

**Urban Plunge**  
**SAMPLE WEEK LONGSCHEDULE**  
**Sunday-Thursday**  
*Lodging: At St Paul's Lutheran Church*

*Plunge schedules are as accurate as possible, but subject to change.*

Sunday, July 10

*Note: You are on your own for lunch on Sunday*

- 5:00 - Urban Plunge orientation and dinner at St. Paul Lutheran Church**  
Your USC Plunge leader will meet you for the first time at St. Paul for orientation and a "Welcome to Denver Pizza Party"
- 7:00 - Worship at Scum of the Earth Church**  
We will join this young, urban congregation for their Sunday evening worship
- 9:00 - Grocery shopping**  
Please send two or three people with the Plunge coordinator to do the grocery shopping for the week

Monday, July 11

*The Grant Ave. Street Reach is held at St. Paul, and they will be using your sleeping rooms for the entire day. Please move your stuff into the choir room across the hall before we leave for the walking tour.*

- 9:00 - Walking Tour**  
Walking tour of some of Denver's non-profit agencies
- 11:00 - Work Project: Grant Ave. Street Reach**  
This project takes place at St. Paul, so there is no need to leave early to get there! Take turns eating with the guests and try to have some conversations. We stop serving food at 5:00, so please eat dinner before that time.
- 7:00 - Shower at YMCA**

Tuesday, July 12

- 8:30 - Work Project: Brother's Redevelopment, Inc.**  
Dress to get dirty! This will be a day construction and maintenance work on low-income houses. Wear close-toed shoes. Bring a sack lunch  
Please leave by 8:15

- 3:30 - Return to St. Paul; head to YMCA for showers**
- 5:00 - Processing and Bible study with your USC Plunge Leader**
- 6:00 - Ethnic Dinner at a local restaurant**

Wednesday, July 13

**8:30 - Work Project: World Vision**

Please leave for the warehouse by 8:45

Bring sack lunches

**3:00 - Return to St. Paul; head to YMCA for showers**

**5:00 - Bible study and processing with Plunge Leader**

**6:00 - Dinner at St. Paul**

**8:00 - Speaker: Urban Peak**

We will drive to the Urban Peak shelter and meet with a teenager who has experienced homelessness. We will leave by 7:45.

Thursday, July 14

**Pack, load vehicles, clean church and depart for home**

Please follow the cleaning instructions on the St. Paul guidelines sheet and set the tables and chairs up according to the diagrams hanging on the Sunday School room walls.