcome to bring your own additional snacks, if you wish. You might want to schedule a lunch on your own on Sunday afternoon in order to debrief.

5. Can we schedule an Urban Plunge for longer than a weekend or midweek?

Yes, during the summer some groups stay longer. They do work projects for a local ministry. You can also enjoy one of our local recreational activities. Let us know if you have an interest in adding on days to your trip. The cost to extend your weekend mission trip is $40 a night.

**Summer Weeklong Plunge:**

$250/person – Sunday evening through Friday morning (6 days, 5 nights). Weeklong Plunge are scheduled May through August, or Spring Break.

6. Payments?

We require a $200 non-refundable deposit to reserve your date. This payment will be deducted from your final bill. We’ll send an invoice once we know you want to take the Plunge. We’ll also send your church an invoice two weeks before the Plunge and we require that the church mails us a check prior to the first day of the Plunge. The details are outlined in the Team Application form. You are welcome to bring last-minute participants, and we'll invoice your church following your Plunge.
7. Individual Registration?

Each participant must fill out an Individual Registration form (signed by a parent if under 18). The registration includes a permission slip and a liability release. You may bring the Individual Registration forms the day you come for the Plunge. Because Christ For the City International does not carry insurance on participants, we encourage them to have health insurance. You can download this form from our Urban Plunge website: www.urbanplunge.com.

8. Minimum participants/Maximum participants?

We require a minimum of 10 participants per team. You may bring less, but because of fixed costs, we will charge you for 10 people to cover the weekend. If your group is smaller than 10 participants, we can sometimes schedule you along with another small group and waive the 10 person minimum. Because of the size of most of the ministry locations, the maximum team size is 25 people. If your group has more than 25 people, you’ll have the option to split into 2 groups, which will run on slightly different ministry site schedules.

9. Age Range?

Historically, 75% of our groups have been youth groups, split evenly between high school and junior high/middle school. Family groups or adults have made up the balance of our teams. Church plants and Adult Small Groups have had wonderful experiences on the Plunge.

10. Can you help us with recruiting?

Yes, we will be glad to provide recruiting materials. We can also come to your church/school to have a time to answer specific questions and provide information for those who might be interested in being a part of your team. All we ask is that you cover our travel expenses. Please let us know how we can assist so that your Plunge is a successful event! You can also download these materials from our Urban Plunge website: www.urbanplunge.com.

11. Is it safe?

We partner with many organizations and ministry leaders who have been working with the poor and marginalized for many years. They are in the neighborhoods every day, and they have amazing relationships and street credibility with the people that you will serve. We are very concerned about your group’s safety and won’t knowingly put anyone at risk. However, you should be aware that street ministry can be unpredictable. This quote from the movie *The Lion, The Witch and The Wardrobe*, might help you process this question. Lucy asks Mr. Beaver if Aslan (Jesus) is safe.

“‘Safe?’ said Mr. Beaver; ‘Who said anything about safe? ‘Course he isn’t safe. But he’s good. He’s the King, I tell you.’”

12. Chaperones?

If the team is composed of Jr. High or Sr. High students, then chaperones are required. You know your youth better than we do, so the decision is up to you as to how many chaperones accompany the team. Although a CFCI facilitator will be with the group most of the time, we will not always be staying overnight. Your team leaders/chaperones have the responsibility to stay with their participants during the nights and to monitor their discipline. Ensuring cooperation and disciplining behavior are the responsibility of the team leader and/or chaperones, not the facilitator.

13. Transportation?

You will need to provide vehicles to transport your group between ministries. You need to have room in your lead car for our facilitator, and possibly an assistant.
14. Schedule?  

We provide a schedule for the Team Leader, as well as driving directions to each ministry location. We will briefly introduce the ministries that you will be visiting, along with an introduction of the ministries of Christ For the City International. The ministries like to give the team the full details of their testimonies and histories, but please check out the Weekend Rundown and share as much as you would like with your team. We've been involved with "street ministries" for many years and it is important to know that sometimes God has a different schedule in mind for us. Sometimes, we don't discover the change in schedule until minutes before. Therefore, flexibility with both time and last minute changes to the schedule is critical.

15. How should the group dress?  

Casual is okay; jeans and t-shirts are fine. It's important that the girls do not wear clothes that expose their stomachs, or are revealing in any way. Obviously, this includes short-shorts, short-skirts, and strapless or halter tops. No open-toed shoe (safety reasons). We will be outside during parts of the weekend, so dress according to the weather.

16. Will the group have the opportunity for sharing the gospel? Do people need to have their testimony ready?  

We generally spend 2-3 hours at each ministry and for the most part are observing or serving the poor. Plunge participants spend one-on-one time with many people; sometimes they get to briefly share their faith with the people they serve. However, Plunge groups find that most of the time, they are either "planting" or "watering" the Gospel seed. We teach Plunge participants that serving the poor is often a critical component to sharing Christ.

17. Photographs?  

Because many people we will meet are concerned about having their picture taken, we ask that you don't bring any cameras. Our facilitator will take pictures and give a copy to your leader to distribute.

18. What do we do in case of weather emergencies?  

Team Leaders will be given flashlights, weather radios, keys, and directions to the tornado shelter in the building, and instructions for handling fire or other emergency situations. Every effort will be made to keep your team safe. We will also reschedule your group if bad weather prevents you from traveling to the Urban Plunge.

19. T-Shirts?  

T-shirts are INCLUDED in your Urban Plunge price ($15 value). Please pre-order, at least 2 weeks in advance, and we'll have them ready when you arrive.

20. What cities offer the Urban Plunge program?  

• Omaha, Nebraska  
• Des Moines, Iowa  
• Dallas, Texas  
• Sioux Falls, South Dakota  
• Fort Worth, Texas  
• Lincoln, Nebraska  
• Kansas City, Kansas/Missouri

21. Optional, but highly recommended  

Get your entire church behind your team by having them fill zip lock bags with a bar of soap, wash cloth, tooth paste, candy bar, etc. Your team can then hand these bags out to the homeless. This activity can get the whole church involved in your Urban Plunge Mission trip. If the weather is cold, bring extra blankets, gloves, coats, and hats to hand out to the homeless.

22. Sponsoring Organization:  

Christ For the City International  
5332 South 138th St.  
Suite 200  
Omaha, NE 68137  
(402) 592-8332  
Fax: (402) 592-8312  
Email: up@cfci.org  
www.cfci.org  
www.urbanplunge.com
MET US AT
Forest Avenue Family Shelter
4300 Forest Avenue
Kansas City, MO
AT 4:00PM!!

OR

MET US AT
Sanctuary of Hope
2601 Ridge Ave
Kansas City, KS
AT 4:00PM!!
This schedule is flexible and may be subject to change. On a typical weekend, you will only visit nine of the following ministries.

**Hope Center**  [www.hopecenterkc.org](http://www.hopecenterkc.org)

Hope Center is a Christian community development organization that is working diligently to renew the forgotten, impoverished east side community where they live and serve. They are investing in its people (in particular the youth), anticipating that their transformed lives will offer the hope and leadership needed for our inner-city community to flourish.

Our first stop will introduce you to the concept of Community Development. While many of the ministries we’ll visit are providing “first-aid” to those who are hurting, Community Development takes it one step further. Just as Christ left heaven and lived among us, those involved in Community Development move into the poor neighborhoods; the community’s pain becomes their pain. Transforming the neighborhood includes improving lives through leadership training, working with youth, providing affordable healthcare, and affordable housing. We’ll go on a short prayer walk and learn about the Urban Core.

**Freedom Fire Urban Ministries**  [www.freedomfire.org](http://www.freedomfire.org)

Freedom Fire’s mission field is the federal housing developments just east of downtown Kansas City. Working with 400 children, the stats are devastating: 90% do not have a father in the home and over 80% have no church home. Fewer than 25% will graduate from high school.

We’re going to love on these kids! Freedom Fire has a Friday Night Outreach and we’ll help lead a variety of games as we participate in this weekly outreach. Then, we’ll share dinner together.

**Street Outreach and Synergy Services**  [www.synergyservices.org](http://www.synergyservices.org)

Street Outreach Services (SOS) canvases the streets of Greater Kansas City helping homeless youth. The team provides basic necessities like food, water, clothing, blankets, and hygiene products. Last year, the Street Outreach Services Program served 1,630 youth on the street and distributed 19,923 items. For youth that want to get off the street, the team provides a bridge to Synergy House, Kansas City’s only youth shelter.
River of Refuge  www.riverofrefuge.com

River of Refuge is a non-profit based organization which transitions homeless families who have jobs from high rent motels and shelters into permanent housing. They have made a commitment to help the hidden homeless--families living for months, or even years, at the pay by the week motels. The River of Refuge purchased a former hospital and are converting it into a community asset that helps needy working families move to a place of dignity. They provide lodging and services for the working poor, giving them the resources needed to be successful in permanent housing.

Urban Plunge groups will be helping to renovate this old hospital and turn it into a family shelter. Painting and dry walling are just a couple of the project you could find yourself doing.

Hope Faith Ministries  www.hopefaithministries.org

One of Hope Faith Ministries’ is a day center that reaches the homeless. Their vision is to break the cycle of homelessness and poverty in Kansas City by equipping, re-sourcing, and releasing individuals back into society. We’re up early at 7:00 a.m. to help serve breakfast to the homeless and help them pick out free clothes.

City Union  www.cityunionmission.org

Since 1924, City Union Mission has provided warm beds, nutritious food, and a place of safety for thousands of poverty stricken and homeless men, women, and children. City Union Mission served over 329,669 meals for the hungry and provided over 140,956 beds for the weary in 2009. The Mission also helps clients break the cycle of poverty, homelessness, and dependence on government assistance.

We’re going to hang out at the Women and Family shelter. We’ll be stuffing “Hygiene Bags” for distribution (girls, you might need to explain to the boys what hygiene means.) These bags are distributed to people on the street. You’ll supply the “ammunition” of God’s love--a simple act of kindness and compassion, given to those in need. It is a door-opener to sharing the Love of Our Father!

Harvesters  www.harvesters.org

Hunger erodes the body and mind and wears away at our community. Children struggle to concentrate in school. Parents make desperate choices to put food on the table. Seniors compromise their already fragile health. Harvesters is Kansas City’s “food bank”, providing food to over 550 agencies in 13 counties. Their network provides food to 60,000 families each week.

We’re going to stuff backpacks with food. Each week, Harvesters combats weekend hunger by stuffing 10,000 backpacks of low-income school children with food. By the way, more than 100,000 children are enrolled in the free and reduced-price school meals, which is a lot of hungry kids! Jesus said to feed the hungry. You’re going to help feed kids your own age!
PLUNGE WEEKEND RUNDOWN

**Restart**  www.restartinc.org

ReStart Inc. Shelter provides supportive services to homeless men, women, youth, and families, with the goal of helping people move toward independence and self-sufficiency.

**Uplift**  www.uplift.org

Uplift is a homeless outreach program, who's goal is to help the homeless by meeting basic human needs and providing care and compassion. They believe that every life is valuable. Many needs are met, including providing basic needs and compassion, assisting Vets, aiding pets, looking out for children, and more.

**KC Rescue Mission**  kcrm.org

Offering freedom and hope to the poor and homeless, empowering them to reach their full potential. The KC Rescue Mission provides good food, safe shelter, comfortable beds, clean facilities, case management, a proven recovery program, and job and life-skills training.

Game Night! We will be playing games with the men Saturday evening, giving us time to talk and get to know the men who are staying at the mission. Got Talent? How about a goofy skit, lame comedian, or a promising singer? Secular or sacred, in-tune or out-of-tune, share your talent (or lack there of).

**United Believers Community Church**  www.unitedbelieverschurch.org/

A multi-cultural worship experience that will truly bless you!

**Bread of Life Outreach Ministries**  breadoflifekc.com

Bread of Life is a mixed congregation located in the heart of Kansas City. They are committed to aggressively reaching out to their community with the genuine love of Jesus Christ. Their goal is to revitalize their community and bring hope to people for a better tomorrow. They want to establish a place that will promote and equip individuals to live a redemptive life, which will ultimately produce redemptive families and affect change in the entire life of their community.

**Hope Faith Church**  www.hopefaithministries.org

Hope Faith has a homeless church where 200 people worship each week.

Jesus said: “Foxes have dens and birds have nests, but the Son of Man has no place to lay his head.” Wow, Jesus was homeless, too. We’ll worship our Lord with those who He is very fond of--the homeless. Following the service, we’ll have fellowship and lunch with them.

Revised 09/11/13