



415 S Main, Hillsboro, KS 67063  
620-947-3393

Dear Friend,

Thank you for your interest in Main Street Ministries, Inc. where the residents are considered "Sojourners": a temporary dweller, one who is on a journey, who is going to a destination as opposed to going around in circles. We are excited to see what God has planned for your life and the lives of your family.

Enclosed is an application that will need to be filled out completely, signed, and returned to us. Also enclosed, for your information, is our Transformation Program Community Living Agreement and House Rules. Please take your time reading through all of these as it is very important that you understand what this program is all about. You do not need to return the Agreement and Rules, nor do you need to sign them at this time.

After we receive your application, we will be in touch with you to schedule an appointment for an interview with myself and one of our board members.

Please consider that your best effort, on your own terms has brought you to this point. The program will require changes on how you choose to "do life" with your family.

We encourage you to take several days to think and pray about what Main Street Ministries, Inc. has to offer you.

Sincerely,

Karen Sites, Director

*So here's what I want you to do, God helping you: "Take your everyday, ordinary life -- sleeping, eating, going-to-work, and walking-around life -- and place it before God as an offering. Embracing what God does for you is the best thing you can do for Him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, developing well-formed maturity in you".*

*Romans 12:2 (The Message Bible)*

Application for the One-Year Transformation Program  
"Sojourner"

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Cell Phone #: \_\_\_\_\_ Alternate Cell #: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Employer: \_\_\_\_\_

Legal Marital Status:  Single  Married  Separated  Legally Separated  Divorced

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Alternate Phone #: \_\_\_\_\_ E-mail address: \_\_\_\_\_

1) What is your highest level of education? \_\_\_\_\_

2) How did you hear about us? \_\_\_\_\_

3) Why would you like to live at MSM? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4) Do you have medical and/or mental health diagnoses for which a doctor has prescribed medication?  No  Yes, please explain: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5) Have you ever taken any non-prescribed legal or illegal drugs?  No  Yes, please explain: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6) Are you currently taking any non-prescribed legal or illegal drugs?  No  Yes, please explain: \_\_\_\_\_

\_\_\_\_\_

7) Have you ever been charged with an illegal activity?  No  Yes, please explain: \_\_\_\_\_

\_\_\_\_\_

8) How many children do you have? \_\_\_\_\_ How many would live with you? \_\_\_\_\_

a. Child's full name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Weight: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Visitation: \_\_\_\_\_

b. Child's full name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Weight: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Visitation: \_\_\_\_\_

c. Child's full name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Weight: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Visitation: \_\_\_\_\_

d. Child's full name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Weight: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Visitation: \_\_\_\_\_

e. Child's full name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Weight: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Visitation: \_\_\_\_\_

Do any of your children have medical and/or mental health diagnoses for which a doctor has prescribed medication?  No  Yes, please explain: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

9) Does your boyfriend/husband have a history of aggression or threats?  No  Yes, please explain: \_\_\_\_\_

\_\_\_\_\_

10) Are you connected with any church?  No  Yes, name of church/location: \_\_\_\_\_

\_\_\_\_\_

11) Have you ever lived independently before:  Yes  No

Please explain: \_\_\_\_\_

\_\_\_\_\_

12) What would you like to see happen in your life over the next year? \_\_\_\_\_

\_\_\_\_\_

13) If you don't come to MSM, is there somewhere else that you can go?  No  Yes, please explain: \_\_\_\_\_

\_\_\_\_\_

14) When are you available to begin the program? \_\_\_\_\_

15) Is there anything else you would like to share about yourself or your situation? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

By signing below, I am acknowledging that I have read the enclosed Transformation Program Community Living Agreement and House Rules. I also affirm that the information on this application is true and complete, and I have not left out any relevant information, to the best of my knowledge.

Signed:

\_\_\_\_\_

## The Transformation Program Community Living Agreement

### **LENGTH OF PROGRAM**

The Main Street Ministries' life transformation program is a month to month residential program subject to review at any time at the discretion of the director. After successfully completing 12 months there may be discussion to extend the stay, as every woman's stay is individualized.

Main Street Ministries reserves the right to make changes to the program at any time. If a Sojourner feels that they cannot comply with changes made they are free to leave at any time. In this case, the Sojourner would have 10 days to remove their personal belongings.

Prior to moving out each Sojourner is responsible to thoroughly clean apartment to original condition and will be charged for cost of necessary repairs. A final walk-through will be scheduled with staff to inspect apartment; for you to turn in keys and lantern.

**Romans 12 "Be transformed by the renewing of your mind..."**

### **RENT**

Main Street Ministries will not charge the sojourner rent; rather this is a place designed as ministry to women in a time of need. All are asked to be conservative in their daily use of utilities. (Please respect that this ministry is funded only through small private donations).

Please be aware that since we are not a typical rental facility and do not charge rent or fees, we are **not** obligated to give a 30-day notice of eviction. If a Sojourner is found in violation of the rules they can be given immediate notice or up to 48 hours to leave. At the end of the time allowed, if they are still on the property, they will be transported to a homeless shelter.

**Philippians 4:11-13 "I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty... I can do all this through him who gives me strength."**

### **PARTICIPATION**

Success in this program requires cooperative participation. In order for you to make life changes and receive help, you must be open and honest with staff about personal concerns, your moods and the medical and psychological history of you and your children.

**BE PREPARED TO....**

- Set appointments and keep appointments with agencies and counselors referred BY THE MSM staff and by DCF (i.e. WIC, Parents as Teachers, counseling, etc.)

- Attend meetings & Bible Studies, including CR and Circles
- Life skills classes as appropriate and available (i.e., cooking, budgeting, parenting, etc.)
- Arrive with materials & assignments completed
- Share in group discussions
- Meet with staff for weekly 1 to 1 or whenever requested
- Faithfully take medication as prescribed by doctor

Matthew 11:2 "Come to me, all who are weary and heavy-laden, and I will give you rest."

## **SAVINGS**

Sojourners take an active role in planning for their family's future. Main Street Ministries assists in opening a savings account to save for future housing. All Sojourners with income are expected to put aside at least 10% of their income in a savings account supervised twice a month by Main Street Ministries' staff. (For example: \$30 per week if paycheck \$300).

Luke 16:11 "Therefore if you have not been faithful in the use of worldly wealth, who will entrust the true riches to you?"

## **RECOVERY SUPPORT GROUP**

Celebrate Recovery is a 12 step accountability program based on the Bible. This is an accountability group for all people with "hurts, habits, or hang-ups keeping them from "doing their best life ever" as they seek a closer walk with God"

Romans 7:18 "I know that nothing good lives in me, that is, my sinful nature. For I have the desire to what is good yet I cannot carry it out.

## **SEXUAL PURITY**

Sojourners are expected to take a vow of chastity during their stay. This allows Sojourners to focus on God rather than on other relationships that can steer them away from their personal journey while here at MSM. Sojourners choose not to engage in **any** type of romantic or other relationship type friendships; including homosexual or heterosexual activities as well as overnights away from Main Street Ministries for those reasons.

We believe that God will bless the sacrifice as difficult as it may be. Being single for a time can bring a renewed sense of freedom, confidence, and empowerment. While you focus on God's will for your family, you will be modeling sexual purity for your daughter/son.

2 Timothy 2:22 "Now flee from youthful lusts and pursue righteousness, faith, love and peace, with those who call on the Lord from a pure heart." Also: 1 Corinthians 5:1, 6:9, 6:19-20, 1 Tim 4:12, 5:2, 5:22.

## **MODESTY**

During our stay we choose to live a life of sexual purity therefore we need to make sure that our clothing reflects that decision. We wear modest clothes rather than seek sexual attention and approval from others. Look in the mirror to make sure that clothes fit and

cover you completely even when you sit, stand, reach and bend. Shorts should be longer than your hands at your side. Skirts or dresses in moderation or with leggings. You are asked to take care of your hair, nails, skin and your body. Be clean and well groomed each day. Teach your children to do the same. You are expected to wear a bra that fits and underwear each day. Pajamas are not allowed off site or at any MSM function i.e. Bible Study, meetings in the office, dinners, etc. If you choose to wear make-up, keep it natural looking. Girls need to wear shorts under their skirts or dresses when at play. Adults need to cover night clothes with a robe or jacket when answering their front door or when workers are on site.

**1 Timothy 2:9 "And I want women to be modest in their appearance. They should wear decent and appropriate clothing and not draw attention to themselves..."**

**1 Peter 3:3-4 "Your beauty should not come from outward adornment, such as braided hair and the wearing of gold jewelry and fine clothes. Instead, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight."**

## **BOUNDARIES**

Respect others and the progress they are making in their lives. Do not ask other residents for any needs, i.e.: money, babysitting, food, cigarettes, or rides. **Refer all needs to on site staff or director.**

## **GROWING IN CHRISTIAN FAITH**

**MOMS:** Sojourners should be willing to grow in knowledge of the Bible; PLEASE set aside at least 15 MINUTES DAILY quiet time for prayer & Bible reading. Sojourners attend a local Christian church to develop friendships with mature Christians, to grow in faith as well as find opportunities to use their talents to bless others.

- Adult Sunday school & Sunday service at a local Christian church (within 10 miles of MSM)
- Wednesday meal & Adult Bible Study at a local Christian church
- Chapel & Bible study at Main Street Ministries

**KIDS:** Kids also attend church weekly. Church activities help them develop friendships with peers outside school. The teaching they receive builds a foundation for their spiritual life. (Babies 6 months to 3 years may be in Nursery while mom attends.)

- Youth Sunday school
- Wednesday Youth Group
- Summer Vacation Bible School camp (VBS)
- Church camp

**Matthew 5:6 "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied."**



## COMMUNITY LIVING AGREEMENT

- I plan to live here and during my stay I will take care of my apartment and keep it clean.
- I am not asked to pay rent or utilities while in Main Street Ministries (MSM) residential program.
- I agree to communicate openly and cooperatively with MSM staff and to use community
- I agree to apply for resources that may benefit me or my children like those as DCF and WIC.
- I will actively participate in Main Street Ministries' events, activities.
- I agree to put at least 10% of my income into my savings account supervised by MSM staff.
- I agree to work the Recovery Support Group in order to seek healing & accountability.
- I promise to exercise self-control by putting my focus on God rather than on other relationships.
- I will live a life of sexual purity (chastity) as a single adult while at MSM.
- I will become active in a local Christian church (within about 10 miles) by weekly attending Sunday school, Church services, and other Wednesday programs and camps.
- I will work to grow in my private spiritual life by reading the Bible & prayer daily (15 minutes +).
- I have understood and agreed to House Rules on the attached pages.

***Choosing NOT to fully participate in this program or non compliance to any guidelines will be addressed and included in your review. This could result in your being asked to leave the program with 10 days or as little as 48 hours. This is a 24 hour, seven day a week program.***

Name of Sojourner: \_\_\_\_\_ Date \_\_\_\_\_

Signature: \_\_\_\_\_ Move in: \_\_\_\_\_

Staff Signature: \_\_\_\_\_ Apt # \_\_\_\_\_





## HOUSE RULES

### **Be a Kind Neighbor:**

You are asked to maintain chores and share in (scheduled by staff) meals together. You will be asked to volunteer one Saturday a month at the Food Bank. Other volunteer work will be required from time to time.

Keep noise at a level not bothersome to your neighbors. Remember there may be others in the apartments below you. Walk quietly and respectfully up and down the stairs.

You will not have access to your personal phone for the first 60 days with a review at the end of 30 days. You will be allowed to call from the office for appointments and other approved phone calls. Your phone list will be verified and approved.

Lights-out curfew for kids is 8:30pm (9:30pm Fridays, Saturdays & summer). During the school year, kids are expected to be with mom at home. No overnight stays elsewhere unless specifically approved by director.

Exception to rule of lights out will be children 8 and older, 10pm summer.

Lights-out curfew for Sojourners is 11pm - 6am daily. You will be expected to be up between the hours of 8 am until your children are in bed, during school months, exception on weekends, and summer vacation may vary.

Donations belong to the ministry. **Ask staff before using any items from MSM inventory for your apartment or before taking any items that you did not bring with you.** \*See the inventory list.

### **Keep Moms and Kids Safe:**

No candles or open flames allowed on the property. \*See smoking policy under Special Notice on page 3 of these House Rules.

No firearms or weapons or toy guns on the property nor stored in any vehicle nearby.

No form of alcohol or drug use is allowed while living at Main Street Ministries. Initial drug test as well as random drug testing will be done. If substance use is suspected, staff may search apartments.

Sojourners are responsible to keep apartment clean and sanitary. If staff believes that accountability is needed there will be checks in addition to weekly inspections.

Male guests are never allowed in building unless staff makes an exception. Each visitor, male or female, on the grounds or in the building (whether friend or professional) are to be approved first by Main Street Ministries staff. **ALL** guests must have a Visitor Request Form on file **BEFORE** they are on property or enter the building, unless otherwise approved by MSM Staff.

If you have authorization to meet with your children's father you will need to do so away from the property at MSM. They are NOT allowed to come and pick up the children anywhere close to our property. If you need a ride to another location, please ask staff.

No form of internet, cable or satellite TV service in Sojourners' apartments. School is the only exception to that rule. We provide a computer in the office available during business hours.

Helmets are required by all children when riding bikes. NO exceptions!

Children must be supervised by mom at ALL TIMES; INDOORS AND OUTDOORS.

Apartments are to be locked as Main Street Ministries is not responsible for loss or damage to personal property. All outside doors to remain locked at ALL times.

### **Work to Resolve Conflict:**

If problems arise with another person at Main Street Ministries, it should be handled in a Godly way. **Issues are to be brought only to those who can help resolve the problem. Do not casually discuss it with others.**

## **Accountability:**

For safety reasons, (if gone more than one hour you must inform staff of where you will be) other than work and scheduled appointments that staff are aware of, you are to text or call staff when leaving and upon returning.

Spending time away from MSM is an earned privilege. You will be required to fill out the proper forms. Upon granting the time away, chores are to be completed and apartments clean upon inspection. After your first 90 days, there will only be one overnight stay with family per month. Special circumstances may apply.

Having an overnight guest is also a privilege and must be approved and will be determined on an individual basis. Main Street Ministries is not responsible for accidents, altercations, or personal injury to a Sojourner or guest while living here.

## **Special Notice:**

You are not allowed in another Sojourners apartment unless approved by staff. That is their private space for living and healing and you need to respect that!! Also, refer to \*Boundaries, in the Transformation Program.

Smoking will be in designated smoking area only, which is, the covered patio in back of the south building. If there are persons in that area that do not smoke, please be considerate of their space.

Pets approved by staff only.

**\*\*Drugs AND Unauthorized Persons on Property will be grounds for Immediate Termination of the program\*\***

**PLEASE REMEMBER DISRESPECTING ANY ONE PERSON IN THE PROGRAM OR STAFF ASSOCIATED WITH THE PROGRAM IS A DIRECT DISRESPECT FOR THE ENTIRE PROGRAM HERE AT MAIN STREET MINISTRIES. THIS WILL NOT BE TOLERATED.**

**REMEMBER YOU HAVE CHOICES...ALL CHOICES HAVE CONSEQUENCES.**

**THERE IS A DIFFERENCE BETWEEN STAFF AND SOJOURNERS. STAFF IS HELD ACCOUNTABLE TO A SET OF DIFFERENT STANDARDS.**

Sojourner Signature \_\_\_\_\_ Date \_\_\_\_\_

Staff Signature \_\_\_\_\_ Date \_\_\_\_\_