



Volunteer Opportunities

Food Services

The Frederick Rescue Mission is the largest provider of hot meals to the hungry and homeless in Frederick County. We serve breakfast and lunch 365 days of the year, to anyone who comes to us in need. We also serve dinner to our residents of Beacon House, for a total of about 300 meals a day.

Meal Prep/Serve/Clean Up - Breakfast

Monday-Sunday 6:00am-8:30am

Meal Prep

Monday-Sunday 8:00am-11:00am

Meal prep volunteers regularly assist the Food Service Manager and the residents with the daily preparation of lunch. Volunteers cut, measure, season, cook.

Stocking/Grocery/Bread Aisle/Unloading truck

Monday-Saturday, 11:00am-1:30pm and 1:15pm-2:45pm (Excluding Wednesday's)

Volunteers assist in unloading Mission delivery trucks as they arrive at the Mission. This food is comprised of donated food that was picked up in the morning from around 20 – 25 donor businesses. The food will be taken to the pantry or the grocery/bread aisle and organized on shelves. Then, provide to our guest in need.

Serve/Clean Up – Lunch

Monday-Saturday 11:45am-1:45pm

Sunday 12:45pm-2pm

Volunteers are scheduled to serve the daily meals to homeless and needy men, women, and children, along with Beacon House residents for breakfast and lunch. They will also help with clean-up once the meal is served.

Bring and Serve meals

Meals have the same starting times as above, but volunteers have the option of bringing the ingredients for the meal, and preparing it at the Mission to serve. Cooks should prepare for:

Breakfast: 70 - 100

Lunch: 100 - 200

Dinner: 50 - 60

Cafeteria Monitors

Monday – Saturday 11:30am-1:30pm

Saturday – 6:30am-8:30am and 11:30am-1:30pm

Sunday – 6:30am-8:30am

Volunteers have a unique opportunity to minister and build relationships with the homeless and low-income community through sharing their time in the dining hall during meal times. These volunteers will aid in the clean-up of food trays, while taking the time to sit and talk with those we serve. They also may assist with clean-up.

Ministry at the Mission

Monday – Friday 11:30am-1:30pm

Do you want to be a light in the darkness? In our community, thousands of people struggle with poverty, sickness, addiction and homelessness. If you have a passion to share the love of Christ to hurting and hopeless people, this is a great volunteer opportunity for you. Are you compassionate? Comfortable praying with people? Friendly? Willing to be stretched in your faith? Teachable? Non-judgmental?

Van Drivers + Van Driver Assistants - Men only

Monday-Sunday 7am-10:30am

Drivers assist with daily pick-ups from local grocery stores, restaurants, and food donors. They are directed by the Food Service Manager on when and where to go, and have the help of one or two residents to transport the food from store to van, in order to deliver back to the Mission. Volunteers must be over 21, have a clean driving record. Non-smoking. CDL not required.

Driver Assistants help the Food Services Driver with pick-ups from local grocery stores, restaurants, and food donors. They ride with these drivers to and from their destinations, and transport food donations from our donors to the Food Services truck. Some paperwork is required. Non-smoking. CDL is not required.

Rescued Treasures and Recycling

The Frederick Rescue Mission is a free source of clothing and furniture to anyone in need in the community, giving out on average 15 – 20 vouchers per day in our Treasure Box, which is open from 2:30pm– 4pm Monday – Friday. Recycling is a source of funding to operate the Mission's programs and services.

Changed Life Recovery Program

The Frederick Rescue Mission is home to Beacon House, Frederick's largest men's transitional shelter, which houses up to 43 men. These men commit to the Mission's year-long Changed Life Recovery Program in order to overcome life-damaging addictions.

Volunteers within the Changed Life Recovery Program aid the men in becoming upstanding and respectable community members by preparing them for life after Beacon House and teaching them how to function without the destructive and addictive patterns they followed previous to their time here. Volunteers should be good examples, committed to the men's best interests, and consistent. Policies and procedures must be followed carefully with the residents.

Tutors

Must be at least 21 years of age

Weekday evenings (except Tuesdays), Saturday mornings, or Saturday or Sunday afternoons for one hour a week.

Tutors aid a resident engaged in the Academic Improvement class with his goal of receiving his G.E.D. or brushing up for college, primarily in the subjects of English or Math. Tutors meet once a week and supply their own materials to complement and support what the resident is learning that week.

Teachers

Monday-Friday 8am-10:30am

All volunteers must meet with the CLRP Program Director to plan classes and materials before teaching a class. All volunteers teaching classes on a spiritual matter must regularly attend a church and be prepared to provide a reference from his/her pastor.

Volunteers are invited to teach a class or series of classes to the residents of the Mission. These classes may focus on special skills such as computers, budgeting, or a trade, or a life matter such as right relationships with females, parenting, or anger management. Teachers may work with a staff member(s) to plan the curriculum, get it approved, and then teach the men a new skill or way of life.

Lead a Chapel Service

Friday: 8:15am

Sunday: 5pm

All volunteers who lead or speak in chapel must meet with the Director of the Changed Life Recovery Program beforehand. He/she must regularly attend a church and be prepared to provide a reference from his/her pastor.

Chapel speakers share God's heart for the residents of Beacon House through a message or drama intended to minister to the hearts of the men. Chapel leaders should attempt to be regular participants in the program, so as to build a relationship with the Mission and with the men of the program. All lessons must coincide with our Mission statement and statement of faith of the Frederick Rescue Mission.

Lead Worship at Morning Devotions or Chapel

Monday-Thursday 7:25am

Friday: 8:15am

Friday: 6:30pm

Sunday: 5pm

All worship volunteers must meet with the Director of the Changed Life Recovery Program beforehand, as well as have songs approved.

Worship volunteers who have experience leading worship may share their time and talents with the men of Beacon House and the community to lead them in a time of musical worship.

Mentoring – Men Only

Weekdays: 5pm-6pm

Saturday: 1pm-5pm

All mentors must meet with the CLRP Program Director before being approved to volunteer in this capacity. He must regularly attend a church and be prepared to provide a reference from his pastor.

Volunteers who have a strong commitment to the men of Beacon House and a passion to see them grow may serve as a mentor to one of the men. Mentors have the opportunity to invest in, advice, pray for, be accountable for and to, and support the residents of the Beacon House.

Mentors will meet with the CLRP Program Director once a month to determine the progress of the mentoring sessions. All meetings with residents that are off-premises must be approved beforehand.

Van Drivers – Men Only

As needed

Drivers will drive a Mission van to transport Beacon House residents straight to and from (no unapproved stops) their various destinations, including Skycroft Conference Center in Myersville, medical appointments, court hearings, job interviews, and more. Volunteers must be over 25, non-smoking, and have a clean driving record. CDL not required.

Counseling

Mon-Fri: 10:30am-Noon

Sat: 9am-3pm

All counselors must meet with the CLRP Program Director before being approved to volunteer in this capacity. He/she must regularly attend a church and be prepared to provide a reference from his/her pastor.

Volunteers with a degree and certification in counseling and a dedication to the Lord are invited to meet with the men for one-on-one sessions. Counselors are needed in the following areas: legal, financial, addiction, psychological, and more. All counselors are assigned only one resident at a time and must commit to weekly, one-hour sessions. Counselors' values and beliefs must coincide with the Mission's goals, mission statement, and statement of faith.

Skilled Professionals

Volunteers with credentials in law, mental health, dentistry, optometry, medicine, and more are needed to offer their services to the men of Beacon House. These would be by appointment and at the volunteer's discretion.

Public Relations and Partnership Development

Receptionist-Front Office

Monday - Friday, 8am–1pm or 1pm- 5pm

This involves answering phones, checking in and out volunteers and community service men, directing traffic coming into the lobby, acting as a gateway and liaison between external and internal needs, and other responsibilities as assigned. Computer experience required. Minimum of one year of office experience required.

PR Productions

Monday - Friday during business hours (special hours as needed)

Do you enjoy writing? Are you artistically inclined? Do you have a heart for the least of these? Help in the production of the Mission's newsletter, Web site, E-Blasts, and various social networking sites by providing copy and pictures. Volunteers will meet with the Manager of Public Relation on a regular basis to brainstorm ideas, schedule times for interviews and review deadlines.

Special Events Help

Volunteers help plan, coordinate, advocate, and execute various special events held by the Mission throughout the year. These volunteers work closely with the Manager of Public Relations to ensure events are well-planned, well-attended, run smoothly, and are rounded out well (clean-up, follow-up, etc).

Fundraising Banquet

March and April

Fundraising-assisting with Silent Auction items procurement. Decorating for the banquet.

Mission 10 Miler

March

Volunteers assist with setup, clean-up, registration table, water stations, finish line, and more.

Drives

Host a drive in your community, church, or organization.

Adopt-a-Family

November-December

Help to organize men's wish lists, and assist with organizing gifts and preparing for Christmas give out.

Partnership Newsletter Processing

The Mission's monthly newsletter gets stuffed, sealed and labeled in-house by our Beacon House residents and a dedicated group of volunteers. If you're interested in joining the fun, be one of our A-Team members.

Facilities and Maintenance

Maintenance

Volunteers with skills and experience in maintenance, construction, and manual labor work are needed to aid the Director of Facilities with painting, yard work, small repairs, vehicle repairs, small construction work, and more.