

# freshwater

The word "freshwater" is written in a purple, cursive script. A single water drop is positioned above the letter 'a', and it is shown falling into the water, creating a series of concentric ripples that extend across the bottom of the word.

## **SHORT TERM MISSIONS PREPARATION MANUAL**

Updated 15 September 2010

# How beautiful are the feet of those who bring good news!

**Romans 10:15**

"The Great Commission is not an option to be considered; it is a command to be obeyed."

Hudson Taylor

## **Matthew 28:18-20 (NIV)**

*Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."*

### **The Great Commission**

We are thrilled that you have chosen to participate in a short term mission's trip with Freshwater. God desires that every person would know Him and He desires to use you to take the Good News of Jesus Christ to the nations.

Inside this packet you will find everything you need to know to prepare for your trip.

Missions Ministry is a response to the call Jesus Christ has given us, to be His witnesses in all the earth. The primary focus and priorities that guide the Freshwater missions leadership team are centered on efforts that establish, reproduce, and strengthen the local, indigenous church.

## Introduction

A short-term mission trip is the mobilization of a Christian missionary for a short period of time ranging from a few days up to a year. At Freshwater, these trips will take the form of anything from evangelistic outreach, to building/construction projects, to medical missions, to working in orphanages. God uses all different kinds of people in many different ways to build His kingdom here on earth. Will you allow Him to use you?

God has called his children to “be His witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.” (Acts 1:8) This is why Freshwater does outreach in St. Bonifacius, sends a team once a month to the Marie Sandvick center in Minneapolis, sends teams to Haiti, and does so much more. Joining a Freshwater short term mission’s trip team means that you are a part of this too, so check your heart and your attitudes to make sure you’re desires are in line with Christ’s desires.

Ask yourself why you want to participate in a mission’s trip. If your answers are all about you—“I want to see the world,” “I want the experience,” “I need a vacation”—then you are participating for the wrong reasons. We do not want you part of a Freshwater team if those are your attitudes.

So what are the right reasons? A mission’s trip is about God and about others. It is about your love for God and for others, and your desire to serve God and others. This needs to be your heart and attitude. This is the type of person the world needs.

Please read through this packet carefully and thoroughly. Not only does this packet include the logistics of being part of a Freshwater team, but it includes information to prepare you mentally and spiritually for what God has planned for you. Enjoy!

**"He is no fool who gives up what he cannot keep to gain that which he cannot lose" — Jim Elliot, missionary martyr who lost his life in the late 1950's trying to reach the Auca Indians of Ecuador**

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## **What to Expect**

- NOT EVERYONE WILL SPEAK ENGLISH
- THINGS WILL NOT GO AS PLANNED
- YOUR TEAM WILL HAVE TO WORK THROUGH A FEW THINGS
- THERE WILL BE HICCUPS AND DELAYS WHILE TRAVELING
- YOU WILL EAT NEW FOODS
- YOU MAY GET SICK
- YOU WILL MEET A WIDE VARIETY OF PEOPLE
- THINGS WILL NOT BE THE SAME AS AT HOME
- YOU MAY BE ASKED TO SHARE YOUR TESTIMONY
- MISCOMMUNICATIONS WILL HAPPEN WITH YOUR HOSTS
- YOU WILL BE VERY BUSY
- YOU WILL GET VERY TIRED
- YOU WILL BE OUT OF YOUR COMFORT ZONE

**It is normal to read this list and feel a little fear and anxiety. But, if these things absolutely terrify you, please talk with your team leader as soon as possible. It might be that this trip is just not right for you, or that you are not yet ready for the short-term experience.**

## **Preparation Checklist**

- Read through this packet
- Praying daily for your short-term ministry
- Applied for Passport (expiration date checked if you already have one)
  - Passport Received
  - Passport Signed
- Visa Acquired
- Completed and turned in Freshwater's Application
- References Submitted
- Write out your testimony
- Shots (if needed)
  - Prophylactic Medications (Ciprofloxacin and Chloroquine) Acquired
- Check with insurance policy to ensure overseas coverage
- Completed the Bible Study and the Solo Exercise
- Thank you sent to financial and prayer supporters

**"Prayer is the mighty engine that is to move the missionary work." — A.B. Simpson**

**"You can give without loving. But you cannot love without giving." — Amy Carmichael, missionary to India**

## **Step One - YOU**

You need to be prepared mentally, emotionally, and spiritually. Please read through this section carefully and take some time to evaluate yourself.

### **Servant Heart**

Remember that Christ left heaven to be a servant to others. Let Philippians 2 (look it up and read it) be your guide as you seek to put the needs of others above your own. Please arrive on the field eager to do whatever, having a servant's heart.

### **Flexibility**

We are used to things being well-planned and on schedule in this country. This is very often NOT true in other countries. Things will not go the way you expected or planned; therefore, be FLEXIBLE and roll with the punches. You must be prepared for this, regardless of how much we plan and prepare. (Be like the bamboo, not the oak. When the winds of adversity blow strong, the oak will snap but the bamboo won't because it's flexible.) Remember, God is sovereign, even when things don't go as planned.

### **Conduct**

Paul said, "Live a life worthy of the calling you have received." (Ephesians 4:1). As a missionary representing Freshwater Church and, more importantly, Christ, you carry a great responsibility. Many (many) people will be watching you. Show respect and courtesy to your teammates, the missionaries you may be working with, and especially the people in whose country you are a guest.

1. Americans tend to 'stand out' overseas, so it is important to present yourself quietly, humbly and positively.
2. Personal appearance and conduct must always be glorifying to the Lord. Men, women, and children should be careful to dress modestly.
3. The following activities are not acceptable at any time.
  - A. Using narcotics (prescription medications are the only exception)
  - B. Using illegal drugs
  - C. Using any form of tobacco
  - D. Gambling of any kind
  - E. Profanity or vulgar speech
  - F. Dating, or exclusive relationships, with team members or nationals
4. Be thankful, appreciative, and sensitive to each of your hosts overseas. Appreciation and thanks are the responsibility of each team member, not just the leaders.

5. Keep your remarks about what you see, hear, smell, etc. to yourself. What is funny to us might be offensive to our foreign hosts. If you find the food you're offered unacceptable deal with it quietly.
6. Be diligent to avoid any behavior that does not edify the team and glorify God.

### **Maintaining Unity**

Let us "agree to disagree" on issues that are not essential to salvation and continue to love and accept one another (Romans 14). We realize that people will not always agree on everything but we can unite around the essentials of the faith concerning the person and work of Jesus Christ, the authority of Scripture, and salvation by grace through faith.

### **Friendships**

Many foreign cultures are not acquainted with and do not understand the freedom of expression of Americans (holding hands, putting your arms around each other, etc.). Please be sensitive to the host culture especially if you are on the trip with a 'significant other'.

We ask, whether participating as a single person, married couple, with familiar people or strangers, that you make a conscious effort to get acquainted with all team members. The group dynamics of each team play a large part in the effectiveness and impact of this mission experience.

### **Cultural Sensitivity**

When you are in another culture, you need to remember that others will evaluate the appropriateness of your behavior by the standards of their culture, not yours. Therefore, when you enter their culture, you must be aware of what is and what is not appropriate in their culture. Information about your specific culture will be given to you before you depart on your trip. Also, carefully follow the advice given by the experienced missionaries even if it differs from your own perception of the culture, as they undoubtedly understand the culture better than you. It's often a good idea to ask the staff missionaries about the appropriateness of a specific behavior, an object lesson, or gift. Sensitivity, kindness, and tolerance will make a big difference.

### **Leadership**

People have been appointed as leaders of the team. You may not like it, but they have been chosen. You may feel more qualified. In several cases, a team member may be older than a leader or more experienced in leadership. All team members, especially these people, must make a serious effort to support, respect, and follow their team's leaders. Pray for your leaders daily.

### **Teamwork**

Our teams are supposed to be united teams who combine their efforts to achieve a goal. We have found several things essential to teamwork on a mission project.

1. **Keep short accounts.** This means that we are committed to working out our difficulties with each other. It is near impossible to live in close proximity with people for 2+ weeks without somebody getting on someone else's nerves. Go to the person with which you have problems and ask forgiveness. If someone is mad at you, go and make things right. If you are mad at someone, go and make things right.
2. **Work out your problems one-on-one.** If possible work out your problems with that individual and don't involve a third party. The leaders don't need another issue to deal with and the more team members that get involved the more divided the team will become.
3. **Prayer.** If team members are to experience a spiritual unity of effort, they must pray. This means small group prayer, individual prayer, and whole team prayer.

### **Personal Growth**

If the team is going to grow, you must grow first. Daily prayer and Bible study are essential for you and your team. You must be growing and being stretched by God so that you can contribute spiritual perspectives to your team. Have your daily quiet times for your team's sake as well as for your own.

### **Adventure**

On each team, people will face a choice. "Will you seek to learn and experience as much as possible, or will you be limited and held back by your fears, opinions, and preferences?"

Don't go to McDonald's when you can eat native food! Don't let your fear of food, weather, language, etc. keep you from enjoying your trip. Don't let the fact that people look different or speak another language keep you from trying to communicate! Sacrifice your comforts so that you can learn and grow.

Please do the Solo exercise and Bible Study at the back of this packet.

## **Step Two - The Application Process**

**Why an Application?** It will be used to determine who is best suited for the trip, and should be given first priority.

- There is limited space due to ground transportation, food and available lodging.
- Application and reference letters must be submitted to the church no later than 60 days prior to trip, accompanied with \$200 (or whatever trip specific amount is required). Make checks out to Freshwater Church.
- By signing this application, you are authorizing the team leaders to contact reference sources.
- Completing the application does not guarantee a spot on this trip. The committee and board of elders will evaluate and determine the team members. If not selected, your deposit will be returned.

**The Application is included at the end of this packet. Please fill it out in its entirety and return to your team leader in a timely fashion. You will need to have three people that are unrelated to you, fill out a reference form about you.**

**People who give up everything to follow God, sacrifice nothing. It is those who will give up nothing for God that sacrifice everything.**

## **Step Three - Fit for Travel**

### **Passport Instructions**

A valid passport is required to leave or enter the United States. It is your responsibility to obtain your passport and be sure it is valid for leaving and re-entering the country.

**IMPORTANT! APPLY FOR YOUR PASSPORT IMMEDIATELY IF YOU DO NOT HAVE ONE!**

1. Application Process (if you have a current passport, go to step 2)
  - A. Apply for your passport as early as possible to insure receiving it in time for your trip. It usually takes four to eight weeks. It is possible to request "RUSH" service, which takes about 10 days to two weeks, for an additional fee. You are responsible for the cost of your passport.
  - B. You can obtain a Passport Application and must apply in person at the following:
    - Designated Class 1 Post Office (check with your local post office)
    - Federal/State Courts or County Service Centers
2. Once you have your passport:
  - A. Sign it on the line marked "Signature of Bearer." The passport is not valid unless signed.
  - B. Make a photocopy of your passport and take it with you when you travel. Carry the photocopy separately from your passport.
  - C. Keep your passport in a safe place and be sure to bring it with you when you leave for your trip.
  - D. While traveling, keep your passport in a safe place and on your person at all times.
3. Lost, stolen or damaged passports.

You can get detailed instructions at  
<http://travel.state.gov/passport/>

A lost or stolen passport creates considerable trouble and inconvenience for you, your team, and the U.S. Government. If a passport is lost or stolen overseas, the facts must be immediately reported to the nearest U.S. Consular Office as well as the local police. If it happens in the U.S. the loss or theft should be reported to a Passport Office.

The Consular Office or Passport Office will not issue a replacement passport routinely. The applicant must file a detailed statement of the circumstances of the

loss and an attempt will be made to verify his/her statement. So, BE CAREFUL. KEEP YOUR PASSPORT SAFE AT ALL TIMES.

### **Visas**

Some countries require visas for visitors. A visa is an official stamp or paper permitting legal entry for a specific period of time. If your ministry location requires a visa, your team leader will notify you and give you instructions on obtaining one.

Exception: If you are not a citizen of the U.S. you will need to check with a government office in the country that issued your passport about visa requirements for the countries where you'll be traveling.

### **Shots**

Freshwater does not require you to have any shots to participate in a short-term missions trip, but does recommend getting the appropriate ones as recommended by medical professionals. Following are some general guidelines and recommendations.

You should have a current (last 5-7 years) TETANUS vaccine.

Check with your physician about shots they recommend for your destination.

Your team leader may also recommend location specific shots.

Payment for shots, doctor appointments, etc. is your personal expense.

### **Insurance**

Check carefully to see if your current health insurance policy will cover you while overseas.

If your health insurance policy will not cover you while you're overseas, and/or if you are interested in other types of travel insurance (accident, illness, baggage, etc.), please contact the following company or any other company that specializes in insurance for foreign travel.

**Insurance Services of America  
1757 E. Baseline Rd., Ste 126  
Gilbert, AZ 85233**

**1-800-647-4589 / 1-480-821-9052**

**health@missionaryhealth.com**

## **Step Four - Writing Your Testimony**

It is likely that at some point on your trip you will be called upon, or given an opportunity, to share your testimony. A carefully organized and prepared testimony, given in the power of the Holy Spirit, is most effective. It should be our desire to present Christ in a clear, attractive, simple way so that those who hear will want to know Him, and understand how to know Him personally.

What is a testimony? A witness is one who tells or affirms what he has seen or heard or knows. Peter and John gave witness concerning Jesus Christ; and when they were commanded to "Speak no more to any man about Christ," they replied, "Whether it is right in the sight of God to give heed to you rather than to God, you be the judge; for we cannot stop speaking what we have seen and heard." (Acts 4:19-20) A testimony is a declaration or affirmation of what a witness has seen and heard.

Following the suggestions below will help your testimony be clearly understood by those who need to understand it the most.

Your testimony should contain a brief explanation of your life before you received Christ, how you became a Christian, and what your life has been like since.

You want non-Christians to understand your story, so avoid complicated Christian terms. Pretend you are talking to a person who has never been to church.

Your testimony may be the most helpful thing a non-Christian will hear. Don't confuse others by adding unnecessary details. Keep to the point. As a result of your story, a non-Christian should know how you became a Christian and how important it is to you.

If you are unsure about when you became a Christian, don't feel that you must give an exact date and time. The important fact that you should relate is that you know Christ is your Savior now. Tell about what He is doing in your life now.

Your answers to the following questions will help you complete your testimony.

1. Before I received Christ:
  - A. What were you like before you became a Christian?
  - B. What were your actions, attitudes or thoughts?
  
2. How I received Christ:
  - A. How did you hear about Christ?
  - B. What was your initial reaction to what you heard about Jesus Christ?
  - C. Did your attitude toward Him radically change? Why?
  
3. After I received Christ: (Emphasize this part and be honest, Christians have problems too)
  - A. How have your actions, attitudes, and thoughts changed?

- B. What were some of the circumstances surrounding your conversion?
- C. Has God totally removed any problems from your life? If so, what?
- D. What evidence can you offer that God has done something in your life?

Now, ask yourself:

- Does my testimony have too much life history or too many non-essentials?
- Have I avoided or explained religious terms that would not be understood by a non-Christian?
- Have I been honest or does the testimony of how my life has been since receiving Christ sound so problem-free that it appears unreal?
- Is it too long? Am I being concise?

After preparing your testimony, try sharing it with a few mature Christians and ask them to critique it. After making any necessary revisions, memorize your testimony and practice giving it to one or two different people. Be prepared, you may be asked to give a short testimony during your time overseas.

**"Any church that is not seriously involved in helping fulfill the Great Commission has forfeited its biblical right to exist." — Oswald J. Smith**

# **What to Know When You Go**

## **Travel Arrangements**

Generally, the team leader will make all the travel arrangements. As much as possible, flight schedules will be arranged so that your team travels together. If you intend to have ANY variation (traveling on your own before or after your ministry, departing from/returning to different airports, etc.) please notify your team leader as soon as possible. Refunds for airline tickets are at the mercy of the airline. In other words, don't expect one if you have to cancel. Freshwater will not reimburse you.

When traveling overseas it is good to keep a low profile. Before leaving, be sure to remove unnecessary items from your wallet or purse, (excess credit cards, military I.D., membership cards, business cards, checkbook, etc.). Women: if you choose to carry a purse, guard it carefully. Purses are a frequent and easy target for theft. For that reason, they are also not the best place for your passport.

## **Travel Wear**

Your team leader will inform you as to what is appropriate dress for travel to your destination. Please follow all guidelines given and remember you are representing Freshwater Community Church and Jesus Christ.

## **Exercise**

Your trip mostly likely will be physically draining and challenging. Help yourself out by exercising now. Obviously, if the purpose of your trip is a building project or something of the sort, it will be exhausting. But, even if your ministry won't include a lot of physical labor, it's still likely to be physically tiring. Walking long distances, carrying supplies, and lots of traveling will be a big part of your trip. So be prepared.

## **Illness**

If you get ill on your trip please report it to your team leader. Traveler's Diarrhea is a common illness when traveling overseas. Take anti-diarrhea medication with you and drink lots of fluids. (Soda pop doesn't count.)

Also, if you have allergies, make sure you have any needed medications along. If there are prescription medicines you must take, be sure to take along more than you will need for your trip. Travel delays happen. And, carry it in your carry-on bag in case your checked luggage does not arrive with you.

## **Spending Money**

If you want spending money for your trip you need to bring your own personal money, in cash. If your money is going to need to be exchanged for the local currency, new bills in larger denominations tend to yield a better exchange rate in most countries. Do not carry your cash all in one place and never flash a lot of money around. If you're going to buy a souvenir, don't pull out wads of cash. Instead, pull out only what you need. We do not recommend taking traveler's checks or credit cards.

### **Electrical Appliances**

Electrical devices which require heat (blow dryers, curling irons, etc.) do not always fare well overseas. We've seen numerous hair care appliances melt and burn up which makes the owner go into a panic. You may want to have a hairstyle which doesn't require electricity. Unless absolutely necessary, we suggest leaving these type of appliances at home.

There may be electrical things you need to take (tools, laptops, etc.) so here is what you need to know. The voltage varies in countries and hotels, so be informed before you plug your electrical appliance in a foreign country electrical socket. You may need both a converter and an adapter. Check with your team leader before you bring electrical appliances, and they will be able to tell you what you will need.

### **Phone Calls Home**

Calling home from overseas will most likely be more difficult than you think. Depending on where you are, the phone service may or may not allow convenient long-distance calls. Please limit calls home as much as possible to cut down on time away from ministry and to keep your focus on the ministry.

### **Emergency Contact**

If there is an emergency on your team, tell your team leader right away and they will have the emergency contact information for the involved people.

You will receive contact information prior to your trip for your family you are leaving behind. If there is an emergency while you are gone they will be able to contact you.

Your team leader will get you all the information you need many weeks prior to your trip regarding supplies to take, toiletries to pack,

## **Finishing Strong**

One of the most difficult aspects of any mission trip is returning home. After an intense experience with a team of people, we return home to people who have not had this experience, who do not understand how wonderful our team was, and who sometimes don't seem to be too anxious to listen to us.

The following suggestions are intended to help you re-adjust.

1. Don't expect your family and friends to be as excited about your trip as you are. Remember that they've had a series of experiences totally different than yours. Keep your expectations low and you will be less likely to be disappointed.
2. Meet with your team within a month after returning to rekindle stories and share pictures. Sometimes this is the best way to deal with depression, loneliness, and frustration that can occur after your trip.
3. Try to stay in touch with one or two people that you met and got to know on your trip. Receiving a letter from the place you served often helps you to remember the good experiences you had.
4. Be cautious about negatively reporting about your trip. Sometimes there are problems on a team, and these stick in our minds when we first return home. If we report about these problems right away, the people who did not go may think the whole trip was bad.
5. Your family probably missed you more than you missed them. Don't alienate them by belittling their love for you.
6. Tell people to continue praying for you as you readjust to daily living. Share with them about your trip and thank them for their prayers.
7. Be patient with yourself. Have a good sense of humor. "Reverse culture-shock" is a normal part of the process of returning home.
8. Take time to go over the "Looking Ahead" form in the appendix.

## **Solo Exercise**

1. Write down at least five things you would like to learn through your short-term missions experience.
2. Write down what you are most afraid of in being involved in this ministry.
3. What strengths do you have to offer to this team?
4. What areas of weakness in your life could be helped by the team?
5. Look at your past experiences in ministering to other people and evaluate how you feel about those experiences.
6. In your eyes, how big is God? Capture your thoughts on paper. Meditate on Psalms 104.
7. What is the most important thing in your life? Read Colossians 3:1-4
8. Read the book of Philippians and write down some truths that impress you.

## **Bible Study**

(The Character of God)

1. Read Psalm 145.
2. List the attributes of God mentioned in this Psalm.
3. Read verse 6 again. What have been some of the awesome works and great deeds God has done in your life?
4. Read verse 13 again. What does this say about God's kingdom?
5. How will awareness of God's attributes, His awesome works, and His everlasting kingdom affect your short-term ministry?
6. What was David's attitude toward God as reflected in this Psalm?
7. How does this compare with your attitude?
8. What can you be doing now to grow in your knowledge of and love for God?

## **Looking Ahead**

1. Hopefully this experience has caused significant spiritual growth in your life. Write down at least three things you intend to do to continue to grow spiritually.
2. What areas of God's character have been revealed to you on this trip?
3. Make a list of answers to prayer you witnessed on your trip.
4. Who will you be regularly praying for as a result of this trip?
5. List at least two people you would like to share Christ with within the next three months and begin praying that God will open doors.
6. List the follow-up steps you will take to continue to build the relationships with the people God laid on your heart during your missions trip.
7. Write out how you plan to share your experience with your church, friends and family, etc.

## **Healthy Attitudes**

1. You shall not forget that you represent your home country and the Lord Jesus Christ.
2. You shall not expect that things will be the same as they are at home, for you have left your home to find different things.
3. You shall not take minor things too seriously. Accepting things as they are paves the way for a good mission trip.
4. You shall not judge everyone by the one person with whom you have had trouble.
5. You shall not let other group members get on your nerves. Enjoy yourself.
6. You shall not be overly worried. The person who worries has no pleasures. Few things people worry about are ever fatal.
7. Remember your passport so that you know where it is at all times. A person without documents is a person without a country.
8. Blessed is the person who says "thank you" in any language. Verbal gratefulness is worth more than tips.
9. When in \_\_\_\_\_ (Rome), do as the \_\_\_\_\_ (Romans) do. If in difficulty, use common sense and your native friendliness.
10. Remember, you are a guest in insert name of country. He who treats his host with respect shall be treated as an honored guest.

## **Unhealthy Attitudes**

It is possible to have a bad short-term missions experience. Most times, this is not the fault of the situation or organization. Often, the root cause is the short-termer's own attitudes and expectations. To maximize your short-term experience, **AVOID** doing the things on this checklist.

1. **Keep narrowly focused on "spiritual" activities.**
  - Some of the things you may be asked to do on your trip may seem menial but these are great opportunities to display the love of Christ through your attitude and willingness to serve. Refusing to do menial tasks because you only want to focus on "spiritual" activities will damage your testimony.
2. **To tighten up your schedule, eliminate personal prayer and Bible study.**
  - You will be tempted to do without your personal time because of your hectic schedule, but don't! Nothing is more important to God than your relationship with Him. Do not neglect your personal time.
3. **Stay organized and on schedule.**
  - If you are determined to stick tightly to your schedule then prepare for lots and lots of stress. Be flexible and see what God does on your trip.
4. **Get involved romantically with someone.**
  - There is nothing you can do to make the trip more awkward and miserable for your teammates than to get romantically involved with someone.
5. **Don't embarrass yourself by trying to pick up the local language.**
  - It can be very hard to get out of your comfort zone by attempting (and failing) to pick up the language. But, it is a wonderful way to build relationships with the local people. They will love you for trying!
6. **Immediately begin pointing out your team members' faults.**
  - There will be things about your teammates that will annoy you. Let it go. Be an encouragement and a blessing to your teammates.
7. **Don't eat any of the local food (germs, oh my).**
  - Once again, getting out of your comfort zone is difficult, but it comes with its share of blessings. You might find you like some of the local food and the locals will have more respect for you.
8. **When you return home, scold your home church and friends for their lack of commitment, for their weak prayers, and for their inadequate giving to missions.**
  - Returning home, when your enthusiasm and excitement about your trip will never be higher, is a great time to excite your home church, family, and friends about missions. Being negative toward people will give them a negative disposition toward missions.

If you'll do all of these Top Ten things (or even some of them), I can promise you a bad short-term mission trip.

## **Packing Checklist**

## **Clothes**

Pants/Shorts/Skirts  
Shirts  
Underwear  
Socks  
Formal/Church Wear  
Hat/Visor  
Sunglasses  
Shoes/Work Boots/Hiking Boots  
Pajamas  
Swimsuit  
Cold Weather Clothes (if needed)

## **Toiletries**

A Roll of Toilet Paper  
Tooth Brush and Paste  
Deoderant  
Kleenex Pack  
Small Bottle of Hand Sanitizer  
Band Aids  
Meds and Vitamins  
Tweezers and Nail Clippers  
Soap and Shampoo  
Towel and Wash Cloth  
Wet Wipes  
Ear Plugs  
Glasses/Contacts/Solutions and Spare Pair

## **Other**

Passport and Paper Copy  
Bug Repellent  
Flashlight and Batteries  
Camera, Charger, and Batteries  
Pocket Knife (packed in checked bag)  
Reading Materials  
Journal Supplies  
Bible  
2-3 Trash Bags  
Battery Powered Fan (if desired)  
Spending Cash  
Laptop Computer (if needed)  
Water Bottle  
Sunscreen

## **Gift Ideas for Hosts**

Baseball Hats  
Small Toys  
Hair Ribbons or Bands  
Granola Bars/Peanuts  
No-melt Candy  
Frisbees  
Bibles  
T-shirts

## Freshwater Application

Please Note: Your answers will determine your participation in this mission trip.

Please print clearly and answer each question to the best of your ability.

Feel free to use the back side if needed.

Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Address (City, State, Zip): \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Do you follow Freshwater on facebook? \_\_\_\_\_ -

Marital Status: \_\_\_Single \_\_\_Married \_\_\_Separated \_\_\_Divorced

Passport: \_\_\_yes \_\_\_no Passport Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Country, State, and City of Issue: \_\_\_\_\_

Education: Please list the highest level of professional education completed or in progress:

School: \_\_\_\_\_

Years completed \_\_\_\_\_ Degree Received

Professional Certifications (if any): \_\_\_\_\_

EMPLOYMENT: Please list your current job:

Employer \_\_\_\_\_ Position \_\_\_\_\_

Length of Employment: \_\_\_\_\_

Do you attend a Freshwater?

Please mark all that are appropriate:

\_\_\_I am a member \_\_\_I am a non-member \_\_\_I attend church but on an irregular basis

How long have you attended? \_\_\_\_\_

Have you been involved in any church ministry or service projects? If so, please explain:

**Why do you want to participate in this mission trip?**

**Have you ever been part of a short or long-term mission trip? yes no**  
**(If yes, please explain):**

**What skills, talents, training or gifts do you have that might be useful on this trip?**

**Describe your potential areas of growth:**

**What expectations do you have regarding this trip?**

**\*\*\*On a separate page please give your personal testimony and how Christ has worked in your life**

**A mission trip requires a major time commitment.** In addition to the trip itself, the team will be meeting about every other week. After the trip, there will be a *required* debriefing meeting and the completion of an evaluation form.

**What possible time conflicts might you have during these preparation months?**

**Please place your INITIALS by your response to each question.**

**I understand that flexibility is a must yes no**

**I am willing to commit to the necessary time requirements for this trip, missing no more than 1 meeting, except by special arrangement (this includes 'go prepared' training). I further understand that it is my responsibility to contact another team member to update me on what I have missed. yes no**

I understand that my full participation in raising funds for myself and the team is a requirement. yes no

I am committed to the process of fundraising and am willing to trust God's direction with the results. yes no

I understand that relationship building is a challenging part of team experience and I am willing and able to fully participate. yes no

I am willing to respect and submit to the team leaders and to what is best for the team: yes no

I understand that failure to comply respectfully and honestly (to include withholding any information) with the team, and its leaders could result in termination / immediate departure back to America at my expense: yes no

I understand that I may not kiss, hold hands, touch below the neck any person while on this trip (spouses and your children are the exception / light side-hugs are the exception as long as you are not alone with this person and in the presence of at least 3 other Americans / medical acts in a fully open medical environment/situation is acceptable with prior permission from the team leader): yes no

I understand that I will not offer any intimate communication/signals (verbal/nonverbal/digital/audio/video) to any person while on this trip (spouse/one's own children excluded). Note: If someone else perceives a communication as intimate in anyway or from anyone on the team YOU accept full responsibility to disclose that information to the team leader immediately: yes no

I understand that if I am accepted for the trip and am terminated from the team for reasons of misconduct (as determined by the team leader/board of elders at Freshwater Community Church), dishonesty or withholding information that I forfeit all rights to any funds raised: yes no

If I feel misunderstood or wronged, I will go directly to the person with whom I am in conflict with, and if still unresolved, will go directly to the team leader: yes no

I agree to follow the guidance of leadership concerning matters of appropriate attire, touch, communication, alcohol, drugs and tobacco: yes no

I am willing to comply with a criminal/personal background check/search: yes no

- I have been convicted of a misdemeanor or felony: yes no  
*If yes, please explain:*

I am in good physical health and can meet the physical demands of this trip \_\_\_yes  
\_\_\_no

➤ I **have** a health, medical or dietary restriction: \_\_\_yes \_\_\_no  
If yes, please explain:

Please list any prescription or over-the-counter drugs you are taking or have taken on a regular basis within the last year: (Note: Taking medications will not necessarily exclude you from consideration as a team member)

**Emergency Contacts:**

Name: Relationship: Phone #:

Name: Relationship: Phone#:  
Summary:

- I understand that by signing these documents I am submitting to a code of conduct as determined by the Freshwater leadership team. Behavior outside of this code may result in immediate termination of my participation of this trip at my expense. Initial: \_\_\_\_\_
- I am willing to cancel this trip for the well-being of the team: should health problems or sickness arise; should unexpected crisis occur which would affect my participation; should relational issues prove irresolvable over the course of preparation time. Initial: \_\_\_\_\_
- I understand that if my trip is canceled, all money fundraised would become part of the general mission fund and will help send other team members. Initial: \_\_\_\_\_
- I understand that I am participating in fundraising, activities, and the trip on my own accord. Freshwater Church and approved leadership are not liable for injury, illness, death, or other unforeseen circumstances occurring during or as a result of this trip or its preparation. Initial: \_\_\_\_\_

- I release the leaders to contact family, friends and other sources to verify information presented in this application. Initial : \_\_\_\_\_
- I hereby give my word that all statements in this application are true, to the best of my ability. Initial: \_\_\_\_\_
- I understand that all checks donated toward my trip should be made out to "Freshwater Church." The check should include a note describing myself as the recipient, but *should not* be noted on the check itself. All checks should be given to you personally or put in an envelope sent to Freshwater Community Church and addressed to the Missions Team. Initial: \_\_\_\_\_
- I understand that I must show proof of a recent physical exam and all necessary shots: \_\_\_yes \_\_\_no  
Deferred: I accept full responsibility for the any health related issues: \_\_\_\_\_  
initials

Signature \_\_\_\_\_

Date: \_\_\_\_\_

**When turning in this application, the following must be included:**

1. This application completed in full
2. Two *completed Reference Forms* (they may be sent in separately, but it is your responsibility to be sure they are in on time!)
3. A one-page personal testimony either typed or hand printed.
4. A check, for the \$200 down payment, made out to "Freshwater Church."
5. Copy of your passport.

Please note: You may be contacted by leadership if any questions arise concerning your application.

The best time and phone number to contact me is:

\_\_\_\_\_

## Freshwater Mission Trip Reference Form

- 28 -

*Feel free to use the back side of this form. Making additional comments will help us to know the applicant better!*

**Applicant's Name:** \_\_\_\_\_

**To the person filling out this form: Please state your name, e-mail address, and contact phone number:**

**The best time to reach you by phone is:**

**How long have you known the applicant?**

**In what context do you know the applicant?**

**What are the applicant's strengths, skills or gifts?**

**What might you see as their potential areas of growth?**

**What level of spiritual maturity best describes the applicant?**

New Christian     Immature Christian     Mid-range in Maturity  
 Mature

**In your estimation, how well does the applicant exhibit a teachable spirit? (Circle one)**

(Not teachable) 1 2 3 4 5 6 7 8 9 10 (Very teachable)

**How does the applicant respond to authority figures? (Circle one)**

(Opinionated and reactive) 1 2 3 4 5 6 7 8 9 10 (Willingness to submit w/servant attitude)

**How would you describe the applicant in terms of being a "team player?"**

Seeks to dominate     Causes friction     Seldom cooperates with others  
 Usually cooperated with others     Works well with others     Works very well with others

**Why would you recommend this applicant to become part of a mission team?**

**Please return this in a sealed envelope to the applicant (or) fax it to 952.446.9373 (or) mail to:**

Freshwater Community Church:  
Attn: Missions Committee  
4319 Steiner Street  
St. Bonifacius, MN. 55375

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- 29 -

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