

Water Ministry

Mission to Honduras

El Paraiso Department of Honduras

Purpose of the Trip

The purpose of this trip is to go to Honduras as a team of dedicated Christians, to work with our Honduran brothers and sisters, and to share the love our Lord Jesus through the Honduran Water Ministry. We will go as a team, work as a team, share as a team, and play as a team.

We will meet and worship together twice a day (morning and evening). We will also begin all of our work with our Honduran team members in prayer together.

Your decision to go means you are committed to be a part of the whole life of the team, including our meetings and worship.

About the Water Ministry

The Water Ministry is a group of Christian volunteers committed to using the ministry of drilling water wells to fulfill the Great Commandment. Water wells are currently being drilled in Honduras with plans to expand the ministry to Mexico in the future.

Work in the mission field includes drilling water wells, teaching English as a second language, teaching sustainable health and hygiene programs, and ministering to the children and people in the communities we serve; all of which we do in response to a gracious Lord and Savior, Jesus Christ. Very clearly, we serve through Him and with Him.

Vision

Through God's gift of water, we strive to fulfill the commandment of Christ to make disciples who share the "living water" of the Gospel with others.

Mission

- **PROVIDE** adequate, safe drinking water by drilling wells and sourcing other alternatives
- **TEACH** communities the skills needed to obtain adequate, safe drinking water
- **DEVELOP** hygiene programs in the local community to improve the quality of life

- **ARTICULATE** needs of rural developing communities, share the experience and joy of Christian service, and increase involvement of our community in mission outreach
- **EVANGILIZE** through servant leadership, personal witness and role-modeling
- **PLANT** seeds of hope for the future, encourage permanent change, and connect people by building relations with mutual respect and trust

Itinerary: We depart on Thursday, on Continental Airlines (around 6:45am), with a plane change in Houston to Tegucigalpa. We return Saturday, (around 6:30 PM to San Antonio) Continental from Tegucigalpa with a plane change in Houston. All tickets are electronic.

Budgeted Costs (per person)

Airline expense is based on the departures from San Antonio. If you are traveling from a different city your cost may vary.

- The cost of the trip is \$1200.00 plus or minus 15% depending on airfare. This cost includes round trip airfare, ten days room and board, and local (Honduras) transportation.
- Refer to your individual missionary checklist for more detail. This will be provided at our first team meeting.
- Each missionary is responsible for arranging their own payment.
- Payment is due before the day of departure.
- Checks should be payable to The Diocese of West Texas, ref. Honduras Water Ministry and sent to:

Water Ministry

c/o Jack Martin

11311 Whisper Falls

San Antonio, Texas 78230

We recommend taking \$150-\$300 spending money at the most. This includes your departure fee, incidentals and water. We will be busy in places where money is not needed. We will appoint a "banker" to keep funds for us. Visa/MasterCard/American Express are accepted in many places. Traveler's checks are not recommended in Honduras.

Team Meetings (see example below—this will be updated for your trip)

Sunday, (12 Sep 10) 3:00 P.M. – 6:00 P.M. at St. Georges Episcopal Church

Sunday, (date TBD) in Brady

Sunday, (10 Oct 10) 3:00 P.M. – 6:00 P.M. at St. Georges Episcopal Church

Team meetings will be held at St. Georges Episcopal Church 6900 West Avenue, San Antonio, Texas 78213. Directions will follow. Brady directions TBD

Passport/Immunizations/Medications

You will need a passport. If you have a passport, check the expiration date. Honduras will not let you enter the country if your passport expires within 6 months of travel. If you do not have a passport, get passport photos first. Most Post Offices have applications, and will process them for you. It takes about 4 weeks after application to receive your passport. You will need a birth certificate or old passport to show proof of birth. Price depends on if you have had a recent passport. **No visa required if you are a U.S. Citizen.**

Be sure to get immunized for Tetanus, Hepatitis A, Hepatitis B, Typhoid and, as needed, booster doses for Tetanus-Diphtheria and Measles. You will also need to take malaria preventive (Chloroquine 500mg or comparable medication) two weeks before, during and four weeks after our trip (Eight doses, one per week.) Your doctor or foreign travel office will write a prescription for the appropriate malaria preventive. Malarone and Mefloquine are also prescribed as malaria preventive.

Regarding shots...again, you will need Tetanus, Typhoid, and Hepatitis A and B.

You can get them from the City of San Antonio Immunization Clinic at 8523 Blanco (Phone 210-207-8735 for appointment), military hospital (if you are eligible), or your doctor. The Immunization Clinic will also prescribe malaria preventive.

Be sure to plan your medications carefully. Take all your prescription medicines as well as the types you normally use on occasion, such as aspirin, Maalox, Pepto Bismol, eye drops, Chap Stick, diarrhea, irregularity, etc. The food is very edible, but very different from our diet.

Travel Days (Tips from our missionaries in Honduras)

(Note: our travel day procedures will be covered again in our team meetings. They are included here to answer any initial questions you may have about travel days.)

Airport in San Antonio: Before you leave, please confirm your airline, flight numbers, flight arrival time, number of passengers traveling with you and bags.

- Check your passport. If it expires within 6 months, you will not be ticketed to Honduras.
- Prepare a carry-on bag that could meet your needs if your checked baggage arrived on a different date. Remember, only sample-size liquids are allowed through the security check point at the airport.
- Please plan to arrive at least two hours early for your flight.

Airport in Tegucigalpa: The terminal in Tegucigalpa can be hot, noisy and chaotic. Here is the drill.

- Upon arrival, proceed from the gate area to the immigration port of entry. You'll need your passport and the two forms you will receive and fill out on the airplane. Take a ballpoint pen and have it handy.
- We'll meet at the baggage claim area. Each individual is responsible for collecting her/his luggage. Please wait in the baggage area until all baggage has been claimed for each missionary.
- Proceed through the baggage scanner, through the customs declaration area, and into the main lobby of the airport. Wait in the lobby for all missionaries to clear customs.
- One person will be assigned to pay the baggage handlers (the fee is included in the cost of your trip). The designated person will indicate where to gather checked luggage or who to hand it to. The last several trips this has been in the main lobby of the airport.
- Please stay alert and be careful about people handling bags. There are independents that come up and start to help—both in the lobby of the airport and outside near the bus. They are not part of the porters, but they will press hard for a tip. Do not pay them. We deal with one guy only, and we pay only one guy. Only one designated person from our group will coordinate this activity.
- Money changers: we have developed a trust with the money changers at the airport. The main ones know we do not want anyone changing money in the lobby, in front of the terminal, or in the parking lot. They will go to our bus, board the bus and change the money inside the bus for safety's sake. Please stick with this plan. This may be your best and only chance to exchange money. There is a bank in front of our quarters in El Zamorano, but we are often not in the area when the bank is open. Most places in Honduras accept American dollars with a reasonable exchange rate.
- Arrival briefing: Once we get to El Zamorano and luggage is off loaded, rooms assigned, etc., we will have a brief meeting to discuss schedule, time, food, water, work, transportation, and answer questions. You'll have time to unpack, rest, and visit the store in front of El Zamorano.

- Once in El Zamorano, place your original passport and travel tickets in a plastic bag and store in the box (secured by the banker in the safe).
- Departure: In the airport your luggage will be inspected and checked individually. Upstairs, each person must pay a departure tax when ready to board our flight home. They will accept dollars or Lempiras, but no credit or debit cards. The fee is \$38.75 US.
- Shopping at the airport: There are many good shops and duty free shops to visit when we are preparing to leave the country. If you go into Ideas or the jewelry store next door, upstairs, be sure to tell them you are with the Episcopal Church as they will give you an automatic discount (the same is true in Valle de Angeles).

Travel days are exhausting, people are excited and eager and maybe a bit confused. Plan to get some rest your first night, drink plenty of fluids and don't push the limits. We want you to be healthy and have a good, memorable trip.

Daily Routine

With more than twenty people directly involved in this mission on a daily basis, we divide into three to five teams, depending on the number of missionaries: Drillers, Health and Hygiene, Children's Ministries, and Well Maintenance and repair.

We begin each day with praise and worship in the courtyard at El Zamorano (6:15am). After breakfast, we depart for the Esso station in Ojo de Agua where we purchase our daily supply of potable water. From the Esso, we depart for our daily work assignments on the various teams.

In the afternoon we meet around 5:30pm at the Esso in Ojo de Agua and begin our journey back to El Zamorano. Dinner arrives in the lobby around 7:00 p.m. Team meetings, praise, worship and thanksgiving follow ***one hour after*** the last missionaries return from the field. Missionaries return to their rooms to prepare for the next day's activities after evening devotionals.

We celebrate the Holy Eucharist the evening we arrive and the Friday evening before we depart, in addition to services on Sunday evening.

For more information on El Zamorano, click on the attached website.

http://www.zamorano.edu/ingles/index_eng.htm

Devotionals

We begin and end our day with prayer, praise and worship. We ask people to sign up to lead the morning devotionals. We'll discuss the devotional assignments during one of our team meetings. Please plan to attend all devotionals.

You will be given a devotional book with an order of service we will use daily. Please start using it for your personal devotional before you leave. This is a great little book provided to us by the Diocese of West Texas. You will be glad you used it.

Buddy system

In consideration of our first-time missionaries, whether it is your first time on a mission trip or your first time to Honduras, we will pair up missionaries who have not made this journey with our more seasoned Water Ministry missionaries. Your buddy can help you with all kinds of practical information and is available to answer your questions: make sure you take advantage of this opportunity.

Banker

We will assign a banker for the trip. The banker needs to insure the valuables are stored in the hotel safe, help people change money, and keep an account for the Diocese money and bills we have paying for fuel, supplies, etc. The banker usually accesses the box twice per day.

Cash advances may be made at the discretion of the banker. The recipient of a cash advance is responsible for the full repayment of the cash advance. It is the responsibility of the recipient to provide receipts for all expenses incurred on behalf of the Water Ministry. The recipient is acting on behalf of the Honduras Water Ministry, Diocese of West Texas. Therefore, personal expenses are not reimbursable. Lost cash is the responsibility of the recipient. Expenses incurred without a receipt are not reimbursable.

Quartermaster

Someone on the team will be responsible for taking inventory, identifying equipment on hand and needs for the next trip. This inventory is part of the cleaning and storing the equipment before we leave from Honduras. This information goes to the trip leader at the conclusion of the trip.

Work Site and Conditions

The work and meeting sites will be dusty and muddy at the same time. There will be standing water unless the weather is very unusual. Needless to say it is hot in Honduras. The sun will be directly overhead because we are much nearer the equator.

If you chose not to eat, that's up to you. You will, however, drink lots of liquids, and that's up to the rest of the team! You need to consciously drink much more than you drink here even if it means more pit stops. We will buy bottled water, and use it for everything that goes near our mouths, including tooth brushing.

What to Wear

The clothing we wear while on a Mission trip sends a message about who we are. We are representing our churches and diocese, our country and the Honduras Water Ministry. We do not want to draw attention to ourselves but want to fit in with our brothers and sisters in Honduras. As such, we strive for modesty in our clothing and refrain from wearing shorts and revealing clothing.

Also, an important note on tattoos: unlike the U.S., where tattoos are widely accepted, in Honduras, tattoos have a very negative perception. Tattoos in Honduras are associated with drug and gang activity and employers will not hire individuals with tattoos. As a result, tattoos are virtually non-existent in Honduras and we ask that if any volunteers have tattoos, that they remain covered while in Honduras.

Worksite Clothing

- Large hat
- Neck covering
- Sun glasses
- Light weight, loose clothing with long sleeves unless you spend a lot of time outdoors. Most people find blue jeans too hot and hard to dry out when they get wet. Even if they get dirty, plan to wear the same clothes more than once. For a small fee, the maids at El Zamorano will wash and fold laundry; usually a one-day turn-around.
- Work boots that will take a beating and be comfortable for a long day. They should have good ankle support and thick soles.

Gloves, safety glasses, ear plugs, dust masks, and hard hats are required for the drillers. Take more than one pair of gloves, as you may wear out two pair in one trip; cotton with leather palms is a good combination. You can always give a pair to one of the Honduran working with you.

Mandatory for Work Site

- Boots or heavy sole work shoes with tough tops
- Gloves with leather palms (1 pair minimum)

- **Drillers: Hardhat** Others: hat with broad brim
- T-shirts or long sleeve shirts for work (wash and wear work great)
- Work pants (wash and wear work great)
- Heavy cotton work socks
- Sweat band/ bandana
- Light jacket
- Raincoat/Poncho

Clothes and Other Items for Church/ Play

- Slacks, jeans and casual shirt for church and dining out (men)
- Simple dress or skirt and blouse for church and dining out (women)
- Casual clothes for evenings at Zamorano
- Underwear
- Sweat Socks
- Extra Towels
- Light Poncho
- Sunglasses
- Water bottle
- Back support if you use it
- Casual shoes (Nikes, etc.)
- Flashlight (with extra batteries)
- Bar soap
- Shampoo
- Medications (make a copy of your medications and give to me)
- **SUNSCREEN**
- Bug Repellent (high in %DEET)
- Personal first aid kit
- Aspirin, muscle pain reliever (whatever you use on occasion)
- Shower shoes
- Camera and film
- Regular toiletries

Do's and Don'ts

Do keep praying for the trip and those that are going.

Do pray for the people you meet and work with.

Do drink lots of liquids.

Do stop to rest regularly.

Do take carry-on baggage with a change of clothes and toiletries. Baggage may not arrive or may not arrive at the same time.

Do weigh your baggage before you leave home. Bags over 50# cost you extra.

Do think before you do anything. There isn't anything dumb you can do that we haven't seen. We just don't need to see it over again.

Don't eat raw what you cannot peel. (No Green Salads!)

Don't drink anything that isn't bottled except for coffee, juice, and milk in the cafeteria.

No Pork!

Don't go out alone.

Don't get friendly with any animal. Rabies is rampant!

Don't take jewelry. Take a cheap watch and leave your wedding rings, necklaces, and fine watches at home.

Don't ride in the back of the pick-up trucks on the main highways, the roadways in Honduras are extremely dangerous because of the combination of pedestrians, large trucks and buses, no enforced speed limit and virtually no rules.

Emergency Information

You will be given a San Antonio contact in case your family needs to contact you during the mission.

Make several good photocopies of your passport. Write the names, phone numbers, and addresses of emergency contacts (family, etc) on one of them and give them to the trip leader. Keep another with you in a waterproof pocket (baggie) at all times while we are working. We will store the regular passports, money, and valuables in the safe at the hotel while we are there.

Note: These copies are due by Sunday 12 Sep 10 , so we can complete our trip package.

The Diocese of Honduras and the Diocese of West Texas are not responsible for emergency situations. In fact, each missionary is required to sign Release and Hold Harmless Agreements prior to departure for Honduras.

Trip insurance is required to cover any emergency evacuation issues. We will provide brochures with information, and we'll be signing up during one of our team meetings. For more information go to the following website:

<http://www.stmservices.com/>

We also recommend registering your travel with the U.S. Department of State. Travel registration is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. Registration allows you to record information about your upcoming trip abroad that the Department of State can use to assist you in case of an emergency. Register online at the following website

<https://travelregistration.state.gov>

Questions?

We will update this document and give you a new copy if necessary. Give us your questions, and we'll answer them for everyone's benefit.