



# Training Manual: Hero Support (a.k.a. Sidekicks)

## The Countdown Begins!

SERVE Winnipeg is less than six weeks away, and we hope you are as excited as we are!

This booklet is designed to help prepare you for your week with us in Winnipeg. Feel free to go through it at your own pace and in your own way, but we hope you will complete the booklet before you come to SERVE.

Everyone that comes to SERVE – be they participants, mentors, host team, or volunteers – arrives in a different headspace, or with a different perspective. Regardless of where you are at as you prepare for SERVE, know that God will use you in community during your week in Winnipeg more than you can fathom. Know also that we, along with many others, are praying for you!

## Things You Should Bring:

Please prepare to make the church your home for the week. You will need:

- Air mattress, sleeping bag, pillow, etc.
- Shower necessities, including a towel
- Seasonally appropriate clothing, including closed-toed shoes for work sites and a dressier outfit for Wed. Dinner
- This booklet, as you may want to refer back to it
- A Bible, and your super servant heart!

## Who Will Be At SERVE?

- 13 Participants (a.k.a. Heroes)
- 14 Mentors (a.k.a. Hero Support, a.k.a. Sidekicks)
- Host Team (a.k.a. Sidekick Support)
- Community Life/Fellowship Coordinators
- Music Team
- Drivers
- Several Food Teams, and many other volunteers!

## In This Booklet

- Important details
- Prayer Partner Guide
- Some preparation activities:
  - Bulls-Eye
  - Attitudes of Friendship
  - Letter to Self
- Three devotions.

## Orientation Schedule

### Friday, July 18

11:30 am – Mentors Arrive

12:00 pm – Lunch

1:00 – Adventure in the City

5:00 – Barbeque Dinner at Church

7:30 – Devotions

8:00 – Showers

9:00 – More Mentor Fun!

### Saturday, July 19

8:00 am – Breakfast

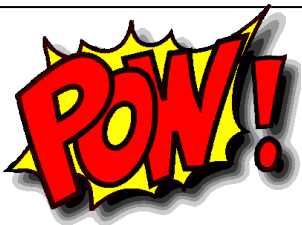
8:30 – Devotions, Orientation Part I

10:00 - Orientation Part II.

12:00 – Lunch

1:00 – Last Minute Prep

2:00 – Participants Arrive!!!



# Parts of SERVE

## Worship

Our theme this year is "Divine Normal: Kingdom Living by Mere Mortals." During our week together we will be entering the Hero Academy and beginning a special hero's journey. The week will be about discovering special abilities and powers and learning how to use them to overcome seemingly impossible situations to transform our world! This will be a place for everyone to be reminded that they are part of a super team: God's Justice League! We hope you will be prepared to claim your identity in Christ, discover strengths, participate in daring adventures, and give joyful service to others!

## Learning Pods

We have 5 small groups, called Learning Pods, each made up of 4-6 people. Every day there will be a scheduled time for Learning Pods and you will work together to complete tasks. It's intended to provide a smaller setting to study the daily theme.

## Fellowship Activities

SERVE is very much about building relationships – with each other and also with God.

Here are some activities we will be doing:

Lawn Bowling

Hay Ride

Hero's Quest

Mini Golf

Laser Tag

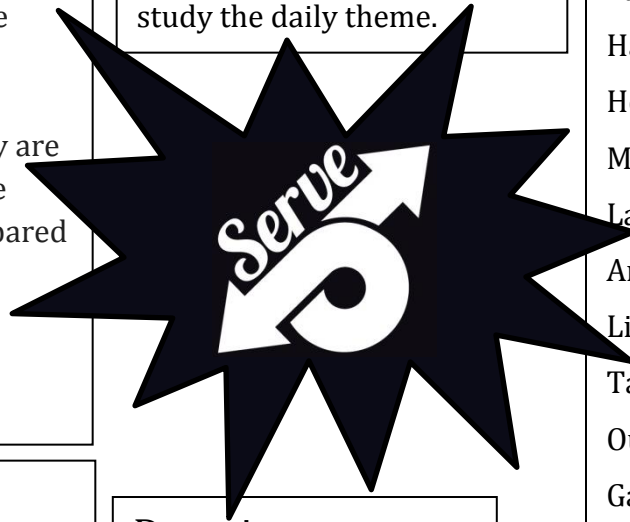
Archery

Line Dancing

Talent Show

Outdoor Games Night

Games/Sports/Crafts



## Work Sites

Monday, Tuesday, and Wednesday we will have some scheduled service work. Learning to use our gifts to serve is an important aspect of faith development.

This year our work sites include:

- Various thrift stores
- City parks
- Winnipeg Harvest (food bank)
- River East Personal Care Home

## Devotions

Every day will begin with devotions, which mentors and participants will complete together. You will be adding to your "Training Toolbox," as you learn about tools that help us stay strong and live daily for Christ, in God's Justice League.

## Blessing our Community

On Monday we will be hosting a Family Night. Families are invited to join with us in worship, and then each Learning Pod will be leading a different game or activity for the kids. There are a couple of other ideas with details still in progress... be prepared to have fun interacting with the local community.

# SEE YOU ON JULY 18!

## Prayer Partners

You have already been matched with a prayer partner here in Winnipeg, who will pray for you in the lead up to, as well as during, SERVE. In addition, we would like you to make an intentional connection with someone in your own community who will commit to being your **home prayer partner**. This person is someone who will pray for you as you prepare for, experience, and then debrief SERVE Winnipeg. We ask you to meet with your home prayer partner before you leave, and after you return home. It is our hope that they will provide you with a place to debrief your experience and discuss how it affects your life as you go on from here. We also recognize that it can be difficult to ask for help or prayer from others, but we encourage you to stretch yourself. We have included three devotions in this booklet, and if you like, you may choose to do them (or even just one of them) with your prayer partner. Here are some ideas that you could ask your home prayer partner to pray for, or some ways they can help you process your experience here in Winnipeg...



### Prayer request ideas:

- That you would grow in your understanding of your faith and in your relationship with God
- That you would build relationships with participants and other mentors/host team
- That together, God would use us to bless the city of Winnipeg through acts of service
- Any apprehensions or concerns you have for the trip

### Prayer Partner meeting ideas (when you return home):

- If you took pictures, show a few to your partner
- If not, show her or him a blog update, or the video we will provide you with of pics at the end of the week.
- Discuss the highlights and lowlights of your time in Winnipeg, things you learned, or ways you grew.



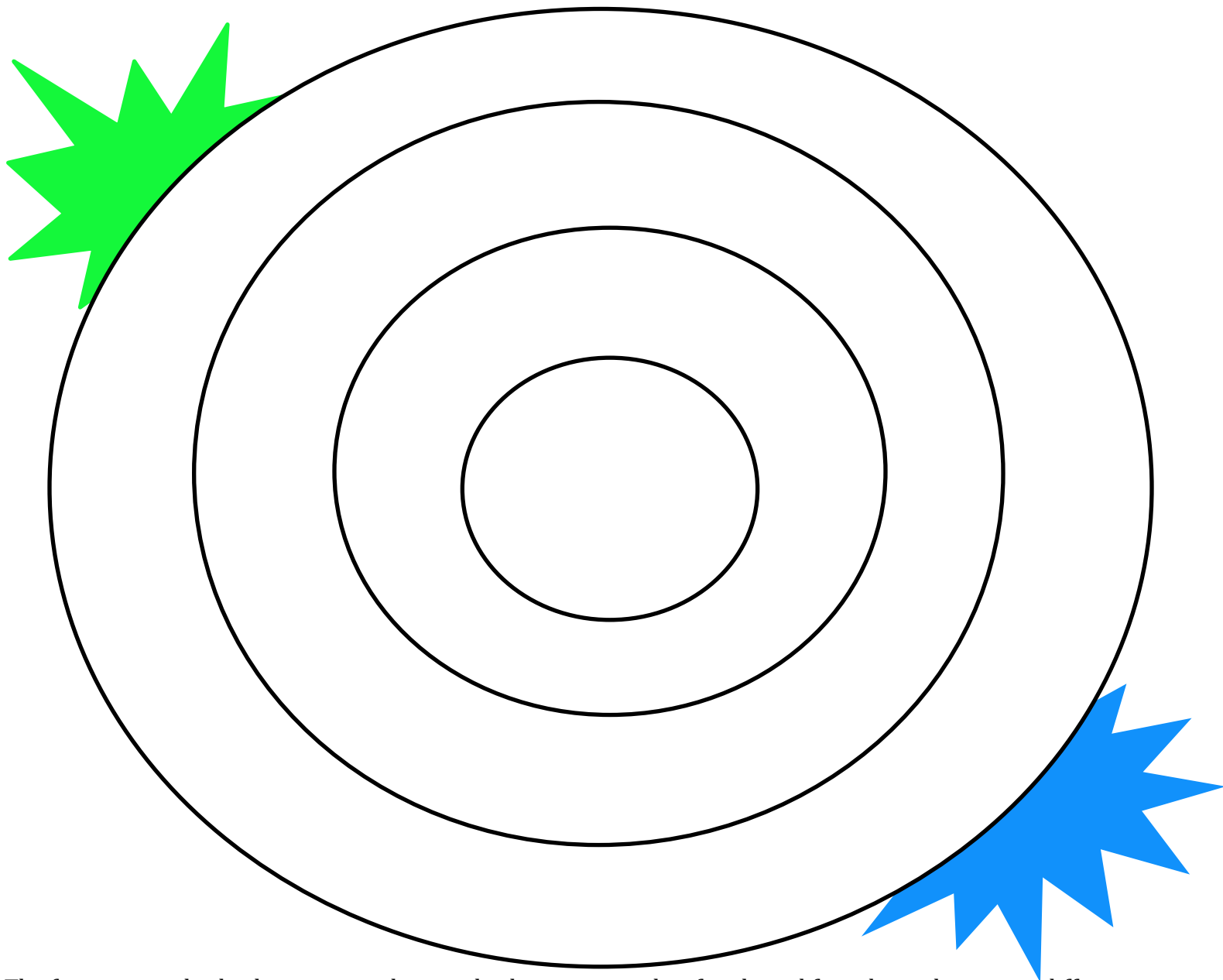
## Bulls-Eye Activity

In the centre of the bulls-eye, write the names of the people who are close to you that you love (eg. family).

In the second circle, write the names of the people you like (eg. friends).

In the third circle, write the groups of people you belong to (eg. Church).

In the fourth circle (the biggest one), write the names of the people you pay - or who are paid by others - to spend time with you (eg. a teacher or doctor).



The first two circles both represent the people closest to you, but family and friends can have very different – though equally important – roles in your life... think about what a gift they are to you. The groups in the third circle likely give you a sense of belonging, which is a human need. Altogether, this is your community – your support network.

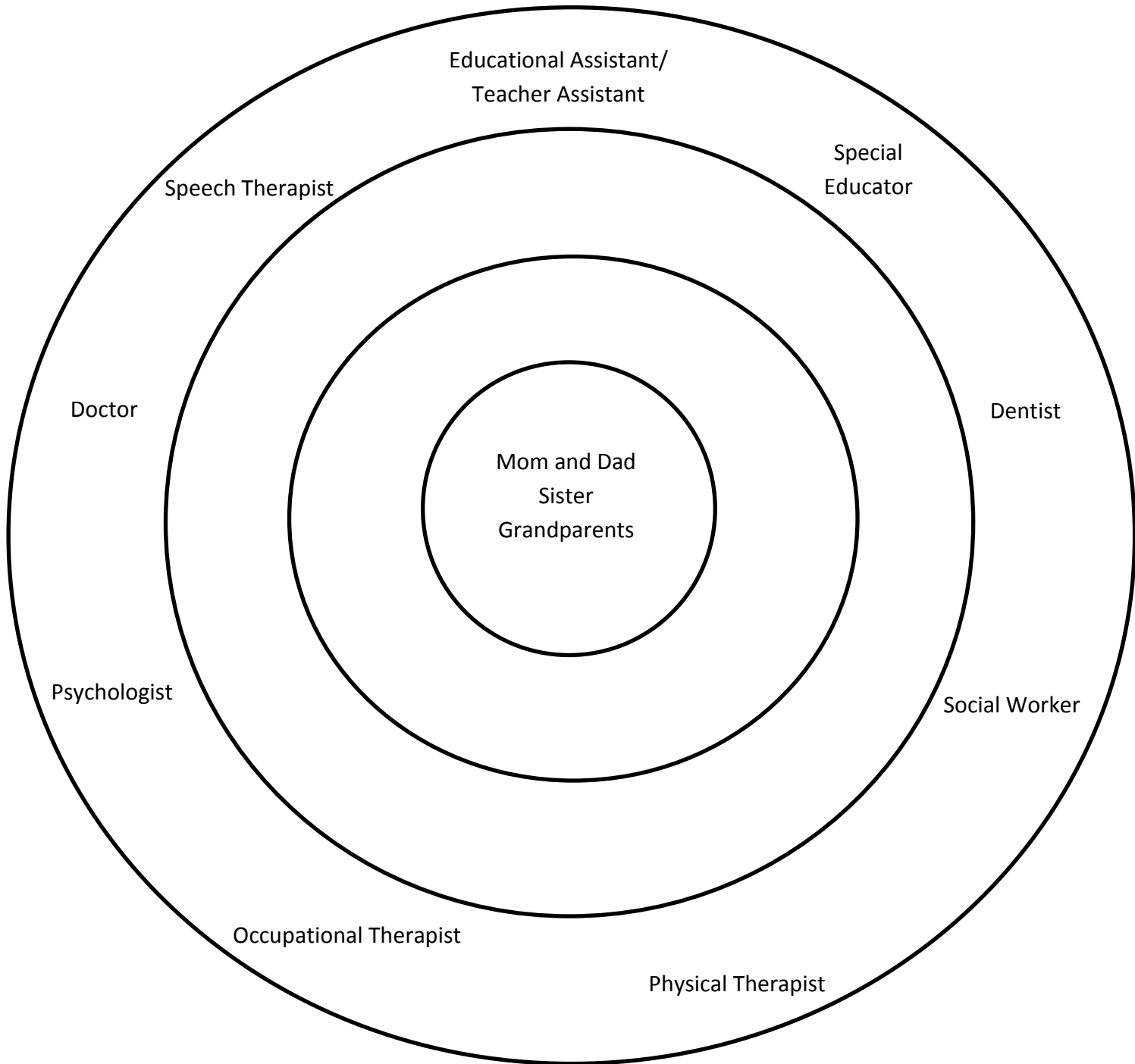
Reflect on the names you have written in each circle. Do any of those people have a disability? If not, why do you think that is? What challenges hinder individuals from getting involved in your community, or what hinders you from including others in your circles?

Think about how you would feel, and how it would impact your life, if one of the circles was empty.

Now, flip to the next page.

This is an example of what the bulls-eye activity might look like for an individual with disabilities. All too often, the major people in the life of an individual with disabilities are relatives and paid supports.

{ What do you think this does to a person's sense of community or belonging? }



## Developing Attitudes of Friendship

You will be coming to SERVE (a.k.a. Hero Training Academy) as a **mentor** (a.k.a. sidekick). Your role will be to journey, worship, fellowship, and serve alongside a **participant** with a disability (a.k.a. hero).

The danger of coming as mentors is that we sometimes think we are only going to **give** to the participants – that WE are here to serve and help THEM. Though you aren't paid to come to SERVE, that attitude toward a participant puts you in the outer circle of their bullseye. A significant part of SERVE is building relationships – not only with God, but with each other. No one can force us to be friends with someone, but we can develop attitudes of friendship toward one another, which fosters compassion, empathy, and eventually, friendship in itself.

### Read the following story:

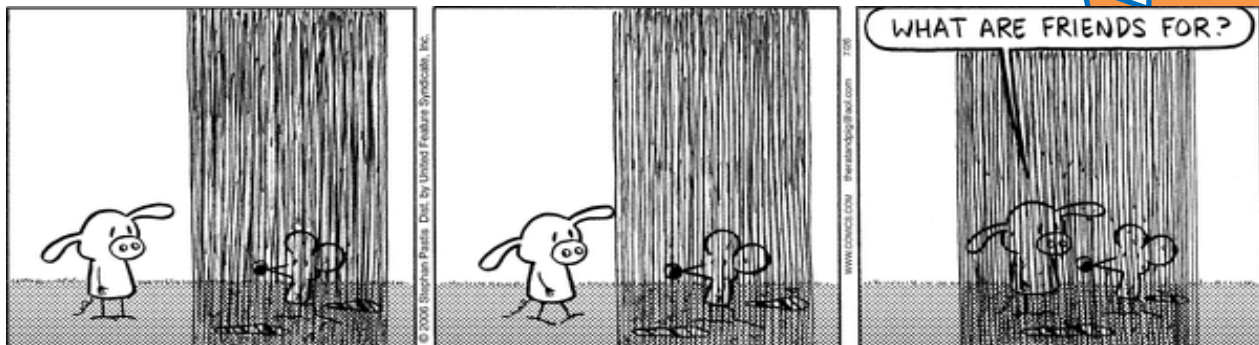
*In 1942, Jackie Robinson played for the Brooklyn Dodgers baseball team. He was the first African-American to play in the major leagues, and it sure wasn't easy because people booed him from the stands. One day, while playing in his home stadium, Jackie made a mistake, and his own fans began to boo and mock him. He stood alone at second base, feeling very humiliated. Then his friend, shortstop PeeWee Reese, came over and stood next to him. He put his arm around Jackie, and together they faced the stands. The fans were silenced. Later, Jackie commented that his friend had saved his career.*

{ Think about the choices PeeWee made, to stand up for his friend.  
Sometimes friendships can be uncomfortable, especially at the beginning. }

### Activity:

Every evening, we will gather for a “Mentor Meeting” to debrief the day and fellowship together. An important part of fellowship is laughing together, especially at the end of what can be a long or tiring day.

With the theme “developing attitudes of friendship” in mind, find a comic strip or a short youtube video to share during one of our meetings. Make sure you print out the comic, or write down the name of the video so we can find it when you're here!



## Letter To Self

New or challenging experiences that push us out of our comfort zones often teach us a lot, and sometimes change us in ways we never could have imagined. This change or new knowledge may be significant and noticeable, or it might be very subtle and slow. One way to discern this change is to reflect on where you were at before you had the experience. In addition, before heading off on an adventure like the one you are soon to embark on, it can be helpful to take a few minutes of quiet reflection. So, take some time to write a letter. You can write to yourself, or to God, and you can write anything you like. No one else will read this letter. When you have finished your letter, put it in a sealed envelope, and pack it to bring with you to SERVE. We'll tell you when to open it again.



Unsure what to write about? Here are some ideas...

(feel free to pick and choose, or come up with your own!)

- How are you feeling? Nervous, excited, anxious, happy, etc? What is it about SERVE that is making you feel that way?
- What are you MOST looking forward to about SERVE?
- What are you LEAST looking forward to?
- Do you have any hopes or prayers for your week at SERVE?
- What does it mean to you to serve? To be served?
- What does it mean to be the church?
- You have done a few activities now regarding the inclusion of individuals with disabilities. How did they make you feel? Did they spark any thoughts or questions for you?



## Devotions

Read through the devotions at the pace that makes sense for you. Underline or highlight anything that sticks out. Write your reactions or thoughts in the margins, and in the spaces provided.

### Day 1: Saved by... service?

As Christians, we are called to love, and thus, to serve. However, sometimes we can get so caught up in serving, or “doing good works,” that we begin to believe that we need to earn our way into heaven by our actions. God reminds us that this is not the case:

*For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast. For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.*

- Ephesians 2: 8-10

We are saved not by our own works, but by God’s grace, and by the faithfulness of Jesus as he died on the cross for our sins. Yet, as God’s handiwork, we are also created to serve.



**Your turn,  
Sidekick!**

What do you think about that?



## Day 2: Help!

A common question for mentors in the lead-up to SERVE is, “I have never been a mentor or worked with someone with a disability—what if I don’t know what to do?” No worries! We all have different gifts as well as different experiences. There will always be someone available to you for guidance or support, and we will also have a time of orientation at the beginning of the week. We will guide you through the expectations and also help you to understand the different needs that our various participants have. However, remember that we are neither your sole, nor your primary, source of support. Recall God’s promise to Paul:

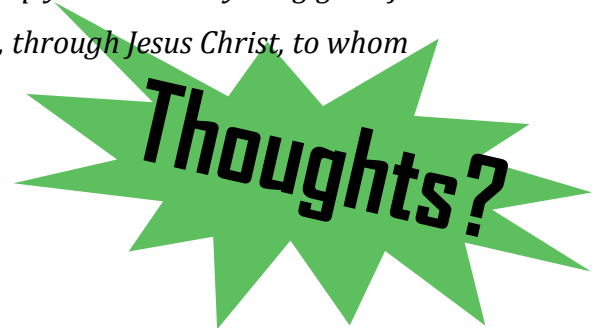
*But God said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.*

- 2 Corinthians 12: 9-10

Not only is God’s power made perfect in our weaknesses, but we are also constantly being equipped for those things to which God is calling us:

*Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen.*

- Hebrews 13: 20-21



### Day 3: Well... now what?

So, we know that though we are saved by God's grace and Jesus' faithfulness, rather than our own actions, we are also called to serve. We know that God will equip us with everything we need for those "good works" we are called to do. These are all good things, and it is important to remember them. But, we are left with one big question: "What does service look like?" or rather, "What am I called to do?" God gave this message to the Israelites many, many years ago, yet it still applies today:

*... And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.*

- Micah 6: 8

Justice refers to our actions – the things that we do. Mercy refers to the attitudes or motivations behind our actions – let love and mercy be your driving force. Walking humbly refers to our attitudes as well – serving shouldn't be a source of pride. In addition, humility requires dropping our own barriers to let others serve and bless us. Justice is often defined as loving and looking out for the poor, but it is important to note that it goes much further. These themes are repeated many times throughout the bible, suggesting that God's people were to create a culture of social justice. Justice impacts our day-to-day living, and all of our relationships.



**What's up,  
Hero Support?**

Look back again through the other devotions. When we put each piece together, what does it look like? To us, this is a picture of community, and to us, community means inclusion and reciprocity. Loving. Serving one another. Seeking justice together. Asking God to equip us in all that we do, and allowing his strength to shine through our weaknesses.