

Thank you for your interest in Room in the Inn, a program to support the homeless. Selwyn Avenue Presbyterian Church hosts guests on Monday evenings from December through March.

**Ways to be a part of Room-In-The-Inn (see below for details):**

- Prepare and service dinner
- Pack lunches
- Provide breakfast
- Transport guests
- Overnight as a host
- Set-up beds
- Help with laundry
- Donate supplies
- Come and share the meal and the evening

**Specific Details on How to be Involved:**

**Prepare and serve dinner** – 12 guests, plus the volunteers (30 is a good head count, but please consider the number of individuals volunteering with you or your group).

**Dinner Preparation Details**

Dinners should be prepared for our twelve guest plus the volunteers who are there every Monday evening and the members of your hosting group (usually is 25-30 people). Dinner should consist of a main course, vegetable or salad (or both), one or two other side dishes, bread and dessert. Coffee and tea are normally kept in the church kitchen for our use. You are welcome to prepare brewed ice tea, but instant tea is all that is stored in the church pantry. Dinner is normally served at 6:30 and the people who prepare the meal are also responsible for clean-up. At

other Room in the Inn locations our guests get lots of lasagna type dishes so we try to do something different. They love comfort foods, fried and baked chicken, meatloaf, barbeque, etc. Nothing fancy – the simpler the better.

**Pack lunches** for our 12 neighbors to take with them on Tuesday morning.

### **Lunch Preparation Details**

We give each of our 12 guests a bag lunch when they leave us. This should consist of two sandwiches, a piece of fruit (soft fruit is preferable), something sweet like cookies or a brownie, something salty like a small bag of chips, and a canned drink. Do not put condiments on sandwiches; consider picking up some individual packets from a fast food restaurant to put in each bag. Pack in a bag that is easy to carry about, plastic grocery bag, reusable bag, or small paper bag with handle are best. Make up twelve lunches and put them in the refrigerator before Monday evening so they can be given out Tuesday morning when our guests leave.

**Provide breakfast** for our 12 neighbors and 2 overnight hosts.

### **Breakfast Preparation Details**

Our guests leave around 6:00 AM for the Transit Center. If you would like to serve breakfast, please have it ready at 5:15 AM. If you prefer to drop it off, please do so on Monday night with instructions for the overnight hosts.

We have found that they enjoy a continental style breakfast, due to the early hour they must wake and prepare to leave. This gives them an opportunity to take some breakfast with them if they are not early morning eaters. In addition, they seem to like a combination of hot foods, cereal, oatmeal and pastries. Breakfast sandwiches or biscuits are great, especially when served along with a fruit or pastry. The idea is to have something they can sit down and enjoy as well as something portable. Please provide a gallon of milk if serving cereal. Fruit juice is also a nice addition. These are just a few suggestions, feel free to be creative.

**Overnight host**, we need 2 individuals to spend the night each Monday.

### **Hosting Timeframe**

Ideally, overnight hosts would join the group for dinner at 6:30, but hosts can come as late as 8:30, if necessary. Hosts are able to leave around 7-7:30 AM, once the guests have departed and clean-up is complete.

### **Hosting Responsibilities**

Simply make our guests feel comfortable and help them navigate the church and the Room in the Inn space. You do not need to stay awake, simply be available. There is a host room for sleeping; some just sleep in the recliner in the TV room.

**Drive** the church van. Please consider calling the church office and getting on the approved van drivers list. We pick up our guests at Urban Ministries each Monday night at 6:00 PM, so drivers need to leave the church by 5:30 PM. One of our overnight hosts usually returns them to the transit center by 6:15 AM on Tuesday morning, but occasionally we need a driver available to leave the church at 6:00 AM.

**Set-up** on Monday night, setup tables, arrange furniture, organize supplies, make beds, etc. The group usually gets started at 4:30 PM.

**Clean-up** on Tuesday morning, if spending the night does not work in your schedule, then maybe you would consider coming over on Tuesday morning and helping with clean-up at the church and/or dropping off the laundry. The air mattresses need to be cleaned and everything needs to be back in place in the kitchen and for Sunday School.

**The Laundry** has to be taken to Coachman Cleaners each Tuesday, picked up by Friday, and returned to the church. You can volunteer to do one or both of these laundry tasks.

**Donate Supplies – leave them in the designated bin in the Spire Hall.**

Here is a list of things we need:

- Men's underwear (34, 36, 38, and 40)

- Men's undershirts (L, XL, and XXL)

- Women's underwear

- Socks – white sports socks or smart wool type socks

- Individually wrapped snacks – for evening snack basket we leave out during the night

- Personal hygiene items – travel size for easy portability and family size items to stock our showers.

- Foot Care items – soaking salts, lotions, etc.

**Be a Regular.** The fellowship is the best part of Room-in-the-inn. Come on Mondays and have dinner with our guests. Get to know them as well as other church members.

**To Get Involved:** Please use the sign-up genius link

<http://www.signupgenius.com/go/30E0E49ABA723A20-room> or

contact Michelle Bentley at [mleebentley@gmail.com](mailto:mleebentley@gmail.com) or 704.527.4535.