



12Stone® Church GLOBAL OUTREACH

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MEETING ONE

YOUR JOURNEY BEGINS!

Welcome to your first 12Stone Church mission team meeting! You probably have a lot of questions and in this meeting, we will address many of them while getting your started on the three most time sensitive items.

1. Raising support
2. Obtaining your passport
3. Vaccinations

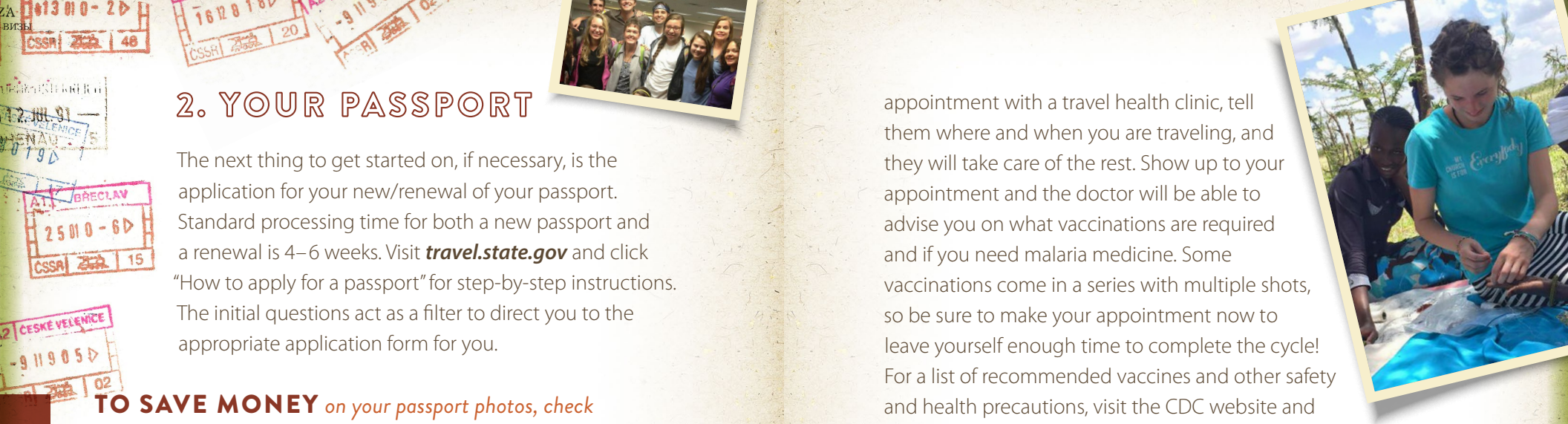


1. RAISING SUPPORT

The first thing you will want to get under way is your support raising. While the process is often reduced to a source of intimidation or a necessary obligation, it is, in actuality, a tremendous blessing. There are numerous examples in the Bible of people raising support including the Levites (Num. 18:21, Deut. 18:1-2), Paul (Rom. 15:20-24), and Jesus himself (Luke 8:1-3). The *Support Raising Guide* on page 46 will serve to answer all of your questions, give you a simple step-by-step process to follow, and sample letters as models. Every person who has followed these steps has reached **100%** of their support goal. God has divinely called you to this journey and will divinely provide (1 Thes 5:24). All He needs you to do is pick up your sword and engage in the battle through prayer and sending letters! And be sure to confirm your 10 prayer partners!

Get your letters out as soon as you can because the best seats on the plane go first! Since we cannot book flights until the necessary funds are in, the sooner you get this process started, the better your seats will be! Reference *The Flight Booking Process* on page 88 in the appendix to see the timeline.





2. YOUR PASSPORT

The next thing to get started on, if necessary, is the application for your new/renewal of your passport. Standard processing time for both a new passport and a renewal is 4–6 weeks. Visit travel.state.gov and click “How to apply for a passport” for step-by-step instructions. The initial questions act as a filter to direct you to the appropriate application form for you.

TO SAVE MONEY on your passport photos, check out the “Passport Photos” page in the appendix.

If you are applying for a passport for the very first time, you will need to fill out the DS-11 form. You will want to choose a passport book (not card), standard processing, and standard delivery. If you are renewing a passport, you follow the same steps but fill out the DS-82 form. Adding pages to an existing passport is no longer an option. If it fills up, you have to get a new one!

IF YOU ALREADY HAVE A PASSPORT, be sure that you have **FOUR BLANK PAGES** available, that you have **SIX MONTHS VALIDITY** from the expiration date to the day you land back in the US, and that your name is current. If the above requirements are not met, **YOU WILL NOT BE ALLOWED TO BOARD THE PLANE.**

3. VACCINATIONS

The last of the big three is vaccinations. The vaccinations you need may vary greatly based on the country you are traveling to. The best thing to do is make an

appointment with a travel health clinic, tell them where and when you are traveling, and they will take care of the rest. Show up to your appointment and the doctor will be able to advise you on what vaccinations are required and if you need malaria medicine. Some vaccinations come in a series with multiple shots, so be sure to make your appointment now to leave yourself enough time to complete the cycle! For a list of recommended vaccines and other safety and health precautions, visit the CDC website and search for the country you are traveling to.

ON YOUR OWN

Before your next meeting, watch two videos. First check out **Unit 1: More than Meets the Eye** and answer the corresponding questions.

- 1. Before you watch the video, how do you define poverty?

2. How does the *When Helping Hurts* video define poverty?

3. What are four keys to success on a short-term mission trip?

-
-
-
-

Then watch *HWH Part 1: Reconsidering the Meaning of Poverty* and answer the corresponding questions.

4. What is the key to addressing poverty?

5. How was your definition similar or dissimilar to the people who are actually living in poverty in the video?

6. When Adam and Eve fell to sin, which of the four key relationships God created were negatively impacted?

ALSO, take a spiritual gifts test! Your leader will be able to direct you to the appropriate avenue to complete the test. Print **TWO COPIES** of your results and bring them to your second team meeting.



MEETING TWO

WHAT IS POVERTY?

Most Americans would define poverty as the lack of material possessions, resources, or finances. The definition of poverty you gave before watching the video may have been very similar. If poverty is the lack of material things, then the solution is simply the provision of those material things. However, as you will soon learn, poverty is much more complicated than that. As you heard in the first video, those who are materially poor tend to define poverty much differently than many people here in the US. When asked what poverty is to them, the materially poor tend to use words like shame, inferiority, powerless, hopeless, voiceless, humiliation, unvalued, unhappy, low self-esteem, fear, and dependency.

“For a poor person everything is terrible – illness, humiliation, shame. We are cripples; we are afraid of everything; we depend on everyone. No one needs us. We are like garbage that everyone wants to get rid of.” – MOLDOVA

“The poor have a feeling of powerlessness and an inability to make themselves heard.” – CAMEROON

These responses require us to redefine what poverty is, what causes it, and how to effectively serve those in it.

Thus at its core, poverty is broken relationships.

God created us in His image, to flourish within the relationships and systems He created. In Genesis 1:31 it

says, “God saw all that He had made and it was very good.” The phrase *very good* is translated from the Hebrew word “shalom,” which means peace or universal flourishing. God’s design was perfect and Adam and Eve were created to live fully in the presence of God. When sin entered the world, that perfect creation was fractured and those relationships broken.



SYSTEMS

ECONOMIC

SOCIAL

RELIGIOUS

POLITICAL

God created us to thrive within four key relationships as depicted in the diagram above. First a relationship with Himself, but also a relationship with creation, others, and self. When sin entered the picture, the four relationships and systems as God had designed them, were fractured.

GOD Gen 3:8 & 23;
Adam & Eve’s sin causes them to separate themselves from God and later be banished from the garden

OTHERS Gen 3:12–13;
Adam blames Eve for his sin, Eve blames the serpent

CREATION
Gen 3:17–18; *Cursed is the ground because of Adam*

SELF Gen 3:10; *Adam realizing his sin and shame, covers himself.*

From this new understanding of poverty, we can learn three things.

1. If poverty is broken relationships, then poverty alleviation is reconciling relationships.
2. Poverty is complex and multi-faceted.
3. We all suffer from poverty in one way or another.

BUILDING BLOCKS

CULTURAL AWARENESS & SENSITIVITY: IS IT WRONG OR DIFFERENT?

Culture, in its simplest form, is learned behavior within a specific people group that is determined to be socially acceptable and normal within that context. Culture varies greatly from one place to another. It is unique from one continent to another, from country to country, state to state, and even departmentally within your very own work place.

When ministering in a culture different than our own, we must remember that we have removed ourselves from our own culture. The local rules and customs that apply to where we are serving are very different than what we are used to. Things we do at home that are normal and acceptable may be offensive on our mission journey. While grace is generally extended to travelers who are unaware of these cultural faux pas, it does not necessarily make the gesture any less offensive. It is our responsibility to steward relationships well by observing

and respecting local customs to the best of our ability. Just as you may not appreciate someone from a different culture living inside the US cutting in front of you in line at the grocery store, things we do in their culture would be equally offensive to them.

One phrase to keep in mind is, "It's not wrong, it's different." It is a learned skill to be able to remove your own cultural lenses to temporarily see the world through someone else's eyes. For instance, many countries may drive on the opposite side of the road than we do here in the US. In their first few minutes after leaving the airport, some people to say to local drivers, "You drive on the wrong side of the road!" Even if it is only a joke, it still is a subtle indication that we are looking at things through our own cultural lenses. Remember the local people determine culture. So technically the moment you enter another culture, if anyone is "wrong", it's you!

Discuss these and other cultural difference you might experience as a team:

Collectivist
Quiet and reserved
A culture of sin/guilt
Orderly Lines

||
VS
||

Individualistic
Loud and Excited
Honor / Shame
Lack of Personal Space





REVIEW LOCAL CULTURE SHEET

Check out some of these examples of unique cultural differences!

IN CHINA, *to give someone an umbrella means to cut the ties of friendship and to give them a farewell gift.*

IN INDIA, *avoid giving a gift or change with the left hand. Some argue it's fine, but others say the left hand is known as the one you use in the bathroom.*

IN TAIWAN, *it is offensive to receive something, such as a bill, change, or business card, with one hand. It is respectful to use both hands.*

IN THE DANI TRIBE *in Indonesia, (although rarely practiced now) if a woman's relative dies, she cuts off a segment of her finger.*

IN THE KURDISH REGION *of Iraq, if you tell someone their newly born baby is beautiful, you must wish their child a long life immediately after. If you do not, the family is insulted and offended.*

CASE STUDY

NOT KNOWING THE LOCAL CULTURE

Turn to page 78 for this week's case study.

ON-FIELD SKILLS

SPIRITUAL GIFTS

ON YOUR OWN

Before your next meeting, watch **HWH Part 2: Seeing God at Work** and answer the corresponding questions.

1. What are some ways North American poverty (the brokenness in relationships) is similar or different from that of the majority of the world?

-
-
-
-

2. Which group's brokenness is more debilitating?

3. If poverty is broken relationships and poverty alleviation is about reconciling relationships, then who or what must be the focus during your mission journey?

MEETING THREE LEVELING THE PLAYING FIELD

Last meeting we learned three things from our new understanding of poverty.



1. If poverty is _____ relationships, then poverty alleviation is _____ relationships.
2. Poverty is _____ and _____.
3. We _____ suffer from _____ in one way or another.

The diagram below shows the similarities between the way the materially poor tend to experience broken relationships and how we experience broken relationships.



You will notice that each relationship is equally broken, just in different ways. Both sides are debilitating, unbiblical, and separate us from experiencing a relationship with God at the level He desires to have with us. The knowledge that we are both broken is crucial in setting the tone of how we will serve our brothers and sisters in Christ who are materially poor. When we truly understand our own brokenness, it postures us in a way in which we are able to walk in humility and grace as opposed to pride and judgment (Col 3:12-14). Every man and woman on Earth was created after God's own likeness and we are all image-bearers of the King.



Now that we have placed the materially poor and ourselves on a level playing field, it allows us to serve them effectively and with dignity. After all, you cannot effectively minister to someone that you think less of. Since we are all created in God's image with gifts, skills, and dreams (Romans 12:6-8), the most valuable tools and resources in a community are its people. In the same way a doctor must accurately diagnose the symptoms of his patient in order to administer proper care, we must understand the problems within a community from

their eyes to be able to serve them well. In order for us to empower and encourage the local community on a short-term mission journey, we must learn from our local brothers and sisters. We must listen and ask questions. We must inquire about their gifts and dreams. We must ask about their culture and how their community works. Only then can we be invited into walking with our new friends as co-laborers in Christ as they initiate and pursue life change.

Just as it would be unwise for a guest to walk into your home and tell you that you are doing family wrong, it is unwise for us to walk into an environment we have no experience in and act like we have all the answers.

BUILDING BLOCKS

LEARNERS & GUESTS

People's beliefs are the sum of their worldviews. We have learned that culture shapes worldview and that it is unique in every place we visit both at home and abroad. In order for us to effectively love and serve someone in a culture different than our own, we must enter as learners and guests, not fixers and know-it-alls. Before your team enters the community you are going to serve, you must remember that we are there as guests to two different groups of people: the community members we are serving and the international mission organization that invited us to partner with them. **(Watch TIMS video)**

The *TIMS* video is a comical satire, but still makes a profound statement regarding an ever-present faux

pas on countless mission trips each year. Many well-intentioned westerners tend to think of ourselves as going to "save these poor people" with all of our knowledge, money, and ideas. (Remember our own broken relationship with *Self*). This is a prideful posture. The reality is that much of our knowledge may lack the understanding necessary to make it culturally relevant. This is why it is crucial that we enter a new culture as learners and guests. The once prideful posture is now replaced with humility. Humility is not that we are weak or void of passion and encouragement, it simply is recognition that we are not the ultimate solution. Jesus is.

Luckily for us, our partner organization on the ground helps us bridge the gap between the short-term expat missionaries and the nationals. They are a huge blessing and are often the best source of culturally relevant information. Our partners have been on the ground serving in this location since long before we arrived and will be there long after we are gone. Learning from them will be valuable in assisting your team in culturally relevant partnerships.

In Mark 11, Jesus rode a donkey into Jerusalem. Everyone along the road celebrated Jesus and praised Him. But as Jesus and the donkey rode along, the donkey was not looking at Jesus. His focus was ahead and all he could see was the road he was travelling on and the praise in front of him. After a while, the donkey could forget that all of the praise was for Jesus and begin to receive some of the praise as his own. The reality is we can be just like the donkey. Jesus is using us to bring the Kingdom and



we get to be along for the ride, but all of the glory is His. It is our privilege to be able to point to Jesus and give Him the glory He deserves.

Watch the *TIMS* video again and see if you can pick out a few quotes where Trip and Tyler exhibit behavior more like fixers and know-it-alls and less like learners and guests. Write them below:

You and your team want to avoid this common mistake. How can you do this well, you ask? Try a few of these pointers and ask your leaders for other ideas!

- Ask questions to seek understanding and build relationships
- Be vulnerable and open about your personal story
- Be quick to listen and slow to speak
- Always exhibit a spirit of gratitude

CASE STUDY

THE PLAY PUMP

Turn to page 80 for this week's case study.

ON-FIELD SKILLS

PRAYING ALOUD



ON YOUR OWN

Before your next meeting, watch *HWH Part 3: Understanding Why Good Intentions are Not Enough* and answer the corresponding questions.

1. What is the difference between relief, rehabilitation, and development?

RELIEF: _____

REHABILITATION: _____

DEVELOPMENT: _____

2. What are some examples of where relief is the necessary action?

3. How can misdiagnosing a problem as an emergency do long-term harm to the local people?

4. Is it possible to transform people's lives without transforming their hearts? Why or why not?

5. Why is the process of empowerment more important than the product it produces?

MEETING FOUR GIVING MORE THAN JUST GOODS

Often times on the mission field, the Lord gives us incredible compassion for our brothers and sisters in Christ. We may see a hungry family of 8 living in a single room hut, a school that meets under a tree, or a child wearing shoes made of old tires. We long to help and want to fix the problem. Our tendency may be to dig into our pockets to find a solution for the lack of material possessions being observed. But as we have learned, the origin of their struggles stems from a place far deeper than our wallets are able to cure. Poverty is broken relationships and the lack of material goods is a symptom of those broken relationships. Our money and short-term charity cannot fix that. Only Jesus can stand in that gap and bring reconciliation and transformation. And what is often unseen, the very desire that is intended to help, is actually doing monumental harm. Having a heart for the poor is easy, but having a mind for them is far more difficult and demanding.

One of our partners employs a local Kenyan man as their country director over all of their programs in Kenya. When asked by a group of American leaders what his response would be if someone came into his country and gave away material goods on a mission trip, his response was telling.

He took a moment to gather his thoughts and replied, "It would have been better if they had never come to my country. You are turning my people into beggars." This Kenyan man understands something that many of us here in the US do not. Charity, in the wrong context, is debilitating and destructive.

Dr. Bob Lupton gives us a look what happens in a sequence of prolonged charity:

<i>Give Once</i>		<i>Appreciation</i>
<i>Give Twice</i>		<i>Anticipation</i>
<i>Give three times</i>	=	<i>Expectation</i>
<i>Give four times</i>		<i>Entitlement</i>
<i>Give five times</i>		<i>Dependency</i>

Before entering a community, we must be able to distinguish between two very distinct circumstances: Chronic vs. Crisis.

Chronic is a persistent and ongoing problem. A crisis is where life and death hang in the balance. A chronic problem needs to be met with a long-term plan of development. A crisis requires emergency intervention. When you meet a crisis situation with crisis response, lives are saved. When you meet a chronic situation with a crisis response, lives are harmed.



With your team, brainstorm ideas of crisis and chronic:

CRISIS

CHRONIC

Every story has a hero, but it is important for us to understand that while we have been called to serve, this does not make us the hero. The hero in the community must be Jesus and the local church. Long after we are gone, these two will both still be doing a mighty work. Our goal is to support the local church and make Jesus and His bride the heroes. The desperate ask for material things may very well come at some point during the trip. It will be emotional and most likely very hard, but when that ask comes your team must be ready. If a single mom needs money for school fees for her children or a father needs money to fix his motorbike so he can work to buy food for his family, what will you say? If the American team gives money in either situation, we become the celebrated hero. Instead of the local church coming to the rescue where Jesus is glorified, the Western mission



team is praised among the community. We can be a beacon of light, a source of prayer, and bring encouragement, but we are not their saving grace. That job title has already been taken by our risen King, Jesus Christ.

BUILDING BLOCKS

SOCIAL MEDIA AND PICTURES

Social Media including Facebook, Twitter, Instagram, Pinterest and the like can serve as great tools to connect people, promote causes, and share ideas. Information has the ability to travel faster and impact more people than it ever has before. However on this journey, without good boundaries and self-governance, social media also has the ability to be a distraction to you and your teammates. How many times have you been in a restaurant and looked at the table next to you, only to realize the table was silent, with every single person staring at their cell phone? In a world where connectedness is at an all-time high, disconnectedness is stealthily on the rise as well.

ON AVERAGE, *people today will spend a total of **FOUR YEARS** of their life looking down at their phones.*

Remember, that while God is using you to impact the Kingdom, He is also using the Kingdom to impact you. Taking time to journal, being still in prayer, or talking to a team member about the day could yield a transformative milestone in your faith. Many family members and friends have invested in your mission journey financially and prayerfully. Keeping them up to date on what God is doing is a great idea, but be mindful not to spend so much time





connecting back home that it detracts you from connecting where you are.

Our prayer is that you would experience all God has for you and that He would move as much in you as He does through you. The Lord has set up divine appointments for your team and you don't want to miss them while choosing a filter or hashtag. God will be speaking to you and all you have to do is listen! If a picture is worth a thousand words, than a memory is worth a million. No picture will ever capture the emotion and power of a moment as vividly as a memory, so gather as many memories as you can!

Is taking pictures a bad thing? Of course not! By all means take pictures! Pictures with the people you serve and come to love will likely become keepsakes to be cherished for years. We simply ask that you honor the local people, the local ministry, and your teammates with the amount of time you spend taking pictures.

HERE ARE SOME TIPS FOR YOUR TRIP!

- Ask first, snap later. Many locals don't mind their picture being taken but it is always best to ask first! Not only do you honor them in the process, you'll get a better photo!
- Remember these are brothers in sisters in Christ, not animals in a zoo. Look to maintain people's dignity when taking pictures.
- Avoid taking pictures in high tension and extremely emotional situations.
- Be conscious of your team. They may be experiencing a moment with the Lord – don't be a distraction.
- Do not take pictures in airports, at checkpoints, or of military installations and personnel. Your camera may be confiscated.
- Have one person be in charge of taking pictures on your team for the entire trip or rotate each day.



TIPS TO AVOID THE QUICKSAND OF SOCIAL MEDIA

- In the weeks before, intentionally monitor and track your use of mobile devices. This will create self-awareness on the level you may need to self-govern on your trip.
- Take pictures but don't post them on social media until you get home. Your experience is not measured by the number of likes and comments your photos get.

- Bring a camera that is independent of your smartphone. If your smartphone is your camera, keep it on airplane mode with the wi-fi turned off.
- Consider leaving your phone at home all together.
- Have a team Facebook page where one person can send out updates and prayer requests.
- Alternatives to social media on your trip – pray, journal, read, talk with your teammates, listen to music, play a game together.

CASE STUDY

JOEY'S FIRST MISSION TRIP

Turn to page 82 for this week's case study.

ON FIELD SKILLS

TRIP SPECIFIC PREPARATION

ON YOUR OWN

Before your next meeting, watch *HWH Part 4: Joining God's Work* and answer the corresponding questions.

1. Within the local population, who is able to add value to their community?

2. Why is asset-based development a better approach when entering a community than needs-based development?

NEEDS-BASED DEVELOPMENT

ASSET-BASED DEVELOPMENT

3. How is focusing on someone's gifts and abilities a great first step towards poverty alleviation?

4. The use of local resources is what brings sustainability. Outside resources and ideas can come in only to _____ what already exists, but not to _____ it.



MEETING FIVE

THE RELATIONSHIP WITH SELF

As we saw in lesson three, both the materially poor and rich suffer from the same brokenness, simply on the other end of the spectrum. For this meeting, we will focus on one of those four key relationships that our society focuses on: self. Between the self-help books, the selfie, the selfie stick, the self-starter, our self-image, and SELF Magazine to name a few – our culture is obsessed with self.

Marred
Identity



SELF



Pride; God-
Complexes

When one whose broken relationship with self falls to the 'marred identity' side receives free material goods from one who falls on the 'pride' side, it creates a situation that serves to reinforce the brokenness of both people groups. Our well-intentioned charity for the 'marred identity' person brings back into focus their lack of material things. With the distribution of goods often happening in view of their community, friends, or children, the recipients are stripped of their dignity and thus affirmed in their brokenness. The one who falls to the 'pride' side is affirmed in their brokenness by becoming the hero.

The excerpt below is one such example given by Dr. Lupton in his book, *Toxic Charity*. The story comes from Bob's time living in the inner city, specifically Christmas Eve 1981. For years he had been commuting from the suburbs to bring gifts to families in the inner city but this

year, as a neighbor, he sat in the living room of the needy family as a friend and witnessed the event firsthand.

"When the knock finally came on their front door, their mom greeted the visitors – a well dressed family with young children – and invited them to step inside. A nervous smile concealed her embarrassment as she graciously accepted armfuls of neatly wrapped gifts. In the commotion, no one noticed that the children's father had quietly slipped out of the room – no one but their mom.

Not until the guests were gone and the children had torn through the wrappings to the treasures inside did one of the little ones ask where their father was. No one questioned the mother's response that he had to go to the store. But after organizing these kinds of Christmas charity events for years, I was witnessing a side I had never noticed before: how a father is emasculated in his own home in front of his wife and children for not being able to provide presents for his family, how a wife is forced to shield her children from their father's embarrassment, how children get the message that the 'good stuff' comes from rich people out there and it is free.

Only after becoming a neighbor was I able to see what we had done. Christmas Eve in that living room, I became painfully aware that not all charity is good charity.

Even the most kindhearted, rightly motivated giving – as innocent as giving Christmas toys to needy children



– can exact an unintended toll on a parent’s dignity. Inadvertently I had done just that. Not just this time but many times.”

The broken relationships we are observing in any given community took more than a week to create and therefore will take longer than a week to reconcile. Charity is like a band-aid. It can cover a wound temporarily but does not actually do anything to heal it. Charity does not aid in the reconciliation of broken relationships. Your team will not solve poverty during your time in country. Charity, while it feels good in the moment, is actually the subtle opponent of the best long-term solution.

You can however take heart knowing that your team is in fact a part of a long-term, carefully crafted, and locally led solution currently in place. Every program created, every leadership conversation had, and every dollar spent is successfully moving the community forward to a dignified indigenously sustainable solution. God has chosen you to be a part of a meticulously orchestrated effort to best serve the local community on your journey. In conjunction with 12Stone Church, your partner organization, and local leadership in country, your team has been intentionally placed into a position to complement the long-term work being done in the community through serving the local people.

12STONE CHURCH *recognizes the necessity for monetary support in partnerships as well as the Gospel’s mandate to effectively serve those who are in need. That is why international partners are vetted meticulously and* **CAREFULLY CHOSEN** *to ensure that*

the local community is being fully cared for in meeting both their physical and spiritual needs. This is often done through discipleship, leadership development, and long-term indigenously sustainable and dignifying solutions.

BUILDING BLOCKS

EXPECTATIONS & SERVING WITH FLEXIBILITY

During your journey there will be many things outside of your control. Your plane might get delayed or the in-country van you’re riding in may get a flat tire. There are countless scenarios that could play out. While 12Stone Church and its mission partners have carefully considered every detail, your journey will not be without challenges. The only thing we know we can control on our journey is our own attitude. For that reason we encourage our teams to depart with a heart of service and flexibility! New cultures provide fun and exciting nuances that enhance your experience. It can also be a source of confusion and frustration if you allow it to be. It’s true that you cannot control the fact that your van got a flat tire. Of course nobody wants that, but you can choose a positive attitude. Instead of getting angry and disengaging due to your frustration, you could pull out a soccer ball designated for the upcoming kids’ camp and create a game with your team!

Our Western mind tends to strongly enforce time constraints. We rush to work, rush to check in at the airport, and rush to the shortest check out line in the grocery store! The remaining part of the world holds time much more loosely and chooses relationship over punctuality. Don’t look to change it – embrace it!



Society tells us to lower our expectations so we will not be disappointed. Some have come to expect mediocrity so they will be happy with average. But God, in all of His majesty, did not create a world that is mediocre. In Genesis, God reflected on all He created and declared it good. The expanse of the ocean, grandeur of the mountaintops, and the beauty of a sunset are far from average. They invoke reverence and awe, hardly something spawned by "average". Lowering our expectations in a world that proclaims God's glory is not the answer, rethinking our metrics that we use to set our expectations is! Let's take a look at a few ideas that can help in setting and managing expectations.

- 1. Expectations are powerful and at the core of hope.** David was anointed as the next king over Israel but did not actually take the throne for at least 15 years. Expectations change how you prepare and what you strive for.
- 2. Expectations can be destructive.** Unmet expectations are the number one reason for disappointment.
- 3. You don't manage expectations by removing them.**
- 4. You do not set all of the expectations.** You are serving in a culture different than your own. Your projected expectations on the local people do not change generations of indigenous culture.
- 5. Sometimes the only thing wrong is your expectations.**

You can manage expectations or allow them to manage you. Here are some tips to set them well.

- Base them on context not comparison
- Know what you can control and what you cannot
- How you prepare vs. how you perform

To help prepare you mentally, here are some things you could likely expect:

- Flying, while it looks luxurious on Instagram, is long and exhausting.
- Jet lag is real! Prepare yourself as best you can.
- The majority of trips happen in locations with high temperatures and high humidity. Do not complain, it is just as hot and humid for the rest of your team as it is for you.
- Regardless of the temperature, if you are near the equator, the sun is much stronger and you will burn more easily.
- Organized lines and personal space do not exist in many cultures outside of our own.
- You will likely smell some of the worst smells of your life on your trip.
- Traffic is wildly different where you are going. The rules of the road as you know them do not apply there. Be ready for constant, loud honking and what will appear to you like a "free-for-all".
- Relationship is valued above time. At some point during your trip you will almost



assuredly be picked up late, start something late, finish something late, or be dropped off late.

- You may see chickens, cows, and goats walking through the streets.

- Intermittent electricity and cold showers are the norm.
- Showers and toilets may look more like buckets and pit latrines.

CASE STUDY

THE KARAMOJONG CONUNDRUM

Turn to page 84 for this week's case study.

ON FIELD SKILLS

TRIP SPECIFIC PREPARATION

ON YOUR OWN

Before your next meeting, watch **HWH Part 5: Fostering Change** and answer the corresponding questions.

1. How do people experience lasting change?
2. True or False: Development is a long process of ongoing change that will extend far beyond your presence in the community.

3. What are the three (3) basic triggers for change?

4. Why is it poor stewardship to try and implement change with those who are either disinterested or unwilling to pursue change?

5. Why is it important to have the local community initiate their desire for change?



MEETING SIX

GO AND BE

By this point in your training, you are well equipped in your understanding of how to begin your mission journey. You have learned a new way to serve people in an effective and healthy manner. You understand the typical pitfalls to avoid while on the mission field to ensure we do not cause harm to our brothers and sisters in Christ. You have great guardrails in place to keep your team from going over the edge and to help keep you moving in the right direction.

Now it is time to hone in on what you will be focusing on during your trip. Whether you are on a medical, evangelism, English teaching, or trip serving at-risk youth, your focus is the same: Christ-like love.

You have read all about Jesus in the Gospels and heard about His miracles in church. Just as Jesus sent out the disciples on the beginning of their journey, you are now being sent on the beginning of yours. And like Jesus and the disciples did, the best way to share the Gospel is a three-pronged approach – share, show, and support.

Share how Jesus and the Holy Spirit have worked in your life. Share how Jesus has redeemed you and your relationships. Share what He has taught you through your everyday life. Share how a community of believers has encouraged you and kept you accountable. Share how Jesus has loved and comforted you in difficult times.

Show people that Jesus loves them through your actions and intentionality. Offer to pray with people and actually do it right then. Spend time talking with them without having your own personal agenda. Wash their feet. Ask about their family. Love their children. Worship with them. Cry with them. Celebrate with them.

Support the hero (the local church) and in our context, the partner organization. While your team will only be on the ground for a matter of days, the local church and our partner are the long-standing agents of change in the community. They are the ones who, through the power of the Holy Spirit, are in the trenches each day championing true transformation and reconciliation. Find ways to complement and support the work that is being done while you are there and that continues after you are gone.

Above all, work to create a relationship with the people you are serving that is worthy of the Gospel you are proclaiming and representing.

In the culture of the western world, we often measure our day and our lives by what we have accomplished. In the rest of the world, their day is measured by connecting in relationship. We have been influenced by our culture to be task driven but Jesus did not share the Father's heart through tasks. He did it through genuine love and relationship. Spend time before and during your trip asking the Lord how He would have you communicate His love to His children. Often the simplest ways are the best. It may look like a simple cup of tea or a chat under the shade of a tree.





"And whatever you do, whether in word or deed, do it in the name of the Lord Jesus, giving thanks to God the Father through him." Col 3:17

BUILDING BLOCKS

SAFETY

Safety is paramount during your mission journey. Here at 12Stone our number one priority is your safety. While every precaution is taken into account in the meticulous planning and preparation for your trip, much of your safety is within your very own control. As long as you follow the guidelines of your 12Stone Global Outreach Leader and the instructions of your partner ministry on the ground, you will have a memorable and safe trip.

Here are some safety and awareness tips to keep in mind when traveling abroad:

- Do everything you can to not look like a tourist. You will likely stand out regardless, but there are ways to minimize drawing undue attention to you and your team.
- Wear neutral colors. Avoid bright, neon colors.
- Do not wear matching team t-shirts or passport neck pouches while in country or in the airport.
- Pay attention to how the locals act – if their interactions are quieter in nature, try to mimic the volume of their communication. Avoid overly boisterous conversation in public places.

- Do not take out electronics and smartphones in public.
- Do not wear clothing with American flags or propaganda on them.
- If you carry money or credit cards on your person, keep them in your front pocket.
- Avoid large public gatherings of people like parades, marches, demonstrations, protests, and election/voting areas.
- Never leave without first talking with the team leader.
- Never leave the team in groups smaller than three people. If possible and culturally appropriate, always have a male with you.
- Always keep your passport and the color copy you made in separate locations.
- Inform your bank of your impending travel. If unaware, they may shut down your card when you try to use it overseas.
- Never leave your hotel/ accommodations at night.
- Adhere strictly to any recommendations made by the partner ministry.
- Do not drink water from natural sources like rivers, lakes, or streams.
- Avoid eating street food. It may look good but you are at great risk of getting sick.
- Wear comfortable shoes and socks. It may be best to avoid open toed shoes.
- Watch your step. You will likely walk on terrain different than you are used to.
- Wear sunscreen.
- Drink lots of water. If you are thirsty, your body is already operating at a water deficit.
- Be aware of your surroundings.

The closest US Embassy/Consulate to me in country is located:

ADDRESS

PHONE

My hotel/accommodation in country is:

NAME

ADDRESS

EVERY TEAM MEMBER is registered in the Smart Traveler Enrollment Program (STEP) by the Global Outreach Team at 12Stone.

ON FIELD SKILLS

TRIP SPECIFIC PREPARATION

Review itinerary and final logistics

ON YOUR OWN

In wrapping up the video series before you depart, watch **HWH Part 6: Moving Forward** and answer the corresponding questions.

What are the Four Principals for Healthy Partnerships?

1. _____
– It is greater than the product
2. _____
– You need them
3. _____
– You are visitors in their community
4. _____
– If they don't contribute, they don't want it



SUPPORT-RAISING

THE ADVENTURE OF RAISING PRAYER AND FINANCIAL SUPPORT

As Christ followers, we are commissioned to be continually inviting people into a deeper relationship with Christ. Giving the opportunity to others to be used by God to advance His Kingdom is an awesome thing! Who wouldn't want to be on a winning team that is doing great things for an awesome God affecting lives for eternity? Be encouraged, God wants people to be praying for you on this trip as well as supporting you through their financial gifts!

WHY RAISE SUPPORT?

Every team member/family needs the support of the wider body of Christ. We need the encouragement that comes from knowing friends and family members are backing us. We need the strength and protection that comes through prayer and the spiritual influence of God's Spirit going before us to prepare the hearts of people for the Gospel.

Therefore, it is mandatory for all team members to send out "Support Letters." A support letter asks for the involvement of people in prayer and/or financial support. We want each team member/family to develop a support team. Not

only will this further our mission, but it will involve many more people in it, strengthening and growing the church in its passion for God's mission.

He said to them, "Go into all the world and preach the good news to all creation." — MARK 16:15

Part of your spiritual preparation for this trip will be your support-raising. You obviously have the desire to go but may not have the personal finances to make it possible. We have good news! God wants to provide!

"God's work, done God's way, will never lack God's supply." — Hudson Taylor, *Missionary to China*

"The worker is worth his keep."
— Matthew 10:5-10

"Jesus and the twelve were supported by others." — Luke 8:1-3

"Paul was supported on his mission trips by others." — Romans 15:20-24

KEYS TO SUPPORT RAISING

Many team members start out thinking of support-raising as "begging." Nothing could be further from the truth. Being Christ-followers, we should always be looking for opportunities to get people involved in God's work. This is not a "necessary evil," but rather an opportunity to be used

by God to draw people to Himself! Now that's exciting! Literally, think of support-raising as an opportunity to share with others what God is doing and allow them to get involved. You'll be shocked by how many people want to support God's work through you. God's plan for this trip is far larger than our own.

SUPPORT RAISING

Having the prayer support of others is critical for the success of this mission. Don't make prayer support secondary to financial support.

The recruitment of a prayer support team is mandatory. All team members must obtain commitments for consistent and persistent prayer support. We suggest having 10 people committed to pray for you.

Contact these people in person, by phone, Facebook, email, letter etc... Make sure they know that you want them to pray for you daily while on the trip as well as before and after the trip as the Holy Spirit leads them.

Before you leave on the trip, make sure to provide your prayer support team with a short list of "prayer points" so they can pray specifically and personally for you.

FINANCIAL SUPPORT

Ok, let's admit it, most people don't enjoy raising financial support. It's scary, right? We often feel strange asking other people for money. Why is this?

Your biggest obstacle when it comes to raising financial support is not the cost of the trip or if people will give, it's probably you! We are the biggest barriers.

We focus on ourselves all too often, wondering what others are going to think of us when we share the need. Will they question our motives, the mission, or will they think that we are poor or too cheap?

KEY: *Focus on God rather than yourself! Give God the opportunity to prove Himself able by trusting in Him and faithfully doing your part.*

Our focus needs to be on God and Him alone. If we keep our eyes on Him, we will not "sink below the waves" as Peter did when he walked on the water towards Jesus. When we share the opportunity for people to get involved in the trip by supporting us, our message is: it's nothing less than incredible to be partnering with God in what He is doing around the world and in our lives! Let's get ourselves out of the way and allow people to see God in our lives and efforts in this mission.

Even if you can fund your trip yourself, we highly suggest that all team members consider raising financial support. There are always supplies to purchase and some team members might need some additional financial help. Also, the national partner might have a special project that could use some funds as well.

There are many support raising ideas, but the one tool that seems to be the most effective and the one that we emphasize is the sending of personal letters. It's highly personal and allows for the communication of your passion to "go" as well as the opportunity for people to respond.

"You did not choose me, but I chose you and appointed you to go and bear fruit — fruit that will last. Then the Father will give you whatever you ask in my name." — JOHN 15:16

12STONE'S FUNDRAISING POLICY

We strongly encourage donations via the 12Stone website at 12Stone.com/Global. Donors will have the ability to select your trip and choose your name from a drop-down menu. Online donations are typically processed much faster than checks. If checks are received they must be made out to 12Stone for the donor to receive a tax credit.

All contributions are tax deductible and the sole property of 12Stone Church Inc. A gift to 12Stone Church is considered a charitable contribution for federal income tax purposes and cannot be refunded according to IRS regulations. Should your donations exceed the cost of your trip, excess funds will be directed to other team members.

A CHURCH THAT GIVES ITSELF AWAY

12Stone Church has established a reputation in the community as a church that gives itself away. Though with good intent, hosting fundraisers, auctions, garage sales, etc..., for the purposes of a 12Stone mission trip violates this philosophy and could bring harm to our reputation in the community. We ask that you refrain from organizing any fundraising events and limit your support raising to those that lie within the framework of your personal relationships and sphere of influence.

KEY: *A key to raising financial support is to have a list of about 100 people and to start early! Four to five months is NOT too early. God wants to provide but He needs you to partner with Him.*

STEP ONE: COMMIT YOUR WORK TO THE LORD

Begin with prayer. Stop right now and commit yourself to God.

"If you believe, you will receive whatever you ask for in prayer."

— MATTHEW 21:22

- Admit your need for total dependence upon Him (John 5:30 "By myself, I can do nothing").
- Ask God to give you a teachable heart as you prepare for the trip and to allow you to learn more about Him during this process of raising support. Don't miss this HUGE opportunity to draw closer to God!
- Pray that God would build your faith.

STEP TWO: IDENTIFY CONTACTS

If you are having difficulty coming up with names for your mailing list, use the included brainstorming pages to help you. Categories of friends and acquaintances are listed to stimulate your thinking and to help you organize your names. Many of your acquaintances might fall under several categories but list each one only once. Don't feel like you need to fill every slot in every category. Remember: It will be easier to scratch names from your list than to add names.

- **Please do not blanket the church with letters; It is the policy of 12Stone Church that each short-term mission trip participant approach no more than 10 supporters from within the membership of 12Stone.**
- **No address, no problem!** Even if you don't have the address, put the name down anyway. You can get others to help you track down an address. That person you can't reach may be the one who needs the ministry you can give!
- **Communicate your trip with non-Christians.** That's right. Non-Christians will most likely admire what you are going to do and it will pique their interest. Make sure that unbelievers are on your mailing list. Even if they don't support you financially, ask them if you can share the experience with them when you get home. You'll find that 99% of people will want to hear about your trip.
- **Don't judge whether people have the ability to give or not.** This can be very difficult. Remember, you are only giving them an opportunity to get involved. Let them decide if they can or should give.
- **Pray and obey God's leading.** You might be surprised whom you feel God is leading you to send letters to. Follow that leading. Remember that God's plan for this trip is far larger than ours. He might use your letter to impact somebody's life that you wouldn't expect.

STEP THREE: TYPE YOUR LETTER

Once you have collected your names, you can begin to write your letter. Two sample letters have been enclosed to guide you. Keep your letter to one page and include these aspects in your letter.

1. How God is working in your life currently
2. The opportunity you have to serve God as a part of this team
3. How you expect God to work in your own life
4. Specifically how the supporter can help you reach your goals and impact people

Once opened, your letter has about 20 seconds to capture the reader's attention. Therefore, keep these things in mind:

- **Be Personal.** Write a personalized note on all letters. This note will stand out and is often read first. Personally sign each letter and include a photo of yourself.
- **Be Brief.** People get a lot of mail today. Avoid long words and sentences. Write in conversational language. Keep the letter to one page in length.
- **Be Specific.** Tell them how they can be involved in this experience (prayer and support) and give them some increments to choose from (example: \$100, \$50, \$25).

- **Be Clear.** Ask someone else to read your letter and give you input.
- **Be Accurate.** Check your spelling. Be sure to make a good impression and get your details straight about the trip and how they can respond.

STEP FOUR: ASSEMBLE YOUR PACKETS

Once your letter is written, duplicate it as many times as necessary. Try to get good, clean copies. After writing any personal notes on the letters, you're ready to address your envelopes and mail your letters.

KEY: *Your letters need to be mailed five–six months prior to your trip or MORE to allow people to respond and meet payment due dates.*

STEP FIVE: FOLLOW-UP

This can be a critical step in gaining support. Some people will want to support you but may lose your letter in the other mail they receive or set the letter aside. They need personal contact such as a phone call, email, or a visit to see if they received your letter and if they have any questions. Use this opportunity to update them with details about the trip and the preparation of the team.

STEP SIX: RESPOND TO SUPPORTERS

It is crucial that people know you appreciate their support and don't take their prayers or financial gift for granted. When someone indicates a willingness to support you financially or by prayer, you must send a thank-you note. This will allow them to know you received their support and that you appreciate their sacrifice!

Failure to complete this step can turn people away from missions or ever being involved again. You are reaping the benefit of their sacrifice, please take this responsibility seriously!

A form has been provided on the following pages to help you track to whom you've sent a letter and if they have replied.

After the trip, report back to these supporters with photos and personal stories. **Make sure they know that they are part of the team!**

RELATIVES AND
FAMILY FRIENDS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

FRIENDS FROM
ATHLETIC/SOCIAL/
SERVICE ORGANIZATIONS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

FRIENDS FROM
“BACK HOME”
(WHERE YOU GREW UP)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

PEOPLE YOU’VE
MINISTERED TO (SUNDAY
SCHOOL, BIBLE STUDIES, ETC.)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

FRIENDS FROM CHURCH (TRY TO WORK OUTSIDE YOUR CHURCH FIRST!)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

ALSO THINK OF PEOPLE IN THE FOLLOWING CAREER FIELDS:

Accountants, Athletes, Auto Industry,
Banking, Chiropractors, Retailers,
Contractors, Dentists, Doctors,
Electricians, Engineers, Service
Industries, Entrepreneurs, Executives,
Farming, Government, Insurance,
Small Businesses, Landscaping,
Large Companies, Lawyers, Nurses,
Optometrists, Teachers, Pastors,
Pharmacists, Pilots, Printers, Real Estate

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

You won't necessarily send a support letter to all these people, but they form your pool of contacts. Spend time in prayer, asking God to lead you to send letters to the right people.

SAMPLE SUPPORT RAISING LETTER 1

Dear _____,

As we come out of a wonderful season of celebration, not only for a New Year, but also Christmas, a time to celebrate the gift of our savior, Jesus Christ. My wife & I have looked back on the last 12 months and realized how blessed we are. We have had many difficulties, but each with a unique purpose and lesson that reminds us how great our God is, and how dependent we are upon Him. I wanted to give you an update on a new and exciting opportunity that has been placed before us.

This March God has called us to serve on a mission trip to India. This will be my 1st international mission trip so it is exciting and a bit unnerving too. But I am excited to learn to lean on the Lord in ways that I never have before. At my home church, 12Stone Church, we believe that one matters to God. One orphan, one widow, one family in the slums who don't know that Jesus came to die for them. For that reason and many others, we will be taking the love of Christ to India with two main focuses:

- 1) To work with a local ministry in Mumbai to reach out to a community of deaf children and young adults through activities such as sports, in the schools and in their neighborhoods.
- 2) Mumbai has a large population of "street children", they estimate about 2500 stranded by poverty, mistreatment & violence. We will be spending much of our time working with this group. These kids need love, and for the short time we are there, we will be working hard to meet a variety of needs as much as we can.

The mission trip will take place **May 10th – 19th** and there are two ways for you to be a part of what God is doing. First and foremost, I need 10 prayer partners who will cover my team and I in prayer. Pray that language and cultural barriers are minimal, that the Enemy be kept at bay, and that God's will be done through us for the glory of Jesus.

The second way to engage in this trip is through financial support. I have to raise \$1800 by February 5th to buy my plane ticket and the remaining balance due two weeks prior to departure.

I am asking that you prayerfully consider taking part in this faith journey. If you do want to contribute financially, the preferred and easiest way to do so is online at 12stone.com/global. Click "Give to a participant or trip" on the right hand side and then select my trip and name from the appropriate dropdown menus. If you prefer to contribute by check, please make it out to "12Stone Church" and place my name, country, and trip date in the memo field. If you choose to contribute please let me know the amount, unless you choose to donate anonymously, so I can track my support raising goal.

Regardless of your decision, I invite you to follow our team via <either a blog or team Facebook page>. May the Lord bless you and your family this New Year. Thank you for your time and consideration.

In Christ,

<Sign your name here>

<Type your name here>

In making a tax-deductible contribution, your gift becomes the sole property of 12Stone Church, Inc. A gift to 12Stone Church, Inc. is a charitable contribution for federal income tax purposes to the extent permitted by law. Tax-deductible gifts cannot be refunded. If, for any reason, the listed team member does not participate in the trip or has excess funds, those excess funds will be directed to other team members.

SAMPLE SUPPORT RAISING LETTER 2



DEAR FRIENDS AND FAMILY

Thank you so much for supporting me in all that I do. I count each of you as a blessing in my life and you have all impacted me greatly. Thank you for being there for me and being the best that anyone could ask for.

Guess what? I am going back to South America from Oct 14th-21st! I have been handed yet another incredible opportunity to work with the people of Barranquilla, Colombia and I can't wait to be reunited with their loving hearts and smiling faces!

Barranquilla is a beautiful but slowly developing city on the very tip of South America and borders the Caribbean Sea. While in Barranquilla, my team will work with a coalition of local churches that desire to transform and make an impact in their communities. We will be stationed at a local clinic and will be providing health care for one of the poorest barrios in the area, Mesalondia. We will also be working on projects such as a goal to plant 100 trees and, of course, sharing the gospel with the people of the community.

Now, here's where you come in! There are two ways to help me in this next adventure set before me: prayer and support. Prayer is by far the most important thing I could ask for during my travels. Wherever God works, there is always the enemy present and ready to attack. For those who wish to be devoted prayer partners for my trip, I ask that you please pray for safety, health, successful communication between language barriers, and simply for God to show up and place His hand on this community! If you would like a more specific list of struggles or triumphs to pray through from my team, please e-mail me at <Your email here> with "Colombia Prayers" in the subject line.

As far as financial support, the costs \$2650. \$1200 is due by July 16th in order to purchase our flights and the remaining amount is due September 30th, which is two weeks prior to our departure on. With each trip I go on, I understand more and more that despite the cost, God has a way of showing up and providing. I am fully confident that if it is His desire to send me back to Barranquilla, He will bring in the support I need. Donations can be made via cash, check, but the preferred and most convenient method is online. Even contributions of \$1 would be advancing me one step closer to my goal! Not donation is too small or will be overlooked.

There will also be a way to follow our trip via <either a blog or team Facebook page>. There you can check in during my mission trip to see what my team is up to each day. Thank you once again for everything you do for me. I cherish and love each and every one of you!

Love,

<Sign your name here>

<Type your name here>

In making a tax-deductible contribution, your gift becomes the sole property of 12Stone Church, Inc. A gift to 12Stone Church, Inc. is a charitable contribution for federal income tax purposes to the extent permitted by law. Tax-deductible gifts cannot be refunded. If, for any reason, the listed team member does not participate in the trip or has excess funds, those excess funds will be directed to other team members.

PAYMENT METHODS

For Online Contributions:

- Visit 12Stone.com/Global
- On the right, click "Give to a mission trip or participant"
- Locate my trip under Trip/Project and select <Your name here>.

For Cash or Check, Mail To:

12Stone Church
Attn: Global Outreach
1322 Buford Dr
Lawrenceville, Ga 30043
**In the check memo line, please include my name, trip date, and country.*

REQUIRED PIECES OF INFORMATION TO INCLUDE IN YOUR LETTER:

1. The country you are traveling to
2. The dates of your trip
3. What types of activities your team will be doing and/or the purpose of your trip
4. The total amount of your trip cost
5. Support raising deadlines for flight booking and being fully supported
6. Online and check payment methods with online being noted as the preferred method
7. To include your name, trip date, and country in the memo line of checks
8. This tax statement to include at the end of your letter:

"In making a tax-deductible contribution, your gift becomes the sole property of 12Stone Church, Inc. A gift to 12Stone Church, Inc. is a charitable contribution for federal income tax purposes to the extent permitted by law. Tax-deductible gifts cannot be refunded. If, for any reason, the listed team member does not participate in the trip or has excess funds, those excess funds will be directed to other team members."

Check out both of the sample letters to see examples of how each of these eight components can be worked into your letter.

SUPPORT TRACKING LIST

[illegible]

SUPPORT TRACKING LIST

[illegible]

REQUIRED TEAM DOCUMENTS



DETACH AND
TURN IN →
TO YOUR
TEAM LEADER

FINANCIAL AGREEMENT

My \$100 deposit is nonrefundable and serves to solidify my commitment to the trip and my team. This will be rolled into my overall trip funds.

I agree to pay all costs associated with my trip including but not limited to immunizations, passport fees, and personal items needed for travel.

I understand that if I do not meet my financial contribution to my team in totality before the assigned deadline, I forfeit my participation on the trip.

I affirm that 12Stone Church has complete discretion and control over the use of all donated funds, and reserves the right to redirect funds designated for my ministry in the event that my ministry is over-funded to assist other team members or the trip in general. Any surplus over and above the required amount cannot be returned to the donor/participant or redirected to pay for other items.

I understand and will explain to potential donors at the point of solicitation of funds that while donations are tax deductible, they are considered a charitable donation, and are non-refundable.

Once my flights are purchased, that money has been spent and cannot be reallocated or moved in any way. In the event that my flights are purchased but I fall short of my support-raising goal, I forfeit my participation on the trip.

Signed: _____

Name (please print): _____

Date: _____

REQUIRED TEAM DOCUMENTS

KEEP THE
FACING PAGE
FOR REFERENCE →

FINANCIAL AGREEMENT

My \$100 deposit is nonrefundable and serves to solidify my commitment to the trip and my team. This will be rolled into my overall trip funds.

I agree to pay all costs associated with my trip including but not limited to immunizations, passport fees, and personal items needed for travel.

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Once my flights are purchased, that money has been spent and cannot be reallocated or moved in any way. In the event that my flights are purchased but I fall short of my support-raising goal, I forfeit my participation on the trip.

Signed: _____

Name (please print): _____

Date: _____

REQUIRED TEAM DOCUMENTS

DETACH AND
TURN IN →
TO YOUR
TEAM LEADER

ASSUMPTION OF RISK AND LIABILITY RELEASE: **ADULTS** (OVER 18)

TO BE COMPLETED BY THOSE 18 YEARS OF AGE AND OLDER

I, the undersigned applicant, am 18 years of age or older. I hereby acknowledge that I am of sound mind and am voluntarily traveling with 12Stone Church, Lawrenceville, Gwinnett County, Georgia (the "Church") to the location(s) indicated below and participating in the activities associated therewith. I acknowledge that there are certain risks to my person and property associated with such travel and activities; such hazards and risks include but are not limited to forces of nature, acts of war, terrorist attacks, natural and human disasters, acts of aggression, and criminal activity. Also, any illness or sickness due to exposure to unsanitary, rural and/or urban environments as a result of direct or indirect contact with indigenous bugs, insects, or other animals, bacteria, or viruses that may cause disease, paralysis, and death. I risk injury, paralysis and death by accident or circumstance, inadequate medical services and supplies. I agree to educate myself on all safety and health risks as well as recommendations thereof as outlined by the CDC and US Department of State. As between the Church and the undersigned, the undersigned hereby assumes the risk of any personal injury or property damage sustained while participating in such travel and/or activities.

In the event of any accident or illness, I authorize Church personnel to examine, treat, or administer medications for any illness or injury as deemed necessary. In the event that I become mentally or physically incapacitated, I authorize Church personnel to obtain any medical care, including hospitalization, injection, anesthesia, and surgery, from a licensed, certified, or authorized health care provider deemed necessary as determined by the sole discretion of said Church personnel based on care available at the time of incident. I accept sole responsibility for the payment of any medical care.

I do hereby release and agree to indemnify and hold harmless the Church, Church officers, directors, trustees, agents, employees, and/or volunteers from any and all claims, liabilities, or damages arising out of my participation in the trip and any activities associated therewith, even if such claim arises as a result of a negligent act or omission of the Church or the Church's agents and/or employees.

TRIP INFORMATION:

Date of Trip: _____

Location: _____

Trip Leader(s): _____

Sworn to and subscribed before me this the

_____ day of _____, 20 _____

Notary Public: _____

Commission Expiration Date: _____

[NOTARIAL SEAL]

PARTICIPANT SIGNATURE:

Print Name: _____

Date: _____

Are there any activities for which you cannot and should not participate?
Please indicate: _____

REQUIRED TEAM DOCUMENTS

KEEP THE
FACING PAGE
FOR REFERENCE →

ASSUMPTION OF RISK AND LIABILITY RELEASE: **ADULTS** (OVER 18)

TO BE COMPLETED BY THOSE 18 YEARS OF AGE AND OLDER

I, the undersigned applicant, am 18 years of age or older. I hereby acknowledge that I am of sound mind and am voluntarily traveling with 12Stone Church, Lawrenceville, Gwinnett County, Georgia (the "Church") to the location(s) indicated below and participating in the activities associated therewith. I acknowledge that there are certain risks to my person and property associated with such travel and activities; such hazards and risks include but are not limited to forces of nature, acts of war, terrorist attacks, natural and human disasters, acts of aggression, and criminal activity. Also, any illness or sickness due to exposure to unsanitary, rural and/or urban environments as a result of direct or indirect contact with indigenous bugs, insects, or other animals, bacteria, or viruses that may cause disease, paralysis, and death. I risk injury, paralysis and death by accident or circumstance, inadequate medical services and supplies. I agree to educate myself on all safety and health risks as well as recommendations thereof as outlined by the CDC and US Department of State. As between the Church and the undersigned, the undersigned hereby assumes the risk of any personal injury or property damage sustained while participating in such travel and/or activities.

In the event of any accident or illness, I authorize Church personnel to examine, treat, or administer medications for any illness or injury as deemed necessary. In the event that I become mentally or physically incapacitated, I authorize Church personnel to obtain any medical care, including hospitalization, injection, anesthesia, and surgery, from a licensed, certified, or authorized health care provider deemed necessary as determined by the sole discretion of said Church personnel based on care available at the time of incident. I accept sole responsibility for the payment of any medical care.

I do hereby release and agree to indemnify and hold harmless the Church, Church officers, directors, trustees, agents, employees, and/or volunteers from any and all claims, liabilities, or damages arising out of my participation in the trip and any activities associated therewith, even if such claim arises as a result of a negligent act or omission of the Church or the Church's agents and/or employees.

TRIP INFORMATION:

Date of Trip: _____

Location: _____

Trip Leader(s): _____

Sworn to and subscribed before me this the

_____ day of _____, 20 _____

Notary Public: _____

Commission Expiration Date: _____

[NOTARIAL SEAL]

PARTICIPANT SIGNATURE:

Print Name: _____

Date: _____

Are there any activities for which you
cannot and should not participate?
Please indicate:

REQUIRED TEAM DOCUMENTS

DETACH AND
TURN IN →
TO YOUR
TEAM LEADER

ASSUMPTION OF RISK AND LIABILITY RELEASE: MINORS (UNDER 18) TO BE COMPLETED BY THOSE 18 YEARS OF AGE AND OLDER

I, the undersigned parent/legal guardian of the applicant, a minor (the "Minor"), hereby acknowledge that the Minor is presently under my care and custody. I hereby give said Minor permission to travel with 12Stone Church, Lawrenceville, Gwinnett County, Georgia (the "Church") to the location(s) indicated below and participate in the activities associated therewith. I acknowledge that there are certain risks to the Minor's person and property associated with such travel and activities; such hazards and risks include but are not limited to forces of nature, acts of war, terrorist attacks, natural and human disasters, acts of aggression, and criminal activity. Also, any illness or sickness due to exposure to unsanitary, rural and/or urban environments as a result of direct or indirect contact with indigenous bugs, insects, or other animals, bacteria, or viruses that may cause disease, paralysis, and death. I risk injury, paralysis and death by accident or circumstance, inadequate medical services and supplies. I agree to educate myself on all safety and health risks as well as recommendations thereof as outlined by the CDC and US Department of State. As between the Church and the undersigned and the Minor, the undersigned and the Minor hereby assumes the risk of any personal injury or property

damage sustained while participating in such travel and/or activities.

In the event of any accident or illness, I authorize Church personnel to examine, treat, or administer medications for any illness or injury to the Minor as deemed necessary. In the event that I become mentally or physically incapacitated, I authorize Church personnel to obtain any medical care, including hospitalization, injection, anesthesia, and surgery, from a licensed, certified, or authorized health care provider for the Minor deemed necessary as determined by the sole discretion of said Church personnel based on care available at the time of incident. I accept sole responsibility for the payment of any medical care.

I, the undersigned parent/legal guardian of the Minor do hereby release and agree to indemnify and hold harmless the Church, Church officers, directors, trustees, agents, employees, and/or volunteers from any and all claims, liabilities, or damages arising out of the Minor's participation in the trip and any activities associated therewith, even if such claim arises as a result of a negligent act or omission of the Church or the Church's agents and/or employees.

TRIP INFORMATION:

Date of Trip: _____

Location: _____

Trip Leader(s): _____

PARENT/GUARDIAN SIGNATURE:

Print Name: _____

Signing in my capacity as parent/legal guardian, and in my representative capacity on behalf of the minor child.

Date: _____

PARENT/GUARDIAN SIGNATURE:

Print Name: _____

Signing in my capacity as parent/legal guardian, and in my representative capacity on behalf of the minor child.

Date: _____

Are there any activities for which you cannot and should not participate? Please indicate: _____

PARTICIPANT SIGNATURE:

Print Name: _____

Date: _____

Sworn to and subscribed before me this the

_____ day of _____, 20_____

Notary Public: _____

Commission Expiration Date: _____

[NOTARIAL SEAL]

Sworn to and subscribed before me this the

_____ day of _____, 20_____

Notary Public: _____

Commission Expiration Date: _____

[NOTARIAL SEAL]

REQUIRED TEAM DOCUMENTS

KEEP THE
FACING PAGE
FOR REFERENCE →

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TRIP INFORMATION:

Date of Trip: _____

Location: _____

Trip Leader(s): _____

PARENT/GUARDIAN SIGNATURE:

Print Name: _____

Signing in my capacity as parent/legal guardian, and in my representative capacity on behalf of the minor child.

Date: _____

PARENT/GUARDIAN SIGNATURE:

Print Name: _____

Signing in my capacity as parent/legal guardian, and in my representative capacity on behalf of the minor child.

Date: _____

Are there any activities for which you cannot and should not participate? Please indicate: _____

PARTICIPANT SIGNATURE:

Print Name: _____

Date: _____

Sworn to and subscribed before me this the

_____ day of _____, 20____

Notary Public: _____

Commission Expiration Date: _____

[NOTARIAL SEAL]

Sworn to and subscribed before me this the

_____ day of _____, 20____

Notary Public: _____

Commission Expiration Date: _____

[NOTARIAL SEAL]

REQUIRED TEAM DOCUMENTS

DETACH AND
TURN IN →
TO YOUR
TEAM LEADER

TEAM MEMBER AGREEMENT

SPIRITUAL DEVELOPMENT

- I understand that this journey is a gift from the Lord and I commit to steward it well. I will put a priority on deepening my walk and intimacy with Christ during the pre-trip preparation as well as on the trip.

HEALTHY MINISTRY

- I will refrain from any activity or behavior that might be a stumbling block to any team member, indigenous persons, ministry partner, or 12Stone Church.
- I will be sensitive to the local culture in my words, actions, and the way I dress.
- I will develop an attitude of service and flexibility. I commit to serve the team, the team leader, the nationals, and partner ministry staff in the field. I will bring a spirit of humility to the journey knowing that plans often change and the only thing I can control is my attitude.
- I will abstain from creating relationships via social media with nationals I serve.

Signed: _____

Name (please print): _____

Date: _____

HEALTHY RELATIONSHIPS

- I will not give out money, checks, or material goods of any kind to a national while on my trip. I understand this could create unhealthy dependency and a sense of entitlement. I will adhere to this policy no matter the circumstances in order to protect the relationships on my team and the people we are serving. I understand that I am a guest in the community and submit myself to the authority of my team leader, 12Stone Church, and the international mission partner.
- My team is a priority and I will make every effort to attend 80% of my teams pre-trip meetings. If I fail to attend 80% of meetings I understand that I forfeit my right to participate on the trip.
- At all times I will submit to the authority of my team leader, even if I do not agree. If I violate this authority, my leader has the right to send me home from the field early or prohibit my participation on the trip.
- I will not participate in a romantic relationship with a fellow team member or local for the entirety of the mission journey.
- I will choose to invest time in my relationships with my team above spending time on social media.

REQUIRED TEAM DOCUMENTS

KEEP THE
FACING PAGE
FOR REFERENCE →

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- My team is a priority and I will make every effort to attend 80% of my team's pre-trip meetings. If I fail to attend 80% of meetings I understand that I forfeit my right to participate on the trip.
- At all times I will submit to the authority of my team leader, even if I do not agree. If I violate this authority, my leader has the right to send me home from the field early or prohibit my participation on the trip.
- I will not participate in a romantic relationship with a fellow team member or local for the entirety of the mission journey.
- I will choose to invest time in my relationships with my team above spending time on social media.

Signed: _____

Name (please print): _____

Date: _____

CASE STUDIES

CASE STUDY #1 NOT KNOWING THE LOCAL CULTURE

Jessie has participated in a bunch of mission trips spanning almost 10 years, but this trip will be her first trip to the Middle East! The missionary couple in Iraq, Matt and Sarah, started a community center in this staunchly Muslim region three years ago. They are literally the grass roots of Christianity and the only followers of Christ in the area. Here is how Jessie tells her story:

Before leaving for Iraq, my team and I planned a Bible story skit for kids. We will be teaching English and doing a summer camp for the kids so this would fit in perfectly. Modern day Iraq is where the Garden of Eden most likely was, so what better story than the creation and fall of man? During our day of orientation, we learned about some of the struggles of the local missionaries and the spiritual warfare they face. They told us that after three years, they did not have any converts and their biggest victory was that their local staff of 18 people had finally began to trust them. We talked over our schedule for the week but I didn't see the need to go into depth of our play. It's not like the local missionaries didn't know the story!

The time came for our play that we had practiced for weeks! We had it nailed perfectly and were excited to finally show what we had done. Things were going really well until Dan, who was acting as God in our play, spoke his line. All of the sudden every one of the 60-70 kids stood up and walked out! How rude! I didn't think our acting was that bad. Have their parents not taught them any manners? As

the kids began to leave, they were yelling, throwing water, and causing all kinds of commotion. We stayed inside as the local missionaries herded the ill-tempered kids out of the center. And I thought parents in the US needed to step it up.

Later that night during our evening dinner with Matt and Sarah we learned what happened. Apparently in Islam, it is "haram" or sacrilegious for man to impersonate God. That is why all the kids got up and left when Dan spoke his line as God. And apparently those wild kids were throwing rocks at Matt as they walked away from the camp! I can't believe how poorly behaved they were!

The next and final day of camp, only about 15-20 kids came. The missionary couple still seemed positive, probably because they were relieved that the angry kids stayed home. I can see how they would be so tired from the work there with kids like that. But the final day was great! The kids were perfect and we did arts and crafts and just got to love on them! I got some amazing pictures of those beautiful kids that I can't wait to show my supporters.

All in all the trip was great! We had a great time and loved those kids so well. Our flights were good and no luggage was lost! I know God used our time to show Jesus to those kids during the camp. One thing I believe God is teaching me is to pray for those kids' parents who were so badly behaved. They obviously need good role models in their lives. God please bless them with strong parents!

1. What did Jessie forget even though she had been on multiple mission journeys?
2. Do you think the team realized the potential damage they did to the local ministry?
3. What steps could have been taken to help avoid the cultural faux pas?
4. Whose responsibility is it to make sure the team does not do harm? Why?
5. How long do you think it took the local missionaries to recover from the damage done?
6. When the team leaves, what, if any, are the potential long-term effects of their actions? Do you think they are forgotten quickly?
7. Do you believe the trip was a value add or a value loss to the local ministry?

CASE STUDIES

CASE STUDY #2 THE PLAYPUMP

Trevor Field, a businessman and advertising executive, had seen the effects that a lack of clean water had on the people in the villages of South Africa. He had the dream of making a difference in the very lives of those he saw suffering. His PlayPump was a simple children's roundabout that pumps water. As children would play on the roundabout and spin it, water would be pumped up to a large tank to be stored. Then when someone needed water, they would go to the water tower, open the hose, and gravity would deliver water to fill their 20-liter containers. And to make it sustainable, the company would sell advertising space on the elevated water tank, thus making the tank function as a billboard to bring in money for maintenance.

The PlayPump was an instant hit among press and funders throughout the US and in Europe. In 2000, it won the World Bank Development Marketplace Award. Thanks to continued positive reviews in the international press, the project continued to gain momentum. At the Clinton Global Initiative in 2006, Bill Clinton and Laura Bush together announced a grant to PlayPump to the tune of \$16.4 million. The same evening the CASE Foundation pledged to approach other charities in an effort to raise \$60 million. Hip-hop artist Jay-Z pitched in \$250,000 in proceeds from a New York concert and made an MTV documentary in partnership with the UN. In a PBS Frontline interview Field said, "There was a time when I thought this little roundabout was just going to be a fun thing, but now it's going to change the world. For sure."

But by 2007, less than two years after the grants came in, negative reports started to surface from the Mozambique government and UNICEF. The billboards were going largely unused so money was not available for costly repairs. The play of children was a sporadic activity and proved inadequate in pumping the necessary amount of water needed. Because the system pumped 5 times slower than regular hand pump wells, the process took much longer to fill even the standard 20-liter jerrycans. Another report noted that some women were embarrassed and felt shame as they marched around the merry-go-round water pump near a main road where they could be seen. Women, especially those who were older, expressed difficulty operating the large system alone, when compared to the original hand pump well. Women worked all day and then had to expend far more energy to use the new PlayPump than their original hand pump system.

Many community members were upset that they were never consulted before the change of their hand pump well system was made. Workers simply showed up, removed the previous fully functioning hand pump to install a PlayPump, and left. Later in 2009, a WaterAid report was published showing that four hand pump wells, accompanied by safe sanitation and hygiene education classes, could be implemented for the cost of a single PlayPump.

In 2010, Jean Case from the Case Foundation wrote, "We learned that PlayPumps perform best in certain community settings, such as at large primary schools, but they are not necessarily the right solution for other communities."

1. Do you believe Field's good intentions were good enough? Why or why not?
2. Why was the PlayPump the wrong treatment for Field's original diagnosis of African villages having a lack of clean water?
3. How could the same conclusion Jean Case came to in 2010 have been reached without spending tens of millions of dollars?
4. What part did the local African communities who received the PlayPump have in the creation or implementation of the system?

CASE STUDIES

CASE STUDY #3

JOEY'S FIRST MISSION TRIP

Joey and his team land in Haiti and begin the drive to the community center they will be living at for the next week. On the way he passes things he's have never seen before. Four story buildings reduced to nothing, rubble everywhere, more chaos than the worst thing he'd ever imagined, and all of that combined with debilitating poverty. Sure the news stories were awful and brought tears to his eyes, but seeing it in person made everything so much more real. The look of desperation and hopelessness on Haitian faces was arresting.

Finally after a crazy drive from the airport, Joey's team makes it to the New Life Community Center in Port-au-Prince, Haiti. The giant metal gates swung open and dozens of Haitian kids came running from every nook and cranny to greet them. After the team set up their tents they met the director, a local Haitian named Wesley, for orientation. Turns out Wesley has been hosting five mission teams a year for almost 10 years! Talk about a man of God! He walks us through a lot of different things we need to know: How New Life started, what life was like in Haiti before the earthquake and after, rules about when we could leave and not leave the compound, what we could expect each day during our time in the villages, cultural differences we needed to know and much more. However there was one point that stuck in Joey's mind that didn't make sense. Wesley asked, "Please no matter what you do, do not give anything to the children who attend our programs." It was confusing to Joey but he was soon too busy to give it anymore thought.

Five days in, it has been one of the biggest emotional roller coasters of Joey's life. He was loving on people with the love of Jesus in a way he never had before. The joy that came from the tangible presence of the Lord was so powerful. His time with the kids was great! He learned their names and some of the local language. He had so much fun with them and was so worn out each day that sleeping in a tent on the cement floor felt like the Hilton. There were also the devastating lows: the poverty, destruction, hunger, story after story of death, and the trip to the mass graves is one he'll never forget. And to think, these poor kids have had to live through all of it.

The trip was winding down and Joey doesn't want to leave these people he has come to love. He has shared stories, tears, and his heart with them. But something funny happens and he began to realize a pattern among the kids. Almost every single kid began to ask for something from him. They wanted his necklace, flashlight, pen, journal, extra protein bars, tent, pillow – literally everything. One boy even asked for the clothes he was currently wearing. He began to watch other kids interact with the rest of his team and noticed they were experiencing the same thing. The closer to the end of the trip the more frequent the requests became. The words of Wesley rang in his head but he began to think, "What does he know? Doesn't he realize that God tells us to love the poor and downtrodden? I came to Haiti to do just that and if I want to give a few things away, I'm going to. What harm could it possibly do to give a Haitian child who just survived an earthquake my pen?" So Joey nearly emptied out his suitcase, picked out a few kids, and gave them almost everything he brought with him.

1. Why do you think Wesley asked the team not to give anything to the children?
2. Who was the hero in this situation? Who is supposed to be the hero?
3. Do you think these kids always begged? What or who do you think caused these kids to start begging?
4. What might Joey and his team have unknowingly taught these kids by giving them all of these things?
5. If Joey and his team understood that poverty is broken relationships not a lack of material things, how might their actions have been different? How might the kids' behavior be different if previous teams understood this?
6. How do you think the kids felt that were not picked by individual team members to get their stuff?
7. Do you think the first team that gave away stuff to the children thought their actions could create this type of behavior?
8. How do you think this affects Wesley in his efforts to teach these children that their future is not dependent upon charity?
9. How might this charity of Joey's team and previous teams affect small business owners who sell the same items the teams gave away?

CASE STUDIES

CASE STUDY #4 KARAMOJONG CONUNDRUM

The Karamojong people are a tribal group living in the Karamoja district in North Eastern Uganda. The people all live in mud huts with thatch roofs and tend to their cows and crops, just as they have for generations. The land that they call home is a semi-arid plain with a harsh climate and very low annual rainfall. Tumbleweeds and dirt are the only things that decorate the surface of the land aside from a short sporadic tree or small village of 20 or so huts.

The year is 1980 and one of the worst famines in world history is ravaging the land of Karamoja. It is a crisis of massive proportions and people are losing their lives at a devastating rate. Twenty-one percent of the overall population is dying and 60% of all infants. The United Nations World Food Programme stepped in amidst the disaster to provide relief to the suffering population. They distributed food to the tune of 100% of the caloric intake for every person in the area, meaning their diet was completely provided by the UN.

Fast-forward 30 years to 2010, and the program continues to function just as it did when the initial emergency struck three decades prior. Another relief & development NGO entered into the region to help with the programs and realized that the current plan was neither sustainable nor dignifying. Yes the people were eating more but they could no longer provide for themselves. They were still showing up at food distribution points with their ration cards hanging around their necks. Lines were formed, ration

cards checked and marked, and people sent back to their villages with food. It functioned like a well-oiled assembly line.

The second NGO diagnosed the problem and realized that the UN had set a precedent that, if nothing changed, would require their presence in the area until the end of time. Programs began to be implemented to wean the Karamojong from complete dependence and return them to dignity and self-sustainability, just as they were before the famine in 1980. They were given farming tools, seeds, and training. Though the programs were set up to slowly wean them off of dependency by still supplementing their diets along the way, there was a major problem. Many people refused to work. The people did not want to nor did they understand why they had to begin working for their food all of a sudden. But when you combine a life expectancy in the region of only 47 years, with 30 plus years of food charity via handouts, you get nearly an entire generation that has never known anything except free food. Decades of charity had eroded away the people's ability and desire to provide for themselves. Their initial appreciation and gratitude for the life saving aid had turned to complete dependency.

1. What did the UN do correctly? What was done incorrectly?
2. What could have been done differently in the beginning to avoid the situation?
3. Who is responsible for the situation created in Karamoja?
4. How would the quality of the lives of the Karamojong people been improved by not relying on outside help to survive?
5. Put yourself in their shoes:
What emotions could the Karamojong people have felt when waiting in line for their food rations with identification cards around their neck?
6. After receiving free food for so long, and then being asked to work for your own food, how might you have reacted?

APPENDIX

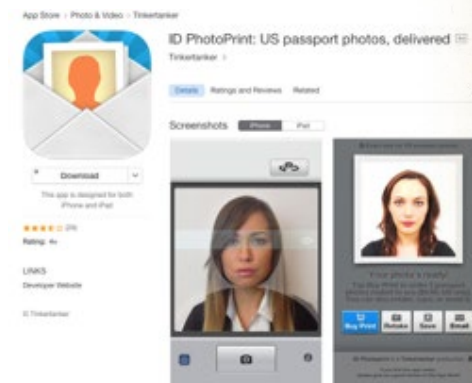
TEAM MEMBER PRE-TRIP CHECKLIST

- ☐ List of 100 addresses
- ☐ Support Raising letter written
- ☐ Support Raising letter mailed out
- ☐ 10 prayer partners identified and confirmed
- ☐ Vaccination appointment made
- ☐ Necessary vaccines & immunizations received
- ☐ Anti-malarial purchased and in hand
- ☐ Passport application/renewal complete and submitted
- ☐ Passport in hand
- ☐ One color copy of passport turned in to team leader
- ☐ Financial Agreement signed and turned in to team leader
- ☐ Team Member Agreement signed and turned in to team leader
- ☐ Liability form signed, notarized, and turned in to team leader
- ☐ Partner Ministry documents signed/ completed (if applicable)
- ☐ Background check completed
- ☐ Full name as it appears (or will appear) on passport and DOB to leader
- ☐ Personal/prescription medications ordered for trip
- ☐ Personal/prescription medication in hand
- ☐ Visa applied for (if applicable)
- ☐ Visa granted
- ☐ Bank notified of impending travel plans

PASSPORT PHOTOS

Places like Wal-Mart and drugstores like CVS and Walgreens offer passport photos, but they often cost \$12 or more for only 2 photos. We have an alternative that will allow you to get six passport photos for a total of only \$0.32!

1. Download the free app, ID PhotoPrint, to your mobile device or smartphone.
2. Open the app and take your picture against a white background. Save it to your phone
3. Go to your local CVS or Walgreens, or anywhere that has a Kodak photo kiosk and follow the steps on the screen.
4. You can select your passport photo from your camera library and print them in store instantly.
5. Grab your receipt and pictures, pay at the counter, and you're done.



APPENDIX

FLIGHT BOOKING PROCESS

Our flight booking process is designed to best serve you, our mission trip participants! Our desire is that every person who signs up is able to participate on his or her mission journey. This process was put in place to provide both structure and ultimate flexibility. Flights are expensive, and are nearly always the greatest cost of your trip. To best steward Kingdom resources, your flights will not be purchased until you reach the flight cost goal.

The flight cost goal for your trip is \$ _____

Since flight costs tend to fluctuate up and down depending on the time of year and numerous other factors, we have carefully chosen a timeline in which we look to book our flights! As mentioned in Meeting One, often times the further out airline tickets are purchased, the lower the cost is and the more available seats there are. Because raising support can be a fluid process, we have found a great middle ground that provides ample time for support raising while still allowing us access to both good prices and seats.

The goal is to book all flights together as a team and in an effort to achieve that goal, dates on which we will look to book flights

are shared with you! That goal is 90 days out from the departure date of your trip. For your trip, that means we will look to book your ticket on (____ / ____ / ____). At that time, if you have the necessary funds in your account for your flight, your ticket will be booked.

*If you are self-funding your trip, your funds must also be in at the 90 day mark.

However if you are short at 90 days out and your flights are not booked, it does not mean that you cannot still go on the trip. There are two other flight booking dates that you can shoot for both at 75 days out (____ / ____ / ____) and 60 days out (____ / ____ / ____). We will continue to work with you to book your flights up until the week before your trip so long as three criteria are met.

1. You are actively engaged in the support raising process, meaning you have sent out your 100 letters.
2. There are still seats available on the plane.
3. If the cost of the ticket goes above what the rest of the team paid, you will be required to cover the difference. That means if the team paid \$2,000 for their flights at 90 days out but your flights cost \$2,200 at 32 days out, the overall cost of your trip will increase by \$200.

HOW TO BEAT JET LAG

STAY HYDRATED.

Dehydration has been known to intensify jet lag. The airplane cabin is a very dry and controlled environment, with a humidity level of only 10-20%. To put that in context, the Sahara desert is 25% humidity. Each hour you fly, you are getting dehydrated far more than you realize! Avoid alcoholic, carbonated, and caffeinated beverages before and during your flight as they act as diuretics to dehydrate you further. When in transit be sure to drink lots of water! To ensure you are hydrated, drink 16oz of water for every two hours of flight time. Since the number one cause of headaches is dehydration, reduce the chances of getting one by staying hydrated.

WORKOUT BUFFS BEWARE.

You may think, "I'm not going to exercise on my trip so I am going to push really hard my last workout before I leave." A word of caution: Sore muscles are no fun on long flights where mobility and space are limited.

SET YOUR INTERNAL CLOCK.

Figure out what time it is at your final destination when you leave from Atlanta. You may be taking off at noon local time, but it is already 8pm at your final

destination. Force yourself to sleep or at least rest around two hours into your flight, which would be 10pm at your final destination. The sooner you can set yourself on the time you are travelling to the better.

DON'T FALL ASLEEP EARLY.

Let's say you have been traveling for 20 hours and by the time you land at your final destination, it's only 11am. You will be exhausted but don't go to sleep! Stay busy and stay awake. If you can make it to close to normal bedtime, at least 7pm or 8pm, your chances of sleeping through the entire night will increase dramatically. If you must nap – keep it short. No more than an hour.

PLANE AIR IS RECYCLED.

This may sound like a great thing for the environment but that's not the case. On a plane of over 200 people, there are undoubtedly some sick people. Washing your hands after each flight and drinking orange juice for some extra vitamin C could help stave off the sick bug.

SLEEP ON THE PLANE.

This is easier said than done but a few tricks can help. Bring a neck pillow to support your head and an eye mask to make sure it's dark enough to sleep.

APPENDIX

HOW TO MAKE YOUR LONG HAUL FLIGHT MORE PLEASANT

DRINK WATER

The airplane cabin is a very dry and controlled environment, with a humidity level of only 10-20%. To put that in context, the Sahara desert is 25% humidity. Each hour you fly, you are getting dehydrated for more than you realize! Avoid alcoholic, carbonated, and caffeinated beverages before and during your flight as they act as diuretics to dehydrate you further. When in transit be sure to drink lots of water! To ensure you are hydrated, drink 16oz of water for every two hours of flight time. Since the number one cause of headaches is dehydration, reduce the chances of getting one by staying hydrated.

EYE DROPS

With such a dry environment, having eye drops can be a life saver for someone with dry eyes, especially those with contacts.

LOTION

Another side effect of dry air is dry skin. To keep your skin from drying out, bring lotion to keep your skin moisturized.

TOOTHBRUSH AND TOOTHPASTE

After long naps and airplane food, your breath could use some refreshing. Mints and gum are great but nothing will make your teeth feel as clean as brushing them. Bring a travel size toothpaste and toothbrush in your carry-on. You won't regret it.

EXERCISE

Yes, you heard right – exercise! While rare, people riding on long flights lasting 8+ hours are at a greater risk of blood clots. Some simple, precautionary steps to avoid the condition are to 1.) Walk around the plane every few hours. 2.) Wear comfortable, loose fitting clothes. 3.) Wear compression stockings. If you want to view exercises you can do on the plane, view the in-flight exercises on page 93. If you think you are at risk, visit your local licensed physician.

HEADPHONES AND MUSIC

If you like music bring an mp3 player for the plane with a pair of headphones. Even if you don't listen to your music, you can use your headphones in place of the free, low quality airline headphones. It makes a big difference.

SLEEPING MADE EASY(ER)

Some people have difficulty sleeping on a plane but there are a few things that may help. Bring a sleeping mask and a neck pillow. The sleeping mask will make sure it is dark enough to sleep and the neck pillow will keep your head from bobbing uncontrollably.

STAY HEALTHY

Breathing recycled air for prolonged periods of time on a plane with 200 strangers means there are a lot of germs flying around. With more germs, your risk of coming down with a bug of some sort is greatly increased. Keep your immune system strong by 1.) Washing your hands before and after flights. 2.) Consuming more vitamin C in the days leading up to your flight (Emergen-C packets work well). 3.) Eating two yogurts containing probiotics (like Activia) everyday for one week leading up to your trip. This builds up good bacteria in your stomach to help fight away harmful bacteria that can make you sick.



APPENDIX

HOW TO STAY HYDRATED ON YOUR FLIGHT

With the air on your flight being dryer than the Sahara desert, dehydration is a big concern. Will you keel over and pass out from exhaustion? Probably not. But the chances of you suffering from jet lag, headaches, and sickness are increased dramatically. If you are dehydrated before you even start ministry, the fatigue from your body operating at a deficit will plague you through your entire trip. Follow these tips to help you stay hydrated and minimize fatigue brought on from a lack of water.

Most adults do not drink nearly enough water on a normal day as it is. Males need to take in 13 cups (about 3 liters) each day and women need 9 cups (about 2.2 liters) of water every day. To help yourself start off well in the days before your trip, drink extra water to make sure you are fully hydrated. If you are thirsty, you are already dehydrated. That is your body's way of telling you it needs more water.

You need to drink water at the airport but no one likes to pay \$4 for overpriced bottled water. What you can do is bring an empty water bottle through security and fill it up at the water fountain near your gate. This way you can stay ahead

of dehydration and not spend absurd amounts of money on the most abundant resource on the planet.

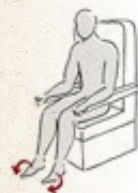
How much water do you need to drink on the plane? It is recommended that you consume 16oz of water every two hours. The small plastic cups you get from the flight attendants are 8oz and since you may only get two or three drinks during your flight (apart from your meal), that leaves you far short of the optimal amount water your body needs. To get an entire bottle of water, wait until the flight attendants aren't busy and walk to the back of the plane. If you very politely ask for a bottle of water, they are almost always willing to accommodate.

Lastly, if you are into supplements, you can look into getting electrolyte tablets. The "Nuun Active Hydration, Electrolyte Enhanced Drink Tablets" on Amazon are a good option. You may not be running a marathon but your body is being subtly depleted while you fly. With airplane food often being a far cry from a well-rounded meal, you aren't getting the nutrients you would during the course of a normal day. Filling in the gaps during long flights can alleviate your body from being starved from what it needs.

IN-FLIGHT EXERCISES

1. ANKLE CIRCLES

Lift feet off the floor. Draw a circle with the



toes, simultaneously moving one foot clockwise and the other foot counterclockwise. Reverse circles. Rotate in each direction for 15 seconds. Repeat if desired.

2. FOOT PUMPS

Foot motion is in three stages.

1. Start with both heels on the floor and point feet upward as high as you can.
2. Put both feet flat on the floor.
3. Lift heels high, keeping balls of feet on the floor.



Repeat these three stages in a continuous motion and in 30-second intervals.

3. KNEE LIFTS

Lift leg with knee bent while contracting your thigh muscle. Alternate legs. Repeat 20 to 30 times for each leg.



4. NECK ROLL

With shoulders relaxed, drop ear to shoulder and gently roll neck forward and back, holding each position about five seconds. Repeat five times.



5. KNEE TO CHEST

Bend forward slightly. Clasp hands around the left knee and hug it to your chest. Hold stretch for 15 seconds. Keeping hands around the knee, slowly let it down. Alternate legs. Repeat 10 times.



6. FORWARD FLEX

With both feet on the floor and stomach held in, slowly bend forward and walk your hands down the front of your legs toward your ankles. Hold stretch for 15 seconds and slowly sit back up.



7. SHOULDER ROLL

Hunch shoulders forward, then upward, then backward, and downward, using a gentle circular motion.



APPENDIX

RECOMMENDED READS

PRAYER

- *Circle Maker* – Mark Batterson
- *The Power of Prayer* – R.A. Torrey
- *The Weapon of Prayer* – Edward M. Bounds
- *With Christ in the School of Prayer* – Andrew Murray
- *Prayer and Temperament* – Chester P. Michael & Marie C. Norrisey
- *The Joy of Listening to God* – Joyce Huggett
- *Prayer* – Richard Foster
- *Centering Prayer* – Basil Pennington
- *If You Will Ask* – Oswald Chambers

SPIRITUAL DEVELOPMENT

- *Emotionally Healthy Spirituality* – Peter Scazzero
- *The Secret of the Stairs* – Wade E. Taylor
- *Mansions of the Heart* – Thomas Ashbrook
- *The Practice of the Presence of God* – Brother Lawrence
- *The Shack* – William Young
- *The Cost of Discipleship* – Dietrich Bonhoeffer
- *The Pursuit of God* – A.W. Tozer
- *The Confessions of Saint Augustine* – Saint Augustine

- *My Utmost for His Highest* – Oswald Chambers
- *A Serious Call to a Devout and Holy Life* – William Law
- *The Journal of John Woolman* – John Woolman
- *Celebration of Discipline* – Richard Foster
- *Spiritual Passages* – Benedict J. Groeschel
- *Crazy Love* – Francis Chan
- *Freedom of Simplicity* – Richard Foster
- *Thoughts in Solitude* – Thomas Merton
- *Spirit of Disciplines* – Dallas Willard
- *Life Together* – Dietrich Bonhoeffer
- *Forgotten God* – Francis Chan
- *The Christian Atheist* – Craig Groeschel
- *Mere Christianity* – C.S. Lewis
- *A Tale of Three Kings* – Gene Edwards
- *The Knowledge of the Holy* – A.W. Tozer
- *Holy Fire* – R.T. Kendall
- *Jealousy* – R.T. Kendall
- *Spiritual Slavery to Spiritual Sonship* – Jack Frost
- *Pathways to the King* – Rob Reimer
- *Living Beyond Your Feelings* – Joyce Meyer
- *A Long Obedience in the Same Direction* – Eugene H. Peterson
- *Radical* – David Platt

- *Humility* – C.J. Mahaney
- *Redeeming Love* – Francine Rivers
- *Gospel According to Moses* – Anthol Dickson
- *Hinds Feet on High Places* – Hannah Hurnard
- *Oswald Chambers: Abandoned to God* – David McCasland

HEALING

- *Healing Gifts of the Spirit* – Agnes Sanford
- *Healing for Damaged Emotions* – David A. Seamands
- *Restoring the Christian Soul* – Leanna Payne
- *The Healing Path* – Dan Allender

MISSION PHILOSOPHY

- *When Helping Hurts* – Steve Corbett and Brian Fikkert
- *The White Man's Burden* – William Easterly
- *We Are Not the Hero* – Jean Johnson
- *From Dependence to Dignity* – Brian Fikkert and Russell Mask
- *Toxic Charity* – Bob Lupton
- *Compassion, Justice, and the Christian Life* – Bob Lupton
- *Spiritual Danger of Doing Good* – Peter Greer
- *The Poor Will Be Glad* – Peter Greer and Phil Smith

- *The Global Gospel* – Werner Mischke and Samuel Chiang

LEADERSHIP

- *Home Run* – Kevin Myers
- *Amplified Leadership* – Dan Rieland
- *Thinking for a Change* – John C. Maxwell
- *Good Leaders ask Great Questions* – John C. Maxwell
- *5 Levels of Leadership* – John C. Maxwell
- *Leadership Pain* – Samuel Chand
- *How to Win Friends and Influence People* – Dale Carnegie

SPIRITUAL WARFARE

- *The Bait of Satan* – John Bevere
- *Screwtape Letters* – C.S. Lewis
- *Battlefield of the Mind* – Joyce Meyer

BIBLE STUDY TOOLS

- A Bible
- An Exhaustive Concordance
- Merriam-Webster English Dictionary
- *What the Bible is All About* visual edition – Henrietta Mears
- *Holman Illustrated Bible Dictionary* – Draper and Brand
- *Holman Bible Atlas* – Thomas Brisco
- *Misreading Scripture with Western Eyes* – Randolph E. Richards

APPENDIX

SUGGESTED PACKING LIST

- ☐ Lightweight clothing
- ☐ Clothes appropriate for church
- ☐ Men- Khakis and collared shirt
- ☐ Women- mid-shin length skirt or dress
- ☐ Work clothes
- ☐ Casual clothes
- ☐ Extra underwear
- ☐ Pajamas
- ☐ Appropriate swimsuit
- ☐ A lightweight, waterproof jacket
- ☐ A hat with a visor
- ☐ Sunglasses
- ☐ Work/hiking boots or sturdy sneakers (be sure to break in before the trip, if new!)
- ☐ Flip flops for the shower
- ☐ Washcloths and towels
- ☐ Toiletries (bar soap, brush/comb, cosmetics, dental floss, deodorant, feminine products, razor and shave cream, shampoo, toothpaste and toothbrush, antibacterial hand soap, chapstick, Kleenex, lotion, sunscreen etc). Transport anything that would be messy if it spilled in zip-loc bags to avoid a minor disaster – and take a few extra!
- ☐ If you wear contacts or glasses, be sure to take your extra pair of glasses along
- ☐ Prescription and/or over the counter medications (such as Tylenol, Advil, ibuprofen, etc.)
- ☐ Pepto-Bismol tablets, or Imodium A-D for diarrhea (at least 1 bottle per team)
- ☐ First aid kit
- ☐ Small sewing kit with safety pins
- ☐ Alarm clock
- ☐ Camera, SD card, and batteries
- ☐ Flashlight
- ☐ Money, money belt (be sure to consider souvenirs, snacks, gifts for financial supporters, etc)
- ☐ Bible, pen, journal
- ☐ Passport, plane tickets, itinerary (make a color copy of each and pack them separately)
- ☐ Reading materials
- ☐ Bilingual dictionary
- ☐ Luggage keys
- ☐ Tote bag/backpack (make sure you can tightly close it so things don't fall out/get stolen)
- ☐ Photos of your family, house, church to show (and perhaps leave with) new friends
- ☐ Ministry materials

OPTIONAL:

- ☐ Duct tape for packing
- ☐ Small snacks (make sure they're durable – try granola bars, Cliff bars, power bars)
- ☐ An electrical converter/transformer/adaptor
- ☐ Insect repellent
- ☐ Sunscreen
- ☐ Powdered clothing detergent in a Ziploc bag
- ☐ Sleeping materials (if nothing else, you may want to take a small pillow for the plane)
- ☐ A U.S. map to show people where you're from
- ☐ Bandannas
- ☐ Toilet paper or Moist Wipes

PACKING TIPS:

1. Pack light – If you can't carry your bags by yourself, you have too many!
2. Be sure to pack everything important (passport, tickets, medicine, money, anything else valuable) in your carry-on.
3. Try solid color coordinating for efficiency – white, black, and gray go with anything!

4. Leave at home everything out of your wallet/purse that doesn't need to go on the trip. (Costco Card, drivers license, credit cards, Macy's Card, etc.)
5. Leave jewelry and expensive watches at home.
6. Take a change of clothes, and essential items in your carry-on, just in case your bag is misplaced for a time.
7. Use clearly recognizable luggage tags (try neon green or pink) on all bags!
8. If you forget something, relax. Just buy another one and call it a souvenir.
9. If you can't afford to lose it (emotionally or financially) – DO NOT BRING IT.
10. Leave room for souvenirs!

DO NOT BRING:

- Clothes with political or U.S. military icons or statements
- Immodest or culturally inappropriate clothing – if you aren't sure, check with your team leader
- Prized or expensive possessions
- Pocketknives, guns, or weapons
- Any item that has camouflage on it

FIELD NOTES DAY ONE

FIELD NOTES DAY TWO

FIELD NOTES DAY THREE

Lined area for field notes on page 102.

Lined area for field notes on page 103.

FIELD NOTES DAY FOUR

FIELD NOTES DAY FIVE

FIELD NOTES DAY SIX

FIELD NOTES DAY SEVEN

FIELD NOTES DAY EIGHT

FIELD NOTES DAY NINE

FIELD NOTES DAY TEN

