

## House of Hope Basic Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30		Wake-up	Wake-up	Wake-up	Wake-up	Wake-up	
8:30	Personal Meditation & Journaling	Personal Meditation & Journaling	Personal Meditation & Journaling	Personal Meditation & Journaling	Personal Meditation & Journaling	Personal Meditation & Journaling	Personal Meditation & Journaling
Morning	Lv 9:30 <b>Church</b> (or evening)	<b>9:00 – 10:30 Volunteer at Family Services</b>  <b>10:30 – 12:00 – Assigned Homework: Schedule check-in Set-up schedule Step work Recovery Principle Worksheets</b>	<b>9 – 10:30 Meeting with Co-ordinator Video teaching and discussions</b>  <b>10:30 – 11:30 – Assigned Homework: Step work Recovery Principles Worksheets</b>	8:30 – Noon <b>Volunteer: Salvation Army – 16<sup>th</sup> &amp; Commercial</b>  <b>11:00 – Noon Christian 12-Step Meeting (Homework:)</b>	<b>9 – 10:30 Meeting with Co-ordinator Video teaching and discussions</b>  <b>10:30 – 12:00 Assigned Homework: Step work Recovery Principle Worksheets</b> <b>OR</b> <b>11:00 am Women's Lunch 'n Bunch at Family Services</b>	<b>9:00 Meet with Co-ordinator – schedule check; homework check; odds &amp; ends</b>  <i>10:00 – 2:30</i> <b>Volunteering: Food co-op</b>	<b>FREE TIME</b>  House chores in preparation for Sunday
After-noon	<b>Afternoon dinner and fellowship outreach</b>  Clean-up OR  <b>FREE TIME</b>	<b>House chores</b>  <b>FREE TIME</b>	<b>12:00 Noon Meeting</b>  <b>OR</b>  <b>Purpose Driven Life Group</b>	<b>FREE TIME</b>	<b>FREE TIME</b>	<b>Food co-op until 2:30</b>  and then  <b>FREE TIME</b>	<b>FREE TIME</b>
5 – 6		Dinner and House Prayer	Dinner and House Prayer	Dinner and House Prayer	Dinner and House Prayer		
Evening	<b>FREE TIME:</b>  <b>OR</b>  5 pm <b>Evening church</b>	<b>Meeting</b>	<b>Meeting: Bible Study -- James 7:00 pm (41st &amp; Granville)</b>	<b>Meeting: Women's In-house group</b>	<b>Meeting: Christian 12-Step Meeting</b>	<b>Meeting --</b>	<b>FREE TIME</b>  <b>Meeting</b>

You are to make a personal schedule that shows your appointments, your meetings, your volunteering, etc. Then, in the blank areas it is expected that you fill in with the house suggestions below. Once a week your schedule needs to be written and talked through with Elsie. There are notes and principles about that written below. As time moves forward and you get a sense of your direction in your activities then there will be adjustments made to reflect that. It is your responsibility to get the schedule written and approved. Blank copies of the schedule can be found on the white shelves beside the photocopy machine.

## NOTES

1. **Basic scheduling principles:** Monday to Friday are work times and so time will be well blocked during those days. Mornings are for volunteering and meetings. Most afternoons will have free time. Schedule appointments in the afternoon. Evenings are dinner at the house and meetings either at the house or another meeting that you are currently involved with. Just a reminder, the TV is off-limits until the end of the afternoon. (Exception: If Chris wants to watch a cartoon in the morning while he waits for the schoolbus that's allowed.) Your written schedule needs to be completed and approved by Elsie by Monday morning. The best case would be to have it approved on Saturday so your head is clear about what's happening in the upcoming week.
2. **Bedrooms** are to be in order by 9 am with beds made and surfaces organized. Rooms can look "lived in" but organized and neat. That includes vacuuming and emptying the waste baskets etc. Dirty clothes need to be in some kind of bag/hamper. Other clothes need to be hung up or in a dresser drawer.
3. **Assignments:** Written homework is to be done at a table/desk during the assigned time. It is expected that morning meditation and journaling will be done before we meet and before daytime activities begin. (A basic sheet on what you're reading and things you're learning is to be completed and handed in once a week. It is to be available throughout the week just to see how you're keeping at things.)
4. **House chores and cooking schedule** will be worked into the free afternoon on the day of the week that it is assigned. All house chores are to be completed MINIMUM before and after Sunday. Check to see bathroom cleaning schedule. That needs to be done several times a week.
5. **Progression Towards Personal Scheduling/Planning:** If you don't have other responsibilities these are some of the activities you will be expected to participate in: Meetings & volunteer involvement: Groups sessions with Elsie Tuesday, Thursday, and Friday and in-house Tuesday afternoon and Wed pm meeting, church, Christian 12- step meetings, NA/AA at Recovery Club etc., Daytox sessions, Monday & Wednesday drop-in at Family Services & related meetings, Thursday women's group and co-op box preparation; Friday: food co-op. Initially, make appointments etc. for afternoon. After 30-days of solid sobriety in the house, then plans for working and schooling can kick in more and more. (Note: Some limited work/education in first 30 days can be discussed. Focus is probably more on planning than on implementation during this time with the red tape that has to be gone through.) We will continue to balance meetings and personal growth work with whatever the individual course of action is. By 60 days there will likely be more formalized structure for each individual and by 90 days a solid plan of schooling/employment or short-term stable volunteering should be actively in place.