



soar

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ABOUT SOAR SASK



SOAR SASK is a local mission training program run that is hosted by Multiply - the mission arm of Canadian and U.S. Mennonite Brethren Churches.

SOAR SASK is a local missions opportunity that takes place over the February break. The program is for youth groups, families and really anyone interested in learning more about God's heart for our province and the world.

SOAR SASK exists to glorify God by creating an environment where we seek to:

Know God's heart for the world
Grow in relationship with Jesus
Go and join the Holy Spirit in God's mission

As we work towards creating this environment, SOAR SASK commits to the following 5 pillars, remembered easily as "S.L.U.R.P."

Sustainability: We seek to practice stewardship of creation, and teach discipleship practices/principles that can be transferred back home.

Learn & Serve: We will defer to local host culture and leadership style, learning from them and serving with them.

Unity: We will plan and lead SOAR as a province-wide team and rely on local ministry partnerships for assignment. We seek to create a safe environment for participants of all levels of faith.

Reconciliation: We acknowledge our presence on treaty territory and practice mission in partnership with First Nations brothers and sisters.

Perspective: We will develop a holistic understanding of mission with local and global awareness, including the different cultures, demographics, and stories within Saskatchewan.

PROGRAM COORDINATORS



Hello! We are Ryan and Terri Epp, and we serve as the program coordinators for SOAR SASK. As you lead your SOAR team this year, we are going to be your partner in ensuring that you have your questions answered, help you find a ministry partner, make sure your deadlines are met, and do our best to ensure that you and your team are well supported and taken care of during program. Looking forward to partnering with you and championing you as you lead and disciple your team!

CONNECT WITH US!

Terri - terrie@multiply.net

Ryan - ryane@multiply.net

We also have a volunteer leadership team known as Ground Control. This is an amazing group of people who have hearts to live on mission with Jesus. Ground Control pours into the SOAR community in ways like preparing meals, caring for team leaders, praying for teams and individuals, leading worship times, and the list goes on!



ROLE OF TEAM LEADER

Don't do missions just because it is a "good" thing, or because your team wants to travel. Our prayer is that you embrace your mission training experience as a tool to disciple your team toward servant leadership and witness to God's love.

BEFORE SOAR

Use the months before the trip to build significant relationships with your team.

Prepare in advance. Discern God's call for your team, and establish your leaders.

Clearly communicate expectations and goals to participants on your team.

Have meals with your team, followed by sharing. Food establishes a sense of family.

Communicate clearly with parents about the benefits, challenges, and realities of SOAR.

Help participants get paired up with a mentor who will walk with them before and after the program.

IMPORTANT: Establish a prayer team in your church. They will make the biggest difference in your life during SOAR. Ask friends, family, and the church to pray for you.

DURING SOAR

Participate in our philosophy of Orientation, Assignment and Debrief, especially orientation and debrief. In our rush to be good 'doers' we often miss out on the work of the Spirit within.

Orientation: Our goal is to provide an environment for you to draw close to the heart of the Father and listen to the voice of God's Spirit. A good vertical relationship leads to healthy interpersonal relationships and passionate witness.

Debrief: Using the resources we provide on program; be intentional about taking the initiative to debrief with your team. By writing, discussing and talking about their experiences, participants will internalize their experiences and grow out of them.



AFTER SOAR

Follow through in discipling your team after SOAR. Team members will need time following the trip to process their experiences.

Encourage students in personal reflection, as well as public sharing with their church & community.

Connect with each participant to listen, pray, and process with him or her.

Provide opportunities for the team to share their experiences. Help team members craft their stories in an effective way.

Administrative Role

Preparing for SOAR requires a large amount of behind the scenes work for team leaders. In particular, there is a lot of administrative work to complete, such as:

- Team reservation and team deposit
- Sending out invitations for participants to sign up
- Tracking online application forms for each participant
- Collecting all documentation from each participant (Release of Liability Forms)
- Coordinating fundraising efforts and collecting funds
- Writing cheques and/or sending in raised funds

One way to maximize your experience is to ensure that you have someone on your leadership team or from your congregation who is able to focus on administrative tasks. This will free up other leaders to focus on the needs of the team and ministry preparation.

Cross-Cultural Understanding

Although SOAR is a local program with ministry in your home province, it is still a very cross-cultural experience. You and your team will have the unique opportunity to live out the gospel in different cultural contexts through first-hand experience. You can expect to face both the challenges and the blessings of relating cross-culturally, as your teams interact with First Nations people, as well as immigrants and refugees with a variety of cultural and faith backgrounds.

We believe that it is essential to have a healthy awareness of one's own culture, as well as the cultures of others. Our goal is to train leaders by providing an experience that includes a multicultural approach that will promote personal awareness and cultural understanding.

As a leader, you can model this awareness and understanding for your team. Invite them to suspend judgment, approaching their ministry and learning experiences with a posture of curiosity, humility and interdependency.

IMPORTANT DOCUMENTATION

Leaders, it is your responsibility to ensure that all necessary documentation has been submitted/collected prior to your team's arrival at SOAR.

Release of Liability

This form is found in your online application, for team leaders it is in your "resource" tab, and for team members it comes up as a task to be completed for their application (in the "task" tab).

If your team is using hardcopies of this form, leaders are responsible for collecting the signed forms. They can be either dropped off or mailed to 604 Webster St. Saskatoon, SK S7N 3P9.

****No one may be involved in SOAR without this form signed. ****

Emergency + Medical Form

Emergency forms are available through the online application. These forms will be printed from the online application by our office and made available to leaders during program.

We need to be informed of special needs, including:

- Significant food allergies or diet considerations

(NOTE: Not all allergies will be accommodated for by the SOAR food staff. If you note any serious allergies on your application SOAR food services are committed to connecting with you before the program begins)

- SOAR Saskatchewan strives to be a nut-free zone. We will inform leaders on program of any life-threatening nut allergies.
- Prescription medications
- Physical restrictions that may limit the activity of a participant
- Medication allergies

Health Insurance

Saskatchewan participants need only provide their provincial health card numbers. Canadian participants traveling to Saskatchewan from another province are covered for most expenses. Listing your personal health number is part of the application.

FINANCIAL INFORMATION

Ministry Support

Ministry Support for SOAR Saskatchewan: \$350 CAD/participant

Participant Bursary: Each leader will have access to a bursary application in their "resource" tab on their online registration form. An application can be filled out for a team as a whole or for an individual participant. Applications can be sent to Terri Epp: terrie@multiply.net

Your ministry support covers food (with the exception of Sunday lunch), lodging, and ministry supplies during the SOAR program. Ministry support does not cover costs associated with medical costs, insurance, travel, any personal items you purchase, or any other supplemental ministry supplies you want to bring.

All donations from individuals or non-charitable organizations are receiptable.

Cheques should be made payable to Multiply.

IMPORTANT: Your mission trip is not a 'pay for use' service. As a participant in Multiply's initiative, you and your supporters are making a donation to Multiply's broader mission. All gifts will be receipted for tax purposes. Because the CDN government holds Christian charities strictly accountable, no charitable donations may be refunded for any reason.

Managing Finances

There are two options for how your team can choose to handle finances:

1) Your sending church accepts SOAR as a project. As you and your team raise funds, cheques are written out to your church - and the church receipts people for their donation. Then the church writes out a cheque to Multiply that covers all support for the team. As the team leader you ensure that the ministry support for each person on your team is in by January 15.

2) Team leaders can ask all participants to individually mail their fundraising cheques to Multiply office. Please ensure that each donor indicates who the support is intended for. Multiply will receipt all cheques.

Cheques can be mailed to:

604 Webster Street

Saskatoon, SK

S7N 3PN

Fundraising

Raising financial support can be a challenge, but it is also an incredible faith-building opportunity – and it is a blessing for others to be invited to give.

You may invite your team members to raise support individually, or to fundraise as a team – or both.

As a team, you may want to host fundraising events together in order to raise funds. This can be a team building exercise, as well as a way to connect your experience on SOAR with your congregation. Some ideas include a soup lunch, a pie auction, a dessert evening, or a bottle drive.

Students can connect with individuals and invite them join their support team as well.

LEADERS: Please talk to your students about raising support.

Here are some important steps to consider:

1. Pray about the following questions, and answer them:
 - a. What made you choose to go on SOAR?
 - b. What would you like God to do through you as you seek to serve other people?
 - c. How are you expecting God to work in your life from this experience?
2. Prayerfully develop a list of potential supporters.
3. Create your own support letter using the example provided.
4. Deliver or mail your letter and the support form to each of your potential supporters. Ensure that your letter explains how people can support you financially.
5. Keep a list of people (with addresses) who respond to your request. After the SOAR program is over you should send a thank you letter to each supporter.

Your prayer team will make the biggest difference in your life during your SOAR experience. Will you ask your friends, family, and church to pray for you, as well as offer financial support?

Sample Letter

Your complete address and phone number

Dear _____, (It is important to personally address your letters).

I have been accepted to participate in SOAR Saskatchewan, a mission and discipleship program that is run by Multiply. I feel this adventure is the next step down the path of discipleship on which God has been leading me.

Multiply mobilizes hundreds of youth, college students and multi- generational teams and equips them with tools of prayer, worship and the creative arts. The purpose of SOAR is to partner with established ministries and organizations as we learn and serve together. I am looking forward to creatively living out the gospel in today's generation.

The SOAR SASK program in which I will participate will last for 8 days and will take place in Saskatoon, SK. I will be traveling and ministering with a group of (insert the number of people on your team) from (insert the name of your church). Local churches and inner-city ministries will be hosting our team throughout the assignment. (Insert a brief description of your assignment).

(Add your own paragraph based on your responses to these questions: What made you choose to go on SOAR? What would you like God to do through you to impact other people? How are you anticipating God will work in your life through this experience?)

I would like to invite you to join me in this experience through your prayers and support. Please pray that God will work in my life to draw me closer to him, and that he would be at work through me to impact the province of Saskatchewan.

If you would like to financially support Multiply's SOAR Saskatchewan program, you can join me in raising \$350 of ministry support.

Thanks for standing with me as I take this step of faith. I look forward to sharing with you about my experience on the SOAR program.

(Make sure you include your name and signature).

(Make sure to indicate where supporters should send cheques – either to your church, or to Multiply directly)

TIMELINES + DEADLINES

Dates to Remember

- **Team Application Deadline: December 15th, 2023 (\$200 deposit is required by this date as well)**
- **Participant Online Application Deadline: January 15th, 2024**
- **Ministry Support Deadline (\$350/person): January 15th, 2024**
- **Program Dates: Friday, February 16 - Friday, February 23, 2024**

Program Outline

Pre-program – now until February 16

- Ensure that all online application forms are completed by January 15. This includes Release of Liability and Emergency forms. Work through this manual as well as the team building resources, and any specific ministry location content.

Orientation – February 16-20

- Arrive ready to be challenged! Group teaching, worship, workshops, prayer times, team time and devotions will give you an opportunity to draw closer to God.

Assignment + Debrief – February 21-23

- Group worship and team time continue while in the Assignment part of the program. Be prepared to experience a variety of experiences while serving, and to be pushed out of your comfort zone. At Debrief, you will begin to process all that you have learned and prepare for home.

Home Assignment – February 23 and beyond

- At home, schedule a time to report to your church about your mission experience and share with people how you experienced God and what He did on SOAR.
- We suggest you plan times to get together with your SOAR team and pray about re-entry and continue the debriefing process. Try to discern what God is asking of you this year. Continue praying, worshipping and sharing stories of transformation.

SAMPLE SCHEDULE

SOAR SASK 2024 will begin Friday, February 16 with registration opening @ 6:00pm. Please note that supper will not be provided this first night.

****This is a SAMPLE SCHEDULE. A complete and more detailed schedule will be sent to each team leader before the program starts.**

	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
8:00 am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
9:00 am		Morning Devos	Church + Team Lunch	Morning Devos	Morning Devos	Morning Devos	Morning Devos	Morning Devos	
9:30 am		Session		Session	Session	Ministry Assignment	Ministry Assignment	Ministry Assignment	
10:30 am		Learning Block (Lunch @ 12:30 pm)		Prayer + Ministry Prep + Solo Time	Learning Block				Ministry Assignment
12:30 pm			Lunch						
1:30 pm			Workshops	Prayer + Ministry Prep + Solo Time	Team Time + Debrief	Ministry Assignment	Ministry Assignment	Ministry Assignment	
4:30 pm									
5:30pm		Supper	Supper	Supper	Supper	Supper	Supper	Supper	
6:00 pm		Registration							
6:45 pm		Leaders Meeting							
7:30 pm	Session	Session	Session	Session	Session	Session	Session	Session	
9:00 pm	Team Time	Team Time	Team Time	Team Time	Team Time	Team Time	Team Time	Depart	

Teams will take turns helping with meal clean-up. A schedule for this will be provided in each leaders package that will be given @ registration.

PREPARING FOR SOAR SASK

To-Do Checklist

12 Weeks Before SOAR

- Hold an information meeting about the SOAR Saskatchewan program
- Begin discerning who you think should go

10 Weeks Before SOAR

- Investigate transportation needs - each team requires its own source of transportation
- Begin signing up your team on the SOAR application before December 15th
- Send in \$200 deposit to Multiply (604 Webster Street Saskatoon, SK. S7N 3PN)
- Begin fundraising
- Work with team members to ensure that each person on your team has a mentor. More information on the importance of mentors is provided on pg. 16.

8 Weeks Before SOAR

- Finish discernment process and select your team
- By January 15, 2024 all participants must complete online application forms.
- Collect all funds and send to Multiply Office (604 Webster Street Saskatoon, SK. S7N 3PN)
- Begin going through the Pre-trip lessons with your team
- Begin planning for your ministry assignment, especially for VBS programs

4 Weeks Before SOAR

- Confirm transportation
- Continue fundraising
- Continue meeting as a team and preparing for ministry
- Collect all remaining ministry support and send to Multiply.
- Assign team members with a particular area of preparation for your assignment.

2 weeks Before SOAR

- Collect all pertinent medical information

1 Week Before SOAR

- Pack (see packing list provided)

Packing for SOAR

Clothing Guidelines

Modesty is the theme for ministry. You are on the front lines and with the role of an ambassador for Christ. You don't need distractions, nor should you be a distraction to others. The point is: how you look communicates a lot about who you are.

Remember that weather in Saskatchewan is unpredictable, and it could be cold! (Make sure you bring a jacket, hat, mitts, scarf, etc.) Your team will be doing a lot of walking outside, and the ground may be snowy and wet. Bring extra socks and shoes/boots along. Depending on the weather, rubber boots may be helpful.

Guidelines for Guys

A clean t-shirt and jeans is appropriate for church services. The ministries may have different ideas about what to wear while serving with them. Prepare to be flexible and conservative. You may bring swimming trunks. Guys are not permitted to go shirtless unless swimming. No sleeveless shirts please. Please ensure undergarments are covered at all times.

Guidelines for Girls

A clean t-shirt and jeans is appropriate for church services. The ministries may have different ideas about what to wear while serving with them. Prepare to be flexible and conservative. Make sure your pants and shirt meet; don't show off your stomach. Do not bring shirts that are overly tight or revealing. No spaghetti strap tops and ensure undergarments are covered at all times. You may bring a one-piece bathing suit, or a tankini that covers your mid section.

Team Leaders, please ensure that your students follow the clothing guidelines. If SOAR leadership feels like they are not being met, they will approach the leader and ask them to talk to their students.

Packing Guidelines

Luggage

Pack light! Don't bring more than one piece of luggage, a sleeping bag, sleeping mat, and a small personal bag per person. Pack clothing for 8 days, there will not be time for laundry. Bulky suitcases are discouraged. There will not be a lot of room to store your luggage.

Personal Electronics

Leaders, please ensure that you have your cell phone and have a conversation with your team on expectations of using phones throughout the program.

Spending Money

Your program fee takes care of food (with the exception of Sunday lunch) and lodging while you are on the program. You are responsible for transportation costs. Additional personal spending money is only for snacks and other things you may need or want to purchase.

NOTE: Your team will be going out for one meal during the program (Sunday lunch). The cost of this meal will be your team's responsibility. It is up to you if you would like to inform your students to bring money for this lunch, or if your church/school will cover the cost.

Cameras

Cameras are great, but be aware that their use will be restricted during your time with your ministry partnerships. Team members will be expected to abide by any rules established by their team leader and ministry host in this respect. Always check with your ministry host before taking pictures.

Jewelry and Accessories

Excessive jewelry can be an unnecessary distraction on a ministry trip and we suggest you leave most of it (except watches) at home.

Medications

Prescription medication must be in its original bottle with the label. Any team member taking medications during the program must inform the leader before coming. Any over-the-counter medication for allergies, insect bites etc. may be brought by individuals. There will not always be a nurse on-site.

Security

It is each individual's responsibility to ensure that their belongings – cameras, personal electronics, wallets, etc. are in a secure location when not in use. Multiply is not responsible for lost or stolen belongings.

Packing Guidelines

Program Packing List

- Multiply will give you a copy of your team members medical/emergency contact info that was provided via the online applications.
- Copies of medical prescriptions
- Ministry materials and supplies
- 1 or 2 large coolers and 1 small cooler for packing lunches (Number of coolers needed will depend on the nature of your ministry and team size)
- Extra Bibles or giveaways (Talk with your ministry host to see if giveaways would be appreciated)

Personal Packing List

- Personal medication with original prescriptions
- Bible, journal, pen
- Sleeping bag, pillow and foam or SINGLE air mattress (no double or larger!)
- Day pack
- Toiletries (soap, shampoo, deodorant, toothbrush, toothpaste, towel, Kleenex...)
- Flip-Flops for showering
- Bathing suit
- Water Bottle
- Clothing for 8 days
- Touque, mittens, boots & coat
- Camera and batteries
- Extra spending money

MENTORSHIP

SOAR Saskatchewan includes a mentorship component for every participant. After many years of running short-term ministry programs we have learned about the importance of follow-up. Our goal is for every person (team leaders and participants) to choose a mentor and meet with them two times before program and two times after you return home. We also encourage you to continue meeting with your mentor beyond this – there is lasting value in this relationship.

Leaders, it will be your responsibility to ensure that your students are set up with mentors. Although it may be extra work, please consider the value both for your students and for your church of investing in this opportunity.

We have mentoring resources available to you. The “Next Mile Goer Guide” is a book that walks STM participants through the process of returning home from a mission experience. It also includes a mentor guide that can be given to mentors. The Goer Guides are available upon request.

You can also access an electronic Mentor Guide here: <http://www.thenextmile.org/mentor-guide/>

If you have questions regarding mentorship contact Terri Epp - terrie@multiply.net

What is a mentor?

The term mentor means “an experienced and trusted friend and advisor.” The Christian mentoring relationship is one of mutual accountability, friendship, and learning.

Roles & Responsibilities of the Mentor

Pray – your mentor will pray for you in preparing for mission, in your ministry assignment, and in returning home. Share prayer requests.

Encourage – your mentor will take the time to encourage you through notes, scripture, prayer, and speaking truth into your life.

Prepare – your mentor will come prepared to guide and direct your conversation, and to ask you significant questions to help you process your experiences.

Listen – your mentor will help you bring closure to the mission experience and integrate what was learned into life back home.

QUESTIONS

1) Where are we staying?

- We will set up our home base at _____. The plan is that all teams will eat, worship and learn at this facility. Teams may be sleeping at other churches around Saskatoon.
- Groups will be sleeping on the floor; bring a single air mattress/foam, sleeping bag and pillow.
- All meals will be taken care of by SOAR, except Sunday lunch (see below).
- It is best if you can pack for all the days of your SOAR experience, as there will be no time for laundry.

2) When do we arrive and leave?

- Plan to arrive around 6:30pm on Friday, February 16. It is best if you can arrive as a team. Plan to leave or to be picked up after evening session on Friday, February 23.

3) What will the teams be doing?

- The first days of SOAR SASK are full of learning and growing opportunities - from workshops to learning experiences led by MCC SK, to running games at the Family Day Carnival. The assignment phase will vary for each team. SOAR leadership will be in contact with you about your assignment, and work with you to set things up with a ministry host.

4) How will the team get around?

- Each team is responsible for providing transportation throughout program. SOAR is not responsible for this cost.

Please call if you have questions, or difficulty finding vehicles.

5) Do I have to pay for any meals?

- All meals will be provided on program, with the exception of Sunday lunch. The cost of this lunch is your responsibility. You can inform your students to bring their own money for this lunch, or have your church/school/organization cover the cost.



QUESTIONS

6) Can I bring my electronics?

We encourage you to take a break from the digital world to make space for God & community during this time.

LEADERS: Talk with your students about expectations for technology. We encourage you to collect electronics at the beginning of the week, and return them before going home. If participants or parents are worried about communication, you may want to hand out cell phones for one hour each day.

7) How can parents contact us during program?

Please provide parents with contact information for your team's leaders. If there is an emergency during program, they can contact a team leader, or someone on the SOAR leadership team. See the Contact Information on page 2. Parents can also stay in the loop through the Multiply Central Canada Instagram @multiply_ccanada

Have more questions? Feel free to email Terri - terrie@multiply.net or Ryan - ryane@multiply.net