

# THE SET FREE MOVEMENT PRIMER <sup>20</sup><sub>17</sub>

WHO WE ARE  
WHAT WE DO &  
HOW WE DO IT



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**ADDITIONAL RESOURCES:** We want to equip you with resources beyond this primer. Look for this yellow textbox for names of other documents we've created to supplement this resource. These documents have been emailed to you or are on our website's private resource page.

## 1. INTRODUCTION TO THE SET FREE MOVEMENT

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**The Set Free Movement champions holistic freedom and seeks to create new futures through community-based action in partnership with others.**

We are a registered 501(c)(3) non-profit charitable organization under the Free Methodist Church USA.

Below are our core values. We are committed to:

- holistic freedom
- a special preference for the poor
- collaborative partnerships
- community-based activism
- smart action



### 1.1 Our History

It all began 150 years ago when a group of Methodist ministers came together in upstate New York to be challenged on a variety of social issues, one of which being slavery. Out of that gathering, the Free Methodist church was born.

One of the reasons why this group was called “free” was because they were abolitionists. **They believed all people should be free.** They believed in holistic freedom – that God wants to set us free physically, emotionally, mentally, and spiritually.

Fast forward to 2005. **Kevin Austin** is now fighting slavery by serving as a Free

Methodist missionary in Thailand. Faced with the prevalence of prostitution and forced labor, Kevin spearheaded a refocus for the denomination on the issue of slavery. In 2007, the **Free Methodist General Conference** passed a strong resolution against modern-day slavery. In 2009, the denomination invited Kevin Austin to lead the **Set Free Movement** to help end modern-day slavery.

While being birthed out of the Free Methodist ethos, the movement has expanded to now include leaders and various teams located all over the world.

## 1.2 Staff & Board of Directors

### **STAFF LEADERSHIP:**

**Kevin Austin**

*National Director, SFM*  
kevin@setfreemovement.org

**Katie Bergman**

*Director, Communications & Operations*  
katie@setfreemovement.org

**Diane Castle**

*Director of Team Relations, Part-time*  
diane@setfreemovement.org

**Nicole Kennelly**

*Graphic Design, Part-time*

**Debra Hancock**

*Accountant at the Free Methodist Church  
World Ministries Centre*

### **BOARD OF DIRECTORS:**

**Mark VanValin**

*Senior Pastor, Spring Arbor FMC*

**Deb Somerville**

*Senior Pastor, West Morris FMC, Indianapolis*

**Linda Adams**

*Director, International Child Care Ministries*

**David Kendall**

*Bishop, Free Methodist Church USA*

**Curt Sarles**

*Business leader, Michigan*

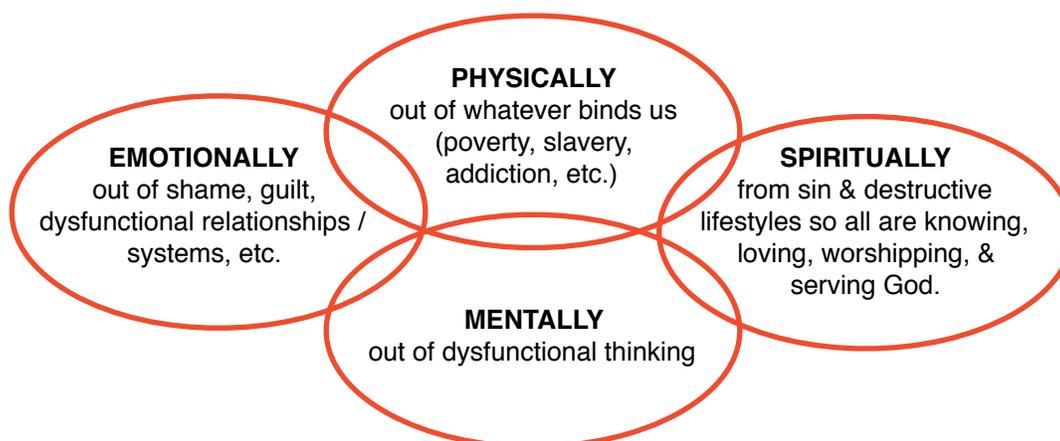
**Tim Burkhart**

*Free Methodist Foundation*

## 1.3 Our Ethos

Holistic freedom is birthed in community, grows out of relationship, combines with smart activism, is passion and gift driven, is hope-infused, and prayer-filled. It's not just about human trafficking—it's creating deep transformational change. It's about a whole way of approaching justice and faith.

In the diagram below, the four freedom segments overlap each other. This is what makes the freedom holistic. It's not just *ONE* thing, but all four. Strategies are designed to overlap and integrate.



**ADDITIONAL RESOURCE:** See “SFM Case Statement”.

**The outcomes of creating holistic freedom are many.** Individuals, families, and communities experience transformation on multiple levels: poverty and homelessness in our communities decreases; slaves are set free; forgiveness is offered; racial reconciliation is experienced; families receive healing; children and youth are protected and nurtured; people get saved; safe places of hope and **healing are established.**

Creating holistic freedom starts by creating community. The process in which we engage in looks like this:



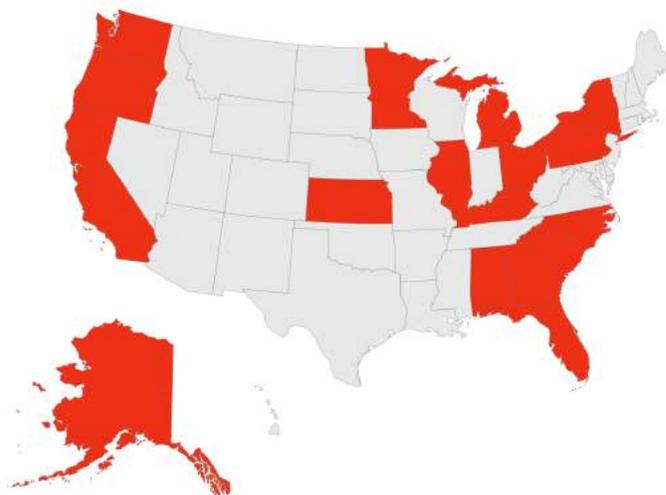
## 1.4. What We Do

### Action flows out of relationships and community.

That's why we work through community-based action. More than 30 Set Free Movement teams operate in the U.S. and around the world.

We partner with a wide variety of organizations working holistically to address modern-day slavery and the orbiting issues of poverty and abuse.

Much of our work is done alongside churches, universities and colleges, businesses, and other social service agencies.



All of our teams have a common vision of creating new futures and ending modern slavery, but we believe each team should be informed by their local context and should work in partnership with others for the common good within their community. Set Free staff don't dictate; we coach and guide.

**ADDITIONAL RESOURCE:** See "SFM Community Building & Mission Plant Guidebook"

## 2. OUR STRATEGIES

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The SFM seeks to engage in and organize around five primary constructs:



When we operate fully in each capacity, the community will engage, society will change, and lives will be restored. All of these should be executed with prayer and discernment, and each require expanding a team's knowledge base.

### 2.1 Education & Awareness

The journey must begin with **understanding the realities** and **telling the story**. This comes through learning and then sharing information from reading books, watching documentaries, hosting conversations, teaching and preaching.

#### Education and awareness activities may include:

- hosting book studies, documentary screenings, or presentations with local ministerial alliances, women's retreats, health departments, Soroptomist groups, churches, county interagency meetings, youth groups/camps, small groups, colleges, etc.
- training key society leaders and influencers: first responders, law enforcement officers, health care practitioners, social service workers
- hosting events and fundraisers: Freedom Sunday, Set Free Walks / Runs, conferences, fair trade chocolate parties

### 2.2 Prevention

There are a variety of avenues for mitigating the vulnerability of at-risk populations in efforts to cut off trafficking before it begins. This encompasses **educational elements, outreach events, and regular contact with vulnerable populations**. Teams can do this by championing existing work in their communities or launching new efforts.

#### Protecting those who may be in vulnerable situations may look like:

- support social workers working in foster care and help improve the system
- becoming a foster family, sponsoring a child through ICCM, or mentoring youth
- training front-line youth works on signs and indicators of trafficking
- providing job / life skills training for those who are unemployed

## 2.3 Community Mobilization

Education and awareness should empower people to put their knowledge into practice. Mobilization starts with forming partnerships, networking, getting relational, and building your team's capacity along the way.

### Activities that mobilize communities may include:

- prayer walks, vigils, praying Ephesians 3:20 every day at 3:20pm
- networking meetings, events, trainings, developing or joining a Task Force.
- weekly prayer circles in homes, coffee shops and churches
- partnering with others and supporting their work, including ICCM, Heavenly Treasures, SEED, Camano Island
- Coffee, local shelters, ethical businesses, social services, other anti-trafficking agencies, etc.
- challenging society values that catalyze injustice and slavery, ie: encouraging local business and communities to buy direct / fair trade products

## 2.4 Supporting Rescue

Rescue efforts—offering support and exit strategies to help victims leave trafficking and abusive situations—should be left to professionals or those trained in these areas, but there are indirect ways teams can still get involved.

### Indirect rescue efforts may include:

- Educating community members on identifying victims
- Appropriately reporting exploitation to law enforcement
- Outreach can be done through Truckers Against Trafficking, providing information on identifying trafficking victims to local businesses, or learning how to effectively engage in outreach to women working the streets or to migrant workers
- Participate in existing strip club ministries

## 2.5 Restoration

To end slavery, we will need to restore families, mend broken systems, meet the holistic needs of survivors, and practice acceptance of the stranger—these are community efforts rooted and grounded in Christ.

### Restoration efforts may include:

- establishing or partnering with local safe homes, re-entry programs, etc.
- working with youth in juvenile hall or probation who have been trafficked
- planting missions

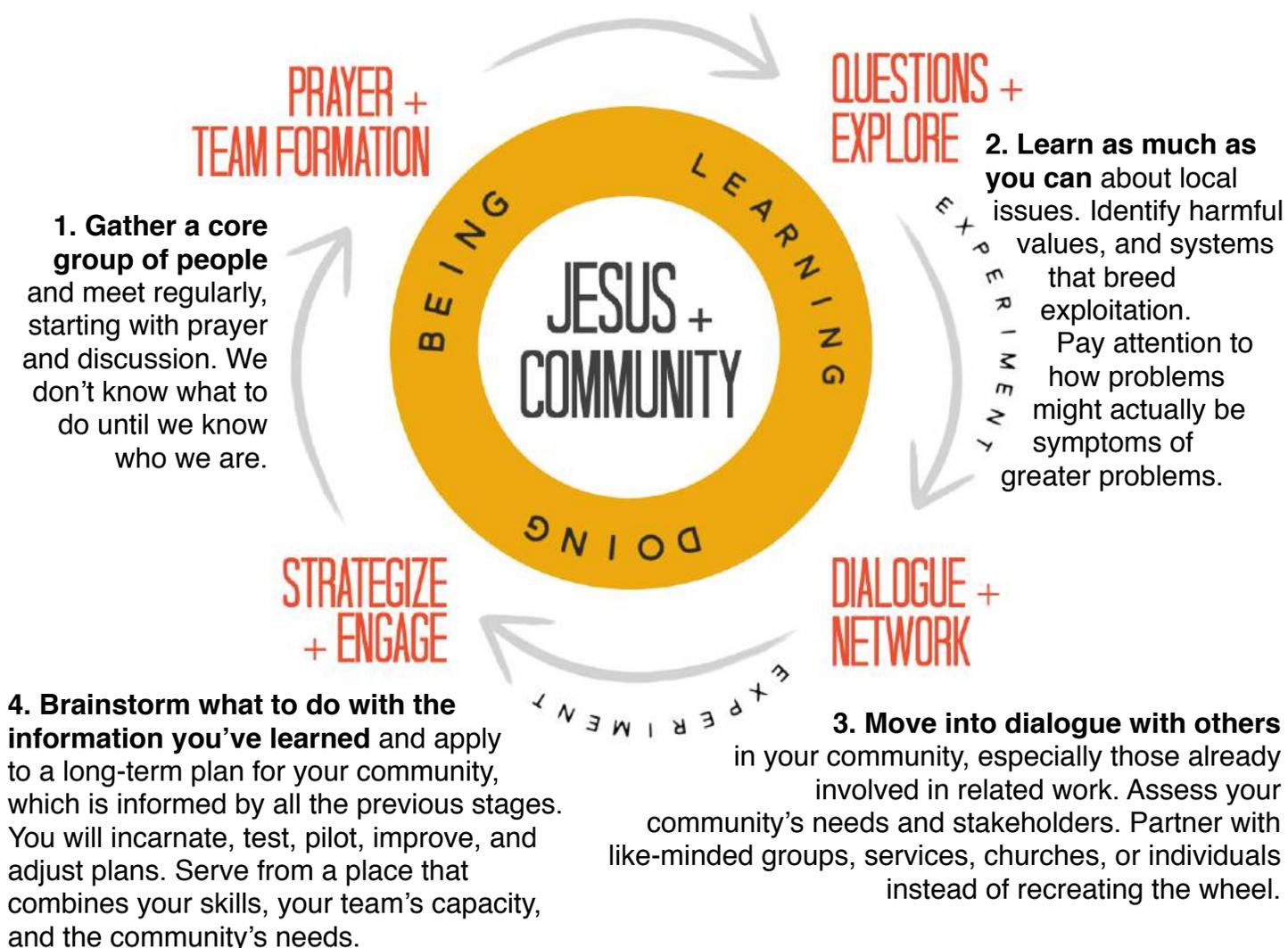
**ADDITIONAL RESOURCE:** See “12 Ways You Can Join the Movement”.

## 3. OUR SET FREE MOVEMENT TEAMS

### 3.1 How to Start a Set Free Team

We believe the process in which we engage is just as important as the outcome. Start by bringing together other like-minded individuals from your church, workplace, school, or community to form a team. Even starting out with 2 or 3 other committed people who meet regularly is a great way to begin. Walk through these phases below together.

As you plan, think about responding instead of reacting. Reacting implies that we jump in to meet an immediate need. Responding implies that we already have a framework of thought, word, and deed that can be deployed to meet a need. Imagine a hospital: Yes, there is an emergency room (for the times we need to react), but most of the hospital is made up of recovery rooms, nurseries, surgeries, etc (for response).



**NOTE:** Do not rush to the strategy stage, because it's hard to engage without knowing your team, the issues, or your community well. You may go back and forth between stages fluidly.

*“So Christ himself gave **the apostles, the prophets, the evangelists, the pastors and teachers**, to equip his people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.”*

**- Ephesians 4:11-12**

Set Free teams operate in a variety of ways. Most operate within a city or regionally. These teams are often birthed out of churches that want to become more engaged in ending human trafficking and/or want to engage their broader community more.

Set Free partners with affiliated groups that are already fighting human trafficking in their community. Some Set Free teams may go on to launch their own projects, such as our team in Illinois that opened Eden’s Glory.

As you plan, think about responding instead of reacting. Reacting implies that we jump in to meet an immediate need. Responding implies that we already have a framework of thought, word, and deed that can be deployed to meet a need. A great analogy we can use here is a hospital. Yes, there is an emergency room (for the times we need to react), but most of the hospital is made up of recovery rooms, nurseries, surgeries, etc (for response).

**ADDITIONAL RESOURCE:** See “Partner Investor Proposal” for full list of our projects.

## 3.2 Team Trajectories

Every team is different, so the timeline every team will operate within will be different, too. However, there is a common timeline pattern we have observed that many teams will follow. The details will vary, but the trajectory often looks like this:

INITIAL PHASE	EXPERIMENTING	STRATEGIZING
START TO 6 - 9 MONTHS	1 - 2 YEARS	2 YEARS ONWARD
<p>When teams begin to form, they need to spend time building community: praying, getting to know each other, learning the issues, and spending time in scripture. It’s important not to skip past this stage in order to start producing tangible outcomes.</p>	<p>Teams begin experimenting with options for engagement once they’ve started to build a platform of community. Usually this happens after 6-9 months and can last 1-2 years or even longer.</p>	<p>After about 2 years, teams start getting specific in their form of engagement.. Note that teams don’t start building shelters or writing curriculum in the initial phase! It takes time to create a strategy based on learning, research, networking, planning, experimenting, failing, and learning some more.</p>

### 3.3 Ways Teams Engage in Communities

The goal of a SFM team is not a project, but to create a community. This community incorporates the pursuit of justice with spiritual formation. From this process of relationship building, community-based action in partnership with others follows.

The ways teams engage in their communities will vary. Some teams will focus more on one of the strategies mentioned in section 2, while others will work to address most or all of them: education, prevention, community mobilization, supporting rescue, and restoration.

Be careful about taking on too much, especially at the start. The key is to start off by identifying the strengths of your team and your existing connections and resources. I.e:

- ***Is your team made up of teachers and educators?*** Maybe you'll want to launch a student club or take curriculum into middle / high schools or universities.
- ***Does your team have connections to the local police service?*** Maybe you'll want to network with them in identifying cases of human trafficking in your community.
- ***Do you or team members own businesses?*** Maybe you'll want to use your business skills to focus on fundraising activities or promoting ethical supply chains.
- ***Do you have realtors on your team?*** Maybe a strategic program can be started where realtors can give 1% of their commission to the fight against human trafficking.
- ***Do you have athletes on your team?*** Maybe a 5K awareness run is an option.
- ***Do you have foodies on your team?*** Maybe a monthly "dinner club" could be started where local food/beverages are donated to the event, limited numbers of tickets are sold, and all proceeds go to benefit the fight against human trafficking.

**Remember, we desire action to be a characteristic of the local team.**

The action will only be as informed, and authentic, and effective as your team is relationally. Some teams take up to 3 years to move into a well thought out effective, sustainable strategy. That doesn't mean they are inactive during that time, but if the team is well built the action will be powerfully effective.

**Use every opportunity to add newsletter subscribers.** Bring a pen and paper to every event you host and attend and ask people to leave their names and e-mail addresses. Or, bring your laptop and sign people up directly.

**ADDITIONAL RESOURCE:** See "Team Guide for Communications & Operations"

Thanks to the diligence of our incredible team leaders, many of our teams are involved in fundraising for the Set Free Movement and for local anti-trafficking efforts. These are some of the ways your team can help fundraise:

### **\$20 for 20 Million**

The Set Free Movement operates in countries with a combined population of 20 million people who are enslaved. To get that number down to 0, it's going to take a lot of people, resources, and community-based action. The challenge is in funding that!

We invite individuals, churches, workplaces, colleges and universities, and others to give \$20 a month for the 20 million people enslaved in the areas in which we work:

- Go to [www.setfreemovement.org](http://www.setfreemovement.org) > GIVE and you'll be navigated to our giving page, OR
- Go directly to [pushpay.com/pay/setfreemovement](http://pushpay.com/pay/setfreemovement)

Simply enter "20" (or whatever amount you choose) in the box marked AMOUNT and click the RECURRING OPTION, setting it to whatever date of the month you'd your donation to be processed.

### **AmazonSmile**

Encourage your friends, co-workers, and church to select "The Set Free Movement" whenever they shop on AmazonSmile. The Set Free Movement receives a portion of every purchase.

### **Camano Island Coffee Roasters**

Camano Island produces fair trade, organic, shade-grown coffee—and every time you make a coffee purchase, the Set Free Movement receives 10% of that purchase! You can join the Camano Island Coffee Club as an individual or encourage your church to do so. Visit this link below for more information:  
[camanoislandcoffee.com/setfree/](http://camanoislandcoffee.com/setfree/)

### **Other Fundraising Ideas**

- **Promote \$20 for 20 Million** in your church bulletin, make announcements at the church service, and invite people to come sign up for \$20 for 20 after the service (bring your iPad or laptop to sign people up on the spot). Encourage your church to set aside \$20 each month of their total offerings to the SFM as monthly sponsors.
- **Host an event at your home**, such as a fair trade chocolate party, to engage people around the issue of labour trafficking AND give them the opportunity to become monthly donors.
- **Host a steak night (or a gluten-free vegan burger night) at a local restaurant** or from your home and ask for each attendee to contribute a certain amount. Give a discount to those who sign up to be monthly \$30 for 30 Million donors!

- **Build a partnership with your local football program:** send volunteers to work at the concession stands and ask to split the profits 50/50 (or another pre-arranged amount). Keep a donation jar handy, too!
- **Raise funds through ThredUp.** Receive a prepaid bag from ThredUp, collect donated used designer label clothes from people in your community, send the clothes back to ThredUp in the prepaid bag, and give the donations to the Set Free Movement (less a \$2 processing fee)

### 3.4 Social Media Engagement

We encourage each team to manage their own Facebook page to engage their region in the work of your team and the broader Set Free Movement. Below are some suggestions and guidelines:

- If possible, please use “Set Free Movement” in your Facebook page’s title
- Try to promote and share events from the main SFM page and the SFM state webpages of other leaders - the more “likes”, the more people will see content! “Follow” as many other like-minded local, national, and international agencies.
- Make sure your Facebook page has enough information in your profile with links to the SFM website, your contact information, etc.
- Focus on the positive, too! Share news stories of cases of human trafficking, but also share encouraging testimonials from other agencies, the small victories, etc.
- Use your Facebook page as an opportunity to thank volunteers, donors, supporters, partners.
- Create Facebook events and invite people to attend.

## 4. PARTNERSHIPS & COMMUNITY

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**We believe that human trafficking and other injustices are symptoms of the much deeper problem of community brokenness.**

In order to do this, we need to focus on community. Action flows out of community in holistic ways, integrated within a discipleship framework, in partnership with others.

### 4.1 Influencers of Society

Eventually, the community and action permeates the broader community, mobilizing the key influencers of society, such as:



Ideally, all of the above influencers will be mobilized within a community. The specific groups you might consider partnering with may include:

- churches of all denominations
- schools and colleges
- foster care or adoption centers
- law enforcement
- interfaith councils
- fair trade or ethical businesses
- child protection
- other non-profits
- juvenile hall
- family services groups
- hospitals and health care workers
- radio stations
- lobbyists
- pregnancy centers
- sports leagues
- and more

## 4.2 Set Free Community

Although our staff and leaders are spread through the U.S. and around the world, we seek to build community however we can. We do this in ways such as:

- Team leaders regularly communicate with SFM staff by e-mail, phone, and Skype. Leaders are encouraged to correspond with Kevin, Katie, and / or Diane with any questions or concerns on a regular basis.
- We encourage teams to connect with each other through our “SFM Leaders” Facebook group. This is an excellent forum to seek advice from other leaders, share compelling articles and events, start conversations, share prayer requests, and more.
- We arrange bi-monthly conference calls with our leaders to discuss updates, urgent issues, and share resources. We also use this as an opportunity for teaching and training.

Please invest in this community! Our leaders are rich in experience and specialized areas of knowledge. We have much to learn from each other.

## 4.3 Talking Points in Community Presentations

*Please feel free to use these suggested talking points in your presentations, radio interviews, and other public communications.*

### **Defining Slavery**

Slavery can be defined as: (1) people held by violence under the threat of violence; (2) unable to walk away; (3) doing things they don't want to do.

### **The Scope of the Issue**

There are more slaves in our world today than at any other time in history. In fact, there is compelling evidence that there are more slaves in the U.S. today than during the civil war.

- We don't know the exact number of slaves in the world, but experts estimate it's between 21 million (according to the International Labor Organization) and 45.6 million (according to the Global Slavery Index).
- There may be as many as 300,000 domestic minors who are vulnerable to sexual exploitation and trafficking in the U.S. today.
- Slavery is a huge money making business - \$150 billion is annually made off the buying and selling of human beings.
- Slavery takes the forms of sex slavery and labor slavery.
- We are contributing to the problem by buying products made through slave labor. Slavery is in our closets, our cupboards, and our kitchens.

## Our Role

The problem is complex and huge, but as agents of hope and healing, we are not powerless:

- We are God's holy nation, a royal priesthood; God's chosen people who have gifts (I Peter 2:10, 11).
- We are called to do justice (Isaiah 58, Amos, Matthew 25)
- We were once slaves in the land of Egypt (Exodus); Jesus died on the very day all of his people were remembering this (Passover). God wants to set us free.
- Jesus mission statement is our mission statement (Luke 4: 16-21). We are called to proclaim, be filled with the Spirit, set captives free, and work towards the favorable year of the Lord.

For those in holiness traditions: The Wesleyan Church, the Church of the Nazarene, the Free Methodist Church all were birthed out of freedom issues.

**ADDITIONAL RESOURCE:** See the SFM's private resource webpage for Set Free leaders for sample powerpoint presentations and other resources.

## 4.4 Recommended Books and Films

### General Information and Stats:

On human trafficking:

[www.traffickingresourcecenter.org/type-trafficking/human-trafficking](http://www.traffickingresourcecenter.org/type-trafficking/human-trafficking)

On human trafficking in the U.S.:

[www.humantrafficking.org/countries/united\\_states\\_of\\_america](http://www.humantrafficking.org/countries/united_states_of_america)

On sex trafficking in the U.S.:

[www.polarisproject.org/human-trafficking/sex-trafficking-in-the-us](http://www.polarisproject.org/human-trafficking/sex-trafficking-in-the-us)

On global rates of labor trafficking:

[www.ilo.org/global/about-the-ilo/newsroom/news/WCMS\\_182109/lang--en/index.htm](http://www.ilo.org/global/about-the-ilo/newsroom/news/WCMS_182109/lang--en/index.htm)

[www.globalslaveryindex.org/](http://www.globalslaveryindex.org/)

Visit [traffickingresourcecenter.org](http://traffickingresourcecenter.org) and [polarisproject.org](http://polarisproject.org) to learn how to spot incidences of human trafficking.

If you see something suspicious, call the National Trafficking Hotline #: **(888) 373-7888**. (open 24 hours a day, 7 days a week, with interpreters who can translate into more than 200 languages). Memorize this number and keep it saved in your phone.

### Curriculum and Studies:

Check out recommended readings and documentaries on [setfreemovement.org](http://setfreemovement.org) (go to Get Involved > Resources).

View faith-based resources from [FAAST](#), resources for men from [Shared Hope](#), download free curriculum from [A21](#), view community justice assessment tools by [IJM](#), and more.

### Ethical Purchasing:

- Shop at places like [SEED](#), [TO THE MARKET](#), [Heavenly Treasures](#), and Oliberte
- Buy Camano Island Coffee: fair trade / organic coffee, with 10% of each order going to the Set Free Movement! Order at [camanoislandcoffee.com/setfree/](http://camanoislandcoffee.com/setfree/).
- Use apps / websites like [Better World Shopper](#), [Made in a Free World](#), Buycott

### Documentaries and Films:

*Chosen* (by Shared Hope International)

*Half the Sky*

*The Whistleblower*

*Sold*

### Books: About Justice

*The Locust Effect*, Gary Haugen

*The Just Church*, Jim Martin

*Pursuing Justice*, Ken Wytsma

*Overrated*, Eugene Cho

*Walking With the Poor: Principles and Practices of Transformational Development*, Bryant Myers

*Deepening the Soul for Social Justice*, Bethany Hoang

*Generous Justice*, Timothy Keller

*When Justice Just Is*, Katie Bergman

*To Change the World*, James Davison Hunter

*When Helping Hurts*, Steve Corbett and Brian Fikkert

**Books: About Slavery**

*Bonded Labor*, Siddharth Kara

*A Crime so Monstrous*, Benjamin Skinner

*The Slave Next Door*, Kevin Bales

*Not For Sale*, David Batstone

*Sex Trafficking: Inside the business of Modern Slavery*, Siddharth Kara

*Disposable People*, Kevin Bales

*Ending Slavery*, Kevin Bales

*Sold*, Patricia McCormick

*Amazing Grace*, Eric Metaxis

*Half the Sky*, Nicholas Kristof & Sheryl WuDunn

*Priceless*, Tom Davis

## 7. WHAT'S NEXT?

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**We've experienced significant growth in the last couple of years.** In 2014, we gained non-profit charitable status and tripled in size. We continue to see a steady growth in our work in the U.S. and around the world.

We're excited about the growth we've experienced and are optimistic about the future. Will you help us grow so that we can continue to raise up communities across the U.S. and around the world? Will you pray with us, spread the message, engage your community, fundraise and financially support us?

We're all in this together—we're all agents of hope and healing. **Join us.**

**ADDITIONAL RESOURCE:** Visit our website and social media for more!