

If you are interested in any of the opportunities listed below please email monalamb@fumcva.org .			
<u>VOLUNTEER OPORTUNITIES</u>		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
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 service.	Cheerful, welcoming
SERVE			
<u>MISSIONS</u>			
Carolina Cross Connection (CCC) -		one or two weeks each summer	Campers serve both domestically and internationally.
Fred Camp (youth campers adult leaders)		one week each summer	Local ecumenical mission week where high school youth serve the underprivileged in our community.
Westview on the James (middle schooler)		long weekend each summer	Methodist camp in the summer for middle schoolers
SOKS		Summer camp is one week	Each summer we team with area churches to provide 7 weeks of summer camp for children living at Heritage Park Apartments.
Rebuilding together		For a week in April	A yearly home repair event to help those in need in our local community. Usually takes place in April.
School dressing days		Throughout the year	Volunteers needed to organize and staff this event of providing new and gently used clothes for under-privileged children in the community.

Global Missions			
Guatemala (Higland Support Project)			Teams are sent to Guatemala to build stoves, plant trees, work with the children in schools and even teach knitting.
Church Missions			
Community dinners		Any part of the day the 2nd Saturday of each month. Set-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.
Food pantry		2-3 hrs. a day each week.	Volunteers needed to help distribut food to the needy as well as providing donations and stocking the pantry shelves.
Micah breakfast			
Dove/Angel Tree		Seasonal at Christmas time.	Distribution of Christmas gifts to children and teens of incarcerated parents or teens/adults receiving mental health services.
<u>MICAH</u>			
Hospitality Center		4 hrs, 1x a week, Mon.-Fri. 10 am to 2 pm	People skills, appreciation for order and organization.
Respite Home		Can be a one time basis or on a rotating basis, can be done 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.
Moving Assistance for Guest		1-2 hrs, on an as needed basis. Advanced notice will be given	A truck and a strong back.
Provide Transportation		Depends on situation on an as needed basis	Knowledge of healthcare system is helpful but not necessary.
Empowerhouse		Varies according to the type of volunteer opportunity chosen.	There is a lengthy list of volunteer oportunites with Empowerhouse on their website...from babysitting to court advocates to hotline workers.
Equipment Connection		Could vary according to availability	Clean and repair equipment. Organize stock
Stafford Junction		Varies according to opportunity. Some are flexible, some require 2 hrs. a week and some a more lengthy commitment.	A heart for helping children.
<u>Evangelism</u>			
Greeters		Worship & Special services	Cheerful, people-person, hospitality
<u>PHYSICAL PROPERTY</u>			
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	Work with children with varying learning differences during Sunday School. Must pass background check and training.
Substitute Sunday School Teacher		1-2 hrs on Sunday plus one hour prep time to familiarize 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 graders for one rotation series
Rotation Shepherd		9:45 - 10:45 on 5 Sundays in a row	Accompany and shepherd one grade level of students 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

<u>UPWARD BASKETBALL</u>		For 3 months 1 hr per week. For 3 months 6 hours per week.	Coordinates all aspects of the Upward Basketball Program. Makes sure all the commissioners are trained and executing and makes sure all aspects are running.
League Coordinator		3 hours on one weekend and 3 hours per week during season.	Assures that all teams have a coach and an assistant coach. Also assures that all coaches are properly trained and handles all coaching issues during the season.
Coach Commissioner			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 2 speakers are required per week.
Halftime Commissioner			Attempts to pair a "churched" family with an unchurched family per team. The goal at the end of the season is to earn the right to ask the unchurched family to church.
Host Commissioner			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 week for 8 weeks.
Referee Commissioner			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 length of the Upward Sport Ministry.
Prayer Commissioner			Assures that the sound system is operating prior to the games and also announces the kids prior to each game. This doesn't have to be the same person for the entire day
Gameday Vocals			Typically the setup has been a group effort, however the intent now is to have the church staff set up for evaluation day.
Evaluation Day Setup			Need about 12 people on evaluation day (22 November 2014 this year) to run kids through their drills. Can be for all or part of the day (8:30 - 13:00).

Evaluation Day Evaluators				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 and shorts. Can be for all or part of the day (8:30 - 13:00)
Evaluation Day Greeters				Typically the teardown has been a group effort, however, the intent now is to have the church staff do this.
Evaluation Day Tear Down				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 the coordinator manually entered all of the registrations.
Registration Coordinator				Assuming the same number of teams as last year, we will need 20 head coaches and 20 assistants. Coaches are typically parents of kids enrolled in the program.
Coaches (40)				Assuming the same number of teams as last year, we will need referees to cover 8 games per week for 8 weeks. Referees are typically parents of kids enrolled in the program.
Referees (10-20)				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 practice configuration by 5 p.m. Also need to get the basketballs out of the closet and place into Kobler Hall.
Practice Setup				Need one person on Monday and One person on Thursdays to put away the baskets and basketballs and notifying security person that practice is over.
Practice Teardown				Need chairs and goals to be set up by 9 a.m. on Saturday mornings.
Gameday Setup				Need chairs and goals to be torn down after the last game on Saturday (NLT 3 p.m.)
Gameday Teardown				Need concessions to be set up by first game on Saturday and manned until last game (9 a.m. - 3 p.m. last year)

<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
<u>HOSPITALITY</u>			
Food			
Coffee hour			
Wednesday night dinners			
Funeral receptions			
Church Picnic			
<u>CHILD CARE</u>		Varies	Love for being around children and must pass a background check
October 16, 2014			