



**saturday night life**  
**volunteer guide**

If you have received this sheet, then you most likely have agreed to help serve as a Community Friend in the Saturday Night Life ministry of *the Well Community*. We are grateful for your interest in our work and believe this information will help you better understand our efforts and how you might best participate. We look forward to seeing you on an upcoming Saturday!

## 1. Community Members

We refer to those regular attenders in our ministry as Community Members. Here's some information that will help you better understand them in our times together.

- **Mental Illness:** *the Well Community* serves people who have been diagnosed with one or more brain disorders (also called mental illnesses). These illnesses affect their physical, psychological, emotional, social, occupational, and spiritual lives. Mental illnesses interfere with normal brain chemistry. They are very common: in one year, approximately 25 million Americans are affected.
- **Living Conditions:** The majority of our Community Members live in boarding homes, public housing, or local apartments. The vast majority is unemployed and live off government disability support (SSDI or SSI). On average, they receive approximately \$650 per month. They have roofs over their heads, but beyond that are not much better off than the homeless. The Saturday night meal is undoubtedly the best they receive all week.
- **Demographics:** Approximately 2/3 of our current attenders are male. Racially, 45% are African American, 40% are Anglo, 10% are of Hispanic ancestry, and 5% are of Asian ancestry.

## 2. Community Friends

**That's you - a Community Friend.** By your interest in and participation, you are a friend of *the Well Community*. Here's some info to help you in your service.

- **Faith:** As a specifically Christian gathering, *the Well Community* seeks life-transformation for all involved. Even our name derives from this focus. In Jesus' encounter with the woman of Samaria at Jacob's well, he says, "People soon become thirsty again after drinking water. But the water I give them takes away thirst altogether. It becomes a well of water within them, giving them life." (John 4:13-14). We are seeking to be a source of life by pointing people to our Lord and Savior, Jesus Christ.  
Many of those attending are in the beginning stages of being "cleaned up". However, as Jesus said, "Healthy people don't need a doctor--sick people do" (see Mk 2:17). Therefore, *the Well Community* exists to help people find real help, experience real change, and discover real answers, through the joyful and reverent worship of God, by the teaching of God's Word, and in a permeating spirit of grace, love, and joy.
- **Community:** That's the best word to describe the philosophy of ministry of *the Well Community*. We seek to offer friendship and a place of family for the mentally ill and other at-risk individuals, providing opportunities filled with meaning and purpose. A place to belong. A place to be known.  
Therefore, as a Community Friend, we encourage you to interact with the Community Members. Opportunities exist for you to converse over a meal, play a game of dominoes, offer hope in the midst of discouragement, or even pray for a need. Just follow your level of comfort and seek to relate in the ways you feel led. Remember we are all gifted differently; therefore, serve in your gifting!
- **Empowerment:** *the Well Community* seeks to be a place of recovery from mental illness. The professional mental health field currently defines "recovery" as the awakening of hopes and dreams. The recovery process involves "gaining the knowledge to reclaim one's power and achieve one's desires by learning to make choices that bring strength rather than harm. Recovery involves living a meaningful life with the capacity to love and be loved."

### Empowerment Essentials

A safe and stable environment	The best medical treatments
Someone who sees them as <u>special</u> and who will share themselves	Education about the effective management of the illness
Something to get <u>involved</u> in	An educated and supportive <u>family</u>
Focus on <u>empowerment</u> & self-determination	Sustaining <u>hope</u> and a <u>vision</u> of what is possible

## Saturday Schedule

- 3:00pm - Staff arrive (*10<sup>th</sup> Street doors open at 3:30pm / Community Members begin to arrive*)
- 5:00pm - Worship Service (*Teams are encouraged to join us for worship*)
- 6:15pm - Fellowship Meal
- 7:00pm - Begin to Clean-up
- 7:30pm - Head home!

## 3. Food

- **General:**
  - (1) Healthy and a lot! The Saturday night meal is more than likely the best meal our Community Members will eat all week. **Plan for seconds** (and thirds!)
  - (2) Meals can be prepared in Cliff Temple's commercial kitchen or cooked off site and transported.
  - (3) As of December 2008, we are averaging **85 in weekly attendance** (that includes volunteer teams). Call for updated numbers.
  - (4) When we feed the group ourselves, the cost averages around \$200.00 per week.
- **Suggested Menus**
  - (1) Taco Salad / "Mexican Stacks" (Chili, lettuce, tomato, beans, rice, Fritos, etc.)
  - (2) Chicken Strips / Corn / Green Beans
  - (3) Lasagna / Green Salad / Bread
  - (4) Baked Potatoes (keep warm in a cooler) w/ chili and fixings / Green Salad
  - (5) Chicken n' Rice / Spaghetti / Enchiladas casserole and Green Beans / Bread
  - (6) Soup or Chili / Sandwiches / Chips
  - (7) Hot Dogs / Potato Salad / Chips
  - (8) **Desserts** (brownies, popcorn, fresh fruit, ice cream bars, cake, etc.)

## 4. Practicals

- **Dress:** Feel dress to dress very **casually** when you come to serve on Saturday nights; even shorts are appropriate (especially during the summer months). We encourage you to refrain from dressing too flashy (i.e., designer clothes) and women should especially dress **modestly** (i.e., looser fitting clothes versus tight, longer shorts, etc.).
- **Location:** *the Well Community* currently meets in the **Fellowship Hall** of **Cliff Temple Baptist Church**. Cliff Temple occupies the entire city block between Beckley Avenue and Zang Boulevard (east and west), and 10<sup>th</sup> Street and Sunset Avenue (north and south). We use an entrance on the **10<sup>th</sup> Street side** of the facility.
- **Security:** *the Well Community* employs a security guard to watch over the cars during the service. Therefore, please park in the **lot on 10<sup>th</sup> Street** (between Zang and Beckley).
- **Childcare:** There are (2) childcare workers present every Saturday to care for staff and members' children. We can easily accommodate a few more; just let us know how many are coming with your group.

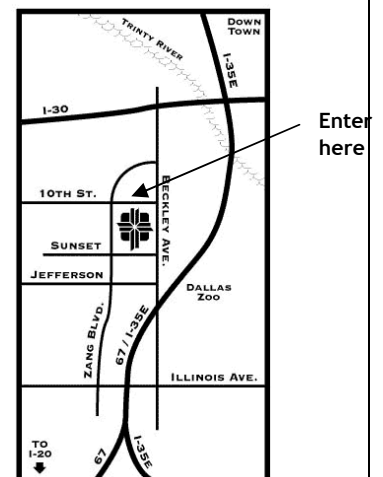
## 5. Directions

**From Downtown Dallas:** Come South on I-35E, and go about two miles south of the Trinity River to the Twelfth / Beckley Exit. Turn right (north) at the light onto Beckley. Go two blocks, turn LEFT on 10<sup>th</sup> Street, and Cliff Temple is on your left.

**Coming East on I-30:** Take the Beckley Avenue exit (near the Main Dallas Post Office). Turn right on Beckley Avenue and proceed for 1½ miles. Turn RIGHT on 10<sup>th</sup> Street, and Cliff Temple is on your left.

**Coming West on I-20** take the I-35E North Exit. **Once going North on I-35E** take the Beckley/Zang Exit. Go right at the juncture (before the bridge). Turn left (north) onto Beckley Avenue. Go 4-5 blocks, turn LEFT on 10<sup>th</sup> Street, and Cliff Temple is on your left

**Coming East on I-20** take the HWY 67 North Exit. HWY 67 will merge with I-35E in about 4 miles. **Once Going North on I-35E** take the Beckley/Zang Exit. Go right at the juncture (before the bridge). Turn left (north) onto Beckley Avenue. Go 4-5 blocks, turn LEFT on 10<sup>th</sup> Street, and Cliff Temple is on your left.



Updated 12/11/2008

