

Schedule for Service Trip to BROKEN HILL

(NOTE: time and activities subject to variation)

Wednesday 10 July

Location	Times	Activity
Penrith Station to Dubbo	Meet 7.30 am. Train departs at 7.56	Travel by Train
Dubbo to Broken Hill	Leaves at 2:15pm. Arrive at 10:45pm.	Travel by Bus
		Silver City Tours bus to BCA House (10 mins)

DAILY DEVOTION: with craft activity on train

Ms Beth Hazell

Ecclesiastes 4:12

'Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.' **GOD, FRIENDS, SELF**

"How beautiful are the feet of those who bring good news!" Rom.10:15

"Offer your bodies as living sacrifices...if it is service, let him serve" Rom.12: 1,7

REFLECTIONS:



(seen)

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(heard)

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(thoughts)

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Thursday 11 July

Location	Times	Activity	Variations
BCA House	7.30 am	Breakfast	
	8 am	Briefing	
	9 am	Teams begin	
	12.30 pm	Lunch	
	1.30-4pm	Team work	
	4pm	End of day's activities Afternoon Tea Free Time	
	5.30 pm	Writing of reflections	
	6 pm	Dinner Time	
	8 pm	Devotion Team Meeting Bedtime	

DAILY DEVOTION: Mr Alastair McCallum

"How beautiful are the feet of those who bring good news!" Rom.10:15

"Offer your bodies as living sacrifices...if it is service, let him serve" Rom.12: 1,7

REFLECTIONS:



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Friday 12 July

Location	Times	Activity	Variations
BCA House	7.30 am	Breakfast	
	8 am	Briefing	
	9 am	Teams begin	
	12.30 pm	Lunch	
	1.30-4pm	Team work	
	4pm	End of day's activities Afternoon Tea Free Time	
	5.30 pm	Writing of reflections	
	6 pm	Dinner Time	
	8 pm	Devotion Team Meeting Bedtime	

DAILY DEVOTION: Mr Nathan Young

“Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that testing of your faith develops perseverance” James 1:2-3

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Saturday 13 July

Location	Times	Activity	Variations
BCA House	7.30 am	Breakfast	
	8 am	Briefing	
	9 am	Teams begin	
	12.30 pm	Lunch	
	1.30-4pm	Team work	
	4pm	End of day's activities Afternoon Tea Free Time	
	5.30 pm	Writing of reflections	
	6 pm	Dinner Time	
	8 pm	Devotion Team Meeting Bedtime	

DAILY DEVOTION: Mr Alastair McCallum

"Everyone should be quick to listen, slow to speak and slow to become angry for a man's anger does not bring about the righteous life that God desires." James 1:19-20

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Sunday 14 July

Location	Times	Activity	Variations
BCA House	8 am	Breakfast	
	8:30 am	Briefing	
	9 am	Teams begin – finish service work if needed	
	12.30 pm	Lunch	
	1.30-4 pm	Finalise rehearse skits for	
	5pm	Dinner	
	5.30 pm	Leave for Church	
	8 pm	Devotion Team Meeting – some cleaning and packing Bedtime	

DAILY DEVOTION: Mr Nathan Young

“We all stumble in many ways. If anyone is never at fault in what he says, he is a perfect man, able to keep his whole body in check.” James 3:2

REFLECTIONS:



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(heard)

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(thoughts)

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Monday 15 July

Location	Times	Activity	Variations
BCA House	7.30 am	Breakfast	
	Return hire car and Bus pick-up	Sightseeing: Royal Flying doctor Service (RFDS) Miners Memorial Silverton	
		Dinner	
	8 pm	Devotion Team Meeting and farewell activities Cleaning and packing Bedtime	

DAILY DEVOTION: Ms Beth Hazell

“If it is the Lord’s will, we will live and do this or that.’ As it is, you boast and brag. All such boasting is evil.

Anyone who knows the good he ought to do and does not do it, sins.” James 4:15-17

“The prayer of a righteous man is powerful and effective” James 5:16

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Tuesday 16 July

Location	Times	Activity
		Get up and pack bedding
		Pack bus and final check all is clean
		Silver City bus to station
Broken Hill to Penrith	Departs 7:45.am. Arrives at 8:50pm	Train

Ecclesiastes 4:12

'Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.' GOD, FRIENDS, SELF

Reflection: how has your understanding of this verse changed over the last week?

REFLECTIONS:



(seen)

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(heard)

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(thoughts)

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Cooking Team Risk Assessment

Risk	Risk Minimisation
Sharp utensils	Carry knives with point down Don't leave knives in washing-up water Wear gauntlets Cut away from body No knife fighting
Hot surfaces	Don't put your head or your hamster in the oven Don't touch hot surfaces/objects Wear oven mitts when removing things from oven Don't leave stove or oven unprotected
Hygiene	Wash hands before and after handling food Beware of cross contamination Tie hair back Keep kitchen surfaces clean Wash up everything
Trip/slip risk	Clean up spills immediately Keep area tidy Nothing unnecessary on the floor or bench Don't congregate in the kitchen Rubbish in appropriate bins Wear closed in shoes
Electricity	Keep electrical items away from water Ensure leads are not damaged Keep power points off unless in use Don't put fingers into power points
Food storage	Keep containers sealed Keep appropriate food in the fridge

You have been warned!!!!

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"DOES THIS TASTE LIKE IT MIGHT HAVE ACCIDENTALLY GOTTEN SOME RAT POISON IN IT?"



You have been warned!!!!



Just Kidding! Our food is always amazing!

Risk Assessment Maintenance Team

- Gardening
 - o Objects/Tools:
 - Pick an area where we put all the tools (E.g. for Lunch)
 - Put tools away @ the end of the day
 - Rakes: Spikes down
 - Ladders:
 - Stay off the top rung
 - Don't walk under ladders
 - Shovels
 - Outside Brooms
 - Hoses
 - Buckets
 - Pruning scissors: No running around
 - o Clothing:
 - Gloves: BRING GARDENING GLOVES
 - Long pants/sleeved shirts (old clothes) [flannies]
 - Closed in shoes
 - Hat
 - Sunglasses
 - Sun-block
 - o Practices:
 - Clean up as you go (E.g. pruning plants)
 - If using heavy equipment (rakes, shovels) keep a distance away from the person
 - Also, don't approach people from **BEHIND**
 - Sing-a-long Playlist: Courtesy of Linnie and Chris.¹
- Cleaning
 - o Tools:
 - Spray bottles
 - Brooms
 - Mo(o)ps
 - Buckets
 - o Clothing:
 - Gloves: Wear gloves whilst working with cleaning liquids
 - o Practices:
 - FUMES: Beware of fumes
 - Dust-y-ness Areas: Beware of... Dust (inhaling).
 - Mo(o)pping: Use your muscles... seriously, use force. (both hands on the mop)
 - Don't randomly use spray bottles – (Not in people's faces unless its dowdy)

¹ Taylor Swift, Queen, High School Musical (1,2,3), Katy Perry, Switchfoot, The Fray, The Script, The Beatles, ACDC, Carley Rae Jepsen, Blink-182, Beyonce, JB, 1D, Bruno Mars, Adele, Pink, Beech Boys, U2, Of Monsters and Men.

OH&S Risk Assessment for Painting Team

Activity	Possible Hazard	Minimise Risk	Equipment Needed
Scraping Paint	Cut yourself with blade	Scrape away from yourself, wear gloves	Scraper, gloves
	Inhalation of toxic materials	Wearing a mask	Disposable mask
Sanding	Inhalation of dust	Wear a mask	Disposable mask, sand paper and sanding blocks
Washing down walls	Sugar soap is caustic	Mix according to instructions, wear rubber gloves, goggles	Sugar soap, gloves, goggles, stirring stick
	Floor surface becomes slippery	Wear rubber-soled shoes, sweep floor often, keep buckets on floor and against walls	Rubber-soled shoes, brooms
Ladders	Reaching and falling	Make sure ladder is level and that you don't reach.	Ladders, rubber square off-cuts
Painting	Spilling of paint	Ensure all paint is in the tray and that the lids are on the tins when not being used. Store tins against the wall, out of the way. Wipe up spills immediately.	Paint, trays, brushes, rollers
	Paint in eyes	Rinse straight away, blink a lot, do NOT touch eye with hands.	Water, brushes, old milk crates
General Guidelines			
Always give way of the person carrying paint or equipment			
Don't leave items lying around.			
Sweep up as you go			
No running			
Knock on doors before entering			
Don't drink the paint			

Blessed Be Your Name

Blessed Be Your Name
In the land that is plentiful
Where Your streams of abundance flow
Blessed be Your name

Blessed Be Your name
When I'm found in the desert place
Though I walk through the wilderness
Blessed Be Your name

[Pre-chorus]
Every blessing You pour out
I'll turn back to praise
When the darkness closes in, Lord
Still I will say

[Chorus]
Blessed be the name of the Lord
Blessed be Your name
Blessed be the name of the Lord
Blessed be Your glorious name

Blessed be Your name
When the sun's shining down on me
When the world's 'all as it should be'
Blessed be Your name

Blessed be Your name
On the road marked with suffering
Though there's pain in the offering
Blessed be Your name

[Pre-chorus]

[Chorus]

You give and take away
You give and take away
My heart will choose to say
Lord, blessed be Your name

[Chorus]

