

DESCRIPTION:

Change A Heart Franciscan Volunteer program hosts college student groups looking to put their faith into action through a week-long service learning experience during winter or spring break.

WHAT PREVIOUS SPRING BREAKERS HAVE SAID ABOUT THEIR EXPERIENCES:

- “Some people spend years looking for God and trying to understand the meaning of life, but all they need to do is spend a week in other peoples’ shoes and they will find God.”
- “This trip not only ‘changed my heart’ it transformed my mind, body and spirit too.”
- “The sisters showed us through their example how to live simply, with humility, and with love for every person.”
- “I learned that keeping an open mind and not being afraid of a new experience makes the overall experience more enjoyable.”
- “I learned that poverty looks similar in major US cities. Often, the ‘system’ doesn’t always have their best interest in mind. But any action, not matter how big or small, can help.”
- “I will take this experience back home and share it with others. I will continue service at my school...and for the rest of my life.”
- “The power and wisdom of St. Francis’ influence is truly seen through the hands, actions and attitudes of the Sisters and those in the full-time Change A Heart program.”
- “This entire experience has emphasized the call of serving God by reaching out with love, compassion and understanding.”
- “This trip has been a life-changing experience I will treasure forever.”

LOGISTICS:

Lodging:

Reside on the campus of the Sisters of St. Francis of the Neumann Communities in a residential building, St. Clare Hall. Students reside in individual bedrooms with communal bathrooms. Small kitchen, small chapel and meeting rooms are on same floor as bedrooms. Address: 146 Hawthorne Road, Pittsburgh, PA 15209 – if using GPS – enter zip code!

Meals:

Meals are eaten together in the Franciscan spirit of mutuality and simplicity. All meals provided and included with cost. Breakfast is in small kitchen located in residential hall. Lunch will be a bagged lunch or served by ministry. Dinner is served buffet style and is a communal meal with the sisters held in their main dining room.

Service projects:

Planned by Change A Heart staff and include indirect and direct service with an urban social service agency. Projects typically take place between hours of 9am-3pm. Projects may include service in the following areas:

- Adult education and literacy
- Children and youth
- Health and wellness
- Environmental protection/preservation
- Homelessness and hunger
- Renovation/revitalization/repair
- Senior care

Example daily schedule:

- 7:30 am Mass with Sisters in the main chapel (optional)
- 8 am Breakfast
- 8:30am Depart for daily service project
- 12 pm Lunch at agency
- 3 pm Conclude service project; return to convent
- Break
- 5:30 pm Dinner with Sisters in main dining room
- 7 pm Reflection & Prayer ☩

One evening during the week is spent with the Change A Heart members. This gives the students the opportunity to learn more about our program and meet those they are completing a service year.

Daily Reflection/Prayer: It is encouraged that the group develop their own evening reflection, prayer and/or integration. Time and space is allotted at the end of each day for this.

Cost: \$40 per person per night
An invoice will be sent to the group facilitator. A deposit of half the total cost of the trip is due 2 months prior to your group's arrival.
A copy of the college or university's liability insurance is also required prior to arrival.

Parking: Free parking is available on the Motherhouse property.

What to Bring:

- Linens and towels provided – but group is encouraged to bring own pillow and towels to save energy, water and sisters time.
- Bring own toiletries.
- Pack a variety of clothing, especially clothing that can get dirty or paint covered as well as for weather purposes. Layers are best!

Miscellaneous:

- Mass is optional each day with the Sisters at 7:30am.
- Service projects typically take place between 9am-3pm.
- Dinner with the Sisters at 5:30pm each evening.
- Groups tend to arrive on a Sunday and depart Saturday morning.
- We ask that evaluations be completed at end of experience.

FORM: COMPLETE & RETURN

Send form to Change A Heart Franciscan Volunteer Program Director (at least 4 months prior to trip)

* Include deposit with this form to secure reservation.

Name of College/University _____

Address _____
City State Zip Code

Facilitator Contact Person(s): _____

Phone _____ Cell Phone _____ E-Mail _____

Names of additional Campus Ministers/Facilitator who will accompany students:

1. _____ 2. _____ 3. _____

Student Leader Name(s): 1. _____ 2. _____

Total Number of Students: _____ Male _____ Female _____

Food allergies or special needs (i.e. # of vegetarians) _____

Number and kind of vehicles: _____

Dates for Alternative Break Experience:

Estimated time of arrival: _____

Date of departure (checkout is at 9am on day of departure): _____

There are 7 service impact areas that can be chosen by the group facilitator or the group to focus on. Rank areas of most interest – 1 being top interest; 7 being least interested in. This will assist the Director of Change a Heart develop service projects for the week.

Rank areas of most interest to least interest 1-7:

- Children and Youth
- Health and Wellness
- Environmental protection/preservation
- Economic Development
- Homelessness and Hunger
- Renovation/Revitalization/Repair
- Senior care

Would you like different service projects in these areas each day or stay in same subject area? _____ _____ _____ _____

Every effort will be made for direct service opportunities for your group, although it is also important to recognize the value of service in assisting an agency and agency staff with “behind the scenes” service as well. Typically, the week will consist of a combination of the two based on the needs of an agency.

Also, each day of the week can be "themed" or designated to have this service theme. The group leader/facilitator should engage in dialogue with the Change a Heart Director about this option.

Is your group interested in spending some time exploring the city of Pittsburgh?

(Example: taking a ride on the incline, viewing the skyline, seeing the sports stadiums, viewing the Cathedral, nationality rooms, local markets, etc.)

Yes _____ No _____ If yes, time will be allotted for the group mid-week.

Additional questions, concerns or needs of the group:

**Send completed form & deposit to confirm trip
at least 4 months prior to trip to:**

Patricia Moran, Director
Change A Heart Franciscan Volunteer Program
146 Hawthorne Road Pittsburgh, PA 15209
volunteers@sosf.org