

## Sample Schedule for Campus Ministries Alternative Break Mission Trips

- Sunday: Arrive at 5:30 p.m. Dinner is served. Tour of Tau House and orientation to the Franciscans for the Poor. Opening ceremony in the chapel. Free time 8 -11 p.m.
- Monday: 7:00-8:15 a.m. Self-serve breakfast  
8:20 a.m. Morning prayer in chapel\*  
8:45 a.m. Depart for worksites  
9:00 a.m. – 3:30 p.m. Participants are at assigned worksites  
3:30-6 p.m. – Free time option\*\*  
6-7 p.m. Community Dinner  
7:00 p.m. Optional – Former homeless person guest speaker\*\*\*  
8:00 p.m. – Evening prayer/reflection in chapel followed by free time  
11:00 p.m. – Lights Out
- Tuesday: 7:00-3:30 same as above  
4:00 - 6 p.m. – Supper with the Sisters of St. Clare Convent  
6:00-8:30 p.m. Free Time – some groups organize Game Night  
8:30 p.m. or time decided by group leader – Evening prayer & reflection on the day’s work  
11:00 p.m. – Lights Out
- Wednesday: 7:00-3:30 same as above  
4:00-9:00 p.m. Optional: Krohn Conservatory (open until 5 p.m.) or Art Museum (open until 9 p.m.) Both sites are free. Dinner time set by group’s activity schedule.  
9:30 p.m. – back at Tau House – evening prayer/reflection on the day’s work
- Thursday: 7:00-3:30 same as above  
3:30-6 p.m. Free time - possibly tour St. Mary’s Basilica (Covington, KY) or St. Peter in Chains Cathedral (Cincinnati, OH) or the \$2 elevator ride to the top of Carew Tower downtown Cincinnati (until 5:30 p.m.) – view of Cincinnati & Northern Kentucky  
6:00-7:00 Dinner  
7:00-8:30 Free time – Groups are encouraged to do towel laundry after evening showers  
8:30 p.m. Evening Prayer/Reflection and write volunteer intentions for when you return home  
11:00 p.m. Lights Out
- Friday: Following breakfast, groups are expected to change sheets, clean their rooms and common area and be ready for closing ceremony by 10:30 a.m. Plan to depart by noon.

\*Daily Mass is celebrated next door at St. Clement Catholic Church at 7 a.m. and 8 a.m. (about ½ hour) some groups choose to begin the day with Morning Mass instead of morning prayer/reflection.

\*\*Free time is from after work until dinner at 6 p.m. Some groups choose to stop at one of 2 Cathedrals on the National Register of Historical Sites after work, and before dinner. Other options are at Tau House include Board games, cards, ping-pong; or air hockey.

\*\*\*Cincinnati Coalition for the Homeless provides speakers who were formerly homeless for \$50. We ask that groups contribute \$25 for the speaker. This fee goes directly to the former homeless person who tells his/her story of how they became homeless and how they got back on their feet. This is optional, but highly recommended part of the program to bring awareness to teens.

Wednesday and Thursday evening activities are optional and these are suggestions for free entertainment that meets our standards for simple living.

