

SEA HAWK MISSIONS TRAINING PROGRAM



Sea Hawk

Missions Training Program

Goal

The objective of Sea Hawks is to instill into the participant some of the foundational attitudes and Godly characteristics that will prepare them not just to be able to live Godly lives but also to be able to be effective in whatever ministry that God has called them to.

This is accomplished by having the participant face various structured challenges in the areas of their Spiritual, emotional, mental and physical lives.

Core Values

The core values of Sea Hawks are:

To be people that place God first and foremost in all that we do.

- We place God as the center of all that we do, think and speak. He is the reason that we do what we do. God is the foundation of all of the other values and ideals that we hold dear.

To be people who show God's love to the world around them.

- To be reaching out to those that are hurting in this world around us with any of the resources that we can use, for the sake of bringing them into a relationship with Christ and deepening an existing relationship they may already have.

To be people of Honor.

- To live a life that shows respect for all those that we come in contact with, including those over us in authority, those under us in authority and our peers. To live a life as

an offering to our God that will not bring reproof to either his name or the Christian faith.

To be people of Excellence.

○ To be held both by ourselves and others to the highest possible standard. To live our lives as unto the Lord, giving him our very best in our speech, thoughts and actions.

To be people of both physical and moral Courage.

○ To choose to do the difficult right over the easy wrong. Courage is not the absence of our fears but rather the facing and overcoming of them. This we can do through reliance on our God.

To be people of Integrity.

○ To be people of our word. Integrity is to live and act as we speak, as the Bible says in James 1:22 “But be ye doers of the word, and not hearers only, deceiving your own selves.” To live so that people know they can trust us.

Training

Training is done in every level of Sea Hawks both in formal and informal methods. Training is often very difficult and participants will be pushed to the limits of their abilities often finding that they are capable of more than they thought. Training will include Spiritual, Emotional, Mental, Physical, Character and Skills.

Spiritual

Participants will be challenged in the establishment of a disciplined personal time with God. This is done through having a daily set time that is given over to personal prayer, Bible reading and meditation. Participants are given assistance in proving that it is possible to have an intimate relationship with God even in the most extreme and trying

circumstances. Participants are also challenged in establishing a corporate time with God. This is done through having daily small group bible studies. Participants are also involved in regular scripture memorization.

Emotional

The participants are faced with many emotional challenges that range from homesickness through to anger at their teammates, from fear to discouragement. Help is given to assist them to face and find a Godly way of dealing with their emotions. In doing so Godly character can be developed in the areas of self control, perseverance, courage and submission.

Character

Participants will face many situations that will help them develop Godly characteristics. These are more often than not learned through having to face the various trials and challenges they must go through in their daily routine.

For example:

Faithfulness is taught by being held accountable for actions.

Stewardship is learnt by learning to take care of the items that they work with and taking care of the facilities by learning good “House keeping” skills.

Authority is learnt by having to be obedient to instructions, submission to both God and those in leadership and honor to those around us. Participants are also taught what this means in the case of having those in authority to you (Roman Centurion).

Other areas include developing persistence, confidence and love.

The nature of relief work also teaches flexibility and how to deal with a constantly changing situation

Physical

“PT” is a fundamental part of the participants training. Much

of the work that they will be training for requires that they have a certain level of strength and endurance. This also provides the arena where they will have to learn to develop some of the self-control and persistence that is needed for effective ministry.

Learning how to look after yourself through good eating habits and wisdom is also part of this training.

Work Skills

As part of their daily routine participants will be assigned to one of the departments within Friend Ships where not just basic skills are learnt but also good work ethics and accountability and stewardship. In addition to this they will also be assigned projects within the area of our home base assisting with the daily operation of the ministry.

Areas include

Boot Camp (6 - 9 weeks)

Orientation into Sea Hawks (includes basic life skills needed for life on your own such as how to clean, iron and take care of personal items.) Basic skills for disaster response which include: - Disaster food service, Food hygiene, First aid, Base camp set up and operations, Safe operation of equipment (Forklifts, vehicles, etc.) and basic counseling skills.

Food service (6 weeks)

Basic food preparation and cooking skills as well as managing of food stores and service skills.

Mechanics (6 weeks)

Basic vehicle maintenance and repair skills. The emphasis is on preventative maintenance rather than damage repair.

Sailing (Deployment)

Basic sailing skills needed to handle boat under sail (Ketch rigged) Spent on Sea Hawks training vessels, includes time at sea.

Security (6 weeks)

Basic security training in crowd control and area security. Includes self defense training.

Note: Due to the nature of relief work it may not be possible for participants to complete all of the work skills areas. This does not include any time that will be spent deployed on a mission or field exercises.

Evangelism

Training in how to be an effective soul winner through both active (*sharing ones testimony and leading people through the salvation scriptures*) and passive (*prayer, friendship, meeting a physical need and support services*) methods is taught and then integrated into all mission deployments and service activities.

Graduation standards

By the end of the program each participant should be able to demonstrate the following skills and characteristics.

Show themselves to have a disciplined personal time of devotion and Bible study.

Show that they have a willingness to serve.

Show the ability to be an active member of a team.

Show proper care of personal items and spaces.

Show proper care for ministry items and spaces.

To show the core values of Sea Hawks modeled in their lives.

Complete the physical training walk / runs.

- 5 Mile run.
- 10 Mile
- Nighttime.
- 100 mile walk week.

Demonstrate competence in the following Skills.

- Base camp set up.
- Safe equipment operation.

- Rope work.
- First aid.
- Evangelism.
- Work skills units. (Assessed by work department supervisor).
- Manners.

Demonstrate mastery in the following skills.

- Weekly scripture memorization. (Assessed weekly by Squad leader).
- Food hygiene.

Boot Camp

The first 6 – 9 week section of Sea Hawks is Boot Camp.

This is where participants will be introduced to the program and the Sea Hawks way of doing things. Much of the training in this section is in the area of basic life skills which will be needed as a foundation for the training that will be faced later on in the program.

They include such things as:

- How to keep your room clean and tidy.
- How to clean bathrooms and showers.
- How to take care of personal equipment.
- How to take care of ministry equipment.

They will also be introduced to the work that Friend Ships does in the area of disaster response. This will include some outside training as well as a lot of hands on practice at some of the support functions of a disaster base camp.

They include such things as:

- Disaster Food services
- Community Emergency Response Team training.
- Basic First Aid
- Layout and set up of a Base Camp.
- Introduction to disaster counseling.

- Care and safe operation of equipment.

Though skills' training is important, as we must be able to do the task that God has given us, the main emphasis of Boot Camp is on character development. Participants will learn how to become self disciplined in their personal time with God when facing extreme circumstances. As well as how to show Jesus to people through their actions and attitudes.

Some of the things that participants will face include:

- Living in close quarters with others.
- Starting their day early.
- Being accountable to others for their actions.
- Physical fitness program.
- Having to change plans at a moments notice.
- Learning how to submit to authority.

Boot Camp also is where the participants are introduced to the core values of Sea Hawks. Each week of Boot Camp a different core value is emphasized and this pattern is continued in their other work skills units.

The core values of Sea Hawks are:

- To be people who place God first and foremost in all that we do.
- To be people who show God's love to the world around them.
- To be people of Honor.
- To be people of Excellence
- To be people of both physical and moral Courage.
- To be people of Integrity

Life in Sea Hawks

To begin this, we must say that firstly life in Sea Hawks / Friend Ships is very different from that at home.

Participant's days are very structured with set wake up, study, meal work and free times. The day starts with scheduled personal time spent with God. This helps us set the atmosphere for the rest of the day by giving God the "First fruits" of our time. The rest of the day is split up into chores, physical exercise, work skills training, outreach projects, group Bible study, meals and free time. Though it does seem like the days are long much of the "Work" time is in fact spent on things that would normally be done in your "Free" time, these include such things as personal time spent with God, house keeping tasks and physical exercise regimen.

We do our best to have the evenings free from 20:00 onwards and to have Saturday afternoons and Sundays free as well. From time to time we may have the opportunity to be a part of training provided by an outside group and in these times we need to work around their schedule rather than our own. There will be some reading and study as well as scripture memory that will have to be done in your own time.

Church attendance is required by all those that participate and there are many very good Bible believing Churches here in town that you may attend. Though your "Free" time is that, we encourage that you spend it wisely and get the most out of your time here building up relationships with your team mates and your God. You are responsible for making the most of the opportunities that come your way and we have found that this is a great time to seek what God has for your life.

As Friend Ships is a disaster response ministry we often have to drop what ever we are doing to be able to help in a time of need. There will be times in which everything changes very quickly and you must be flexible and able to adapt so that you can respond to whatever the need is. This is normal so don't let it surprise you too much when it happens. Our daily

routine may be upset on deployments that require around the clock staffing and you may find yourself on a different schedule than some of your team mates.

There are times when we are working in a disaster situation that the day will not end until the work is over and in the past this has meant having to work extremely long hours with only short rest periods.

During your time you will meet people that come from very different Church, social and cultural backgrounds. On foreign deployments the people that we are working with may not even speak the same language that we do. We have found that these can be great times of fellowship and bonding when we choose to see our similarities rather than our differences.

For example: On a mission to Haiti we found that the local people that we were working with came from a different social background than us, they spoke a different language than what we did, our Church background was different. But we were brothers in Christ and it was on that similarity that some great friendships were built.

You will be living onboard one of the vessels that are owned and operated by Friend Ships Unlimited and that in itself is a great change from what you may be used to. Ship board life requires one to truly lay down their lives for their brother. Sleeping quarters are tight and space is very limited.

We enjoy many of the comforts that other “Missionary’s” don’t get to have such as good meals, clean bathrooms and a safe living environment. However it often still takes time to adjust to the changes that you will face. The biggest is that of now having to live in a communal environment and becoming a member of a team rather than just being an individual. Give yourself at least 6 weeks to become adjusted to these changes and remember that God is with you in this

time and that He is a good and faithful God.

You will face many changes and challenges during your time here in Sea Hawks and many of them will be difficult and hard. Remember this, “If the task was not difficult then anyone would be able to do it, God is calling those that are prepared to step up to do not just the difficult tasks but, without Him, the impossible. Are you prepared to step up?”

Sample day

05:00 Wake up call.
05:30 Personal devotion time.
06:30 Physical Training.
07:30 Breakfast.
08:00 Housekeeping chores.
09:00 Work Skills.
12:00 Lunch.
13:00 Work Skills.
16:00 Neighborhood project.
17:30 Dinner
18:30 Housekeeping chores
19:00 Team Bible study
20:00 Free Time.
22:00 Lights Out.

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