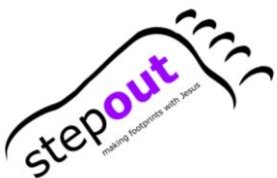


Step Out A-Z

Draft 5
October 2008



Step Out is all about helping young people in Scotland play their part in the great commission Jesus gave to all His future followers (Matthew 28: 16-20). We want to help young people have confidence in sharing bits of their faith journey with people they meet. We want to help young people realise the gifts that God has given them and give them opportunities to experiment with them.

The following pages will start to give you a better understanding about how Step Out can help with this. It cannot cover everything, nor answer all the questions that you may have, but it is a start.

The A-Z have all come from the experience of years of Step Out and what real team members have come across and the stuff that they think people should know before joining a team.

Read it and enjoy! Be challenged and consider if a Step Out team is for you.

If you need an application pack or more information, then you can contact Ivy or myself at the Baptist Union:

Jillian Ferguson
Baptist Union of Scotland
14 Aytoun Road
Glasgow G41 5RT
DL 0141 433 4559
E-mail jillian@busy.org.uk

Ivy Young
Baptist Union of Scotland
14 Aytoun Road
Glasgow G41 5RT
Tel 0141 423 6169 (Option 4)
E-mail ivy@scottishbaptist.org.uk

We look forward to working together with you in the coming year in the mission of God.

Jillian Ferguson
Young People's Co-ordinator, BUS
January 2010

Step Out A-Z

Actions	Learn	Voice
Action Songs	Listen	Volunteering
Aims		
Application Process	Manners	Week
	Memory verses	Why?
Banter	Merchandise	
Bible	Mobile Phones	X hits the spot
Change – Clothes	Names	Youth
Change – You		
Child Protection	Obedience	Zzzzzz
Children's Work		
Church Services	Patience	
Clothing	Photography	
Comfort Zone	Positive Attitude	
Communicate	Post Step Out Blues	
Cost	Prayer	
Crabbit Thursday		
Crafts	Questions	
	Quiet	
Devotions – Team		
Devotions - Personal	Relationships	
Disclosures	Relationships – God	
Drama	Relationships – Host Church	
Drink – Alcohol	Relationships – Hosts	
Drink - Water	Relationships – Leaders	
Drugs	Relationships – Team	
	Relationships – Youth & Children	
Eating	Respect	
Energy	Reunion Weekend	
Expectations		
Experiment	Safety	
Flirting	Smoking	
Fun	Stories – Bible	
Games	Stories – Personal	
Gifts – Hosts		
Gifts – Spiritual	Tea	
Grace	Teamwork	
	Thank You	
Humour	Time Keeping	
Hygiene	Training Weekend	
	Transport	
Introductions		
	Unusual & Weird	
Jesus		
	Up You Get	
Know Yourself		
	Verbalise	
Language		

Actions

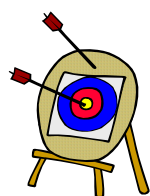
As a Step Out team member, you are representing Jesus, the Baptist Union of Scotland and your home church to the host church and the children and young people you come into contact with. How you act and what you say are important. Strive to follow the example of Jesus and look out for others and their needs.

Action Songs

These are a staple diet of a Holiday Club and it's important for team members to learn the actions, to take part in the songs enthusiastically (whether they are up front leading them or among the kids). The kids will follow your example, so set a good one by smiling, singing the words and getting the actions right. The more you get into them, the more fun you will have. Therefore practising outwith the activities is helpful. But remember it is important to sing along as well.



Aims



It's important to know why the team you are part of are partnering with a particular church. Your team leader will be able to help you with this, but so will people from the church, so talk to them and try to see what you can do to help the church and the team achieve what they have set out to do.

Application Process

Everyone who goes on Step Out has to apply and be accepted. Application packs are available from the Baptist Union. These forms ask for some basic personal information, a brief description of how God is at work in your life, some contact details and a mini-biography. You will also be asked to provide two references who know you well, one of whom should be in leadership in your home church. These references will be followed up on.

Banter

Have lots of fun and a laugh on your teams. But make sure that no one is excluded. Neither should you pick on people while doing it.

Bible

This is a great gift from God and we'd be stupid not to use it in daily life, especially when on Step Out. Make sure it's one of the first things you pack to take with you, and make sure it doesn't stay in your bag the whole time. Open it, read it, make notes on what you read and look for ways to use what you learn while on team and beyond. Always have it with you when you are involved in activities with the children and youth.

Change – Clothes



Step Out lasts for 8 days, but you may well go through more than 8 sets of clothes, and you can't wear your Step Out t-shirt the whole week. Make sure you take plenty clothes, and be prepared for all kinds of weather. It may be nice when you leave home – it's unlikely to stay sunny all week. It may also be creative as to how many days you can get out of a pair of underpants, but it won't be hygienic! Homes in the church you are working with will have been sorted out for laundry if necessary.

Change – You

Step Out is a life-changing experience. If you are open to God, you will be challenged by the week and what you get up to. Be prepared to be stretched, challenged and vulnerable, but to see your faith grow. At times this will be hard to come to terms with as you see God showing you new things about yourself – but it's well worth it.



Child Protection

Protecting young people is vitally important. It is a task for everyone involved in the activities to take seriously. Make sure you look out for each other and the young people. Be smart and work wise.

Basic training will be given during the training weekend and guidelines will be sent out to you. Make sure you read through these and understand them. Your host church will talk you through what happens in their church. Make sure you are aware who the church's appointed person is for Child Protection issues are.

Children's Work

If your week involves working with children, you will need to be on the ball early in the morning and very enthusiastic (and that should continue right throughout the day). Focus on the children from the moment they arrive, getting alongside them and listening to them. It's important to muck in and set a good example to the children by engaging fully with the programme. Do not stand around the back chatting among yourselves. Team members should focus on the children and young people, not each other or their own activities.

Church Services

As a team you will be expected to take part in church services at the beginning and end of the week. Normally at the evening service when you arrive, you will be introduced to the church and asked your name, where you come from and possibly an interesting fact. Be prepared in advance.

The service at the end of the week often has more input from the team (this could be a 10 minute review of the week to the whole service). The style of these services will vary from place to place, so make the most of them and look for things you can learn for yourself during them.

Clothing

You may get a free Step Out t-shirt, but it shouldn't be the only thing you wear while on Step Out. You should wear trousers, clean underwear, socks, appropriate footwear etc. If you have taken clothes with you, remember to change frequently into clean clothes.

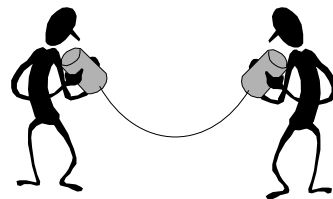
Please be selective in the style of clothing you wear (e.g. clothing advertising alcohol; printing that could be misconstrued; clothing that reveals too much, including your underwear; clothing ripped in inappropriate places; etc). If you run out of clean clothes, ask your host church if you can get access to a washing machine to get the dirty clothes clean.

Comfort Zone

Step Out is not always a pleasant experience. More than likely, you will have been placed in a team in a strange part of Scotland with people you hardly know. You are expected to get on with each other and do the tasks presented before you. It will help greatly if you are willing to take risks with what you will do or trying things that scare you. Your leaders are there to support and help you, so talk to them. That's part of the great adventure that is Step Out.

Communicate

Misunderstandings will happen on a Step Out team over the course of the week. Talking together, in a calm and collected manner, can usually sort out most of the niggles that occur. Aim for a greater understanding and appreciation of each other and where they are coming from. This is also true between the team and the host church.

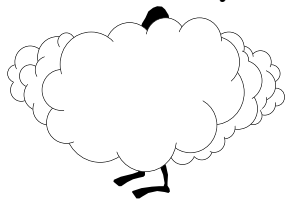


Cost

We try to keep the cost of Step Out as low as possible to make it possible for more to take part in the Step Out programme. For your £50 you get two free weekends (the training weekend and the reunion)

and your Step Out week (or more if you sign up to do a number of Step Out weeks) and a free Step Out t-shirt. So it's not a bad deal. However, if £50 is too much, we will try to help out.

Crabbit Thursday



As Thursday hits a Step Out team, tension rises and relationships can become strained. This is partly due to team members being tired and little niggles appearing huge. It is also partly because a Step Out week is emotionally and spiritually draining and the devil will try and spoil things. Beware, be sensitive, give people their space, be happy and take steps to rest and help each other (c.f. Psalm 28:7)

Crafts

A fun part of the Holiday Club is the craft time with the children where they get to make something related to the theme for the day or week. Even if you aren't particularly crafty, be willing to help out where you can. Only do your craft if the children are getting along well with theirs and there are enough for you to do it.

Devotions - Team

As a team, you will need to prioritise time out each day with God. This may happen first thing in the morning, over lunch or towards the end of the day. It's an opportunity to learn together from the Bible, share experiences and pray as a team. Use this time well. Don't put it off, but look for the best time to slot it in (this could be before the first activity of the day, just after lunch and before free time, or over a meal). Where possible, people from the host church should be welcome to join in too, particularly before activities that they are involved in.

Team members will also be encouraged to lead a devotion during the week. If you need help doing this, speak to your team leader or the Young People's Advisor.

Devotions - Personal

It's important to make space for yourself each day and your own walk with God. It's not just a team thing, but God will be speaking to you as an individual during your Step Out week. You need to make space for Him, to talk to Him for yourself and to listen to what He is saying back to you. Don't leave it all to the team.

Disclosure

Each team member will have to fill in a Disclosure form for Step Out. This may only happen once every three years, but it could be more frequent. This is to make sure that suitable team members are placed and that the host church can have confidence in the team members they will be working with. If you are under 16, you may get away without having to fill one in.

Drama

Within the children's and youth activities there are often opportunities for budding actors to play parts. If you don't mind making a fool of yourself, can speak up and out so others will hear you, you may be able to get involved. When doing drama, it always works better if you actually know your words (as opposed to burying your nose in the script). Work hard at learning them, so that you can have the confidence to improvise if necessary.

You'll learn new dramas during the week, but don't be afraid to suggest ones that you have done and know. We are always on the look out for new ones for the folder.

Drink - Alcohol

To keep life simple on Step Out, team members are not allowed to drink alcohol. Most team members are below the legal age to drink anyway, so this just keeps it clear for all. Even if the team is all over 18,

it's better to abstain for a week and set a good example to the children, youth and church folk. Alcohol consumption is not the most helpful topic of conversation during Step Out, especially when around the young people.

Drink - Water

The activity of a typical Step Out day is exhausting and you need to make sure that you are keeping your fluid levels up. Make sure you don't let yourself, or others, get dehydrated. Drink plenty water or other drinks throughout the day. A headache is often a sign of dehydration.

Drugs

Illegal drugs of all descriptions and categories are to be avoided at all times. Even stimulants (like Irn Bru 32, Proplus, Red Bull, etc) can cause problems on a team, especially if taken irresponsibly. If you are taking prescribed medications make the team leader aware of this. Drug taking is not the most helpful topic of conversation during Step Out, especially when around the young people.

Eating

Teams are generally well fed on Step Out. You may not always be offered food that you would take at home, so please be willing to try things out for the first time, otherwise you will appear rude to the hosts and may starve. If you have listed the food likes and dislikes on your mini-biography the host church should have taken notice of this (if you missed things out, it's your fault). Try to get up in time for breakfast (even if you don't normally have one). It's an important meal in the day and will help to give you the energy you need to survive the morning activities. There will often be opportunities to pop out for ice cream or chips as a team, but this will be at your own expense.

Energy

You need lots of energy to last a whole week of Step Out. Make sure you rest enough for your body to keep going. Eat properly so that you have the fuel you need for the activities you are doing. If you need to have a nap in the afternoon and all the preparation has been done, ask your leader's permission to take one (before your leader makes you).



Expectations

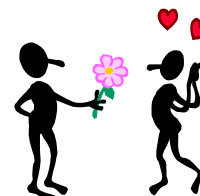
Know what is expected of you by your team leaders. If you are unsure about something, ask. It's always easier to make sure you know what you have to do than discover later that you have missed the point. You know your limits, so if you are asked to do something that is beyond you, share your concerns with your leaders who will help you to stretch yourself (or someone else to do the task). It's also a good idea to expect the unexpected. God has a habit of surprising people on Step Out.

Experiment

Try out things you have never tried at home before throughout the activities of your Step Out week. You may very well amaze yourself at what you can do, and enjoy doing. Enjoy the experience and the safety of being in a new place where people don't know you but with a team who will support you in trying new things.

Flirting

Step Out is about serving God and a local church somewhere in Scotland, not about finding a girlfriend / boyfriend. Don't flirt with other team members or church youth. This can lead to misunderstandings and problems. Keep focussed on God and the activities you are there to help the church with.



Fun

Step Out is supposed to be an enjoyable experience. You will influence this greatly. Set out to enjoy yourself and have fun. Aim to make new friends, play new games, see new places, learn about God and yourself. Smile and you'll help others to smile too.

Games

Games with children are for the children, not the leaders. Leaders should join in with the games and encourage good sportsmanship, but not look to be picked.



Games form an important part of the activity with youth. Get alongside them during the games. It's often easier to chat with them in a small group while playing Uno than in a big group. As a team look at what's happening in the room and spread yourselves around the activities as appropriate.

You'll learn new games during the week, but don't be afraid to suggest games that you have played and know. We are always on the look out for new ones.

Gifts – Hosts

Show your appreciation to your hosts at the end of the week by giving them a 'Thank You' card and a small gift. Remember to thank them for all they have done for you over the week you have been with them.

Gifts - Spiritual

God has gifted you in ways you may not know yet. Take opportunities you get to try new things in the safety of the Step Out week and in a place where people don't really know you. You may fail at times, but that's okay God loves you and so do your team. That's part of being on a Step Out team and learning during the week.

Grace

It's good to talk to God and thank Him for the food you are about to eat. Team leaders will decide who will say grace at each meal time. There is a Step Out tradition that the last person to be sitting at the table with hands on the table and their thumbs up says grace. Sometimes team leaders will change this action to keep you on your toes.

Humour

If you don't laugh, you may well cry. Humour will keep you going (that and chocolate). Look for the funny side of things and don't be serious all the time. You will probably hear many bad jokes over the summer, so you may want to learn a few before you join your team so you can give as good as you get.

Hygiene

It's important to look after yourself while away from home. Shower frequently – if there isn't one handy, ask the church where you can go (or visit the local swimming pool). Remember to use deodorant – if you don't you will smell and others will notice. If you run out of toiletries, go and buy more (or ask to borrow from a team member or the church).

Introductions

People will want to know about you, so be prepared to introduce yourself lots of times during the week. You may begin to sound like a broken record to yourself, but they may not have heard it before. You can always add in new things each time to keep it fresh for you and interesting to others. You may even want to have eight interesting facts about yourself prepared – one for each day you are away on Step Out.

Make an effort to find out about others too – the children and youth, church people who are helping, the families that host and feed you.

Jesus

Step Out is about introducing others to Jesus. Share what you know about Him. Tell stories about how He's made a difference in your life. Follow His example in serving others – the church, the young people, the team.

Know Yourself

The more honest you are about yourself to begin with (particularly on your application form), the better for yourself, the team and the host church. You will discover new things as the week goes on, but it provides a realistic starting point and expectations to begin with. If you are struggling to know yourself speak to above entry.

Learn

You will have lots of experiences during your week on Step Out – about you, God, your likes and dislikes, other people, Scotland, church life, etc. Take time to work through what you learn while away on Step Out and when you come back. This can help you see what you could be doing in your home church and life in general.

Listen

Many problems during a Step Out week boil down to people not listening carefully to begin with. Work hard at listening (it's not as easy as it sounds) and you will reap the benefits.



Manners

It doesn't take much to say 'Please' or 'Thank You', yet the positive atmosphere that good manners creates has a powerful effect on how you feel and the other person. Be polite at all times, looking out for others needs and seeing what you can do to meet them.

At meal times, wait until grace has been said and everyone has been served before starting. Eat what is placed in front of you without grumbling, and don't pick at it and remember to thank those that prepared it.

Memory verses

Part of the Holiday Club will normally involve teaching the kids memory verses. It is important that all team members know these verses before the kids do. Take time before arriving on Step Out to learn them. Test each other on the team, perhaps by making up games, rhymes or activities around them. Help the kids to learn them when you are in a small group with them or as they arrive each morning (going over every day's verse, not just the previous) and help them to understand what the verse is saying if they are struggling with it.

Merchandise

Every team member gets a free T-shirt (as part of the £50 cost for doing Step Out). There is also the opportunity to buy more t-shirts and other merchandise (e.g. hoodies, zippies, jackets, etc).

Mobile Phones

Use your mobile phone outside activity time. Leaders will let you know when it's okay to use your phone. As a guide, mobile phones should be switched off at least 30 minutes before and after activities (which includes meal time and preparation) and between midnight and 8am.



Names

Possibly one of the hardest things to do during Step Out is to learn the names of all the people you meet. Work hard at this, especially with the children and teenagers, as this will show how much you value them as individuals and that you are listening and do care about them.

Obedience

Going on Step Out is possibly one step in obeying God's call on your life.

However, you also need to listen to your team leaders and follow their instructions without grumbling. They are in charge, so trust them. They are trying to do things for everyone's benefit.

Patience

When people or things are getting to you, take time to count to ten (or higher if necessary) before you do anything. If you need to take time out, speak to your leader as soon as possible. Patience with yourself and others is important if you want to survive the week and enjoy it.

Photography

Be smart when it comes to taking photographs. It is very likely you will not have permission to take photos of all the kids. Make sure you check this on their registration forms before taking photos. When in doubt, don't.

Positive Attitude

Have a positive mental attitude as you start your Step Out week. Be prepared for anything and do all you can to ensure you make Step Out a better week for you, the team and the people you work with.

Post Step Out Blues

It is not uncommon to feel on a downer after Step Out. If you do, make sure you talk to someone that can help you. This could be someone in your home church, your Step Out team leader or even the BUSY Young People's Advisor. It's also a good idea to make sure you spend time with God after Step Out through studying your Bible and praying. God will still have things to teach you. If you can make it to the Reunion and other BUSY events, this can also help.

Prayer

Prayer works, so don't forget to do it. God wants to hear from you, so talk to Him. Take time to pray on our own. Spend time as a team praying together. If there are specific things you want prayer for, make sure you share these with the team.

Prayer points will also be listed on the BUSY website forum to encourage others to pray for the team and the host church.

Remember to pray for the other teams too, not just your own team. The BUSY forum will contain prayer points throughout the summer.

Questions

Don't be afraid to ask questions – before you join a team, while on that team or when you get back home. If there are things that you want to know, ask. Hopefully you will find out a lot of useful stuff at the training weekend and in the information you receive beforehand, but there could still be things you are unsure about, so ask.



Quiet

Some team members start off the week all quiet and shy. By the end of the week they are almost completely different people and have come out of their shells (and sometimes won't shut up). It's great to see team members growing in their faith and confidence, so encourage it!

Relationships

The summer is all about relationships (see below). There are no exclusive relationships allowed while on Step Out (that's from the beginning of training until the Sunday of your last Step Out week). We want you to make friends with as many people as possible, and if you try to develop an exclusive relationship with someone else, problems can occur – you lose your focus as to why you are there; cliques develop within the team; other people get upset; etc. So don't be alone with a team member without the permission of your team leader.

Relationships – God

This is the key relationship of the summer. Step Out will stretch and challenge you. You will discover things about yourself and others that surprise you. You need to stick close to God and make sure your relationship with Him is as strong as it can be. Always make sure you take time out to talk to God and study the Bible. Don't just rely on team devotions. Take a note book with you and jot down what you are learning about yourself, God and serving Him through the experiences, chats and activities of Step Out.

Relationships – Hosts

If you are staying in homes while on Step Out, make an effort to get to know them and let them get to know you. You can do this by spending time chatting with them about how the day went when you get in at night, or talking together at breakfast about what will be happening that day.

You can learn a lot about the church you are partnering with from your hosts which can have a positive impact on what you do. Remember to say thank you to them for all they do for you during your stay.

Relationships – Host Church

A Step Out team is there to serve the host church with the activities that have been set up in advance of the team. Work hard to get to know people in the host church and help them to feel as much a part of what is going on as possible. Help them to see what they can achieve after the team has left. It's the host church that will have to follow-up the contacts made during the week. Do all you can to help them while you are there, even if that means doing things you wouldn't choose to do.

Relationships - Leaders



Your leaders have been placed there to help you, as a team, work with the church. Help them to lead the team well. Listen to what they say and follow their lead. If you have questions or suggestions, ask them (but in a nice way). Leaders are there to support you and will listen to what you have to say. They are not dictators, but want the whole team to work together for God, the young people and the church you are serving.

Relationships – Team

You are part of a team, and it's unlikely that you will get on with everyone all of the time (particularly on Crabbit Thursday). The more effort you have put in to getting to know the others on the team at the beginning of the week, the easier it is to make allowances for any differences you may have (and for them with you).

If there are problems, let your team leaders know.



Relationships – Youth & Children

Take as much time as you can to get to know the children and teenagers you meet at the activities. Step Out is only a week, which isn't long to get to know folk, so make the most of it. Don't give out your email or mobile numbers to the kids or teens (or accept theirs) as this can cause problems down the line. Things that are in public are fine, but not private messages (e.g. wall-to-wall on Facebook or Bebo, etc)

Respect

Treat everyone you meet with the respect you would expect to receive from others. This goes a long way to creating the most positive of attitudes while on Step Out. There is no point getting annoyed with them or yourself.

Reunion Weekend

This takes place over a weekend between the end of the summer and Christmas and provides team members with time to meet friends again, share experiences from their Step Out week and help the BUS to evaluate Step Out and changes for the future as well as pray for each other and the host churches from the summer. It is more relaxed than the training weekend with the emphasis on fun and fellowship.

Safety

It is important to look after yourself and others while on Step Out. Accidents or problems can occur anywhere, even in the most unlikely of places. Look out for each other. Don't be stupid. Let others know what you are going to do. Don't wander off on your own. Make sure the activities that you are running and where you are doing them are suitable and that you have taken precautions where possible to minimise risk.



Smoking

If you are a smoker, we would encourage you to try and give up for the week that you are on Step Out. If you have to smoke, please make sure that you get your team leader's permission to pop out for a cigarette and smoke out of sight of the church and not wearing your Step Out t-shirt. You should never smoke in sight of any of the children or teenagers that you are serving in the church. Don't make team members breathe your smoke.

Stories – Bible

Part of what a Step Out team is there to do is to share stories from the Bible with young people. Some of these stories will be there for you to read, others may only be ideas that you can develop for yourselves. Team members will be encouraged to have a go at sharing a Bible story during the children's Holiday Club or in the youth activities.

Work hard at learning the story that you are going to share. It's better for those listening if you really know what you are going to say yourself. Become so intimate with it that you don't need to look at your notes.

Stories – Personal

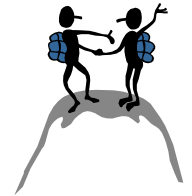
All team members need to be up for sharing bits of their own stories with the team, the host church, the children and the teenagers that you work with during your Step Out week, particularly the impact knowing Jesus has had on your life. There will be a variety of settings that you may be asked to do this in – during a church service when the team are introduced; to the kids in your small group at the Holiday Club; over a board game at the youth café one evening; in front of the entire youth club as part of a formal programme. You will be given opportunities to practice this at the training weekend and while together on team.

Tea

Many team members have discovered the power of tea drinking during Step Out, even people who wouldn't have drunk tea before being on Step Out would recommend a cuppa. Tea can alleviate many problems, so consider trying a cup or two. Training on how to make a cup of tea is available on request.

Teamwork

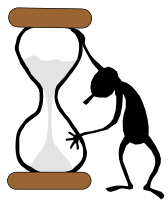
Step Out is not a solo affair. You are there as part of a team, and by working together as a team you will achieve much more than you could all do on your own. Learn what strengths and weaknesses you have, then play to each others strengths and help each other overcome your respective weaknesses.



Thank You

Remember to say ‘Thank You!’ to other that have done things for you. This could be people in the church who have made you a meal. It could be another team member who has bought you some chocolate. Lots of people give sacrificially during a Step Out week – use your eyes to spot this and your lips to say thanks.

Time Keeping



Lots of activities during a Step Out week have set times (e.g. Holiday Club; meals, youth café, church services, etc). It’s your responsibility to get yourself up in time to do what you need to do before the first activity. Try your hardest to arrive on time, ready for what is ahead. Set your alarm to a time that allows you to be ready for the first activity of the day. If your meal is at a certain time, don’t be late (you may starve!). Use your watch (or mobile phone).

Training Weekend

This happens the third weekend in June and starts off about 9pm on the Friday evening until 3.30pm on the Sunday afternoon. It’s a great opportunity to learn a little about what will be happening over the summer and what activities teams will be involved in and meet at least some of the people you will be on a team with during the summer. There will also be a number of sessions highlighting a variety of aspects of the Step Out week. It’s an intense weekend, but does help to set you up for the Step Out summer.

Transport

It is your responsibility to get from your home to the church you will be working with on Step Out. If it is possible, we will try and link team members up in advance so that they can travel together. On some occasions it may be possible to arrange transport either to or from Step Out.



Unusual & Weird

As you go through your Step Out week, you may discover things happening that you think are unusual or weird. Be careful not to judge harshly just because it’s different from what you are normally used to (e.g. songs in a church service; the actions in a chorus, the way a game is played at the youth café, etc). If you approach things with an open mind you may well discover you enjoy the difference and learn more form it than you thought.

Up You Get

Get up from your bed on time! Don’t hold up the activities of the day by not being ready on time because you wanted a few extra minutes in bed (probably because you stayed up too late the night before). This holds up the team and can cause problems. Use your alarm. If you need help getting up, ask!

Verbalise

If you are struggling, don’t bottle it up inside, but speak to one person who you think can help you (e.g. someone you know well on the team, the team leader, the BUS Young People’s Advisor). If it’s a problem with the week, speak to your team leader or the BUS Young People’s Advisor.

Voice

If you are involved up front in either the children's Holiday Club or youth activities you will need to speak up. There can be lots of noise and distraction during the activities where projecting your voice above the noise will help you to be heard and keep the programme running (e.g. playing a part in the drama, telling your story, doing the memory verse, etc).

It's also important to look after your voice. If you don't, you may well lose it during the week. Try not to shout as this can be counter-productive.

Volunteering

There are lots of different things that need to be done during a Step Out week while you are on team. You'll probably have things to do that you have never done before (e.g. put a duvet in it's cover, share a bit of your story, lead games for children, take part in a Sunday service, etc). If you get involved and volunteer for things it's better for you and the team.



Week

A traditional Step Out week starts at tea time on the Sunday and finishes with lunch the following Sunday. Team members should aim to arrive between 4pm and 5pm and arrange to leave after 2pm the following Sunday. Occasionally a team may start earlier or later.

Why?

Knowing why you do mission and why you are on a team will help you pull through the tougher times on Step Out. Keeping Jesus in focus makes an amazing difference. Reminding yourself why you signed up in the first place helps to make sense of the things that don't go quite according to plan.

X hits the spot

Know what makes your leader happy and encourages them (e.g. tea, chocolate, tea, volunteering, tea, tidying up, tea, etc).

Youth

If you are doing youth work as part of your Step Out week, the main thrust of this will be relational. You will need to be up for listening to young people sharing bits of their life stories and for you to share bits of yours. Youth work also involves lots of games which you need to be up for playing. Occasionally you may be asked to make a fool of yourself in a drama.

Zzzzzz

Sleep is very important. If you do not get enough you will suffer and the team will suffer and things can easily go pear-shaped. Everyone needs different amounts of sleep, so take personal responsibility and make sure you get what you need. If you need less than others, make sure that your behaviour doesn't hinder others from getting what they need. If you see team members who need sleep, encourage them to take a nap. Make sure you get a good night's sleep before you head off to join your team.

As we said at the start, this list is not exhaustive. If you can think of any other things that should be included in 'Step Out A-Z', please let us know.