“The longer I live, the more I realize the impact of attitude on life.

Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home.

The remarkable thing is that we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude.

I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you.

We are in charge of our attitudes.”

Chuck Swindoll
HOW TO CHANGE YOUR ATTITUDE

✓ Put the past behind you

✓ Forgive, forget and focus on the future

  ○ Forgiveness is not something we do for other people. We do it for ourselves to GET WELL and to MOVE ON.

  “For if you forgive others for their transgressions, your Heavenly Father will also forgive you. But, if you do not forgive others, then your Father will not forgive your transgressions”
  Matt. 6:14-15

✓ Examine yourself

✓ Pray for a positive attitude and a fresh start

✓ Get out of the house

✓ Talk to people

✓ Develop your skills

✓ Volunteer for worthy causes
- Volunteer for worthy causes

**Volunteer Opportunities**

| Bridge Builders for Kids | connect children of prisoners and their families to a Christian network that will inspire them to live up to their God-given potential.  
Contact: Ashley Dudeck, 888.345.5441, adudek@bb.cc  
Volunteer Information  
Locations: 1220 Logan Avenue North, Minneapolis, MN 55411  
www.bridgebuilders.cc  
Volunteer Opportunities:  
- Mentor a child  
- Be a prayer partner  
- Match support  
- Administrative opportunities  
- Special skills needs  
- Advisory roles |
|--------------------------|---------------------------------------------------------------------------------------------------|
| Hope Academy | provides a Christ-centered education in inner-city Minneapolis.  
Contact: Mary Brown, 612.721.6294, ext. 115, mbrown@hopeschool.org  
Volunteer Information  
Locations: 2300 Chicago Avenue, Minneapolis, MN 55404  
www.hopeschool.org |
| Hospitality House Youth Development (HHYD) | focuses on the spiritual, intellectual and physical development of urban youth. HHYD runs an after school ministry providing programming for kids in the inner-city.  
Contact: Dr. Foster, Director or Sarah Fischer, Volunteer Coordinator, 612.522.4485  
Volunteer Information  
Locations: 1220 Logan Avenue North, Minneapolis, MN 55411 |
<table>
<thead>
<tr>
<th><strong>JERICHO ROAD MINISTRIES</strong></th>
<th><strong>MINNESOTA TEEN CHALLENGE (MnTC)</strong></th>
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<tbody>
<tr>
<td>Moving individuals and families from crisis to restoration by helping them become nutritionally fed, housed, clothed, gainfully employed, community-minded, freed in Christ and part of a Bible-based Church.</td>
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<tr>
<td>Contact: Jeff Noyed, 612.455.1193, <a href="mailto:jdnoyed@yahoo.com">jdnoyed@yahoo.com</a></td>
<td></td>
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<tr>
<td>Location: 1900 11th Ave S. Minneapolis MN 55404</td>
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<td><a href="http://www.jerichoroad.us">www.jerichoroad.us</a></td>
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<td>Volunteer Opportunities:</td>
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<tr>
<td>- Construction and renovation</td>
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<td>- Office management</td>
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<td>- Prayer and support</td>
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<td>- Tutoring assistance, baby sitting, shoveling snow, mowing lawns, raking leaves</td>
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<tr>
<td>Minnesota Teen Challenge (MnTC) is a faith-based residential drug and alcohol program that helps individuals permanently recover from chemical dependency and related life-controlling problems and self-destructive behaviors.</td>
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<tr>
<td>Challenge Contact: Rick Schreiber, 612.373.3366</td>
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<tr>
<td>Location: 1619 Portland Ave. S. Minneapolis</td>
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<tr>
<td><a href="http://www.mntc.org">www.mntc.org</a></td>
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<td>Volunteer Opportunities:</td>
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<tr>
<td>- Tutors</td>
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<td>- Christian Education Program Individuals</td>
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<td>- Program Staff to supervise, lead and develop mentoring relationships</td>
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<td>- Administration Individuals needed to complete clerical work</td>
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<tr>
<td>- Volunteers can contribute their time anytime Mon-Thurs 9-5</td>
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<tr>
<td>- Recreation Individuals; walks with students or lead them in crafts</td>
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<tr>
<td>- Driving Volunteers</td>
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</table>
**Timber Bay** is a Christian outreach ministry geared to meet "at risk" teenagers and build relationships with them through camps, work crews, in-town activities and Bible studies.

Contact: Bill Lewis, 800.943.4424  
Volunteer Information  
Location: 1865 W. Wayzata Blvd. Suite 220  
Long Lake MN 55356  
www.timberbay.org

Volunteer Opportunities:  
- Opportunities include direct ministry with youth in groups or one-to-one relationships, management and support services and weekend hosting facility work at camp.

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**TreeHouse** brings hope to hurting youth and families by offering a safe haven, a community of teens, encouragement for healthy life choices and guidance for choosing a life with a future and working thru issues.

Contact: Calli Estes, 952.238.1010,  
cestes@treehouseyouth.org  
Volunteer Information  
Locations: Bloomington, Brooklyn Park, Chaska, New Hope, Minnetonka, Plymouth  
www.treehouseyouth.org

Volunteer Opportunities:  
- Invest in the youth by volunteering on Program Nights  
- Assist our main office with mailings and other projects  
- Help with home improvement projects  
- Coordinate a donation drive at your church or work place
**Urban Ventures Leadership Foundation** is a ministry committed to creating Christian leadership within the urban setting. They work to restore city neighborhoods through job creation and training, family revitalization, recreation and team sports and the development of local leadership.

Contact: 612.638.1027, [volunteercoordinator@urbanventures.org](mailto:volunteercoordinator@urbanventures.org)
Volunteer Information
Location: 3041 Fourth Ave. Minneapolis, MN
[www.urbanventures.org](http://www.urbanventures.org)

Volunteer Opportunities:
- Mentoring
- Tutoring
- Facilities Help
- Service Learning
- Fellowship

**Urban Young Life** is committed to introducing adolescents to Jesus Christ and helping them grow in their faith.

Contact: 612.343.4147 Location: 739 E 14th St. Minneapolis, MN 55404
[www.minneapolis.younglife.org](http://www.minneapolis.younglife.org)

Volunteer Opportunities:
- Young Life Leader: Young Life leaders are caring adults who strive to build positive relationships with teenagers. Through friendships as well as through clubs, Campaigners and camp, YoungLife leaders get to know teenagers and gain their trust. Because of these relationships, leaders "earn the right to be heard" and can share the Gospel with their teenage friends.
**LOVE IN[DEED]**

Whether you want to Just Show Up and Serve or volunteer to Serve Anytime-Anywhere with our partner organizations, just click a button and get started!

*For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.* - Ephesians 2:10

**LOVE IN[DEED]**

Just Show Up and Serve

Offered six Saturdays a year - Just Show Up and Serve the community. A variety of opportunities are available! All ages are welcome - it’s a great way for families and friends to serve together!
It’s more than just a cookie ...  
it’s my first job experience.

Cookie Cart is an employment and training program that gives young people the opportunity to gain work experience and job skills. Through a combination of hands-on work experience and classroom training teens learn to be successful.

This all happens because of people like you. 100% of your cookie purchase goes back into programming for teens!

www.cookiecart.org  612-521-0855

Receive $1 off your next cookie order when you mention this coupon.