



SCHOOLS *of* DISCIPLESHIP

PROGRAM REQUIREMENTS

STEP 1

RUHOMES.ORG



SCHOOLS *of* DISCIPLESHIP

RU RECOVERY MINISTRIES MEN'S AND WOMEN'S SCHOOLS OF DISCIPLESHIP

Dear Friend,

Thank you for your interest in the RU School of Discipleship. I trust that this packet will answer your questions regarding the program.

Our mission is to train and empower men and women to live victorious Christian lives, enabling them to have permanent victory from any and all crippling sins. Let me say this, our program is hard and we are very serious about this ministry. However, if you are serious about changing your life for the glory of God and willing to learn to let God do the work, we can help you. Remember this, the only permanent change is change that comes from within: and this is a change that only God can do. So, with the discipline of structure, your determination to complete the program, and the wonderful grace of God... victory is possible! We will introduce you to all three while in our homes.

In order to be considered for enrollment, you must follow each of these steps in their entirety:

1. Fully read and understand Program Requirements. (Step 1)
2. Fax Application Packet. (Step 2)
3. Fax Supporters Agreement. (Step 3)
4. Call to complete phone interview. This will take place once the application is received and reviewed within 24 hours.

You must personally seek help. No second party requests will be considered after the application is received. Our schools boast a success rate that is unparalleled in comparison to secular addiction programs. We represent one of the most successful, if not the most successful, method in America. We do so at a cost far less than other comparable or reputable programs. Once again, thank you for your interest in the RU School of Discipleship. If God leads you to this ministry, we will join with you in a commitment to rebuild a life that has true freedom found only in Jesus Christ!

Sincerely Yours,

Dr. Paul Kingsbury
RU Recovery Ministries Co-Founder

PROGRAM REQUIREMENTS

FULL PROGRAM COST: \$7500 | This is a mandatory fee and is not refundable

PHASE REQUIREMENTS

Phase One (minimum of 45 days)

1. Complete the *Challenger* Workbook
2. *"It's Personal" Daily Journal*
3. View a principle a day, every weekday
4. Attend all evening training functions
5. Six individual student intervention meeting sessions with the Intervention Mentor (SIP)
6. Read *Nevertheless I Live* chapters 1-2 by Steve Curington
7. Read *Distressed, Oppressed, or Possessed?* by Steve Curington
8. Your First Phase will be evaluated by the Dean of the Home upon completion.

Phase Two (minimum of 45 days)

1. Complete the *Transformer* Workbook
2. *"It's Personal" Daily Journal*
3. View a principle a day, every weekday
4. Attend all evening training functions
5. Four individual student intervention meeting sessions with the Intervention Mentor (SIP)
6. Read *Nevertheless I Live* chapters 3-4 by Steven Curington
7. You must pass the *Transformer* level test to enter into Phase Three.
8. Your Second Phase will be evaluated by the Dean of The Home upon completion.

Phase Three (minimum of 45 days)

1. Complete the *Conformer* Workbook
2. *"It's Personal" Daily Journal*
3. View a principle a day, every weekday
4. Attend all evening training functions
5. Three individual student intervention meeting sessions with the Intervention Mentor (SIP)
6. Read *Nevertheless I Live* chapters 5-7 by Steven Curington
7. Read *Tall Law* by Steven Curington
8. You must pass the *Conformer* level test to enter into Phase Four.
9. Your Third Phase will be evaluated by the Dean of The Home upon completion.

Phase Four (minimum of 45 days)

1. Complete the *Reformer* Workbook
2. *"It's Personal" Daily Journal*
3. View a principle a day, every weekday
4. Attend all evening training functions
5. Two individual student intervention meeting sessions with the Dean (SIP)
6. Read *Nevertheless I Live* chapters 8-10 by Steven Curington
7. You must pass the *Reformer* level test in order to graduate.
8. To graduate you must be have a final evaluation with the Dean of the home.

MEN'S DAILY SCHEDULE

Monday – Friday

4:30 AM | Wake up / get dressed / breakfast
5:30 AM | “It’s Personal” daily devotions
7:30 AM | Workday begins
4:30 PM | Workday ends
5:00 PM | Dinner
5:30 PM | Chapel
6:30 PM | Leave for evening function
 Wednesday- Mid-week church service
 Friday- RU local chapter meeting
9:00 PM | Study, fellowship, relax
10:00 PM | Mandatory lights out

Saturday

7:00 AM | Wake up / get dressed / breakfast
9:30 AM | Bible class
4:00 PM | Study, fellowship, relax
5:30 PM | Chapel
11:00 PM | Mandatory lights out

Sunday

7:00 AM | Wake up / get dressed / breakfast
9:30 AM | RU Sunday School class
10:45 AM | NLBC service
12:30 PM | Afternoon: relaxation time
6:00 PM | NLBC evening service
8:00 PM | Study, fellowship, relax
10:00 PM | Mandatory lights out

WOMEN'S DAILY SCHEDULE

Monday – Friday

5:00 AM | Awake for the day / breakfast
6:00 AM | “It’s Personal” daily devotions /
 get dressed
8:00 AM | Workday begins
4:30 PM | Workday ends
5:00 PM | Dinner
5:30 PM | Chapel
6:30 PM | Leave for evening function
 Wednesday- Mid-week church service
 Friday- RU local chapter meeting
9:00 PM | Study, fellowship, relax
10:00 PM | Mandatory lights out

Saturday

8:00 AM | Awake for the day
9:00 AM | Clean buildings
4:00 PM | Study, fellowship, relax
5:30 PM | Chapel
11:00 PM | Mandatory lights out

Sunday

7:00 AM | Awake and get ready for the day
9:30 AM | RU Sunday School class
8:30 AM | NLBC service
12:30 PM | Afternoon: relaxation time
6:00 PM | NLBC evening service
8:00 PM | Study, fellowship, relax
10:00 PM | Mandatory lights out

GENERAL RULES

THINGS TO BRING

- MEN: You will need at least 3 work shirts, 3 pair of work pants, 3 casual shirts, 3 pair of dress slacks, at least 5 white crew neck t-shirts, a pair of work shoes, a pair of recreational shoes and a pair of dress shoes.
- LADIES: You will be permitted to wear a limited amount of dress attire. Please do not bring excess amounts of clothing. Extra clothing will be stored in an inaccessible location.
 - You will need at least 3 church dresses, and/or 3 skirt and shirt outfits.
 - Bring a pair of work shoes and a nice pair of shoes for church, as well as proper hosiery.

- NOTE: Please keep in mind we do have some cold weather here. We advise you to bring clothing suitable to the particular season you will be here.
- Personal hygiene items, towels, shower shoes, and sleepwear
- Alarm clock (without radio, cassette, or CD player)
- Complete Bedding- twin bed (sheets, blanket, pillow, and pillowcase)
- Prepaid phone card
- Proper ID: You must bring 2 forms of identification. If you do not have 2 forms of ID, please bring your birth certificate so that we might help you obtain proper identification while you are here.
- Supplies:
 - King James Bible
 - Paper
 - White, ½ inch three ring binder
 - 3x5 cards, pens, envelopes, stamps, etc.

PLEASE NOTE: It is your responsibility to bring these items.

PROHIBITED ITEMS: I CORINTHIANS 6:19

- Drugs/alcohol/pornography/tobacco
- Electronic equipment or audio/video playing devices
- Unauthorized medications (must be pre-authorized by RU Admissions)
- Unauthorized medicinal sleeping aides (must be pre-authorized by RU Admissions)
- Music (music will be provided by RU RECOVERY MINISTRIES)
- Men: Body jewelry of any sort, including earrings and necklaces. Only wedding bands and watches are acceptable.
- Ladies: Jewelry must be worn in moderation. You may have only one earring in each ear and they can only be worn in the lower lobe.
- Any products containing alcohol (mouthwash, cologne, aftershave, hand sanitizer, etc.)

NOTE: These items, if brought, will be confiscated and disposed of.

COMMUNICATIONS

With the exception of legitimate emergencies, the student will be permitted their first monitored phone call no sooner than after the first 10 days of the program. This call will be to a person on the approved call list that the student establishes with the staff upon entering the home. Below is the schedule for further monitored phone calls, based on their phases in the program:

Phase 1 – One call per week – Monday night only

Phase 2 – Two calls per week – Tuesday or Thursday night only

Phase 3 – Three calls per week – Tuesday or Thursday or Saturday night only

Phase 4 – Four calls per week – Monday-Saturday

- All long distance calls must be made using a pre-paid phone card.
- Phone calls will be 10 minutes in length, barring any extenuating circumstances.
- Frequency of calls may be regulated further as deemed necessary by staff, but at no time will a student be denied communication if they opt to leave the program and need to contact somebody.

CARE PACKAGES

Students are allowed to receive care packages while in the Schools of Discipleship. The following is an example of what is acceptable.

Note: If the receiving student has eating or weight problems, please do not send junk food.

Sample Care Package List

Deodorant	Bible Concordance	Shampoo
Face Wash	Personal Reading Lamps	Baby Powder
Scarves	Toothpaste	Gloves
Dental Floss	Hair Spray (Non-Aerosol)	Pictures
Hair Gel	Frames	Disposable Razors
Shaving Cream	Candy	Lotion
Tampons/Pads	Breath Mints	

You may NOT send

Mouth wash with alcohol
Music
Drugs/Alcohol/Pornography/Tobacco
Unauthorized Medication
Unauthorized medicinal sleeping aids
Cell Phones
Cash/Checks/Credit Cards/Wal-Mart Cards
Alcohol based colognes/perfumes/aftershaves
Creatine and other body building supplements

VISITATIONS

The student's first visit shall be after 45 days in the home. For this visit to be granted, the student must have successfully completed 1st phase and transitioned into 2nd phase. (Please note the requirements upon the student to transition from Phase 1 to Phase 2.) If a student incurs a disciplinary action that requires them to return to a most recently completed phase, it will cause them to lose a scheduled visit.

The student's second visit shall be granted while in the 3rd phase of the program. For this visit to be granted, the student must have successfully completed the 1st and 2nd phases, and transitioned into the 3rd phase of the program. (Please note the requirements upon the student in each of these phases.) Also, the student's leadership holds the freedom to revoke this second visit if any privileges before or during the first visit were abused at any time.

A third visit is allowed under the same structure while the student is in the 4th phase. This visit shall not be any later than 21 days before graduation.

There shall be only these three visits granted during the student's program. Below are the boundaries for all three of these visits:

- Permission for this visit must be gained from the student's leadership in advance of any scheduled travel arrangements being made by the family of the student. A signed variance form from the Dean

or must be on file.

- Visitation shall be enjoyed between 5 pm on Friday through the conclusion of the Sunday evening service. The student will return to the home with the rest of the student population at the close of the Sunday evening service. For many reasons, please know that **these visitation days and times are non-negotiable.**
- Visitation is for immediate family, directors, and pastors only. **This too is non-negotiable.**
- The student's activity itinerary and visitor's contact information shall be given to the Dean one week prior to the visit. Married couples shall remain on-site overnight.
- The student is required to fulfill many of their program responsibilities while simultaneously enjoying a visitation. Again, if this liberty is abused, it will affect their program and second visit. Some of these responsibilities include but are NOT limited to:
 - Attending Friday night chapel at 5:30 pm.
 - Attending Friday night class at 7:00 pm. The student shall still be to class 15 minutes prior to its start. The student shall stay for the entire class period.
 - The student is required to attend all Sunday functions (Sunday School and AM and PM services at North Love Baptist Church).

CHURCH/BIBLE STUDY/PROGRAM CONDUCT

- Bibles and the *"It's Personal" Daily Journal* must be brought to all services, Bible studies, and daily chapels.
- Residents will attend all services of North Love Baptist Church, classes of RU, and activities as scheduled by our local chapter RU director.
- No talking during services: eyes forward and no disruptions. Notes should be taken.
- Residents are required to read, study, memorize, and meditate in their Bibles every morning before leaving for work. We will require our students to carry their Daily Meditation Cards (out of the *"It's Personal" Daily Journal*) with them throughout their day.
- If you are unwilling to spend one hour studying your Bible every day, you cannot remain in the home.
- Each week you must progress further in your phases. This will be monitored by your Dean.
- All students will sit in the reserved rows in the auditorium. Women will sit on the organ side and men will sit on the piano side. The Housing Dean or must approve any exceptions.
- No fraternization or conversation with the opposite sex is permitted for any reason at any time.

VEHICLE CONDUCT (II CORINTHIANS 5:12; I CORINTHIANS 14:40)

- Punctuality to all programs and services is a requirement. You will be at every function 15 minutes before it begins. You will not leave the church services or activities any sooner than 15 minutes after dismissal.
- No eating or drinking is allowed in the vehicles.
- No music allowed in the vehicles.
- Conversations in the vehicles shall be kept Christ-like.
- All applicable Illinois laws shall be adhered to and followed.
- All vehicles shall be kept clean at all times.
- No unauthorized stops between scheduled transportations.

CONVERSATION/BEHAVIOR (STUDY AND FOLLOW THIS CLOSELY. IT WILL BE ENFORCED!)

- Our program goal is to have all conversation and behavior be Christ-like.
- Griping, negative criticism, gossiping, complaining, faultfinding, foul language, and sowing discord will not be tolerated.
- Talking about old habits or lifestyles is against God's word and is not permitted.
- No returning to bed after the morning Bible studies.
- A kind and courteous attitude is expected at all times.
- No dating is allowed while the student is in this program. Our program focus is not on the development of personal relationships, but rather on the most important relationship - the one between man and Jesus Christ. All other existing relationships will be scrutinized to determine relevance to the maximizing of this primary focus. Any non-binding or non blood related relationships will most probably be put on hold until the completion of the program.
- Leaving the premises of the homes except for work, scheduled functions, or with authorized personnel is prohibited, unless a student desires to leave the program.
- All complaints shall be handled using the official Complaint Form. This form is designed to go up the chain of leadership to the proper staff member's attention and allows no one to go "without a voice". All complaints will be addressed as promptly as possible by staff.

MEN'S DRESS CODE (I PETER 1:16; 2:9; II CORINTHIANS 6:15-17)

- Each man must bring at least 3 work shirts, 3 pairs of work pants, 3 casual shirts, 3 pairs of dress slacks, at least 5 white crew neck t-shirts, a pair of work shoes, a pair of recreational shoes and a pair of dress shoes. You may also bring a suit for Sunday services, but one is not required.
- The men are required to wear a crew-cut t-shirt under their clothing whenever a dress shirt is being worn.
- The men are required to a minimum of crew-cut t-shirt (no sleeveless shirts or worldly slogans allowed), shorts and slippers at all times within the house.
- Public areas in the home require a minimum of socks to be worn on feet.
- Bare feet, open-toed shoes, and hats will not be permitted in dining areas, with the exception of kitchen crew members who may wear hats.
- All clothing must be worn in the manner for which they were designed. Shirts must be tucked in and belts must be worn. Men must wear their pants at the hips.
- RU RECOVERY MINISTRIES has standard uniform shirts for church services, which will be provided for you. Men may wear blue or black blazers with their uniform, if desired.
- The dress code may be amended at any time as deemed necessary by the housing steward, dean, or director.

WOMEN'S DRESS CODE

- Women's dress is taught by our leadership and monitored closely by the steward.
- RU RECOVERY MINISTRIES has standard uniforms for church services, which will be provided for you. Women may be permitted a black or tan cardigan to be worn with their uniform, if desired.
- The dress code may be amended at any time as deemed necessary by the housing steward, dean, or director.

PERSONAL HYGIENE (I CORINTHIANS 14:40; II CORINTHIANS 5:20; MARK 5:15; JOHN 11:39B)

- All residents must brush their teeth, comb their hair, wash their face, and put on clean clothes each morning before Bible study.
- MEN: If needed, you will be given a “program issued” haircut. Hair will remain off the collar, ears, and eyebrows.
- Sideburns are not to be worn below the bottom of the opening of the ear.
- Everyone showers at least once per day, but not more than twice per day.
- All body odors must be controlled.
- A clean shave and combed hair is required daily. No facial hair is allowed.

ROOM RULES (I CORINTHIANS 4:2; MATTHEW 25:21,29)

- A violating student shall be held financially responsible for all damage done to RU’s property.
- Any and all theft will be grounds for immediate termination.
- No furniture is to be moved out of position without approval.
- Any pictures brought into the home must be approved. Nothing shall be attached to the walls.
- No food is to be kept in the bedrooms unless sealed in an airtight container, which is provided by the student.
- Students are required to turn off their lights when not present in the room.
- No one is to congregate in another resident’s room for any reason without authorization.
- Rooms must be kept neat and orderly at all times.
 - All rooms and persons are subject to random search and seizure, including drug and alcohol tests.
 - Rooms must be cleaned and beds must be made to a designated, uniform standard each morning before Bible study.
 - Common areas shall be cleaned daily and kept neat and orderly.
 - Chores will be assigned to each resident as needed. Completing your chores in a timely manner will be expected.

KITCHEN

- Your meals will be provided and served by designated kitchen workers.
- Residents may not enter the food storage areas unless requested to do so by a leader or the kitchen crew.

ATTITUDE

Every person at our home is expected to be committed to, and give complete dedication to, living the highest quality Christian life possible. Your attitude must reflect this commitment in:

- Gratefulness to God and the church
- Humility toward your fellow man
- Willingness to be corrected and taught
- Readiness to change old behavior patterns
- Transforming negative, pessimistic attitudes

DISCIPLESHIP PROGRAM DISCIPLINE

STUDENT CHASTENING (HEBREWS 12)

Major Offense

Possession or use of any drugs, alcohol, pornography, tobacco, cash or cash equivalents; bartering for goods or services; intentional destruction of God's property; leaving premises without permission; displaying occult or new-age type behavior, inappropriate fraternization with the opposite sex; insubordination, or a breach in the chain of command (listed below). Other violations not listed above can also be designated as a "major" at the discretion of the Housing Director.

1st Offense	Loss of all privileges for two weeks and 10 hours of Discipleship Training
2nd Offense	Loss of all privileges for two weeks, 10 service hours, and an additional 30 days in the program.
3rd Offense	Loss of all privileges for two weeks, 10 service hours, and an additional 60 days in the program.
4th Offense	Loss of all privileges for two weeks, 10 service hours, and return to Day One, Phase One (Additional Cost Possible).
5th Offense:	Immediate program termination.

Minor Offense

Violation of any of the "General Rules" of the program. Other infractions not listed in the General Rules may also result in a "minor violation" at the discretion of the Dean or Housing Director.

1st Offense	One hour additional duty
2nd Offense	Three hours additional duty
3rd Offense	Major

NOTE: The accumulation of more than ten minor offenses in one week will result in a major violation. "Liberty abused will be liberty lost!"

CHAIN OF COMMAND

If a student has a grievance against a fellow student, they are to go to the student. If they are unable to clear the matter, they will complete a "Complaint Form" that will be turned in to the steward. Student/worker complaints not handled by the policy listed herein or general complaining to other students will result in a major violation. Major violations will be enforced as a result of infractions of the chain of command.

All grievances with anyone in authority should be brought in writing to the steward who will then singly represent the student in taking up the alleged offense with the person in authority. If the issue the student has is with one steward, then the student should give their written grievance to the non-offending steward. All grievances will be given attention and dealt with appropriately.

Students are prohibited from bringing complaints or requests directly to the Dean of the home.. A student must first fill out a variation request form or a complaint form to get permission to take an issue to the Dean.