



# ONE HEART MISSIONS

committed to impacting our world



Hands Extended and Revealing Truth



*<sup>32</sup>And the congregation of those who believed were of one heart and soul; and not one of them claimed that anything belonging to him was his own, but all things were common property to them. <sup>33</sup>And with great power the apostles were giving testimony to the resurrection of the Lord Jesus and abundant grace was upon them all."*

Acts 4:32-33

## TABLE OF CONTENTS

### SECTION ONE:

#### Revealing Christ's Heart for Missions

<b>Our Hands / Christ's Heart</b> .....	<b>1</b>
Why Missions? .....	1
Discovering the Heart of Jesus.....	1
HEART (Hands Extended and Revealing Truth).....	4

#### Making Christ's Case for Missions

<b>Our Vision / Christ's Passion</b> .....	<b>5</b>
<b>Our Mission / Christ's Purpose</b> .....	<b>5</b>

### SECTION TWO:

#### Answering Christ's Call to Missions

<b>Our Call / Christ's Commission</b> .....	<b>7</b>
What is a Call? .....	7
Service for the Kingdom .....	7
<b>Our Conduct / Christ's Character</b> .....	<b>8</b>
Your Personal Conduct .....	8

### SECTION THREE:

#### Global Intent – Reaching the World for Christ

<b>Raising Financial Support</b> .....	<b>11</b>
Support Discovery.....	11
Contribution Support Guidelines.....	11
<b>Before You Go</b> .....	<b>12</b>
Passports and Visas .....	12
Parent Consent Letter .....	13
Money, Currency Exchange .....	13
Medical Information.....	15
Travel Hints.....	15
Packing Hints .....	16
Language Tips .....	18
Resources on the Target Country .....	18

## TABLE OF CONTENTS

### SECTION THREE: (Cont'd)

<b>In Transit</b> .....	<b>19</b>
Arrival Information .....	19
Luggage.....	20
<b>While You Are There</b> .....	<b>21</b>
In-Country Church and Community .....	21
Witnessing .....	21
Gifts .....	23
Common Courtesies .....	23
Restaurants.....	24
Culture Shock .....	24
Photos.....	25
Opposite Gender.....	25
Relationships with Nationals .....	26
Tips for Speaking Through an Interpreter.....	26
<b>Safety and Security</b> .....	<b>28</b>
General Overview .....	28
Emergency Contact Phone Numbers .....	30
Drinks and Snacks .....	31
<b>Release of My Rights</b> .....	<b>32</b>
<b>Our Six Step Code of Conduct</b> .....	<b>33</b>
<b>Twenty Characteristics of OHC Missionaries</b> .....	<b>34</b>

### APPENDICES

- Appendix A: Sample Support Letter
- Appendix B: Medical Release Form
- Appendix C: Parent's Consent Sample Letter



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## SECTION ONE



## Our Hands / Christ's Heart

### Why Missions?

When asked the question, "Why are missions important to the church?" many might respond by citing the well-known scripture in Matthew 28:19. Here, Jesus instructs His followers to "*go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.*"

Essentially, many would be inclined to say that Christ commanded His followers to share the gospel, so Christians have an obligation and a duty to respond. And, while it is true that Christ did make this command, the meaning behind the concept of missions is much deeper.

When we take a look at the commonly recognized definition of *missionaries*, for instance, we find it refers to "*individuals commissioned by a church or religious institution to go to foreign lands and evangelize, establish schools or otherwise minister to the needs of the local people.*" Often, when thinking of church missions, individuals immediately envision those called by God into full-time missionary work in another country or state.

But if we look deeper into the motivation of Christ's heart at the time that He made His initial command, we discover that every one of us is called to be a missionary, whether or not we ever set foot off of our hometown soil. In fact, as Christians, we are missionaries by design simply because we are indwelt by Christ's Spirit, and His heart compels us to complete the work which He started.

### Discovering the Heart of Jesus

One way to discern Christ's passion for missions is to closely examine His conversation with His Father in John 17. At the time of this heartfelt prayer, Jesus was preparing to fulfill the purpose for which He had been sent – to be crucified as the sacrificial sin offering for mankind.

Perhaps the most awesome translation for capturing Christ's heart is found in the version from *The Message Bible* (Copyright 2002. NavPress Publishing Group):

- 1 Jesus said these things. Then, raising His eyes in prayer, He said:  
Father, it's time.  
Display the bright splendor of Your Son  
So the Son in turn may show Your bright splendor.
- 2 You put Him in charge of everything human  
So He might give real and eternal life to all in His charge.
- 3 And this is the real and eternal life:  
That they know You, the one and only true God,  
And Jesus Christ, whom You sent.



**As Christians, we are missionaries by design simply because we are indwelt with Christ's Spirit, and His heart compels us to complete the work which He started.**



- 4 I glorified You on earth by completing down to the last detail  
What You assigned me to do.
- 5 And now, Father, glorify Me with Your very own splendor,  
The very splendor I had in Your presence before there was a world.
- 6 I spelled out Your character in detail to the men and women You gave me.  
They were Yours in the first place; then You gave them to Me,  
And they have now done what You said.
- 7 They know now, beyond the shadow of a doubt,  
That everything You gave Me is firsthand from You,
- 8 For the message You gave Me, I gave them;  
And they took it, and were convinced that I came from You.  
They believed that You sent Me.
- 9 I pray for them.  
I'm not praying for the God-rejecting world  
But for those You gave Me,  
For they are Yours by right.
- 10 Everything Mine is Yours, and Yours Mine,  
And My life is on display in them.
- 11 For I'm no longer going to be visible in the world;  
They'll continue in the world, while I return to You.  
Holy Father, guard them as they pursue this life  
That You conferred as a gift through Me,  
So they can be one heart and mind  
As We are one heart and mind.
- 12 As long as I was with them, I guarded them  
In the pursuit of the life you gave through Me;  
I even posted a night watch.  
And not one of them got away,  
Except for the rebel bent on destruction  
(the exception that proved the rule of Scripture).
- 13 Now I'm returning to you.  
I'm saying these things in the world's hearing  
So My people can experience my joy completed in them.
- 14 I gave them Your word;  
The godless world hated them because of it,  
Because they didn't join the world's ways,  
Just as I didn't join the world's ways.
- 15 I'm not asking that You take them out of the world  
But that You guard them from the Evil One.
- 16 They are no more defined by the world  
Than I am defined by the world.
- 17 Make them holy—consecrated—with the truth;  
Your word is consecrating truth.
- 18 In the same way that You gave me a mission in the world,  
I give them a mission in the world.
- 19 I'm consecrating Myself for their sakes  
So they'll be truth-consecrated in their mission.



**We are Christ's HEART  
(Hands Extended and  
Revealing Truth),  
and He is relying on us  
to reach out to the world  
around us – locally and  
globally – with the truth  
of His saving grace.**



- 20 I'm praying not only for them  
But also for those who will believe in Me  
Because of them and their witness about Me.
- 21 The goal is for all of them to become one heart and mind -  
Just as You, Father, are in Me and I in You,  
So they might be one heart and mind with Us.  
Then the world might believe that You, in fact, sent Me.
- 22 The same glory You gave Me, I gave them,  
So they'll be as unified and together as We are -
- 23 I in them and You in Me.  
Then they'll be mature in this oneness and give the godless world evidence  
that you've sent me and loved them in the same way you've loved me.
- 24 Father, I want those you gave Me to be with Me, right where I am,  
So they can see My glory, the splendor You gave Me,  
Having loved Me long before there ever was a world.
- 25 Righteous Father, the world has never known You,  
But I have known You, and these disciples know  
That You sent Me on this mission.
- 26 I have made Your very being known to them —  
Who You are and what You do —  
And continue to make it known,  
So that Your love for Me might be in them  
Exactly as I am in them.

Continually throughout His prayer, Jesus makes reference to His followers being of “**one heart and one mind**” as He and His Father are of one heart and mind. He wants all Christians to be “unified and together” just as He is with His Father in Heaven.

- 11 So they can be one heart and mind  
As We are one heart and mind.
- 21 *The goal is for all of them to become one heart and mind -*  
*Just as You, Father, are in Me and I in You,*  
*So they might be one heart and mind with Us.*  
*Then the world might believe that You, in fact, sent Me.*
- 22 *The same glory You gave Me, I gave them,*  
*So they'll be as unified and together as We are --*  
*I in them and You in Me.*

Christ's primary goal is for all of His followers to *know* His Father (the one and only true God) and to know Him (Jesus Christ whom the Father sent).

- 2 You put Him in charge of everything human  
So He might give real and eternal life to all in His charge.  
And this is the real and eternal life:
- 3 That they know You, the one and only true God,  
And Jesus Christ, whom You sent.



Jesus also makes reference to the mission His Father sent Him to fulfill:

- <sup>18</sup> *In the same way that You gave me a mission in the world, I give them a mission in the world.*
- <sup>19</sup> *I'm consecrating Myself for their sakes So they'll be truth-consecrated in their mission.*

Specifically, Jesus says that He is *consecrating* Himself for the sake of His followers. According to Webster's dictionary, the term "consecrating" means *"to make or declare sacred; to set apart or dedicate to the service of a deity; to devote or dedicate to some purpose."*

Jesus' entire life was devoted to fulfilling the will of His Father and declaring His truth to the world. He says in verse 19 that He did this for the sake of His disciples, so they in turn would be "truth-consecrated" to fulfill the mission that He was giving them.

So what mission is Christ giving His followers? Essentially, He is relying on His disciples to use their lives to reveal the truth of His saving grace, so that all mankind may know Him and His Father who sent Him.



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## HEART: Hands Extended and Revealing Truth

In John 17, Christ reveals His heart. He does not wish for any to perish, but for all to come to a saving knowledge of His grace. Jesus came so that all mankind could experience eternal life – forever in Heaven with Him and now on earth through Him.

As Christians, we are Christ's **HEART (Hands Extended and Revealing Truth)**, and He is relying on us to reach out to the world around us – locally and globally – with the truth of His saving grace.



# Our Vision / Christ's Passion

## Our Vision

One Heart Church's vision is for a new community of believers gathering in fellowship with one dream of reaching the lost with the truth of salvation through Christ, one hope of eternal abundant life in Christ, and one heart in unity of purpose and praise for the glory of God alone.

Everything we do within our Missions Ministry will be Christ-centered, Spirit-led and all for the glory of God our Father.

## Christ's Passion

In John 17, Jesus passionately shared His vision that His followers would:

1. Know the Father and Christ whom the Father sent (v. 3)
2. Be of one heart and one mind with God the Father, Jesus Christ and each other (v. 23)
3. Be truth-consecrated (sanctified in truth) (vs. 17 & 19)
4. Share the message of salvation with others (v. 20)

As a Missions Ministry, we are committed to pursuing Christ's passion for reaching the lost with the truth of His salvation.



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# Our Mission / Christ's Purpose

## Our Mission

The mission of the OHC Missions Ministry is to reach the world around us – both locally and globally – with the love of Jesus Christ and to lead them into a personal relationship with Him.

## Christ's Purpose

The prophet Isaiah (61:1-3) foretold of Christ's mission and purpose on earth:

*"The Spirit of the Lord God is upon me because the Lord has anointed me to bring good news to the afflicted. He has sent me to bind up the brokenhearted, to proclaim freedom to the prisoners.*

*To proclaim the favorable year of the Lord and the day of vengeance of our God, to comfort all who mourn.*

*To grant those who mourn in Zion giving a garland instead of ashes, the oil of gladness instead of mourning, the mantle of praise instead of a spirit of fainting so they will be called oaks of righteousness, the planting of the Lord that He may be glorified."*



In Luke 4:18-19, Jesus announced this prophecy fulfilled:

<sup>16</sup>*And He came to Nazareth, where He had been brought up; and as was His custom, He entered the synagogue on the Sabbath, and stood up to read.*

<sup>17</sup>*And the book of the prophet Isaiah was handed to Him. And He opened the book and found the place where it was written,*

<sup>18</sup>*"THE SPIRIT OF THE LORD IS UPON ME,  
BECAUSE HE ANOINTED ME TO PREACH THE GOSPEL TO THE POOR.  
HE HAS SENT ME TO PROCLAIM RELEASE TO THE CAPTIVES,  
AND RECOVERY OF SIGHT TO THE BLIND,  
TO SET FREE THOSE WHO ARE OPPRESSED,  
<sup>19</sup>TO PROCLAIM THE FAVORABLE YEAR OF THE LORD."*

<sup>20</sup>*And He closed the book, gave it back to the attendant and sat down; and the eyes of all in the synagogue were fixed on Him.*

<sup>21</sup>*And He began to say to them, "Today this Scripture has been fulfilled in your hearing."*

Christ came with a very intent purpose – to reclaim the headship Adam had lost. His purpose then is His purpose now -- to set the captives free so that all mankind can experience eternal life.

*You will know the truth, and the truth will make you free. (John 8:32)*

*So if the Son makes you free, you will be free indeed. (John 8:36)*

As followers indwelt by His Spirit, Christ's heart compels us to continue this mission until the day that He returns.



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## SECTION TWO



## Our Call / Christ's Commission

### What is a Call?

Experiencing a call to missions can come in many forms. For instance, one could feel a call to full-time missions, desiring to serve in a far away land. Another might sense a call to serve a missions agency, using skills God has given him or her to help others. Still, others could surrender to a missions task or goal provided by their local church. Whatever the case may be, if you are participating in this time of training, the probability of you sensing a call is high. It all begins with a desire to serve.

### Service for the Kingdom

When we think in terms of the word *service*, the official definition (American Heritage Dictionary) implies “*work done by one person (or group) that benefits another, or “the condition or work of a servant.”*” Jesus set the best example of true, unselfish service.

Christ was continuously among the people, meeting their physical, emotional and spiritual needs. He healed hundreds who were afflicted with disease and even death. He fed thousands who were hungry and thirsty. He delivered those enslaved by sin and demonic bondage. He accepted those whom others rejected, and loved those who hated and rejected Him. He became a bondservant for the sake of mankind, so that mankind might know the one and true living God the Father.

His call to us as His followers is to continue the work He started. In Isaiah 58, God describes what He truly desires from us:

- <sup>6</sup>Is this not the fast which I choose,  
To loosen the bonds of wickedness,  
To undo the bands of the yoke,  
And to let the oppressed go free  
And break every yoke?
- <sup>7</sup>Is it not to divide your bread with the hungry  
And bring the homeless poor into the house;  
When you see the naked, to cover him;  
And not to hide yourself from your own flesh?
- <sup>8</sup>Then your light will break out like the dawn,  
And your recovery will speedily spring forth;  
And your righteousness will go before you;  
The glory of the LORD will be your rear guard.
- <sup>9</sup>Then you will call, and the LORD will answer;  
You will cry, and He will say, 'Here I am.'



Our service for the Kingdom of God must come from our love for our Savior and from His love for all mankind. The love of God compels us to serve others so that they might come to know Him and experience His saving grace. Our service for Him means we follow Christ's example of complete and total surrender, and that we truly understand that **it is not about us**. Instead, **it is all about Him** and Him alone. We work with our hands, but the fruit of our labor comes from Christ's heart working in and through us.

## Our Conduct / Christ's Character

Christ loves all mankind and is ready, willing and able to meet anyone at the point of his or her need. As His heart, hands and feet, we are representatives of Christ and, as John 17:10 says "His life is on display in us."

If we truly are followers of Christ, then others will look to us to see Jesus. As representatives of His life, our conduct must reflect Christ's character.

### Your Personal Conduct

While on any mission project, One Heart Church asks that you conduct yourself in a manner worthy of our Lord and Savior Jesus Christ. Perhaps Paul best describes the model by which we should live in Colossians 3. (The Message Bible)

*<sup>1-2</sup> So if you're serious about living this new resurrection life with Christ, act like it. Pursue the things over which Christ presides. Don't shuffle along, eyes to the ground, absorbed with the things right in front of you. Look up, and be alert to what is going on around Christ -- that's where the action is. See things from His perspective.*

*<sup>3-4</sup> Your old life is dead. Your new life, which is your real life -- even though invisible to spectators -- is with Christ in God. He is your life. When Christ (your real life, remember) shows up again on this earth, you'll show up, too -- the real you, the glorious you. Meanwhile, be content with obscurity, like Christ.*

*<sup>5-8</sup> And that means killing off everything connected with that way of death: sexual promiscuity, impurity, lust, doing whatever you feel like whenever you feel like it, and grabbing whatever attracts your fancy. That's a life shaped by things and feelings instead of by God. It's because of this kind of thing that God is about to explode in anger. It wasn't long ago that you were doing all that stuff and not knowing any better. But you know better now, so make sure it's all gone for good: bad temper, irritability, meanness, profanity, dirty talk.*

*<sup>9-11</sup> Don't lie to one another. You're done with that old life. It's like a filthy set of ill-fitting clothes you've stripped off and put in the fire. Now you're dressed in a new wardrobe. Every item of your new way of life is custom-made by the Creator, with his label on it. All the old fashions are now obsolete. Words like Jewish and non-Jewish, religious and irreligious, insider and outsider, uncivilized and uncouth, slave and free, mean nothing. From now on everyone is defined by Christ, everyone is included in Christ.*



*12-14 So, chosen by God for this new life of love, dress in the wardrobe God picked out for you: compassion, kindness, humility, quiet strength, discipline. Be even-tempered, content with second place, quick to forgive an offense. Forgive as quickly and completely as the Master forgave you. And regardless of what else you put on, wear love. It's your basic, all-purpose garment. Never be without it.*

*15-17 Let the peace of Christ keep you in tune with each other, in step with each other. None of this going off and doing your own thing. And cultivate thankfulness. Let the Word of Christ -- the Message -- have the run of the house. Give it plenty of room in your lives. Instruct and direct one another using good common sense. And sing, sing your hearts out to God! Let every detail in your lives -- words, actions, whatever -- be done in the name of the Master, Jesus, thanking God the Father every step of the way.*

If we stay focused on the fact that Christ is our life, and if we are spiritually prepared to be used by the Holy Spirit, then others will not only see Him in us, they will also experience all that He is and all that He wants to be in their own lives!

### Spiritual Preparation is Imperative

You may have heard testimonies from others who have gone on other mission projects, but nothing completely prepares you for the intensity of what you will experience as you serve the Lord in a missions endeavor. You will be shocked by the physical and spiritual needs you will encounter. If you have not spent adequate time with God before you go, you will be overwhelmed when you get there. Depend on God. Do not trust in your own abilities. You cannot wait until the last minute to prepare spiritually. Spiritual preparation takes time.

Here are some tips to guide you as you prepare spiritually for your mission project:

- Maintain a growing, personal relationship with Jesus Christ
- Practice the spiritual discipline of Bible study, prayer, and church attendance
- Pray about every aspect of your mission project
- Enlist prayer partners
- Ask God to make you sensitive to spiritual needs around you and to make you bold in your witness
- Keep a journal of your thought and experiences to map your spiritual journey.



### Things to Ponder While On the Mission Field:

- Dress appropriately
- Remember you represent Jesus Christ first and OHC second
- Do not stay too long.
- Do not monopolize the conversation -- you are there to listen and serve
- Carry a digital camera and ask to take pictures and keep a journal.



### Quiet Time With God

In order for the Holy Spirit to use you for the glory of God, you must maintain an intimate fellowship and relationship with Him. To accomplish this, it is important that those engaged in missions at One Heart Church have a daily quiet time with God which involves meditating on scripture, finding time for daily devotionals, and praying continuously.

### **Your Personal Testimony**

At any given point in any mission project you may be required to give your testimony. The word “testimony” is used here because it is a word that includes the possibility of sharing a long process in your Christian walk. Please consider, however, referring to your profession of faith as “My salvation experience.” This terminology may be easier for Nationals to comprehend.

As you write and later share your testimony, you may want to answer the following questions:

- What was your life like before following Christ?
- How did you realize you were lost? How did you become a Christian?
- What does being a Christian mean to you in day-to-day life?

You may also find the following guide helpful as you develop your testimony:

1. Introduce yourself.
2. Talk briefly about your life before becoming a Christian.
3. Explain how you became a Christian.
4. In your own words, describe what it means to be a Christian. Be specific about the impact receiving Jesus Christ as your personal savior has had on your life.
5. Explain how others can share a similar experience (plan of salvation).
6. Provide an opportunity for others to make their own decision to receive Jesus as their personal savior.

**IMPORTANT:** When sharing your personal testimony, always rely on the leading of the Holy Spirit to guide you.



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## SECTION THREE



## Raising Financial Support

### Support Discovery

Each individual participant will be responsible for their mission trip expenses. What is covered in your mission trip price will be included in the “What’s Included” document.

One Heart Church provides two opportunities for you to raise support.

1. You may pay for the trip completely out of your own pocket.
2. You may send “support letters” to family, friends and co-workers and ask them to give to your mission trip. (**See Appendix A**)

As you are planning, please do not overlook the extra expenses that are not included in the mission trip cost per person. Some of the following may not be included in the project cost: some meals, passport fees, passport photos, visa fees (if applicable), tips, food en route, excess baggage fees, some sightseeing expenses and all souvenirs.

Further information can be provided by your MISSION TRIP TEAM LEADER.

### Contribution Support Guidelines

As you are considering your financial support needs, be advised that a **\$100 deposit is required at the time of registration for all OHC Mission Trips**. This amount is allocated towards your overall trip cost, and will not be reimbursed to you should you determine you are unable to go.

To assist you in planning, here are a few contribution support guidelines:

1. Be aware of the deadlines given to you. Get your letters out when you are instructed to do so. Do not hesitate. Deadlines to get support letters out are based upon when funds are needed to secure reservations and cover expenses.
2. Whereas we encourage you to personalize your financial support communications, we do ask that you quote **verbatim** the following information in your support letter:

*Another opportunity involves your participation in supporting the Missions Ministry of One Heart Church. As you can imagine, a trip of this magnitude costs a great deal. Would you consider supporting this project? Each team member is trusting God to provide for at least their portion of the overall trip cost. Should you desire to give please notice the following guidelines.*

- *You are making a tax-deductible contribution to the Missions Ministry of One Heart Church. Therefore, make your check payable to ONE HEART CHURCH. Please do not write my name on the check.*
- *Take a minute to fill out the enclosed GLOBAL OUTREACH JOURNEY CARD.*
- *After the check is written and the CARD filled out, place them in the self-stamped envelope and drop it in the mail or bring it to the church.*
- *Our team has set a goal of (contribution due date) to have all our support raised. Of course this goal is a matter of prayer as well. Each member must raise (cost of trip).*



3. Please understand that funds contributed are for this mission trip only. Any additional amount given on your behalf will go towards supplementary expenses that the trip dictates.
4. If you are anticipating going on another mission trip, then we will consider having you address BOTH mission trips in the same letter.
5. Once the deadline for contributions has passed, you and the MISSION TRIP TEAM LEADER will assess the situation together. Additional time may be needed to collect financial support, however, please remember that each team member is personally responsible for the balance to their mission trip account.
6. Our first “fixed” cost to cover for any mission trip is the cost of your plane ticket. Generally, our first floating deadline is the cut-off date provided by the airline with which we are choosing to book flights.

## Before You Go

It is impossible to anticipate all circumstances and situations, but this information will help you to better prepare for your mission project. **A typical day:** Know that things change, and we all need to stay flexible. *Semper Gumby* is our motto! Always flexible! As best you can, pray now for the patience and perseverance to serve with your team in the most Christ-like way you can.

### Passports and Visas

You must have a valid passport to travel outside the United States. If you do not have a passport, please apply as soon as possible. If your passport expires within six (6) months of your scheduled return, you will need to renew your passport immediately. Allow at least two (2) months for processing your passport application. You will not be permitted to travel internationally without a passport.

**Items you will need to obtain a U.S. Passport:** All information can be found on the state department website. <http://travel.state.gov/passport/>

### Steps to Obtaining a Passport

1. **Download an Application:** (DS-11) <http://www.usps.com/passport/>.
2. **Present Proof of U.S. Citizenship:** You need one of the following:
  - A clean, undamaged previous U.S. Passport
  - Certified Birth Certificate
  - Naturalization Certificate
  - Certificate of Citizenship
3. **Present Proof of Identity:** You will need one of the following: (Minor’s that do not have any of the following documents will need a guardian present with their documentation.)
  - A clean, undamaged previous U.S. Passport
  - Naturalization Certificate
  - Current valid Drivers License, Government ID, Military ID



4. **Provide Two (2) Passport Photos:** (CVS, Walgreen's and Eckerd's all make passport photos and some U.S. Post Office branches take pictures.) You will need two (2) additional photos if your destination requires a Visa.
  - New 2 x 2 inch color photos that are identical
  - Full face view
  - Photos must have a white background
  
5. **Pay Fee:** (Typical fee at Post Office – as of November 17, 2005)
  - 16 and older: Total \$97
  - Under 16: Total \$82
  - Passport Renewal: Usually \$67
  
6. **Provide Social Security Number**

Before your trip, make five copies of your passport. Send one copy to One Heart Church to keep on file. Give one copy to your MISSION TRIP TEAM LEADER. Place a copy in your carry on, one in your suitcase, one on your person (but separate from your actual passport), and leave one with a relative. Remember to update your profile with your passport details once it arrives.

Frequently, a country will require a current Visa for you to enter their country. As for the application, your MISSION TRIP TEAM LEADER will provide instruction on how to obtain a Visa, including two application forms and the information needed to complete the applications. One application you will leave blank except for your signature. One Heart Church handles all aspects of Visa processing to ensure timely processing and correct wording on forms. Please return the necessary items in a timely fashion. Each individual participant is responsible for the payment of the fee that accompanies the application.

### **Parent's Consent Letter**

Anyone traveling that is 18 years old or younger and traveling without a parent must have a Parent's Consent Letter. (**See Appendix C**) The letter must be notarized and signed by BOTH parents even in cases of divorce or separation. Three copies of the letter need to be notarized. One is given to the church for filing, one given to the MISSION TRIP TEAM LEADER, and one goes with the student traveling.

### **Money, Currency Exchange**

#### **Travel Money**

A recommended amount for personal travel money is \$20 to \$30 per day on average for your trip. This amount would encompass one meal a day, miscellaneous expenses and souvenirs.

#### **Credit Cards**

If you plan on using your credit card overseas please let your credit card company know the specific dates you are traveling and the countries that you will visit. Carry your PIN number separately from your card in a safe location or simply memorize it.



### Cash

- Depending on the countries visited, your MISSION TRIP TEAM LEADER will give you an idea on how much cash you need to take.
- It is recommended that you exchange up to half of the amount of cash that you wish to take prior to leaving either at your local bank or in the airport.
- U.S. bills are easily exchanged if they are crisp, clean and NEW (Be sure to order NEW U.S. currency from your bank in ample time prior to your departure date.)
- When you exchange money, you must show identification. (A copy of your passport will always do.) Always ask for a currency exchange receipt. You may be asked for it when you change your money back into dollars.
- Money should be kept in a money belt or safe pouch and kept on the team member's person at all times.
- DO NOT exchange money on the street or from an individual (bellboy, waiter, etc.).

### Travelers Checks

Depending on country(ies) visited, it is not recommended to take travelers checks. It is very hard to find locations to have them exchanged.

### One Heart Church Financial Gift Policy

Small gifts for hosts/hostesses, pastors, etc, at the end of the project are in good taste. One Heart Church or your MISSION TRIP TEAM LEADER normally provides guidance on modest individual gifts to be given the last day for the nationals who have helped the team. The nature of these gifts will be discussed in project preparations meetings before you depart, so the gifts can be packed in your luggage. Be wise in giving any gift. Many see ALL Americans as rich. Giving a large gift will cause jealousy or even animosity. Money should not be given to nationals, translators, or other people without the expressed permission of the host missionary or team leader. Any gift of money, especially to individuals, can be a problem. School fees are a great problem in some countries. Parents are financially strapped to pay these fees. You may receive such a request. Your heart will be touched by the need. Recognition that you cannot meet every need will help you deal with this issue. The greatest gift you give is yourself and Jesus.

### Just Say No

Do not promise anything that you do not intend to carry out. Frequently, nationals will come to the missionary or mission and ask where their money is because a volunteer did not say "no". Americans want to be polite and will say things like "I will pray about it," or "Let me think about it," or "We might be able to do something about it." To a national who has pressing needs and who sees you as rich, such statements are understood as a promise. It is better to say "no," and possibly be able to do something later, rather than to mislead with ambiguous responses. Missionaries and local leaders have been accused in public by persons who were sure the volunteer left something for them.



### Best Course of Action

Your best course of action is to be firm with your “no.” However, if you still feel led by the Lord to respond to a need, discuss the matter with your MISSION TRIP TEAM LEADER. They will provide guidance in such matters.

### Medical Information

U. S. medical insurance is not always valid outside the United States. Therefore, One Heart Church has provided within your trip cost a travel/medical insurance policy.

Additional optional health and accident, baggage, and trip cancellation insurance is available.

All travelers are required by One Heart Church to fill out a medical release form and have it notarized. (See Appendix B)

For further information, participants may contact the Centers for Disease Control and Prevention, International Travelers Hotline (1-888-232-3228), or check the Internet site at <http://www.cdc.gov>.

### Travel Hints

#### Airport Information

- Before you leave, check with the airline regarding flight status.
- Arrive at the airport at least two (2) hours before departure for international flights.
- During the mission trip, you will need several documents readily available (e.g., passport, tickets, etc.).
- Carry your passport, credit card, cash, and other important documents in a document pouch that hangs under your clothes or in a money belt around your waist.
- It is a good idea to prepare a very general packing list WITHOUT listing values for each bag. Keep one copy in your luggage and one copy with you in case of loss. For example: personal effects, clothing, books, toiletries, etc. At the top of the packing list, put your name, address, address of your destination, and country contact telephone numbers.
- If the airline delays your travel, the airline will usually take care of all stopover expenses including hotel, meals, and telegram/telephone calls to advise of change in arrival schedule.
- If you miss your plane, the airlines will place you on standby status for the next available flight. If it is the airline’s fault, you may have to insist that they provide for any lodging, meal needs, transportation, and general expenses.
- In the event of a delay, the MISSION TRIP TEAM LEADER representative will notify the in-country contact person concerning the nature of the delay.



- During your mission trip, never leave your luggage unattended. Use the buddy system and take turns watching one another's luggage.
- International restrooms are often marked "W.C." (Water Closet), or simply "Toilet." Look carefully at the door before entering. In some cities or countries, you may discover that there is not a separate room for men and women.

### **Packed Luggage**

- Pack a sufficient amount of snacks in your checked baggage.
- Pack enough in your carry-on luggage for the travel portion of the project.
- Food is expensive in airports and the snacks come in handy. Remember some snacks melt!
- Carry a couple of 20 oz. bottles of water with you during your project. The more water you drink several days before the project and during the project, the better you will feel when you arrive. Most jet lag is actually dehydration.
- Avoid caffeine before and during trip.
- All carry-on liquids must be in 3 oz. bottles.

### **Packing Hints**

#### **Packing for the Mission Trip**

- When packing, most participants over-pack, thinking "I might need this".
- As a general rule of thumb less is more when you pack right.
- Pack essentials mainly and then as room allows you can add comfort items.
- When you are finished packing, take your luggage for a walk around the block and you might realize there are things that you don't need that are weighing you down.

#### **Your Carry-On Luggage**

- Pack a one-day supply of clothing
- All prescription medication. Pack one and a half times your planned need of any prescription medication
- Passport/Visa
- Airline tickets and itinerary
- Water bottle and snacks



### Your Checked Luggage

- Conservative clothing
- One good pair of walking or athletic shoes for activities and travel
- One pair of universal, casual/dress shoes will be adequate
- One pair of shower/house shoes
- Toiletries (toothpaste, toothbrush, deodorant, soap, shampoo, contacts kit, female items)
- Breath mints, snacks (Be aware of those that melt in the summer heat)
- A two (2) fluid oz. bottle of antibacterial hand sanitizer should last two weeks

### Optional Items

- A travel pack of antibacterial handy wipes (baby wipes)
- Deep Woods Off, mosquito repellent, or your brand with DEET
- Small bottle of Woolite or your brand laundry soap (Pack in a zip lock bag)
- Personal-sized facial tissue packages
- Sun-block lotion (in season)
- Smaller sized Bible and perhaps a devotional book
- Travel poncho or small umbrella
- Small flashlight that will fit in your purse, backpack, or pocket
- Extra batteries, film or necessary chargers for electronics
- Every team member will not need to pack a travel iron, hair dryer, etc.
- If you wear glasses, be sure to bring your prescription.
- Be sure to have a converter with compatible plugs and correct conversion for the country you will be visiting

### What Not to Pack

- Expensive or large jewelry (It is best to plan on not wearing jewelry.)



## Language Tips

- Memorize basic phrases.
- Do not seek a word-for-word meaning, but grasp the idea of the phrase.
- Listen...a lot! Listening and observing will help you avoid cultural faux pas and teach you body language.
- Work on generating sentences from the beginning, even when you do not understand the grammar.
- Learn phrases that will help you: “Speak more slowly,” “Repeat that phrase, please,” etc.
- Learn the most commonly used words and phrases that cover a broad concept.
- Show your willingness to learn.
- Show appreciation for the new language even when you are most confused.



### GENERAL PHRASES TO LEARN

Excuse me.	Nice to meet you!
Good appetite	No
Good evening	Please
Good morning	Please speak slower.
Good night	Repeat that phrase, please.
Goodbye	Thank you.
Hello	What is your name?
How are you?	Where is the toilet?
How much does it cost?	Yes
I am sorry / Forgive me.	You are very kind.
I do not understand.	You are welcome.
My name is ...	

## Resources on the Target Country

For additional information about the target country, go to [www.lonelyplanet.com](http://www.lonelyplanet.com).



## In Transit

### Arrival Information

You will go through the following areas before you arrive where the missionaries/in-country host will meet you:

#### 1. **Passport Control**

Before you get to the baggage claim area, you will pass through passport control. Often the lines are long and it may take a while. Be patient. Follow the signs and directions. The officials speak some English and will ask for your passport. Be polite, answer all of their questions and comply with requests. Do not try to spark up a conversation with the passport control personnel. Passport Control is not a problem unless you have lost your passport. Your business in the country is that of a tourist (“pleasure”).

#### 2. **Baggage Claim**

This is where teamwork is important. Before you leave the baggage area, account for all baggage. If luggage is missing, go to the lost luggage office in the baggage claim area and report it immediately. You will need your baggage claim ticket, which is usually stapled to your plane ticket, and an address and telephone number where you are staying. Usually missing luggage arrives the next day. Young men may try to help you with your luggage. They will be persistent and will try to help even when you refuse. Just tell them “NO” and continue to tell them “NO.” Help other team members watch their bags and other luggage.

#### 3. **Customs**

It is usually best if the team proceeds through customs together. You have nothing to declare, unless you are carrying more the \$10,000 in cash. You must declare any amounts over \$10,000 (Refer to the Safety and Security section in this manual). If the customs officer wants to check your bags, they will motion for you to come over. If you are asked about the contents of your bags, just say that it is all personal effects for your trip. This is where the packing list may come in handy. They may want to open a bag, in which case you may show them the packing list. Be cordial and cooperate. Sometimes when they see that the list agrees with what is in the bag; they are usually satisfied and will not continue to check the remaining bags.

#### 4. **After Customs**

You will most likely see your in-country contact. If not, stay calm, be patient, stay with your group, and do not accept any offers of help (except from missionaries). Remember to watch your luggage as you would in any major airport! There will be many people and plenty of confusion as you exchange greetings and make your way out of the terminal. Watch your bags, purses and valuables.



### Luggage

Airlines are not all the same! Check with your MISSION TRIP TEAM LEADER about the specific restrictions for luggage size and weight.

If you are changing airlines overseas, you should check the requirements for both carriers. Some overseas carriers have a stricter luggage policy. Sometimes they do not allow as much weight or size for checked or carry-on luggage as U.S. carriers.

Allowances differ based on international and domestic tickets. (Watch for this on e-mails and project page updates.)

Some instruments and equipment (amplifiers, drums, keyboards, music stand cases, etc) will be either overweight, over-sized or both. An additional charge will be levied by the airlines for these pieces! Your group needs to be prepared to pay these overage fees in order to get your required equipment to the field.

Your MISSION TRIP LEADER will have exact measurements allowed for your trip, depending on the airline. These guidelines can change periodically, so check the airlines website within two (2) weeks of departure for the latest changes in weight and size restrictions.

One carry-on bag weighing up to 20 pounds is also allowed. It must fit under the seat in front of you or in the overhead compartment. If the bag will not fit in either place, they will require you to check it before you board.

### **Excess Pieces of Baggage**

Any baggage which exceeds the free allowance will be considered excess and will be assessed a charge based on the destination. There is a maximum weight allowed per passenger. They will not allow your bags to exceed a certain weight. If you are making connections from the U.S. to your final international destination, you should check your baggage all the way to the destination.

### **Payment for Excess Pieces**

You must pay the charge for the excess pieces at the point of origin. Allow extra time for this task. Personal checks usually are not accepted. You will need sufficient funds in cash. In certain countries you may be able to use a credit card. Typically, the charges vary from \$75.00 to \$200.00 per piece, depending on the destination and the carrier. So be very careful when you pack!

### **Mark Your Bags**

Be sure that each bag has a distinct luggage tag that is securely fastened to the bag. The tag should include your name, stateside address, and telephone number. Use tag holders which cover the name tag and are not easily opened. Guard against a stranger easily securing your home address as they watch you leave the country. Mark your bags so that they are easily recognized. When you are in the luggage pickup area, many bags will look like yours.



## While You Are There

### In-Country Church and Community

You will be in-country for a short time and hopefully have an experience that will bless you forever.

Your role is to serve alongside the missionaries and nationals in the country where you go.

You will be a support piece in the overall picture of missions.

Your mission trip will support the overall strategy that had been prayerfully developed by the career missionaries with whom you will serve and the leadership of the local churches.

Do not criticize the culture or how things are done.

Do not tell them how you do it in America unless you are asked, and then keep it simple and return the focus to them. It is your opportunity to learn all about their culture and their life. Your purpose is to share the Gospel and exhibit the presence of Christ.

Please represent God and the U.S. well.

Things will not always be convenient or comfortable, but God is sufficient.

### Witnessing

#### **Your Testimony**

Everyone has a personal testimony, but may have difficulty in expressing what God has accomplished in their life. A simple format of MY LIFE before I met Christ, HOW I met Christ, and MY LIFE SINCE I have met Christ usually works well. It needs to be personal, simple and clear. Avoid stories of drugs, alcohol abuse and sexual escapades, focusing more on recognition of the need to establish a personal relationship with Jesus, and the price He paid to make that possible. In cross-cultural evangelism, also be very aware of the needs of the missionary staff, and seek their advice as to the best way to present a personal testimony in that particular culture.

Be sincere when you are witnessing. Express what Jesus has done in your life and what He means to you, and then continue as the Holy Spirit leads. When speaking of spiritual things, the nationals will not understand the humor that some Americans blend into their testimony. The national believers take their faith and their Lord very seriously. Avoid using colloquial humor.

Witnessing varies in every country and with every people group and person. When sharing your faith tell them what Jesus means to you and ask them what Jesus means to them. Then follow the Holy Spirit's lead. God has a purpose for you being there. Please know how to share your faith and understand what you believe well enough that you do not have to follow a word-by-word format. Also, remember that it is against the law to openly share your faith in some countries.



Make sure you ask your MISSION TRIP TEAM LEADER and the locals about what you can and cannot say.

Do not use church words. For you to say, “I was born again” or “I was saved,” may confuse most people. “I accepted Jesus Christ as my Lord as Savior” will be more meaningful.

### **Your Clothing**

As an American, people in the country where you are may overlook your dress, but they will appreciate your trying to respect their customs.

Your ministry will have more power if you dress respectfully and modestly.

While visiting an area for the purpose of evangelism, wear conservative clothing.

For clothing expectations, please consult with your MISSION TRIP TEAM LEADER.

Never wear tight fitting clothing or shorts above the knee.

### **Church Manners**

In some churches, men and women sit on opposite sides of the sanctuary.

The nationals are very accommodating and may ask you to sit together in the front. Graciously accept their offer.

Unless you are the preacher, do not stand behind the pulpit. Instead, stand in front or to the side of it.

When speaking (preaching or testimony), do not put your hands in your pockets, chew gum, or cross your arms. Be comfortable and share what the Lord places on your heart.

Treat your Bible with respect. Do not slam it down or handle it in a way that could be perceived as disrespectful. Bibles are not plentiful in many countries and are cared for with great respect. Do not put your Bible on the floor because this will be considered offensive.

### **Do's and Do Not's**

Pray as you walk through the streets and cities. Pray for prepared hearts (yours and theirs) and for opportunities. Pray for the courage to follow God's leading and for opportunity to share the Gospel. Pray as the Holy Spirit leads you to pray.

Refer any questions on doctrinal issues or theological statements to the nationals or missionaries working with you.



It will be important that you understand the work of the Holy Spirit in the believer's life, the priesthood of the believer, and can share God's grace with the love of Christ shining through you.

Do not walk the streets talking loudly, laughing, etc., but have a ready smile and greeting for everyone you meet.

Do not become involved in ethnic differences. In the towns and villages, do not make fun of the food or the facilities (outdoor toilets, the paper, etc.)

Do not use words such as "gross" or "awful." Certain circumstances are part of the every day life of the people and are not the unusual.

Your translators may live in such surroundings or have many relatives that do.

Remember to be humble, kind, and sensitive.

### Gifts

Please consult your MISSION TRIP TEAM LEADER for gift suggestions and distribution.

Gifts that are appreciated and remembered are Christian audio-tapes, Christian CDs, sweat shirts, books, peanut butter, candy, Christian magazines, popcorn, new Christian books, and current newspapers, etc.

**Please Remember:** DO NOT give any gifts or cash to the residents or employees while visiting an orphanage or foundation unless you have received the approval of the local administrator or your MISSION TRIP TEAM LEADER.

When in doubt, ask the in-country host.

No money, tips, etc. should be given to nationals (interpreters, workers, pastors, etc.) without prior approval from your group leader, who will seek guidance from the local missionary or in-country host.

Unless the gift is given with the full cooperation of the local missionary in charge, your monetary gift could keep a translator from being used again by the mission staff.

### Common Courtesies

You are going as a member of a team. It is crucial that you show common courtesies both to your fellow Americans and to your hosts.

Be on time for meals, devotionals, and departures.



Attend all meetings.

No matter who you are, what you've done, or how many mission trips you've been on, be graciously submissive to your leader.

Do not complain.

Respect the needs of others for privacy, silence, and sleep.

Do not criticize the local food or customs.

Avoid such comments as "We don't do it that way in the U.S."

Use common sense in male-female relationships. Avoid any conduct that may be offensive to the nationals. Open displays of affection between males and females (even if married) can be offensive in other cultures.

### Restaurants

When visiting local restaurants, meeting places, or homes, a strict no-smoking, no-drinking policy is to be observed.

Please use your best manners and do not be loud and out of control. This is also good to remember while walking on the street and riding public transportation.

Be polite; remove your hat or cap when indoors.

When tipping, check with your local host and act accordingly.

### Culture Shock

Culture refers to the total way of life of particular groups of people. Culture is the ideas, customs, traditions, language, arts, belief systems, social structures and norms of a given group of people.

You will find life is different from life in the U.S. Be careful not to make a value judgment about their culture. One is not better than the other; just different.

Strive to be sensitive to the differences that you will see and experience.

Your group leader or local host will introduce you to specific issues related to culture shock for your trip.



### **Culture Stress**

- Stay spiritually sharp. An awareness of the reality of God's presence helps us to cope.
- Keep your sense of humor.
- Look for the logical reason things are done as they are.
- Relax your grip on your own culture.
- Realize others have adapted and you can too.
- Do not belittle the host culture.
- Focus on relationships with people of your host country. Consciously seek to build a warm relationship with one or more such persons.
- Do not lose faith in yourself, the essential good of your host cultures, your mission, and the positive outcome of your experiences.

### **Photos**

Bring photos of your family. They will ask about your spouse, parents, children, grandchildren, fiancé, or sweetheart.

Plan ahead and take special pictures for this occasion. Photograph them in front of a wooded area, a beautiful shrub, a waterfall, or looking off a mountaintop. Place them in a small presentation book that you can pass around if asked. Keep it personal. Be sure that all of your photos are of those you love, not of your accumulated abundance. Help them to understand that your joy (happiness) has its source in Jesus Christ, not because you have no needs.

Do not take photos with your fine home or new vehicle in the background.

Do not bring pictures that document how well you live or how well your home is decorated. If you show such photos, you will never convince them that you are not wealthy.

### **Opposite Gender**

Everyone involved on a mission team should refrain from being alone in a room with members of the opposite sex. This is even more important when that person is a national. Please be aware that one-on-one time together with nationals (outside the group activity setting) is strongly discouraged. Many cultures are quite unlike ours, and what may see harmless/innocent acts of friendship may be interpreted much differently.



### Relationships with Nationals

Nationals are extremely gracious and friendly people.

We are going at their invitation, and they will do their best to make us feel at home.

Avoid being demanding in any way.

You should always compliment them sincerely. Any criticism would be in bad taste.

Avoid calling them “natives.” They should be called by their nationality or people group, or simply “nationals.”

You may be asked for money or gifts (although your interpreters and church leaders will be instructed not to do this). It is okay to politely say, “No, I cannot do that.” Any other response may be taken as a promise to give them something.

### **Important Reminders**

Always be kind, never speaking critically to them or where they can overhear your remarks.

No matter where you are, words of welcome and greeting are important.

When you are in their church, please share greetings from your church in the U.S. to their church.

Also, share something about yourself, your family, that you are a born-again Christian, and your relationship with Christ. This gives you credibility and builds a foundation for you to share with them.

It is very important to show respect to the nationals; age for example, is highly respected.

At first, you will be struck by the vast gap in the economic levels and conditions between their country and the U.S. In general, people are far poorer than Americans; however, you will soon learn that the nationals are happier and more satisfied with what little they have than most Americans with their surplus.

Your job is to share Jesus, not be an economist or a tourist.

Relax and enjoy their hospitality and graciousness that puts most of us to shame.

### Tips for Speaking Through an Interpreter

#### **Translators**

If you have questions, ask your in-country host or your translator. The translators are there for you. If you are not sure, ask them first. We want your visit to be pleasant and meaningful.



Be careful not to use slang words. Although some nationals speak English, they do not always understand what we mean by certain words or phrases, and your comment could be misunderstood as an insult.

Go over your Scripture and testimony with your interpreter before beginning to sing or speak so he or she will be prepared for what you will say.

It is best to let the translator read any Scripture in the language being used rather than using two languages.

Be brief and to the point.

Speak clearly and in short phrases or sentences. Thus, allowing your translator to remember what you have said and translate.

Acronyms, alliterations, jokes, and poetry usually do not translate well. Please refrain from using them.

Slang, idioms, or religious jargon won't be understood. It is better to not use them.

Don't refer to elements familiar in our culture, but not theirs (i.e. malls, W.M.U. etc.)

Focus on what you're going to say next instead of listening to the translator.

Face the people rather than the interpreter when speaking.

Do not talk about your interpreter. He/she will find it difficult to talk about themselves.

You and the translators are going to form a binding relationship based on your dependency on them to help you through many situations. Be careful with your emotions! Be considerate of their emotions. Do not promise anything. If you do, be sure to follow through. Remember, a surprise is better than a broken promise. Your promises may slip your mind once you return home and you may forget to follow through with your good intentions. This will leave the in-country host or missionary in a very bad position.

The translators have been told not to ask for anything or promote their wants or needs in any way. A monetary gift may be in order, but please ask your in-country host or missionary before giving one. Normally, your translators will be making far more than the average national salary per day, plus meals and housing.

Please, please, do not promote sending money to help the translator after you return home. If you receive a letter or an email asking you to help financially, write back and tell them that God is sufficient for our needs and assure them that you will pray for them. Become an encourager and prayer partner. If you are concerned and would like to be certain of their need or problem, please email the in-country host or missionary you worked with on that project.



## Safety and Security

Most countries are not any more dangerous than the U.S. You are far less likely to experience physical harm from an individual abroad than you are in the U.S. Theft is what you should guard against. When in the cities or using mass transit systems, obey the same rules that you would anywhere else in the world as you travel. If your possessions are valuable, keep them in your hands or have them well concealed on your person.

### General Overview

Please keep all of your valuable possessions in front of you.

DO NOT carry your wallet in your hip pocket.

Ladies, shorten your purse straps so that the purse body is closer under your arm.

Move your backpack to the front of you if it contains valuables.

Make sure you know where your passport and airline tickets are at all times.

Please use caution with your camera, purse, backpack, or anything that could be perceived as being valuable or containing something of value. Placing such temptation in front of someone, including in church, may be more than they can handle. You do not want to tempt a child, teenager, or adult to take something that has been placed where opportunity prevails.

Please do not place your handbag, camera bag, backpack, etc, in the chair next to you or hang your purse or bags on the chair back or arm, or lay them on the table at the restaurant. Keep them in your lap, or sitting on the floor between your feet, placing one foot through the shoulder strap.

Please do not engage in conversation with street kids or beggars or drunkards. That is a specialized ministry and there are agencies and foundations in each country that specialize in their care.

### **Photos/Videos**

DO NOT take photographs of anyone in a police or military uniform. It is a good idea to ask before taking someone's photograph.

DO NOT photograph buildings with uniformed guards in front of them, not even the American Embassy or Ambassador's home.



## Money Safety

When you exchange money, please SAVE your exchange receipt and keep it where you can find it. You may be asked for it later.

DO NOT walk out of the exchange office handling money. Put it away before exiting the area.

DO NOT keep your money in large bundles. Organize your money by denomination and do not keep it all in one place. Keep at hand only what you anticipate that you will need for that day.

Use the buddy system when exchanging money. Visitors are required to change money at official rates and only at exchange offices.

Never stop to talk to anyone asking about making change or exchanging money.

Never pick up money off the ground that is not yours. “Finders Keepers” is a scam and you could end up in jail.

Never show your money to anyone claiming to be a policeman.

Occasionally, there is a scam involving individuals posing as policemen who flash a badge and ask for your passport and wallet. The false policeman will flee with your passport and wallet. Stay in a group of three or more and this scenario is not likely to occur. Stay with your translator or in-country host.

## Public Transportation Safety

On public transportation or in public areas, stay alert and attentive if sudden crowding and pushing occurs.

Keep your voices low and avoid drawing attention to you or your group.

Keep your hands on your documents and wallet at all times.

Do not be afraid unless there is obvious reason.

Stay with the group and stay alert.

## Dogs and Other Wildlife

Stay away from the dogs and other wildlife. Do not fear them.

DO NOT feed them. There may be many dogs on the streets in some cities.

Do not pet them or call them. If a dog becomes excited and begins to bark, a pack of them can form quickly. Stay away from dogs!



**Group and Individual Safety**

No mission participant should be outside their hotel/accommodations after 10:00 PM unless with team members and involved in ministry (occasionally a team is late arriving back at the hotel).

Do not go out alone, especially at night. Even when in a group, stay in well lighted areas at night.

Do not do anything to call attention to yourself. Avoid loud laughter and talk, and pay attention to the surroundings. A group should include a translator or in-country host.

PLEASE do not be afraid. The above information is to help you avoid the possibility of having difficulty. In any country as a tourist, a thief or scam artist will target you. Using common sense, these tips, and staying with the group will help you immensely!

**Clean Hands, Healthy Body**

Because you will be shaking hands with many different people and touching many things, it is helpful to carry a few anti-bacterial gels or “wipes” with you to wipe your hands occasionally.

Please do not offend anyone by immediately washing your hands after shaking hands. Keeping your hands away from your face, eyes and mouth will also help your chances of staying healthy.

It is wise to wash your hands carefully with soap and water before you eat and as soon as you return to your room. Anti-bacterial gel (waterless soap) is helpful, but you should still use soap and water when it is available.

**Emergency Contact Phone Numbers**

**Please save and carry these telephone numbers as you may need them:**

In-Country Host:	_____	
Home Phone:	_____	Cell Phone: _____
Email:	_____	
Mission Trip Team Leader:	_____	
Home Phone:	_____	Cell Phone: _____
Email:	_____	

**Other Needed Emergency Numbers:**

Telephone:	_____
Telephone Number for the American Embassy in:	_____
Telephone:	_____

**Other Information:**

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



## Drinks and Snacks

Bring snacks for the week to keep you going, especially for travel days and busy days when you just need a familiar comfort from home. Be mindful of snacks that melt.

### **Water**

Often bottled water will be available through our in-country host. Do not drink any water unless you know it is purified. When you are going out for the day – or even a half day – carry bottled water with you. It is very important to drink plenty of liquids (liquids containing caffeine do not count). It is easy to become dehydrated. Be sure to remember to use bottled water for brushing your teeth. Remember, too, that you may have come to a considerably higher altitude. Shortness of breath and fatigue may be expected at first.

Tea or coffee (because the water has been boiled) is safe to drink, as is any bottled soft drink. If you are invited for a meal in a home, it is all right to eat any cooked food.

Do not eat fresh vegetable or fruit unless you peel it yourself. Be careful of lettuce and mayonnaise.



## Release of My Rights

### Releasing My Rights Towards a Positive Mission Project

Jesus replied, "Foxes have holes and birds of the air have nests, but the Son of Man has no place to lay his head." (Matthew 8:20)

The greatest example in the Bible of someone willing to give up their rights for Kingdom service is Jesus. Philippians 2:5-7 speaks of Jesus' example this way: "Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God: But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men....."

We live in a culture that is consumed by demanding individual rights. Any service for the King demands a releasing of those rights for the sake of the gospel. The Apostle Paul was beaten, imprisoned and eventually martyred for his faith. In fact, history tells us that 11 of the 12 apostles were martyred for their faith, and only John, who was banished to the Isle of Patmos, died a natural death. Here is a list of rights that you may consider being prepared to sacrifice for the sake of the gospel. Pray over them and commit the releasing of these rights into God's hands for the duration of your Mission Trip:

#### I GIVE UP MY RIGHT TO

- A comfortable bed →
- Three nice meals a day →
- Familiar food →
- Dressing fashionably →
- Seeing results →
- Control of my schedule →
- Control of others →
- Pleasant circumstances →
- Making decisions →
- Being successful →
- Being understood →
- Being heard →
- Being right →

#### I ENTRUST TO GOD

- My strength and endurance
- My health and strength
- My food preferences
- My security in Him
- His purposes and fruit in His timing
- His leadership in this project
- His work in the lives of others
- Being where He needs me to be
- His sovereignty
- Being used in His way
- My reputation
- My need for recognition
- My need to be a team player

I give God permission to do anything He wishes to me, with me, in me or through me that would glorify Him.

Signed: \_\_\_\_\_

Dated: \_\_\_\_\_



## Our Six Step Code of Conduct

**1**

We will put on Jesus and be the aroma of Christ.

**2**

We will NOT whine.

**3**

We will lift up and NOT tear down our brother.

**4**

We will lose all focus on the realm of comfort and live in the world of flexibility.

**5**

We will always assume they UNDERSTAND English.

**6**

We are honored to be in their country and be their guests and will behave accordingly.



## Twenty Characteristics of OHC Missionaries

1. They always place the team first.
2. They walk closely with God by reading His Word and praying to Him daily.
3. They always express concerns BEFORE leaving on the trip.
4. They do not manipulate FREE DAYS.
5. They communicate well during days of preparation and planning.
6. They always leave prepared.
7. They always encourage others, never make fun of others and never have to say, “I was just kidding.”
8. They are responsible for their support to the end.
9. They are respectful of the people and country they are in.
10. They always work while other team members are working.
11. They respect trip guidelines, rules and plans. (Example: If you are asked to wear a tie, then where a tie.)
12. They always speak with a positive attitude and do not complain.
13. They always share any information.
14. They never promise, if they cannot deliver.
15. They do not “dictate” or “alter” the schedule.
16. They are always in their place 5 minutes before departure.
17. They attend all meetings or ensure that they make up the meetings they were unable to attend.
18. They rest adequately for the mission ahead.
19. They put the comfort of others before their own.
20. They pack responsibly.



Hands Extended and Revealing Truth



## APPENDICES



# APPENDIX A

## Sample Support Letter

Dear \_\_\_\_\_,

Thank you for allowing me an opportunity to give you a quick update on an exciting mission's ministry location where God is calling me. I have accepted the call to go to Romania, June 13-21 with my church. One Heart is a church that not only believes the Great Commission, we act on it. The Romania Mission Project will be one of many that One Heart Church members are involved in during 2008. My mission will consist of working closely with churches and pastors in the area to minister to orphans in various locations throughout the town of Lugoj. We will also be conducting a Vacation Bible School for our host congregation, Grace Baptist Church.

I would love to extend an opportunity to you at this time to partner with the Missions Ministry of One Heart Church in two very important ways. The first opportunity is PRAYER. Our team needs you to begin praying now. If I could jot down our top four requests at this point, I would say:

- Pray for wisdom as we identify strategic points of impact in Romania.
- Pray for the hearts of the children we will be ministering too.
- Pray for the churches where we will be sharing the Gospel.
- Pray for team member's preparation and health.

Another opportunity involves your participation in supporting the Missions Ministry of One Heart Church. As you can imagine, a trip of this magnitude costs a great deal. Would you consider supporting this project? Each team member is trusting God to provide for their portion of the overall trip cost. Should you desire to give please notice the following guidelines.

- You are making a tax-deductible contribution to the Missions Ministry of One Heart Church. Therefore, make your check payable to ONE HEART CHURCH.
- Please do not write my name on the check anywhere. Simply place the enclosed Post It® on the check once it is written. This will indicate that the check is to be posted to the Romania Missions Project.
- After the check is written and the Post It® applied, place the check in the self-stamped envelope and drop it in the mail or bring it to the church.
- Our team has set a goal of March 1, 2008 to have all our support raised. Of course this goal is a matter of prayer as well.

Thank you so much for your time. Please above all else, pray for our endeavor. Our utmost goal is to see God glorified and love touched as we answer the call to missions.



# APPENDIX B

## Medical Permission and Release Form (Valid for one year from date of completion)

One Heart Church Missions Ministry  
4845 South Old Peachtree Road, Suite #400, Norcross, GA 30071 678.533.1900

**(PLEASE PRINT CLEARLY – ALL INFORMATION IS CONFIDENTIAL)**

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

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Age: \_\_\_\_\_ DOB: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Social Security #: \_\_\_\_\_

Gender: (Circle): M or F

**IN CASE OF EMERGENCY, PLEASE CONTACT:**

Name: \_\_\_\_\_

Contact Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

**HOSPITAL INSURANCE:** (circle) Yes or No

Policy Number: \_\_\_\_\_

Primary Insured's Name: \_\_\_\_\_ ID #: \_\_\_\_\_

Insurance Company Name: \_\_\_\_\_

Insurance Company Phone: (1) \_\_\_\_\_  
(2) \_\_\_\_\_

**CREDIT CARD INFORMATION:** (circle) VISA MasterCard American Express Discover

Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

**ALLERGIES AND MEDICATIONS:**

Date of Last Immunization: DPT \_\_\_\_\_ MMR \_\_\_\_\_ Tetanus Only \_\_\_\_\_ Polio \_\_\_\_\_

Check if You Have Had: Chicken Pox ( ) Measles ( ) Mumps ( ) Whooping Cough ( )

Other (List): \_\_\_\_\_

Allergies (Food, Medications, Insect Bites, etc.):

\_\_\_\_\_  
\_\_\_\_\_





# APPENDIX B

## Medical Permission and Release Form (Cont'd)

Previous Serious Illnesses:

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Current Medication(s) and Instructions:

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Other Important Medical Information:

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**\*\* I (we) hereby DO consent \_\_\_\_\_ or DO NOT consent \_\_\_\_\_ to the use of blood and/or blood products under the care of a licensed physician in the case of an emergency.**

**PLEASE ATTACH A FRONT & BACK COPY OF YOUR INSURANCE CARD TO THIS FORM**

Signature of Traveler: \_\_\_\_\_ Date: \_\_\_\_\_

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### NOTARY PUBLIC INFORMATION:

Name: \_\_\_\_\_ State Of: \_\_\_\_\_ County Of: \_\_\_\_\_

Sworn and subscribed before me this \_\_\_\_\_ day of \_\_\_\_\_, 20 \_\_\_\_\_

Notary Signature: \_\_\_\_\_ My commission expires: \_\_\_\_ / \_\_\_\_ / \_\_\_\_





## APPENDIX B

### Medical Permission and Release Form (Cont'd)

#### ADDITIONAL MEDICAL RELEASE FOR UNDER AGE STUDENTS

Father's Name: \_\_\_\_\_  
Father's Address: \_\_\_\_\_

Mother's Name: \_\_\_\_\_  
Mother's Address (if different): \_\_\_\_\_

Legal Guardian's Name: \_\_\_\_\_  
Legal Guardian's Address: \_\_\_\_\_

Grade: (Circle)    6    7    8    9    10    11    12



## APPENDIX C

### Parent's Consent Sample Letter

#### PARENT'S LETTER OF CONSENT



February 7, 2007

Rev. Chester Whisonant  
4088 Rosewood View Drive  
Suwanee, GA 30024

To Whom It May Concern:

I have given full permission for my son/daughter, **BRANDON KEITH WHISONANT**, (Name as it appears on passport) to travel with ONE HEART CHURCH, located at 4845 South Old Peachtree Road, Suite #400, Norcross, GA 30071, and its leaders **Chester Whisonant, Ron Welch, Verna Welch, Chet Mathe' and Michael Carney** during the dates of June 15-25, 2007. I understand that they will travel to Washington DC, Austria and Romania.

With regards,

*Chester Whisonant*

Rev. Chester Whisonant  
4088 Rosewood View Drive  
Suwanee, GA 30024  
770-831-8058

Brandon Keith Whisonant  
Passport Number \_\_\_\_\_