The John and Vera Mae Perkins Foundation

Micah Missions

Service Learning Handbook



He has shown you, O' man, what is good; And what does the LORD require of you But to do justly, to love mercy, And to walk humbly with your God?

- Micah 6:8

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1. Micah Mission Team Checklist

The checklist below will help prepare your group for their trip to Jackson, MS! This list is by no means exhaustive, but is meant to assist you in preparations. There are blank spaces for you to add your own items to the checklist.

□ Discuss and approve dates for your trip with Elizabeth Perkins <u>info@jvmpf.org</u> .
□ Make \$450 deposit to reserve team's place on the JVMPF calendar. Make checks payable to:
The John and Vera Mae Perkins Foundation
P.O. Box 10773 Jackson, MS 39289
□ Send a summary of your team members: (age, skills, number of males vs. females and leaders vs. students).
☐ Meet with your team to go over trip details prior to departure.
□ Read and discuss a book by Dr. John M. Perkins.
(See section 11 for list of current books)
□ Have each team member fill out a waiver & emergency contact form, located at the back of this handbook
□ Contact Elizabeth Perkins at info@jvmpf.org with any questions you may have.
□ Email your departure time and time of arrival as soon as possible.
□ Send final team payment before departure or bring a check with you to Jackson.
Additional Notes
□

2. Introduction to The Perkins' Ministry







Our Founders- Drs. John & Vera Mae Perkins

Drs. John and Vera Mae Perkins have dedicated more than 60 years to full-time ministry, leaving a profound mark on communities around the world. In 1947, John Perkins left Mississippi after enduring the devastating injustice of his brother being murdered by a town sheriff. Yet, in 1960, with a heart full of hope and a vision rooted in the Gospel, John and Vera Mae returned to Mississippi with their young family to spread the redemptive love of Jesus Christ.

Their return placed them in the heart of the Civil Rights Movement, where Dr. Perkins' bold stand for justice and leadership in organizing the community led to repeated harassment, imprisonment, and even being tortured nearly to death. Through it all, John and Vera Mae remained steadfast in their commitment to the Gospel and to the poor and marginalized.

This faithfulness birthed a national movement. In 1976, Dr. Perkins published his first book, *Let Justice Roll Down*, now considered a classic. Over the years, he authored many more, shaping what is now known as the philosophy of Christian Community Development—empowering communities from within by nurturing local leadership, economic development, and justice.

Vera Mae Perkins played a pivotal role in nurturing children through Good News Clubs and her work with Child Evangelism Fellowship (CEF), sowing seeds of faith across generations. She and their children were foundational partners in demonstrating Christian Community Development in Jackson, Mississippi, and Pasadena, California.

In 1983, the John and Vera Mae Perkins Foundation was established to further the mission of justice, reconciliation, and community development on a national scale.

Throughout their ministry, Dr. John Perkins has been awarded 19 honorary doctorates and numerous accolades for his work in leadership, community development, and reconciliation. Dr. Vera Mae Perkins has also been recognized with numerous honors, including awards from CEF and an honorary doctorate for her invaluable contributions to the movement.

Today, Dr. John and Dr. Vera Mae Perkins are officially retired from active leadership. Though no longer traveling or leading day-to-day operations, they remain beloved, prayerful encouragers of the next generation carrying forward the mission. Their legacy lives on through the work of the John & Vera Mae Perkins Foundation, the ongoing movement of Christian Community Development, and the countless lives transformed by their example of faithfulness, justice, and love.

We are honored to continue their mission—and to have you be a part of it.

About The John & Vera Mae Perkins Foundation (JVMPF)

In the 1980s and 1990s, Dr. John Perkins' eldest son, Spencer Perkins, founded the Antioch Community in West Jackson, Mississippi. This intentional, diverse Christian community pioneered national conversations on race, reconciliation, and what it means to live out the Gospel across racial and economic divides. Antioch became a beacon of hope and a model for Christian Community Development nationwide.

In 1998, the unexpected passing of Spencer Perkins from a heart attack devastated both the Antioch Community and the Perkins family. In the midst of their grief, Dr. John and Mrs. Vera Mae Perkins chose to honor Spencer's life and vision by establishing a foundation and community center in the very neighborhood where Antioch had flourished.

Today, the John and Vera Mae Perkins Foundation (JVMPF) continues to serve as a positive, stabilizing presence in West Jackson and beyond. Rooted in the enduring vision of Drs. John and Vera Mae Perkins and Spencer Perkins, the Foundation exists to advance the Gospel through reconciliation, justice, and Christian Community Development.

The Foundation's work centers around several core commitments:

- Youth Leadership Development: Investing in the next generation through mentorship, camps, educational support, leadership training, and transformational trips that inspire young people to live with purpose and impact.
- **Community Empowerment**: Walking alongside our neighbors to promote community health, sustainability, and justice—addressing systemic challenges through local, biblically rooted efforts.
- **Reconciliation and Education**: Through initiatives like the Perkins Justice Pilgrimage, we lead individuals and groups on transformative journeys into the

- story of America's racial history, providing space for reflection, repentance, healing, and actionable hope.
- National and Global Influence: Through partnerships with churches, schools, and organizations across the country, and through our Perkins Legacy Schools, we equip a new generation to live out the principles of reconciliation, justice, leadership, and Christian community development around the world.

The Perkins Foundation remains a living testimony to the power of faith, justice, and reconciliation—continuing to inspire movements, equip leaders, and transform communities across the world.

3. Pre-Arrival Information

We are thrilled to welcome you to Jackson, Mississippi, and the John and Vera Mae Perkins Foundation for your Micah Missions experience!

Before you arrive, we encourage you to review the following guidelines and tips to help you get the most out of your time with us. Please come ready to be flexible—accommodations and schedules may occasionally shift based on the needs of the ministry. If there are any changes, we'll keep you in the loop!

4. Group Size

We typically host groups of 8–25 volunteers, but if you have a larger or smaller team, please let us know at least **one month in advance** and we'll do our best to accommodate you!

For the smoothest experience, we recommend bringing at least one skilled worker for every five students or unskilled workers. It's a huge help in managing projects.

5. Fee and Deposit

Each participant contributes \$400 per person to cover housing, staffing, and help support ongoing project costs. (This amount does not cover meals or transportation)

In addition, we ask each group to consider sponsoring your project with a gift between \$2,500 and \$10,000, depending on your capacity. Every dollar goes directly into impacting the community!

□ \$2,500	□ \$5,000	□ \$7,500	□ \$10,000

→ To reserve your spot, a non-refundable \$450 deposit is required. This deposit counts toward your overall total and secures your dates.

If something comes up and you need to cancel, your deposit can be applied to a future trip if used within 365 days of the original date (with a 30-day notice).

Mail your deposit check to:

John and Vera Mae Perkins Foundation

P.O. Box 10773

Jackson, MS 39289

6. Arrival and Departure

We usually schedule mission trips Saturday to Saturday.

→ Plan to arrive by 7:00 PM on Saturday evening and depart by noon the following Saturday.

7. Housing

We are excited to welcome you to Jackson! Living accommodations are provided on the JVMPF campus, with two housing locations available for mission teams.

The Micah House is our primary residence for volunteers and is divided into two sides, each with 10 beds, for a total of 20 beds. Additional lodging space is available on campus when needed to make sure everyone is comfortably accommodated.

The cost of lodging is included in your per-person contribution.

We ask that you come ready to be flexible, as housing assignments may vary depending on group size and campus needs. Thank you for your understanding and teamwork spirit!

Meals: Your group is responsible for purchasing and preparing your meals.

The Micah house has a full kitchen stocked with cookware and utensils.

We encourage you to experience the community and enjoy local Jackson restaurants too—we've included a list of our favorites in your packet!

8. Work and Dress

Our days kick off with Bible Study at 8:00 AM, and we usually head out to serve by 9:00 or 9:30 AM.

Be ready to roll up your sleeves—serving might get dirty and sweaty, so we recommend comfortable work clothes and sturdy shoes. Heavy-duty work boots are not required, but they're definitely helpful if you have them!

Sunday Church Service: Please wear comfortable, modest church attire appropriate for worship.

Museum Visits and Field Trips: When visiting places like the Civil Rights Museum or the Medgar Evers Home, we ask that you wear casual but respectful attire—something neat, clean, and comfortable for walking.

(For more details, check the Packing List at the end of this packet!)

9. Evenings

In the evenings, we'll gather for fellowship and deeper conversations about reconciliation, justice, and community development.

Activities may include:

- Watching a film
- Dinner or storytelling with staff
- Time for your group's own activities or exploring the city

We're here to help—let us know if you need advice or recommendations on local spots.

10. Internet

WiFi is available in the Micah House. Passwords for the network are posted in the volunteer house.

11. Suggested Readings

To deepen your experience at JVMPF, we highly encourage you to read one or more of Dr. John Perkins' books before your arrival. His writings will help you better understand the heart of our mission—reconciliation, justice, and Christian community development.

Here are some great options to explore:

- 1. **One Blood: Parting Words to the Church on Race and Love** (A powerful call for unity and the Church's role in healing racial division)
- Count It All Joy: The Ridiculous Paradox of Suffering (Reflections on suffering, perseverance, and faith through the lens of Dr. Perkins' life experiences)
- 3. He Calls Me Friend: The Healing Power of Friendship in a Lonely World (A heartfelt look at how genuine friendships reflect God's heart)
- 4. **Dream With Me: Race, Love, and the Struggle We Must Win** (Life, legacy, and lessons from a civil rights giant)
- Let Justice Roll Down (Dr. Perkins' moving personal testimony—an essential read)
- 6. Let Justice Roll Down: Youth Edition (A powerful and accessible version of his testimony written specifically for students and young readers)
- 7. **With Justice for All** (A foundational book on justice and practical community development)
- 8. **Beyond Charity: The Call to Christian Community Development** (A deeper dive into the philosophy behind holistic, sustainable ministry)
- 9. Welcoming Justice: God's Movement Toward Beloved Community (co-written with Charles Marsh)
- 10. Making Neighborhoods Whole: A Handbook for Christian Community Development (co-written with Wayne Gordon—outlines the 8 principles of CCD)

Each of these books will give you a deeper understanding of what it means to "love mercy, do justice, and walk humbly with God" as we seek to transform our communities and our world.

12. Housing Accommodations

Welcome!

We are deeply grateful for every volunteer and mission team. Your partnership helps extend our ministry's reach. We pray your time in Jackson is both meaningful and life-changing. Please review the following information regarding housing accommodations so you are better prepared for your trip to Jackson.

The Basics:

Micah House: 20 beds across two sides.

JVMPF staff may assign alternate housing on our campus or nearby if needed (you'll be informed in advance).

Included in the House:

- Full-service kitchen (with dishwasher, refrigerator, utensils, etc.)
- Washer and Dryer
- Showers and bathrooms
- Dining tables and cozy living room seating- your team is welcome to bring board games and group activities

Basic supplies like toilet paper, paper towels, and large trash bags can be acquired when grocery shopping at the beginning of your stay.

13. House Rules

We're so glad to have you staying with us! To help keep the Micah House clean, comfortable, and welcoming for everyone, please review and follow these important guidelines:

Note: if you are staying in a different lodging place on our campus, the same rules will apply! Please ask a JVMPF staff member if you have any questions.

1. Cleaning Supplies:

At the end of your stay, your team is responsible for cleaning the volunteer house.

Limited cleaning supplies are located in the kitchen closet. (Thank you for leaving the house ready for the next group!)

2. Laundry:

There's a washer and dryer available at the Micah House. Many groups choose to wash clothes throughout the week (clothing may get dirty and sweaty when you're working on a service project).

→ Please wait until you have a **full load** before washing—this helps conserve water and energy.

3. First Aid Kit:

A small First Aid Kit is available in the Volunteer House for minor cuts and scrapes. It's not extensive, so if you have specific medical needs, please bring any personal supplies you might need.

4. Garbage:

Trash pickup happens on Tuesday and Friday mornings.

→ Please bag all trash and place it in the large garbage bins. These should be placed out by the street the night before trash pickup occurs.

After pickup, return the empty cans to their place behind the fence.

5. Sleeping Arrangements:

The Micah House is divided into two sides, each with 10 beds.

Typically, groups choose to have men on one side and women on the other.

6. Drugs, Alcohol, and Weapons:

For the safety and integrity of our ministry, no drugs, alcohol, or weapons are allowed on the property.

7. Repairs:

If you notice anything that needs attention (plumbing, heating, cooling, etc.), please report it in writing to the main office as soon as possible.

We want to keep the house in great shape for everyone!

8. Exit Cleaning:

Before you leave, your group is responsible for cleaning the Micah House.

→ Please refer to the Exit Cleaning Checklist provided and complete all tasks.

Before you head out, leave the finished checklist on the kitchen counter.

14. Security Guidelines

We truly love our neighborhood and believe it's a wonderful place to live and serve.

At the same time, your safety is very important to us. Please review and follow these important guidelines while you're here:

Vehicle Safety:

Please park all vehicles inside the gated area.

- → To help protect your vehicle, we ask that you leave cars UNLOCKED and remove all valuables. (This decreases the risk that a vehicle might be broken into to retrieve goods that may have been left inside.)
 - 2. Walking on JVMPF Grounds:

Feel free to walk around campus if the gates are unlocked, as long as you're not interfering with any afterschool or summer camp activities.

3. Respecting Residents and Guests:

Please respect the privacy of those living in staff housing and guests staying in the guest houses.

- → Some of our team members live on-site full-time!
 - 4. Walking in the West Jackson Community:

While we hope you'll see the beauty we see here, we strongly discourage walking alone, especially after dark. There are serious risks to being alone in an area you are unfamiliar with.

- → Please use common sense when deciding where and when to walk or jog.
- → Be alert for loose dogs in the area; they can be aggressive.

If you have questions, please ask a JVMPF staff member!

5. Shopping and Supporting Local Businesses:

We encourage you to support local businesses!

→ Westland Plaza has Grocery Depot, Walgreens, and other great places.

If you need additional shopping suggestions, we're happy to help!

6. Neighborhood Children:

For everyone's safety, neighborhood and program children are not allowed inside the Micah House **at any time**.

7. Giving Money or Rides:

Please do not give money or rides to anyone in the community, even if asked. While we do engage the community, it is always necessary to do this in a wise way.

- → If a need arises or you are unsure, immediately notify a JVMPF staff member.
 - 8. Door Code:

Your team leader will receive a door code to secure the Micah House.

- → Please make sure doors are locked whenever you leave or return to the house.
 - 9. Locks:
- → Keep all doors locked at all times—even when you are inside.

→ As mentioned earlier, leave your cars unlocked and empty to help prevent break-ins.

10. Lights:

Please make sure that all exterior lights are turned on at night to keep the grounds well-lit and safe.

- 11. Blinds:
- → Blinds should be closed at night for privacy and security.
- → It's fine to leave them open during the day.
 - 12. Coffee Makers and Other Appliances:
- → Always double-check that coffee makers, ovens, and any other appliances are turned off before leaving the Micah House each morning.

15. Important Phone Numbers

The JVMPF Office - 601.354.1563
Police and Ambulance- Call 911
St. Dominic's Hospital - 601.200.2000
Baptist Hospital - 601.968.1000
University of MS Medical Center - 601.984.1000

16. Places

Medical Centers/Hospitals

- University of Mississippi Medical Center (601) 984-1000 2500 North State Street Jackson, MS 39216
- Baptist Medical Center (601) 968-1000
 1225 North State Street Jackson, MS 39209
- St. Dominic's Memorial Hospital (601) 200-2000
 969 Lakeland Drive Jackson, MS 39216

Grocery Stores

Grocery Depot
 2526 Robinson Street Jackson, MS 39209

- Walmart
 2711 Greenway Dr. Jackson, MS 39204
- Kroger
 4910 Hwy 55 N Jackson, MS 39211

Local Restaurants

- Stamps Burger *Phone:*(601) 352-4555 1801 Dalton St Jackson, MS 39204 *Monster burgers!
- Iron Horse Grill (601) 398-0151 320 W. Pearl St. Jackson, MS
- E & L's Barbeque (601) 960-3008 136 Adams St. Jackson, MS 39203 *Great Rib tips & wings!
- Pig & Pint 3139 N State Street

Coffee

- Cups 2500 N State Street
- Soule 2943 Old Canton Rd
- Urban Foxes 826 North St

Airport

Jackson-Medgar Wiley Evers International Airport

(601) 939-5631 100 International Drive Jackson, MS 39208

Church

CityHeart Church <u>www.cityheartjackson.com</u>

824 State Street Jackson, MS 39201

17. Safety Policies and Tips

Safety Commitment: Our Zero Incident Goal

At the John and Vera Mae Perkins Foundation, the safety and health of every child, volunteer, staff member, and contractor is one of our highest priorities.

We believe that building strong communities starts with building a safe environment—for everyone.

Our ability to renovate and rebuild affordable housing, mentor youth, and serve our neighbors with excellence depends on maintaining the highest standards of safety every day.

Creating a safe and healthy environment is a shared responsibility, and we need your help to protect yourself, your teammates, and our community.

Our goal is simple: ZERO incidents.

To achieve this, every person on site—whether a volunteer, staff member, or contractor—must take personal responsibility for working safely.

→ Shortcuts, unsafe acts, and horseplay around tools or equipment are not acceptable.

Safety Policies and Procedures

Please follow these important safety procedures during your time with us:

- 1. **Orientation:** Every volunteer must complete orientation before beginning service projects.
- 2. **Equipment Use:** Only operate equipment you have been properly trained to use. If unsure, ask your Project Supervisor for guidance or alternative activities.
- 3. **Additional Guidelines:** Any extra safety instructions given at orientation must be followed along with these written policies.
- 4. **Injury Reporting:** Immediately report all injuries, no matter how small, to your Site Supervisor.
- 5. **Protective Gear:** Wear appropriate safety equipment and work clothes as instructed.
- 6. **Mandatory Safety Equipment:** If you are assigned protective equipment, you must use it at all times.
- 7. **First Aid Procedures:** Follow all medical procedures if an injury occurs.
- 8. **Safe Work Practices**: Always avoid unsafe actions or creating unsafe conditions for yourself and others.
- 9. **Reporting Hazards:** Report any unsafe conditions or incidents to your supervisor immediately.
- 10. **Fitness for Duty:** Arrive rested and ready. Alcohol and drugs are strictly prohibited and will result in immediate dismissal.
- 11. **Ask for Help:** If you need assistance to lift heavy objects or operate equipment safely, always ask your supervisor. Use back-support belts if advised.

- 12. **Comfort and Confidence:** Never perform a task you are not fully comfortable or confident completing safely.
- 13. Stay Aware: Work carefully, don't rush, and stay alert to your surroundings.
- → Tripping and falling are the leading causes of job site injuries.
- → Horseplay is never permitted around work areas.
 - 14. **Severe Injuries:** Serious first aid needs must be handled by a qualified first aid attendant or medical professional.
 - 15. **Near Miss Reporting:** Even if an accident almost happens ("near-miss"), report it immediately. This helps us identify and fix issues before someone gets hurt.

Tool Guidelines

At JVMPF, we see our tools and equipment as a valuable part of our ministry.

Taking good care of them allows us to stretch our resources and continue blessing the community for years to come! Please help us by following these tool rules:

- 1. **Tool Usage:** Always follow instructions and use tools safely and responsibly.
- 2. **Cleaning:** After use, clean all tools properly—especially items like paintbrushes, rollers, and pans.
- 3. **Returning Tools:** Make sure all tools and equipment are returned to their correct place in our secured storage areas.
- 4. **Protecting Tools:** Never leave tools or equipment outside on lawns where they could be stolen or damaged by weather.
- 5. Damages:
- → Please take good care of everything you use.
- → If equipment is deliberately damaged, your group may be responsible for replacement costs.
- → If you're unsure how to use a tool, always ask your Property Manager or Team Leader first. We're happy to help!

18. Sample Mission Team Schedule



Jackson Journey Mission Team Weekly Schedule

TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			IMPACT PROJECT	LEGACY DAY	JUSTICE JOURNEY	BUILD & BLESS	FINISH STRONG	SEND-OFF
7:00am		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
-8:30am			8am - Bible Study	8am - Bible Study	8am - Bible Study	8am - Bible Study	8am - Bible Study	Clean up House
			8:45 Be in place and ready to serve!					Use Checklist in Handbook
9:00am -		10 AM Attend		Leave at 9:00	9 AM: Jackson			Turn in
12:00pm		Church at CityHeart	Impact Project	Mendenhall	Tour	Service Projects	Service Projects	Evaluation Form to Leader
		Church		Tour	10 AM: Medgar Evers Home	Fiojecis	Fiojecis	Depart for Home
12:00			LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
-1:00pm				Stamp's Burgers				
1:00	Arrive & Settle		Service	Service	MS Civil Rights	Service	Service	
-5:00pm	In		Projects	Projects	Museum	Projects	Projects	
6:00pm	Go grocery shopping; dinner on your own	DINNER 7pm Orientation & Introduction	DINNER	DINNER	DINNER	DINNER	DINNER	
8:00pm				Watch Movie in		Group	7:30pm	
-			Antioch Conf.		Reflection Time	Reflection Time		
			Room: Passion for Justice	Room: Ghost of Mississippi			Reflection and Closure	

19. Packing List

Spring Clothing Suggestions:

- *You may want to pack additional items if your stay is longer than five days.
- o 4-7 work t-shirts (depending on stay, limited washing available)
- o 2 pairs of work pants (jeans)
- o 3 pairs of work shorts (JVMPF requires shorts no shorter than 4 inches from the knee)
- o Work Shoes
- o 2 nice shirts or tops for church and tour days
- o 2 pairs of nice pants/capris/skirts/etc. (church/tour day)
- o Enough underwear and socks for the week
- o Non-work shoes or sandals
- o Jackets, sweaters, rainwear

Summer Clothing Suggestions:

- o 4-7 work t-shirts (Light cotton—it will be HOT!)
- o 2-4 pairs of work shorts (JVMPF requires shorts no shorter than 4 inches from the knee)
- o 1 pair of work pants (jeans)
- o Work Shoes
- o 2 nice shirts or tops for church and tour days
- o 2 pairs of nice pants/capris/skirts/etc. (church/tour day)
- o Enough underwear and socks for the week
- o Hat

Toiletries:

- o Soap
- o Shampoo/Conditioner
- o Toothpaste
- o Toothbrush
- o Deodorant
- o Razor/shaving cream
- o Prescription medication
- o Contacts/contact solution/glasses

Other:

- o Extra spending money
- o Camera
- o Water bottle
- o Flashlight
- o Bible
- o Notebook/pen

20. Micah House Cleaning Checklist

Use this checklist to ensure the volunteer house is ready for our next team!

	Return gate key to key holder in Volunteer House Kitchen Lock all doors
	Clean all items and return to appropriate drawers/cabinets Wash off counter and clean stove, refrigerator, microwave, toaster, coffee pots, etc. Sweep and mop floor Lock kitchen and back door windows Make sure faucets are turned off
	Check for any personal belongings Clean toilet, tub, sinks and counters Sweep & mop floor Lock all windows Make sure all faucets are turned off
	Wipe down any dirty surfaces Check for any personal belongings and food under beds Empty trash can. Put linen in a pile on the end of beds that were used Lock all windows
	Room Wipe down any dirty surfaces Place furniture back in appropriate places Lock all windows
•	Room Wipe down all tables Stack any extra chairs that don't fit around the tables Lock all windows

Laundry Room and Showers Wipe down showers and other dirty surfaces Check for all personal belongings and empty anything left in washer/dryer Empty lint filter in machines Lock all windows Make sure all faucets are turned off
Hallways/Side Room/Toilet (next to Laundry Room) Wipe down sink and counter Wipe down any other dirty surfaces Check for any personal belonging Make sure faucets are turned off
Porches ☐ Sweep porch off ☐ Make sure all items are off the porch
Miscellaneous Make certain all lights (inside and outside) are turned off Turn off heating/cooling system Empty garbage into central garbage bin Do a final check to make sure you have all of your belongings and the house is in the same condition as when you arrived
Thank you for helping us keep the Micah House clean! Your cooperation in helping us clean the house allows us to make certain that every group can fully enjoy the facilities.