

HONDURAS 2018

— JULY 8–14 —





HONDURAS 2018

FROM THE TEAM LEADER

Thank you for your interest in Coastal's mission trip to Honduras. While in Honduras, you will be Christ's hands and feet. While there, you will have a great deal of time to build relationships with the people.

This booklet includes helpful information that you will need to prepare for your trip. First, you will find the biblical foundation and framework for Coastal Missions. It will help you to understand our priorities and trip selection.

Next you will find trip-specific information. Hopefully you will have your questions answered in this booklet, but if not, please do not hesitate to contact me. My email is joey.tomlinson@gocoastal.org.

If you are interested in taking this trip, please fill out the forms in the application book provided and return them to the church. They can be mailed or delivered to 101 Village Avenue, Yorktown, Virginia 23693 or you can drop them off at the Welcome Desk on a Sunday.

JOEY TOMLINSON

Team Leader

joey.tomlinson@gocoastal.org



BIBLICAL FOUNDATION

Revelation 5:9–10

And they sang a new song: "Worthy are You to take the scroll and open its seals, because You were slain, and **by Your blood You purchased for God those from every tribe and tongue and people and nation**. You have made them into a kingdom, priests to serve our God, and they will reign on the earth."

Jesus Christ and His Gospel is the goal of all of our missions.

Matthew 28:19–20

"Go therefore and **make disciples** of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."

The church has been commissioned to go and make disciples everywhere.

Ephesians 4:11–16

"And he gave the **apostles**, the **prophets**, the **evangelists**, the **shepherds** and **teachers**, to **equip the saints for the work of ministry**, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to **mature** manhood, to the measure of the stature of the **fullness of Christ**, so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. Rather, speaking the truth in **love**, we are to **grow up** in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds **itself up in love**."

The church has been equipped by God, the Holy Spirit, to complete the tasks of spreading the gospel and making disciples.

COASTAL'S FRAMEWORK

Coastal Missions will...

- support ministries and other efforts connected exclusively with other theologically compatible local churches here and abroad.
- be strategic to support ministries that have an authentic relational component with the leadership of Coastal and transparent accounting practices.
- focus their financial and human resources on a few ministries and countries with the goal of long-term relationships.



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PASSPORT & VISA

OBTAINING A U.S. PASSPORT

To avoid rush charges or delays in trip planning, the first thing you need to do is obtain a valid passport. You will need a passport with an expiration date more than six months after your travel dates and with at least one blank page. Whether you need to get a passport for the first time, you need to renew, or you need a supplement with blank pages, you can visit this link:

<https://travel.state.gov/content/passports/en/passports.html>

As soon as you have your passport, we will need a color copy for planning purposes and back up while you are gone. It will be kept under lock and key at all times.

OBTAINING A VISA

If you have a U. S. Passport, you will NOT need a visa when traveling to Honduras. If you have a passport from another country, you will need to research to see if a visa is required for your country.

CUSTOMS & IMMIGRATION

As you travel, it is very important to keep all forms, carbon copies, and ticket stubs with you until you have returned to the US, collected your checked luggage and gone through the final customs check.

On your flight from the US to Honduras, each team member will receive several forms from the flight attendants. Even though much of the information is repetitive, everything should be completed while on the flight. Forms will be collected in different places.

Here is some information that you will need to know:

The purpose of our trip is: Tourist

The address where we will be staying is:

Sparrow Missions

Justin Ross, Director Ejecutivo

Calle 9 y Ave 12 Colonial

Los Andes, San Pedro Sula, Honduras

City: None | Hotel: None | Neighborhood: Los Andes | Department: Cortez

Phone (Emergencies only!) | 011-504-3252-7223

Emergency Contacts

Sparrow Missions Stateside Office: (502) 219-2656

Sparrow Missions Honduras: (502) 212-2071

Coastal Contact: (757) 867-5683

IMMUNIZATIONS

No immunization are currently required to enter Honduras from the United States.

HOWEVER, THESE ARE RECOMMENDED:

- Yellow Fever
- Measles
- Rubella
- Rabies
- Hepatitis A and B
- Typhoid

We would like to emphasize the health risk of potential exposure that each team member takes if they are not immunized. Although the risk is low in most areas where we will be staying or visiting, Los Bordos and a few other areas may pose risk because the health state of the people and children we work with may be completely unknown. This is why we recommend immunizations as well as washing and disinfecting of hands thoroughly and frequently, not sharing food or drinks, and exercising caution if “cleaning up” a child.



WHAT TO PACK

BASICS

- Passport
- Driver's License/alternate photo ID
- Spending Money (souvenirs, airport food, etc.), (small bills: \$5, \$10 and \$20)
- Water bottle
- Bible/Journal/Pens
- Backpack
- Wash cloth & bath towel

CLOTHING

- Comfortable, close-toe shoes
- Shorts/Pants/Long skirts
- Under garments
- Pajamas/Sleepware
- Socks
- T-shirts
- Comfy clothes for evening down time
- Hat
- Sandals/Flip-flops/Water shoes
- Swimsuit (modest please)
- Rain Jacket/Poncho

TOILETRIES

- Basic toiletries (soap, shampoo, conditioner, tooth brush/paste, deodorant, razor, shaving cream)
- Hair brush/comb & hair styling products
- Women: extra feminine products
- Chapstick
- Sunscreen & Skin Lotion
- Bug spray
- Hand sanitizer/wipes
- Powder
- Mouth wash
- Medications (vitamins, Tylenol, aspirin, allergy meds, anti-diarrhea meds, Cipro antibiotics, Band-Aids)
- Tissues
- Q-tips

EXTRAS

- Ear Plugs (for better sleeping)
- Work gloves
- Travel coffee mug
- Glasses/Contacts/Sunglasses
- Flashlight (Power might go out)
- Camera/Cell Phone (extra memory card)
- Watch/Alarm
- Detergent

YOUR CARRY-ON

Several team members like to exclusively take a carry-on. However, you are allowed to check one bag if you wish. If you do check a bag, be sure to pack enough clothing, medication, toiletries, etc. for two days in your carry-on just in case baggage is delayed. Your team leader will let you know of any TSA regulations and tips for travel.

ABOUT OUR PARTNERS

Sparrow Missions is a Kentucky-based 501(c)(3) non-profit missions organization for individuals and groups of all ages. Founded in 2009, their heart is to mobilize Christians and equip them to fulfill Christ's Great Commission, minister to human needs, and live out God's will for their lives. They strive to motivate believers to pursue Jesus Christ and take His life-giving message to the ends of the earth!

Sparrow Missions is an interdenominational organization, and their staff, Board of Directors, and team members come from a wide range of evangelical denominations. They believe strongly in creating unity within the Body of Christ.

The purpose and vision of Sparrow Missions is founded on the verses Luke 12: 6-7:

⁶"Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God.

⁷Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows."

The purpose of Sparrow Missions is to reach the lost for Christ and mobilize Christians by giving them the opportunity to travel the world and share their faith with people in other cultures and countries. They focus ministry, energy, and resources on those who have been largely forgotten by the world, but not by God. This has led them to the poorest of the poor and to those who have been abandoned by their parents, families, and communities.

Sparrow Missions is committed wholeheartedly to leading short-term mission trips that enable and fuel existing long-term ministry. Each of their missionaries will plug into one or more of the longer term ministries currently operating in and throughout San Pedro Sula, Honduras.

Los Bordos is an extremely poor community located in the heart of San Pedro Sula. Built on the banks of the local river, it is home to thousands of families who are living in extremely difficult situations. It is a place full of people that have been largely forgotten, even by those living in the city. Despite all the hardships they face, the community of people are hungry for God's Word, and the Lord is transforming many lives here. Sparrow Missions values this place very dearly and spends several days each week ministering to the women, children, and youth of this community.

Each of our missionary teams will plug into one or more of these Bordos ministries. Whether it is helping host a weekly Bible class, serving in the sewing clinic, helping with tutoring, or hosting a soccer camp, our goal is for each of our missionaries to share the love of Christ with this community. Surveys show that the path these children are on at the ages 0-13 is the path that they will remain on for the rest of their lives. Our dream is to see them following the Lord and live lives worthy of the Gospel.

For More information on Sparrow Missions,
visit their website at SparrowMissions.com
or their Facebook page at facebook.com/SparrowMissions



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GIVING GUIDELINES

Monetary gifts given while in Honduras go directly to the the local church and missionaries and are not tax-deductible once you are back in the United States. If you would like to make a sizeable donation and/or tax deductibility is desired, please talk to your team leader about how you can make a donation to Sparrow Missions once you are back in the United States.

To give a monetary gift or any item while in Honduras, please speak with your team leader or a Sparrow staff member. Please do not give any gifts or money directly to the children or adults to whom we are ministering. This can cause problems for our hosts after we leave.

If you would like to give a gift to a Sparrow staff member, local church worker or missionary, please speak with your team leader. We want to be sure that we are respecting their processes and procedures and that we do not cause any problems for them after we have gone.

As always, Coastal gives a minimum of 10% of our titles and offerings to the various missions that we support. We have planned to take extra funds and gifts to bless our hosts. You are always welcome to contribute more to these funds and gifts that will be distributed by your team leader.

MINISTRY NEEDS

If you would like to contribute to the gifts we will be taking, contact the team leader for a list of items.

CULTURAL HELPS

KEEP YOUR PROMISES

Do not make promises that you are not certain you can keep. This goes for small things, like offering to send a copy of a photo taken, as well as big things, like "if you are ever in the USA we would love for you to stay at our house." Not keeping a promise is a poor reflection on you, but also on your group and the church you are with.

MONEY

- Honduran lempira (HNL). The exchange rate is approximately 22 lempira per \$1.00 US.
- Coins are Centavos and come in 1, 2, 5, 10, 20 & 50. 100 Centavos = 1 lempira.
- US Dollars are accepted but you may not get the best exchange rate if used at time of purchase instead of paying in lempira. Visa & MasterCard are accepted, but due to high fees for credit card transactions, some merchants may pass the fees onto you. Conversely, they may offer you a small discount if you pay with cash.

WEATHER

Afternoon temperatures from April through September reach into the low 90's with nighttime temperatures in the mid 70's. Average morning humidity is 94% and average evening humidity is 64%. Possibility of rain is higher from June to October.

WATER

Tap water in Honduras is not safe to drink. Sparrow Missions provides a water cooler and bottled water. It is best to use bottled water for brushing teeth just to be safe. Water in restaurants is generally safe to drink as they usually have their own filtration system.

MISSION HOUSE RULES/ETIQUETTE

- **Toilet paper:** Toilet paper cannot be flushed at the mission house. A trash can will be located beside all toilets for your used paper.
- **Dishes:** Team members are encouraged to assist with washing the dishes after each meal and wiping of the dining tables.
- **Beds:** Bed linens are to be stripped from beds and placed at washing machine upon leaving. Beds are to be re-made with clean linens if available.
- **Cleaning:** Please clean up after yourself in the main area of the mission house and assist your teammates in keeping your sleeping area and bathroom clean.



BASIC SPANISH PHRASES

Hello	¡Hola!
Welcome	Bienvenido
How Are You?	¿Cómo estás?
What Is Your Name?	¿Cómo te llamas?
My Name Is	Mi nombre es ...
Where Are You From?	¿De dónde eres?
I'm from...	Soy de...
Pleased to Meet You	Mucho gusto
Good Morning	Buenos días
Good Afternoon	Buenas tardes
Good Evening/Good Night	Buenas noches
Goodbye	Adiós
See You Soon	Hasta la vista, Hasta mañana, Hasta luego
God Bless	Dios Bendiga
I love You	Te amo
Please	Por Favor
Thank You	Gracias
Thank You Very Much	Muchas gracias
Your Welcome	De nada
Excuse Me	¡Perdón!
I'm Sorry	¡Lo siento!
Do You Speak English?	¿Habla inglés?
Do You Speak Spanish?	¿Hablas español?
Yes, A little	Sí, un poco
How Do You Say ... In Spanish?	¿Cómo se dice ... en español?
I Understand	Comprendo
I Don't Understand	No comprendo
How Much?	¿Cuántos?
What Time Is It?	¿Cuánto cuesta?
Bathroom	Baño
Water	Agua
Drink	Beber
Man	Hombre
Woman	Mujer
Boy	Chico
Girl	Niña

DATES, COST, & RAISING SUPPORT

Trip Date | July 8–14, 2018

Trip Cost | \$1,700 per person

Cost includes: Bolivian visa, airfare, housing, meals in-country, transportation both here and abroad and supplies for projects and outreach. Cost does not include your passport, meals while traveling in the United States, and souvenirs.

Financial Deadlines

Application & \$100 non-refundable deposit due: January 31

50% due: March 15

100% due: May 15

Raising Support

As you prepare to go on this missions trip, God may have others He would like to involve in your journey. Raising support may seem awkward, but keep in mind that it provides an opportunity for others to participate in taking the Gospel to every tribe, tongue and nation. Ask your friends, family and others in your circle of influence to support you in prayer, and if possible, financially. A sample letter is on the next page to help you.

If you are a member of Coastal Community Church, you are able to receive financial assistance. Please talk to your team leader for details.

Team Meetings

Our team will meet each month to prepare for our trip. We will do team building exercises, answer questions, and prepare for the various projects in which we will engage. Team meetings are scheduled for the following dates:

Donation Slip to Accompany Support Letter

(Several copies can be made available to you. Please email your team leader to acquire them.)

Name: _____

Full Address: _____

Phone Number: _____ Email: _____

Donation Amount: _____ For: _____

Information collected is only to produce a giving statement. Your gift is tax-deductible. Please return it along with this slip to Coastal Community Church, 101 Village Avenue, Yorktown, VA 23692 by: _____.

Thank you for sharing in this amazing opportunity.



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SAMPLE SUPPORT LETTER

Dear _____,

I would like to share an opportunity that has been put before me. God has been working in my heart to go on a short term missions trip. My church, Coastal Community Church is taking a trip to _____, and I have the opportunity to join them.

While in _____, our team will be sharing the Gospel through work projects, services, and personal interaction with the men, women and children who live there. Our hope is that as we reach out, we will be able to connect the people to a local church where they can have continued discipleship opportunities.

The trip is _____. I believe that this opportunity is not just for me, but that God has called some of those in my sphere of influence to join me.

You can join me in prayer. This will lay the foundation for our work and a support while we are in the country. Please pray for the people of _____ to be receptive to the Gospel. Pray for the health and safety of our team. Pray that in all that is done, God will be glorified. Please pray that I will be able to receive the financial support that I need to participate.

The cost of the trip is _____. While this number can be overwhelming to me, I know that God will provide what is needed, and I understand that He may call you to be a part of that. Your investment is not just for a short term trip on my behalf. It is an eternal investment in the lives of people who do not know Christ. You can join me in fulfilling the Great Commission.

If you are lead to give, please send your donation with the enclosed giving slip to Coastal Community Church, 101 Village Avenue, Yorktown, VA 23693. You may also give online at www.gocoastal.org. Please do not write anything in the check memo section if you choose to write a check. All donations are tax-deductible.

While we are in country, we will do our best to post information and pictures about our trip so that you can join us on the journey. You will find this on Coastal's Facebook page. (Search Coastal Community Church Yorktown.)

Thank you for prayerfully considering to provide prayer and/or financial support. I look forward to seeing what God is doing around the world to grow His Kingdom, and I am excited to have you join me.

Sincerely,

GO

THEREFORE AND

MAKE

DISCIPLES

OF ALL NATIONS.

—— MATTHEW 28:19 ——



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COASTAL COMMUNITY CHURCH

101 Village Avenue, Yorktown, VA 23693 | getinfo@gocoastal.org | 757.867.5683

www.gocoastal.org