

## Pre-Trip Session 3: Transform

### Welcome, Introductions and Opening Prayer

**10 minutes**

As you use this session you will be getting closer to your departure date! Welcome volunteers and share how many days until your group leaves for ASP, your route, and any fun stops along the way and how many miles you will travel. You may have your county assignment and know your home base for your week of service. If you know this, look at the information that ASP provided and share a few fun facts about your county, the name of the town you are nearest to, the facility you are staying.



### Purpose of this Session

Volunteers will explore ASP's guiding principles to learn more about our mission and vision. Our 3S's will help guide group members as you plan for your week with us at ASP. We will continue to explore our theme Building Kindness and the potential that kindness has in our lives of faith and service to transform us.

### What You'll Need for this Session

- Copy of this document for each leader
- The Power Point for this session
- Projection and sound
- The handout and writing utensils for each participant
- Large easel paper to write answers
- A printout of ASP's 3 S's for each small group and a printout of ASP's Safety Manual for each small group

The core content of this session is planned for 60-75 minutes but could run longer for a larger group.



1 Denotes the Power Point slides that coincide with each section

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Prayer:

*God of new life and new possibilities,  
We give you thanks as we prepare for what we know about our ASP week of service, and we give thanks for what we don't yet know and are wondering about. We are getting excited as our departure day gets closer and we want to know everything. What will we experience, who will we meet, how will we learn everything we need to know? Hold us close in your love God and help us be open to new experiences, relationships, and learning new things. Open our hearts to the newness of your incredible love for us and help us grow in love for you. We pray all this in the name of Jesus who calls us to embrace kindness and compassion. Amen.*

1-2  
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### Ice Breaker: Zip Zap Zoom Game

**10 minutes**

This is a fun game to get your group members to pay attention to each other and to build some energy with your team. Stand or Sit in a circle with one person selected to be "IT" standing in the center. Each person has "zip" (the person standing to their left) and a "zap" (the person standing to their right.) "IT" points to a person in the circle and says either zip or zap and counts to five. The person pointed to must name their zip or zap before "IT" counts to five or they become the new "IT" person. As a variation, if "IT" unsuccessfully calls zip and zap five times, the "IT" person may call zoom. When this happens everyone in the room must change places in the circle and the person left in the middle becomes the next "IT" person.

3-12  
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### Transform your ASP Experience: Discussion and Reflection Time:

**25 minutes**

Divide the group into smaller groups, either work crews or small groups of 5-7.

**Warm Up:** Ask group members what it means to transform. Record their answers on the easel paper and share the PPT slide with the definition of transform from Miriam Webster Dictionary.



Share the PPT slides of things that transform and then ask group members to name other things that transform. Record these answers as well.

Give each team member a copy of the Handout for this session and a writing utensil.

**Small Group Discussion:** Read ASP's Guiding Principles and then in your small group consider the discussion questions below.

### *Guiding Principles*

*We believe each person is a child of God imbued with dignity and worth.*

*We accept people right where they are and just the way they are.*

*We believe that all people should be able to live in affordable, safe, and sanitary housing.*

*We are committed to witness through the good quality of our work and careful stewardship of resources.*

*We believe God calls people to serve others as volunteer partners in ministry and we will encourage their growth in faith as they answer this call.*

*Where ASP is involved in local communities we will encourage, affirm, and support the fair and just treatment of people.*

*We believe in ministering in the spirit of love, acceptance, and hopefulness.*

Take some time to discuss these questions in your small group:

- What do you think might transform or change during your ASP Week?
- Your understanding of serving others?
- Your relationships with other people?
- Your heart? Your relationship with God?
- How do you think this transformation might happen?
- How can ASP's Guiding Principles be a guide to the way you serve, form relationships, and build kindness during your week of service?

Now spend a few minutes sitting quietly and journal a list of what YOU as an individual can imagine might change in your life? What would you like to change in your life?

### **Building Kindness with the three S's:**

**20 minutes**

Provide each small group/work crew with a copy of ASP's 3S's and invite the groups to read these and then write a short group plan for practicing Safety, Stewardship and Sensitivity through the lens of Kindness.

What would this include? Relationships? Consideration of other? Openness to new experiences? What does building kindness have to do with Safety?

Have each small group/work crew share their plan with the entire team.

Now share the Safety Scenarios from the Pre-Trip Session 2 and have each small group read these again and ask them how they would respond through a lens of kindness.

#### **Scenario 1**

Your work crew arrives at the assigned home for the workday and discovers that the rain overnight has created a muddy and slippery yard surrounding the home that does not seem safe now. Your assigned job was repairing a portion of the roof on one end of the home and installing underpinning around the entire home. The homeowner is very concerned about the spot on their roof that needs repair and shows you where water was coming through the roof last night. He is anxious for you to start and encourages your team to "get going." How do you proceed? What do you need to consider in order to proceed? What resources do you have to figure out how to proceed? What might you need to communicate with the staff about?

#### **Scenario 2**

At your work site, your project is progressing well until a team member who is removing old flooring finds a soft spot in the floor that was not anticipated. Your crew leader is debating removing more flooring to determine the potential area that may be affected. As this is happening, a youth on your team becomes sick, and it is clear that this youth will need to leave the site as soon as possible. As you are talking about what to do to help this youth, the homeowner becomes concerned about the soft spot you have discovered in her floor and the safety of her home and asks you not to leave until it is repaired.



How do you proceed? What do you need to consider in order to proceed? What resources do you have to figure out how to proceed? What might you need to communicate with the staff about?

After each crew shares their plan, share our theme verse, and ask for prayer requests from each team.

*“Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you.”  
(NIV) Ephesians 4:32*

### Wrap Up and Sending Prayer:

**10 minutes**

Wrap up and share the 3 things your group members need to know before the next meeting: dates for the next meeting. Customize these for your group! This could be information about your group’s fundraising, deadlines for forms and payments, dates for your next meeting.

Prayer to close this session.



Let us pray:

May God bless us with **discomfort** at easy answers, half-truths, and superficial relationships, so that we may live deep within our hearts.

May God bless us with **anger** at injustice, oppression, and exploitation of people, so that we may work for justice, freedom, and peace.

May God bless us with **tears** to shed for those who suffer from pain, rejection, hunger, and war, so that we may reach out our hands to comfort them and turn their pain into joy.

And may God bless us with enough **foolishness** to believe that we can make a difference in this world, so that we can do what others claim cannot be done, to bring justice and kindness to all our children and the poor. Amen.



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