

Sample Itinerary: Poverty Awareness Trip Washington, DC ~ Franciscan Mission Service

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00	Travel to Washington, DC	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00		Free Time	Prayer	Prayer	Prayer	Prayer	Prayer Closing Mass and ceremony	Travel Home
9:00		Prayer	Prepare for day	Prepare for day	Prepare for day	Prepare for day		
10:00		Drive to Mass	Travel to ministry	Travel to ministry	Travel to ministry	Workshop: 3	Visit Congressional Representatives Offices	
11:00		10:30 Mass at St. Camillus Church, Silver Spring	SOME Homebound Seniors Program	Missionaries of Charity Gift of Peace Convent	Missionaries of Charity 7th District Soup Kitchen			
12:00		Drive to FMS	bag lunch	Lunch at FMS	bag lunch	bag lunch	bag lunch	
1:00		lunch at FMS	Workshop: 2	SOME Homebound Seniors Program	Missionaries of Charity Gift of Peace Convent	St. Camillus Food Pantry, Langley Park	Visit Congressional Representatives Offices	
2:00		Visit Mount St. Sepelchre Monastery						
3:00		Arrival/get settled	Dinner prep/free time	Dinner prep/free time	Dinner prep/free time	Dinner prep/free time	Dinner prep/free time	
4:00								
5:00		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
6:00								
7:00		Free time	Free time	Free time	Free time	Free time	Free time	
8:00								
9:00	Dinner out in Washington, DC	Dinner out in Washington, DC	Dinner out in Washington, DC	Dinner out in Washington, DC	Dinner out in Washington, DC	Dinner out in Washington, DC		
10:00							Reflection	Reflection
	Free time	Free time	Free time	Free time	Free time	Free time		
							QT/Lights Out	QT/Lights Out

Travel	Cultural Activity
Free Time	Community Engagement
Workshops	Prayer/Mass
Meals	Quiet time/Lights out
Reflection	Prep for Days Activities

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Scheduling

1. **Morning Prayer/Prep for Days activities:** Morning prayer will be led by FMS staff or a local person. After prayer, the group leaders (re: FMS staff) will brief the group on the day's activities. This will include an explanation of where we will be going, what we will be doing, what to bring/not to bring, as well as the objectives for this day's activities.
2. **Evening Prayer:** Students will be put into small groups of three or four. These groups are referred to as "Learning Circles". Each group will be responsible for leading Evening Prayer one time during the mission experience.
3. **Reflections, debriefs, social analysis:** Either before or after evening prayer, a deliberate time of reflection and debrief will be led by FMS staff. This provides the opportunity for all participants' students and chaperones to reflect on the experiences of the day, observations, and learning during the day. Reflection time is one of the most important parts of each day. Both large and small group ("Learning Circles") will be used.
4. **Workshops:** Students will be given three (3) educational workshops on various topics which will help contextualize and form purposeful reflective judgment in the following areas: Ministry of Presence and the Ministry of Service, The Social Analysis Process, How to be advocate for change.
5. **Cultural Activities:** Students will have a day to explore the National Mall and Smithsonian Museums, as well as visit Mount St. Sepulchre Franciscan Monastery.
6. **Student Learning Component:**
 - Daily guided reflection activities.
 - Students will be given free time daily to rest and meet in their groups to prepare for prayers they will lead.
 - The trip will conclude with closing activities and mass.

Logistics

1. **Room and Board:** Students and chaperones will stay at Franciscan Mission Service headquarters. Students and chaperones will be responsible for purchasing and preparing their own meals. Franciscan Mission Service will provide the evening meal on the first day after arrival as well all food needed for the ice-cream social.
2. **Transportation:** Students and their chaperones will be responsible for their own transport to and from Washington, DC as well as while visiting various ministries within the city. Franciscan Mission Service will provide a chaperone to each ministry site as well as Sunday Mass and any other activity related to their visit that would require a chaperone.

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Community Engagement

1. **SOME** (So Others Might Eat) Students will visit with homebound elderly in Ward 7 (South East Washington, DC). Work in small groups, students will visit homebound senior citizens and help them clean up their homes while spending time visiting with them.
2. **Holy Name Province JPIC Office:** Students will be given a workshop on how they can become advocates for change with their local and state governments. After this workshop, students will be accompanied to their Capital Hill where they will meet their state representatives and get a chance to discuss the issues they have been exposed to while visiting DC.
3. **Seventh District Soup Kitchen:** Assist the Missionaries of Charity in preparing lunch at their Soup Kitchen. Students will also spend the afternoon organizing and shelving food items at a food bank which is supported and run by parishioners of a local Franciscan Parish.
4. **Gift of Peace Convent and Hospice:** Spend the day with the Missionaries of Charity at their hospice for the terminally ill. Students will perform a variety of service tasks to help the sisters in the daily running of the house as well spend time with patients.

As a participant on the FMS Spring Break Poverty Awareness Service Trip, the following guiding principles and goals will shape the program:

Guiding Principles

1. “The greatness of St. Francis of Assisi was his ability to see the poor with the eyes of the poor, allowing him thusly, to discover the values of the poor.” (Build with Living Stones, Unit 11, pg. 9) Franciscans in recent years have embraced a preferential option for the poor. This concept, from liberation theology, fundamentally means that Franciscans opt to see reality, and particularly economic reality, from the perspective of the poor. The guiding principles for our Spring Break service trips to DC is to provide students with experiences that will place them in direct contact with the poor; looking at life through their eyes, seeing reality from their vantage point, and interpreting the signs of the times as they might.
2. We value and seek a deeper understanding of the perspectives of people working at the grassroots level for social change, and those who shape the local church in Washington, DC. We recognize that these individuals and their realities are not often visited on other Spring Break programs or heard from in the wider media. We endeavor to provide them with a means to make their lives and work known to our friends and family at home.
3. Our approach and philosophy is based on the popular education model and the "Pastoral Circle": See/Judge/Act, both of which emphasize group learning and reflection. Through regularly scheduled group sessions, participants will be given an opportunity to share their observations, reactions and analysis with other participants on the trip.

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Goals

1. **Development of Social Awareness/Service:** To build intellectual, emotional, spiritual and physical awareness of the root causes and realities of poverty in the United States and work with local agencies that serve the poor.
 - A welcoming workshop on the difference between the ministry of presence and the ministry of service designed to orient students to appropriate behavior while in ministry.
 - Service to the poor elderly in Ward 7 (South East Washington, DC). Students will work in small groups going out to homebound senior citizens helping them clean up their homes and spend time visiting with them.
 - Visit with the Franciscan Action Network (FAN) and Maryknoll Office for Global Concerns and learn how these entities are advocating for the poor on the national and international levels.
 - Assist the Missionaries of Charity in preparing lunch at their Soup Kitchen. Students will also spend the afternoon organizing and shelving food items at a food bank which is supported and run by parishioners of a local Franciscan Parish.
 - Spend the day with the Missionaries of Charity at their hospice for the terminally ill. Students will perform a variety of service tasks to help the sisters in the daily running of the house as well spend time with patients.
2. **Grow in faith with a particular understanding of Franciscan charism:** To engage students in a faith-based mission of service and learning so as to advance their spiritual growth and a better understanding of the Church's fundamental option for the poor.
 - Students will learn about the role of the Church in promoting social change and development as it is carried out by Franciscan and other faith-based initiatives in Washington, DC.
 - Students will lead and participate in daily prayer and reflection to help deepen their prayer life and expose them to various forms of prayers. Students will also be introduced to the Pastoral Circle to help develop their critical thinking skills so as to better appreciate God's work in their lives and the lives of those they meet, and to better discern their responsibility as Christians in building the kingdom of God on earth.
 - Students will acquire an understanding of the value of serving others through good works and through sharing themselves and their lives with the people they meet. Particular emphasis will be placed on the value of "being" with the people as well as doing for the people (aka the ministry of presence), and students will learn why this is an important component of any ministry.
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3. **Mission Advocacy:** Prepare students to be able to effectively share about their mission experience and the social realities they will experience in Washington, DC when they are back in their own communities upon returning home.
 - Students will meet at regular intervals throughout the trip with their peers in "learning groups" for opportunities to discuss, debrief, and process what they are learning.
 - Students will take part in a closing mass and special commissioning ceremony at the close of the week.
4. **Commitment to Service:** Students will deepen their commitment to service and be inspired to respond to the needs of God's people in their home communities.
 - Students will be encouraged to engage in a ministry of their choice where they live so that they can put to use the faith, advocacy, and mission awareness skills and knowledge they have acquired while visiting Washington, DC.