

A Guide to: Sunday Community Lunch

(Program Area: **Discipleship** + Housing + Life Skills + **Support**)

Why Sunday Community Lunch?

Sunday Community Lunch exists to provide a meal and a space for community to be built between Inner Hope and Reality Church.

What do Sunday afternoons look like?

- A meal around a table or two followed by an afternoon of spending time together
- A community of people of various ages - babies, children, teenagers, young adults
- Amazing conversations - times of sharing burdens and laughter

12:30-1:00: People arrive at The House, final meal preparations are made and tables are set

1:00-1:30: People are seated and lunch is served

1:30-4:00: Hanging out: puzzles, board games, homework, naps, baking, basketball, crafts, parks, prayer. People leave at different times throughout the afternoon, and often break off into smaller groups of activity. Sometimes in the summer we forego the indoor table for a picnic and outdoor adventure (ex. Lynn Valley).

4:00-5:00: Facilitate guests being gone by 5pm (if transporting, leave no later than 4:30)

What is a Sunday Lunch Volunteer?

A fully screened Inner Hope volunteer who commits to being at The House from 12:30 until 5pm a minimum of one Sunday a month, taking on the responsibilities listed below. (Each Sunday there should be **a minimum of 4 Inner Hope staff/volunteers** on site at The House.)

What are the responsibilities of a Sunday Afternoon Host?

- Help transport youth to The House after church (for those attending Reality)
 - Note that we are *not* responsible for driving youth to other locations after church
- Help set up (tables, chairs, food to the table) - Every person present, with the exception of first time guests, are expected to either help set up or clean up.
- Delegate and oversee clean-up after the meal
- Actively engage with youth and children who are present
- Invite others to join our Sunday Afternoon community
- Be familiar with House and mealtime rules – model and reinforce them
- Ensure that The House remains a safe place in all ways for everyone present; do not let children be downstairs without a suitable adult, or playing in bedrooms with the doors closed.
- Have all guest leave by 5pm at the latest. This will often include helping to drive people home, or wherever they are going. Bus tickets are available to simplify this process
- Facilitate good conversation – when we were less in number we often discussed the sermon over lunch, but that's not usually feasible with the large numbers around our table now. You are still encouraged to intentionally engage youth in Jesus focussed conversation at some point throughout the afternoon as you see fit.
- Appreciate what God is doing all around you throughout the afternoon.

I'd love to provide a meal! Can I do that? Of course! Contact the Director of Programs to find out how easy it is to become a meal provider!

