



Thank you for joining us for our first UR on the Move event - a virtual 3.5 mile run in support of our missional partner, [Avenues for Youth](#). Through this event, we not only raise funds for Avenues to continue their work, but also want to bring awareness to the heartbreaking reality of homelessness that so many of our most vulnerable young people face.

Why a 3.5 mile run? Because an estimated 3,500 young adults in MN experience homelessness on any given night.

How to use this guide: Along the route - stop & reflect on the following thoughts and questions. If you are with others, take a moment to discuss. Note to Parents: This is just a guide... please use your discretion and feel free to skip or modify based on the ages of your kids.

Start

What do you think would be the hardest part of not having a home? If you did not have a place to live, what things would be most important to you? What has been your experience with homelessness? What is your response when you encounter people experiencing homelessness in your community?

Mile 1

Consider these statistics about adults experiencing homelessness. These statistics are from the [2018 Minnesota Homeless Study](#) - a statewide survey conducted by Wilder Research). 56% have had difficulty getting housing because there was no housing they could afford. 73% have experienced at least one [adverse childhood experience](#). 81% have a chronic physical health condition. 57% have a serious mental illness. What is most surprising? How might this shift your understanding?

Mile 2

Having a home is so much more than a shelter over our heads. Home is where memories are made and stories are written. Home is where we find a place of rest and retreat. Home is most often the place from which we make meaning in the midst of an ever-changing world. Make a mental list of all the things that home means to you. Scripture encourages us to "mourn with those who mourn" - Romans 12:15. Take a moment to feel sadness or grief over the fact that not all people will experience the feeling of home when they lay their heads down tonight.

Mile 3

Imagine where you will be in 10 years - what dreams do you have for yourself? The mission of Avenues is to "partner with youth experiencing homelessness to achieve their dreams." What dreams do you think these young people have? Avenues believes, "youth are resilient, inspiring, and the drivers of their own journey. With stability, trust and youth-centered supports, their dreams can become reality." Hold 30 seconds of silence as a form of prayer that young people experiencing homelessness will experience their dreams becoming reality.

Finish!

Congratulations! You made it! Take a moment to pray and commit today to taking one next step beyond the virtual event. The next page is filled with resources, next steps, and ideas of how to pray.

UR ON THE MOVE

Resources & Next Steps



PRAY

Pray for those experiencing homelessness. Pray for those whose life work is to address this injustice. Pray for leaders and policy-makers to work toward more equitable solutions. Pray for more affordable housing, for more caring hands, for God to stir our hearts, and for more people of faith to be willing to listen, learn, and pursue justice with humility.



LEARN

This resource from [St. Stephen's](#) offers a quick breakdown of facts and statistics as well as many great links to explore further!

If you have kids at home, [Doing Good Together](#) put together this [helpful guide for families](#).

WATCH



This [PBS video](#) put together here in Minneapolis offers helpful insights.

This [TedTalk](#) offers a simple but important reminder.

This [Instagram Live interview](#) highlights the important work of Avenues for Youth.

STAY CONNECTED LOCALLY

In addition to Avenues, there are many amazing organizations at work! Take a moment to learn or get involved!

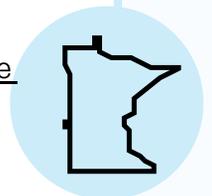
[Envision Community](#)

[Beacon Interfaith Housing Collaborative](#)

[You Are Loved](#)

[Simpson Housing Services](#)

[St. Stephens](#)



SHARE RESOURCES WHEN POSSIBLE

Whether it is in the form of [volunteering your time](#), sharing financial resources, [using your voice](#) to advocate for affordable housing policies, don't underestimate the goodness of one small step.



AND DON'T FORGET...

If you haven't already - we would love for you to snag a photo. Tag us on social media [@urminneapolis](#). And if you share proof of your completed run (through the Strava app or social media), UR will make a \$10 donation for each participant to Avenues for Youth!

