If you are interested in any of the opportunities liste	ed below please email monalamb@fumcva.org.	
VOLUMETEEN ODODT WITHES	TIME DECLUDED	CWILL DE OLUMPED
VOLUNTEER OPORTUNITIES	TIME REQUIRED	SKILLS REQUIRED
WORSHIP		
<u>MUSIC</u>		
Librarian		
File music for children and bell choirs	1-2 hrs. a quarter or as needed.	a willingness to help; this could be a project for community service
File music for Bill McCoy	1- 2 hrs. a month	No skills required
The master of bill wicesy	1 2 ms. a month	110 Skills required
Musical		
Musical choreographer	1-2 hours weekly during the musical rehearsals	a knowledge of theater helpful but not required
Stage manager	2-3 hours weekly during musical rehearsals	a knowledge of theater helpful but not required
Sound engineer	2 hours once a week for 2-3 weeks prior to musical	a knowledge of theater helpful but not required
Light engineer	2 hours twice a week for 2-3 weeks prior to musical	a knowledge of theater helpful but not required
Stage director	2 hours weekly January-April	a knowledge of theater helpful but not required
Instrumentalist	During worship services periodically	during the summer months; occasionally during the year
Vocalist	1 hour a week plus Sunday worship	Children and youth choirs
Bell Ringer	1 hour a week plus play in church once a month	Pilgrim Ringers 4th - 8th grades - Chapel Ringers - Adults
Angel Choir Director	1 hour a week during school year	Some musical background
<u>USHERS</u>	1 1/2 hrs. for each servcice.	Cheerful, welcoming
SERVE		
<u>MISSIONS</u>		
Carolina Cross Connection (CCC) -	one or two weeks each summer	Campers serve both domestically and internationally.
		Local ecumenical mission week where high school youth serve
Fred Camp (youth campers adult leaders)	one week each summer	the underprivileged in our community.
Westview on the James (middle schooler)	long weekend each summer	Methodist camp in the summer for middle schoolers
		Each summer we team with area churches to provide 7 weeks
		of summer camp for children living at Heritage Park
SOKS	Summer camp is one week	Apartments.
		A yearly home repair event to help those in need in our local
Rebuilding together	For a week in April	communmity. Usually takes place in April.
		Volunteers needed to organize and staff this event of
		providing new and gently used clothes for under-privileged
School dressing days	Throughout the year	children in the community.

Global Missions		
		Teams are sent to Guatemala to build stoves, plant trees,
Guatemala (Higland Support Project)		work with the children in schools and even teach knitting.
Church Missions		
	Any part of the day the 2nd Saturday of each month. Set-	
Community dinners	up starts at 2:00 serving at from 4 to 6	Volunteers needed to set-up; cook; serve; and clean-up
SWIM (Saturday Worshippers in Mission)	2nd Saturday of the month after 5:30 p.m. worship.	Volunteers to make and package lunches for Micah.
		Volunteers needed to help distribut food to the needy as well
Food pantry	2-3 hrs. a day each week.	as providing donations and stocking the pantry shelves.
Micah breakfast		
		Distribution of Christmas gifts to children and teens of
		incarcerated parents or teens/adults receiving mental health
Dove/Angel Tree	Seasonal at Christmas time.	services.
MICAH		
Hospitality Center	4 hrs, 1x a week, MonFri. 10 am to 2 pm	People skills, appreciation for order and organization.
Hospitality Center	Can be a one time basis or on a rotating basis, can be done	reopic skins, appreciation for order and organization.
Respite Home	as a family or small group experience.	Enjoy cooking for others.
Cold Weather Shelter	1-2 hrs, once or twice a month	A ready smile.
Cold Weddier Sheller	1-2 hrs, on an as needed basis. Advanced notice will be	Aready Simile.
Moving Assistance for Guest	given	A truck and a strong back.
	6.1.1	
Provide Transportation	Depends on situation on an as needed basis	Knowledge of healthcare system is helpful but not necessary.
		There is a lengthy list of volunteer opportunites with
	Varies according to the type of volunteer opportunity	Empowerhouse on their websitefrom babysitting to court
Empowerhouse	chosen.	advocates to hotline workers.
Equipment Connection	Could vary according to availability	Clean and repair equipment. Organize stock
	Varies according to opportunity. Some are flexible, some	
	require 2 hrs. a week and some a more lengthy	
Stafford Junction	commitment.	A heart for helping children.
<b>5 7</b>		
<u>Evangelism</u>	Weath's 0 Constitution	Character and a constant
Greeters	Worship & Special services	Cheerful, people-person, hospitality
PHYSICAL PROPERTY		
Gardening		
Painting		

GROW		
CHILDREN		
Pre-school volunteer Substitute Teacher	8:45am - 12:15pm on an as-needed basis.	Fill in for teachers who need to be gone.
Children's Sunday School Teacher		
Primary Sunday School Teacher	1 1/2 hrs. a week for the year; plus 1-2 hrs. planning per week.	Experience working with children and needs to pass a background check.
11:00 Sunday School Teachers	1 - 1/2 hrs on Sundays - 10:45 to 12:15	Lead Sunday School class for the children at 11:00.
Special Needs Class Sunday School Teacher	1 - 1/2 hours on Sundays 1-2 hrs on Sunday plus one hour prep time to familiarize	Work with children with varying learning differences during Sunday School. Must pass background check and training.
Substitute Sunday School Teacher	yourself with the lesson.	Fill in for teachers who need to be gone.
Nursery Volunteer	Varies	Love working with children, pass a background check and training
Rotation Workshop Leader	1-2 Hrs. 4 Sundays out of a 5 week series plus planning time.	teach either storytelling, music, science, art, games, cooking, or media to 2nd - 5th granders for one rotation seried  Accompany and shepherd one grade level of studentrs
Rotation Shepherd	9:45 - 10:45 on 5 Sundays in a row	through the rotation workshops for one rotation series or more
Vacation Bible School Director	Week of VBS 40 hrs. week before VBS 40 hrs. Additional hours throughout the year to plan and coordinate	Plan, implement, arrange and train volunteers and oversee week long VBS program.
VBS Assistant Director	Week of VBS 40 hrs. week before VBS 40 hrs. Additional hours throughout the year to plan and coordinate	Help plan, implement, and oversee week long VBS program; with possible intent to direct the following year.
VBS Music Director	20 hrs. plus additional hrs. beforehand to prepare	Plan and lead the storytelling component of week long VBS
VBS Storyteller	20 hrs. plus additional hrs. beforehand to prepare	Plan and lead the storytelling component of week long VBS
VBS Games Director	20 hrs plus additional hours beforehand to prepare	Plan and lead the games component of week long VBS
VBS Food Director	18 hrs. plus additional hrs. beforehand to prepare, purchase, and cook	Plan and lead the food component of week long VBS
VBS Tribe Leader	16 hrs. plus approximately 1 additional hour before hand to prepare.	Serve as the teacher for one group of 10 - 16 children during week long VBS.
VBS Marketplace Shop Leader	16 Hrs. plus approximately 5 additional hrs. beforehand to prepare	Serve as the leader of a marketplace shop during weeklong VBS
VBS Helper	12 hrs. week of VBS	Help in various areas of VBS

Children continued		
	20 hrs. coordination besides actual program times. Runs	Plan, implement, and oversee annual Kids With Purpose
Kids with Purpose Director	for ten weeks on Wednesdays from 6:00 - 8:00	mission program for children
KWP Teacher	1 hr. for ten weeks	Teach a class of one grade level during KWP
		Teach a class of one grade level during Grade Level Studies
Grade Level Studies Teacher	1 hr. Wednesdays for four weeks	Program
Wonderful Wednesday Program Helper	1 hr. Wednesday on various weeks 6:30 - 7:30pm	Help during special Wonderful Wednesday programes
Easter Egg Hunt Egg Preparation	1 -4 hrs. as available	Stuff and prepare eggs for the annual Easter Egg Hunt
Advent Adventure Craft Leader	2 hours on one night	Lead crafts during the Advent Adventure family programs.
Advent Adventure Craft Preparation	Varies based on the craft you choose.	Plan crafts for families to make at Advent Adventure and prepare supplies .
YOUTH		
Small Group Studies		
Sunday school class	1-2 hrs a week to teach and prepare	Teachers needed to lead this group
Wednesday evening studies	1-2 hrs a week to teach and prepare	Teachers needed to lead this group
vvcunesday evening studies	1 - 2 hrs a week to teach and prepare. Also possible field	reactions freeded to fedd tins group
Confirmation classes	trips.	Assistance needed in helping this group.
Committation diasses	ti ips.	Assist leaders in preparation for each Sunday and any other
UMYF	Varies	programs or field trips.

		Coordinates all aspects of the Upward Basketball Program.
	For 3 months 1 hr per week. For 3 months 6 hours per	Makes sure all the commissioners are traned and executing
UPWARD BASKETBALL	week.	and makes sure all aspects are running.
		Assures that all teams have a coach and an assistant coach.
	3 hours on one weekend and 3 hours per week during	Also assures that all coaches are properly trained and handles
League Coordinator	season.	all coaching issues during the season.
		Assures that there is a halftime talk for every game of the
		season. As there are 8 weeks of games with 6 hours of games
		per week, this could be as little as 8 speakers. However, many
		speakers cannot commit to being there all day, so some times
Coach Commissioner		2 speakers are rquired per week.
		Attempts to pair a "churched" family with an unchurched
		family per team. The goal at the end of the season is to earn
Halftime Commissioner		the right to ask the unchurched family to church.
		Assures that all games during the season (KS games do not
		require a ref.) have referees. Assures, referees are familiar
		with league/age level rules. Last season this was 8 games per
Host Commissioner		week for 8 weeks.
		Role which hasn't been filled before. The prayer
		commissioner will oversee the prayer ministry of the league.
		The initial focus of this position is on recruiting willing
_		individuals to commit to 100 days of prayer that will span the
Referee Commisioner		length of the Upward Sport Ministry.
		Assures that the sound system is operating prior to the games
		and also announces the kids prior to each game. This doesn't
Prayer Commissioner		have to be the same person for the entire day
		Typically the setup has been a group effort, however the
		intent now is to have the church staff set up for evaluation
Gameday Vocals		day.
		Need about 12 people on evaluation day (22 November 2014
		this year) to run kids through their drills. Can be for all or part
Evaluation Day Setup		of the day (8:30 - 13:00).

	Need about 12 people on evaluation day (22 November 2014
	this year) to greet parents as they enter the greeting space.
	Also to help them register as well as to size kids in their shirt
Evaluation Day Evaluators	and shorts. Can be for all or part of the day (8:30 - 13:00)
Fuglishing Day Creators	Typically the teardown has been a group effort, however, the intent now is to have the church staff do this.
Evaluation Day Greeters	intent now is to have the church stail do this.
	Works with the Upward headquarters to assure that
	registrations entered into their registration program can be
	entered into our Upward League Manager (ULM) program.
	This position is significantly different than in past years where
Evaluation Day Tear Down	the coordinator manually entered all of the registrations.
	Assuming the same number of teams as last year, we will
	need 20 head coaches and 20 assistants. Coaches are
Registration Coordinator	typically parents of kids enrolled in the program.
	Assuming the same number of teams as last year, we will
	need referees to cover 8 games per week for 8 weeks.
Coaches (40)	Referees are typically parents of kids enrolled in the program.
Couches (40)	neterees are typically parents of kilos emolica in the programs
	Need one person on Monday and one person on Thursdays to
	pull the goals from the corner of Kobler Hall and place them in
	their pracce configuration by 5 p.m. Also need to get the
Referees (10-20)	basketballs out of the closet and place into Kobler Hall.
	Need one person on Monday and One person on Thursdays to
	put away the baskets and basketballs and notifying security
Practice Setup	person that practice is over.
	Need chairs and goals to be set up by 9 a.m. on Saturday
Practice Teardown	mornings.
Camaday Satur	Need chairs and goals to be torn down after the last game on
Gameday Setup	Saturday (NLT 3 p.m.)
	Need concessions to be set up by first game on Saturday and
Gameday Teardown	manned until last game (9 a.m 3 p.m. last year)

Upwards Basketball continued		
Gameday Concessions		Set up for the Celebration in Kobler Hall (Tentatively 12 March 2015). This includes tables, chairs, sound system and ability to project.
Celebration Setup		Be the MC for the awards celebration (tentatively 12 March 2015).
Celebration MC		Tear down after the Celebration in Kobler Hall (tentatively 12 March 2015.) This includes tables, chairs and sound system.
Celebration Teardown		
CONGREGATIONAL CARE AND NUTURE		
Service Activities		
Homebound Visitation	2-3 people, once a month	no skills required
Hospital visits	1-2 x's per month (15-20 min. per visit	no skills required
Nursing Home visits	1 time per month	no skills required
Communion to homebound	2 x's per month	no skills required
Write care notes/cards	1-2 x's per month	no skills required
Telephone contacts	as needed	no skills required
E-mail Chats	as needed	no skills required
Skype/Facetime	weekly to a shut-in	no skills required
Live-stream worship transmittal technology	as needed by willing shut-in	no skills required
Teach how to use Skype or Face Time	open	no skills required
Provide occasional transportation	1-3 times per semester	no skills required
College student contact	Occasional 1-2 x's a year	no skills required
Prepare emergency meal	1 per week - Wed. 11:00 to noon	no skills required
Prayer team	Meet weekly with group	no skills required
Prayer shawl ministry	1 x per quarter	no skills required
Congregational care shepherd	Sunday - each week, 2 hrs.	no skills required
Special needs class helper		

<u>DATA - IT</u>		
Projection		
Sound		
Database		
<u>ADMINISTRATIVE</u>		
Office Assistance for preschool	Various hrs. from 8:45am - 12:15pm, Mon-Fri	Help with regular office duties for the pre-school
Bulletin Board Designer (pre-school)	Whenever available during regular pre-school hrs.	Creating displays that provide information in a creative way on the pre-school public information boards
HOSPITALITY		
Food		
Coffee hour		
Wednesday night dinners		
Funeral receptions		
Church Picnic		
		Love for being around children and must pass a background
CHILD CARE	Varies	check
October 16, 2014		