



Mission Journal and Handbook_(p.28)

Name: _____

We are grateful for the many ideas for this journal which were gleaned from “The Mission Journal” at themissionjournal.com and Delta Ministries mission journal at deltaministries.com

1 *Team Member Journal & Handbook*

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Dear Team Member,

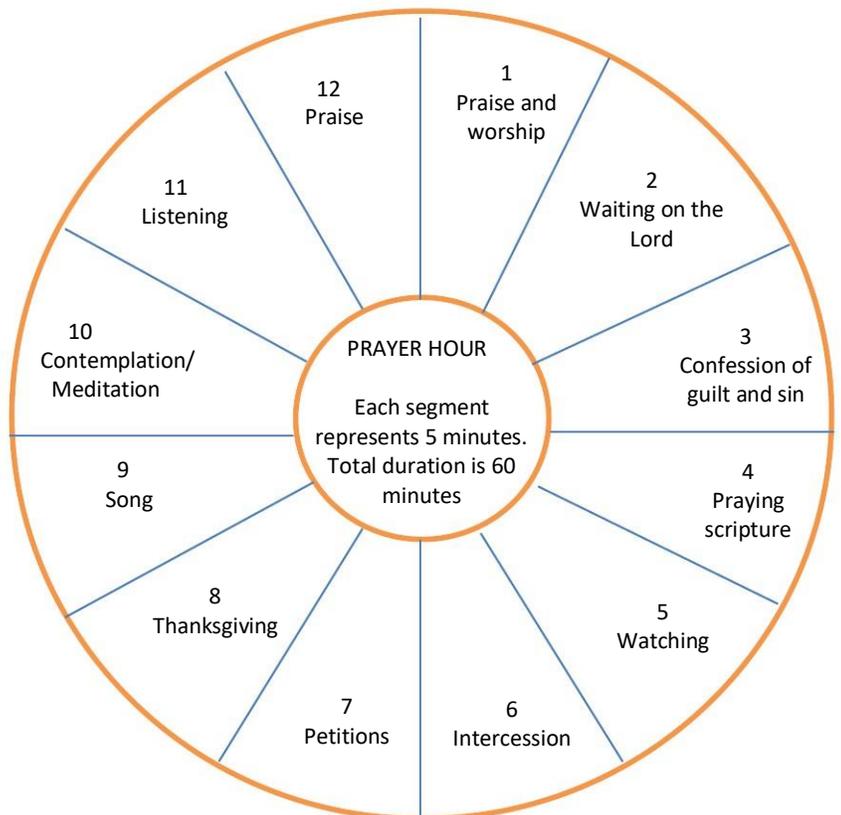
Mission trips can be life-changing. Writing your thoughts, reflections and stories in this journal will enable you to keep what you learn while on the trip, and go back to it for years to come. Without a journal, we can drift back into a normal life, and forget the great and meaningful things God did in and through us. If you keep this journal, you will be grateful for it for the rest of your life. Let's get started!

The first step is to talk about prayer. Nothing can replace having an abiding, ongoing relationship with our Maker and Redeemer, and communicating (praying) with Him is the first step in maintaining that relationship. This is the most important part of this journal. A tool that many have found to be a real blessing is "*The Hour that Changes the World*", Baker 1978. <http://www.stmichaelsnc.org.au/The%20Hour%20That%20Changes%20the%20World.pdf> In this book, Dick Eastman suggests dividing an hour into 12 periods of about 5 minutes each but you may find yourself wanting to spend more time on some sections than others.

PRAYER HOUR: Each segment represents 5 minutes.

The "12 Forms of Prayer" are:

1. Praise and worship
2. Waiting on the Lord
3. Confession
4. Praying scripture
5. Watching
6. Intercession
7. Petitions
8. Thanksgiving
9. Song
10. Meditation
11. Listening
12. Praise



There is something special about spending an hour in prayer before the Lord. This pattern of prayer is based around the time when Jesus was agonizing in prayer in Gethsemane and found the disciples unable to support him in prayer (Matthew 26:40). When he returned to his disciples and found them sleeping he asked them: 'Could you men not keep watch with me for one hour?'

The first section of this prayer hour is praise. This is a great time to remind ourselves how big our God is in love, power and grace. Read selections from Psalm 145-150 to gain inspiration for your declaration. Praise God for His heart and

redemptive purpose for the church. For your reference, here are some direct links to the written and audio recordings for these verses and the following verses, mentioned below (The audio only plays entire chapters):

1. <https://www.biblegateway.com/passage/?search=ps%20145-150%3B%20%202%20Corinthians%203%3A16-18%3B%20%20Psalm%20139%3A23-24%3BPsalm%2051%3A10-11%3B%20Chronicles%207%3A14%3BNehemiah%201%3BJeremiah%201%3A5-12%2C23%3A29%3B%20Isaiah%2040%3A8-10%3BIsaiah%2044%3A24-26%3B%20Isaiah%2055%3A10-11&version=NIVUK;NVI>
2. <https://www.biblegateway.com/passage/?search=isa%2055%3A10-11%3BRomans%208%3A26-27%3B1%20Corinthians%2014%3A2%2C4%2C14%2C15%3BGenesis%2018%3A16-33%3B1%20Kings%2018%3A41-46%3BJames%205%3A16-18%3BMatt%209%3A38%3BPsalm%20110%3A1-3%3BColossians%204%3A3%3ARev%203%3BJohn%2015%3BMalachi%203%3A8-12%3B1%20Chronicles%204%3A9-10%3B%20Philippians%204%3A6%3BLuke%2017%3A11-19%3BPsalm%20103%3BEphesians%205%3A18-20%3B%20%20Chronicles%2020%3BActs%2016%3A14-34%3BPsalm%20135%3A3%3BPsalm%2059%3A16%3BPsalm%2096%3A30%3BPsalm%20119%3A54%3BPsalm%2057%3A9%3BJoshua%201%3A8%3B%20Philippians%204%3A8%3BJohn%205%3A19-20%2C%2030%3BIsaiah%2050%3A4-5&version=NIVUK;NVI>
3. <https://www.biblegateway.com/passage/?search=Psalm%2057%3A9%3BJoshua%201%3A8%3BPhilippians%204%3A8%3BJohn%205%3A19-20%2C%2030%3BIsaiah%2050%3A4-5&version=NVI;NIVUK>

The second section is waiting. Read 2 Corinthians 3:16-18 as encouragement of the promises when we turn our hearts to the Lord. This is a great time to fill our mind with Him, reflecting on His nature, His presence, and His love for us and for the world.

Third is confession. Read Psalm 139:23-24 and Psalm 51, especially verses 10 and 11 dealing with our actions, attitudes, affections and words. Seek personal forgiveness, cleansing and anointing. Read 2 Chronicles 7:14 - identifying with the sins of humanity as did Nehemiah (Read Nehemiah 1 for further insight).

The fourth aspect is praying scripture and declaring the promises of the Lord. Read Jeremiah 1:5-12 and 23:29; “‘Is not my word like fire,’ declares the Lord ‘and like a hammer that breaks a rock in pieces?’” Also look at Isaiah 40:8-10; 44:24-26 and 55:10-11. Be open to the Holy Spirit to bring others to mind. You may wish to stand or walk around as you make these declarations. Promises of God’s blessing and God’s justice are equally important to declare.

The fifth aspect is watching - this brings us back to our introductory scripture. Remain alert to spiritual opposition and strengthen yourself with great verses. Read Romans 8:26-27 and 1 Corinthians 14:2, 4, 14 and 15. Be open to pray through those things that come to mind concerning the world. Make a note of things you think may be significant to revisit in prayer, or to share with others such as our prayer co-ordinator. This introduces a dimension of the prophetic which allows us to pre-empt the enemy’s plans rather than fighting a rear-guard battle.

The sixth aspect is intercession - read Genesis 18:16-33 and 1 Kings 18:41-46. These are great examples of others who have stood in the gap in powerful prayer. James 5:16-18 also gives us much cause for encouragement. Pray for the lost in our city, our nation and the world. Some other areas you can cover include workers for the harvest (Matthew 9:38 and Psalm 110:1-3), open doors and opportunities to share the gospel (Colossians 4:3 and Revelation 3:7-8); fruit that will remain (John 15:16), and finances for the ministry of the church (Malachi 3:8-12).

Petition is the seventh aspect of prayer. This is for your own life with the Lord, your ministry, your personal needs, your loved ones and your church, ensuring that your requests are in tune with the Lord’s will. Read 1 Chronicles 4:9-10 and ask the Lord to increase your capacity for prayer and to enlarge your heart for the nation. Bring areas of personal concern before Him and be encouraged by Philippians 4:6.

The Eighth aspect is thanksgiving - for what God has done, and for what He will do for us in response to our prayers. Read Luke 17:11-19. Thanksgiving helps us to focus on God's faithfulness. Confess all His spiritual, material, physical and external (that is, blessings in other people's lives) blessings. Be very specific and note that this is an area that should not only be part of a prayer time, but a way of life. If you spend your days in thankfulness you will find the gateway to His presence to much easier to enter. Thank the Lord for our communities and for the many ways in which we are blessed. Psalm 103 will help with this.

The ninth aspect is singing - this is a wonderful gift from God and a key to being filled with the Spirit (Ephesians 5:18-20). Read 2 Chronicles 20, especially verse 22, and Acts 16:16-34. We can sing songs of: praise (Psalm 135:3), power and mercy (Psalm 59:16), thanksgiving (Psalm 147:7), God's name (Psalm 96:30), God's word (Psalm 119:54), a new song (Psalm 144:9), and among the nations (Psalm 57:9). Do not worry about your singing ability.

The tenth aspect is meditation. Read Joshua 1:8, noting that the word 'meditate' in Hebrew means 'to mutter upon.' Focus on God himself, on His word, His works, past victories and blessings, and on things positive and good. Read Philippians 4:8.

The 11th aspect is listening - wait for instructions and have a pen ready to write things down. Read John 5:19-20, 30 and Isaiah 50:4-5. Be open to revelation about yourself or the world.

The 12th and final aspect is Praise. Finish as you started the session, by praising the Lord and magnifying Him with confidence that He has heard for prayers for our nation and the world, that the answer is already on the way and that His power and wisdom are more than equal to every situation. Read Isaiah 65:24.

May your hour of prayer, bring you much joy in God's presence, increased effectiveness in your daily walk, a sense of fulfillment in the part you are playing in God's mission, and some answers to your prayers. With that covered, let's get to some questions for this trip:

Pre-Trip Questions

Why do you believe this trip is important to God?

Why are you, personally, going on this trip?

What do you think God wants to do spiritually within you on this mission trip?

What fears do you have going into this trip?

What is one way you want to grow while on this journey, and why?

What are the roadblocks keeping you from pursuing your dreams in life?

For this trip, I want to challenge myself to step outside of my comfort zone in the following areas:

1. _____
2. _____
3. _____

Consider committing to this trip, as follows, and write any reflections in the spaces below:

1. I am open to the leading of the Holy Spirit, even when I am pushed to the limit.
 2. I am ready to serve 100% to the local staff, our leaders, and our team.
 3. I am ready to share my testimony and faith with others.
 4. I am flexible to adapt to cultural differences in Mexico.
 5. I am ready to deepen my relationship with God and learn more about who He is.
-
-

Team Building Day

What is one thing I learned during Team Building Day?

Name 3 important things that happened today:

1. _____
2. _____
3. _____

Specific prayer requests for your day?

1. _____
2. _____
3. _____

Write the stories of the day (Who was there? Where were you? What did you do?)

1. _____

2. _____

3. _____

On Trip - Day 1 – Travelling to Mexico

Morning

What do you notice in Matthew 6:9-13? Pray this prayer for yourself.

Matthew 6:9-13
*“9 In this manner, therefore, pray:
Our Father in heaven,
Hallowed be Your name.
10 Your kingdom come.
Your will be done
On earth as it is in heaven.
11 Give us this day our daily bread.
12 And forgive us our debts,
As we forgive our debtors.
13 And do not lead us into temptation,
But deliver us from the evil one.
For Yours is the kingdom and the power and
the glory forever. Amen.*

Name 3 things you are thankful for today:

1. _____
2. _____
3. _____

What are you looking forward to today?

“My command is this: love each other as I have loved you.” John 15:12 “Y este es mi mandamiento: que se amen los unos a los otros, como yo los he amado.”

Any fears or anxieties?

Specific prayer requests for your day?

1. _____
2. _____
3. _____

“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.” Joshua 1:9 “Ya te lo he ordenado: ¡Sé fuerte y valiente! ¡No tengas miedo ni te desanimes! Porque el SEÑOR tu Dios te acompañará dondequiera que vayas».”

Evening

Name 3 important things that happened today:

1. _____
2. _____
3. _____

One way you experienced God in a new way?

One new thing you saw, heard, smelled, tasted, felt, ate or experienced today?

Write the stories of the day (Who was there? Where were you? What did you do?)

1. _____

2. _____

3. _____

4. _____

What is something that I can bring to the team?

1. _____

“Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. 1 Corinthians 12:12 “De hecho, aunque el cuerpo es uno solo, tiene muchos miembros, y todos los miembros, no obstante ser muchos, forman un solo cuerpo. Así sucede con Cristo.”

On Trip - Day 2 – Your First Big Day

Morning

What do you notice in Ephesians 3:14-19? Pray this for yourself.

Name 3 things you are thankful for today:

1.

2.

3.

Ephesians 3:14-19

14 For this reason I bow my knees to the Father of our Lord Jesus Christ,[c] 15 from whom the whole family in heaven and earth is named, 16 that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, 17 that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, 18 may be able to comprehend with all the saints what is the width and length and depth and height— 19 to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.

What are you looking forward to today?

Any fears or anxieties?

Specific prayer requests for your day?

1.

2.

3.

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. ⁸ For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.”
Matthew 7:7-8 “»Pidan, y se les dará; busquen, y encontrarán; llamen, y se les abrirá. ⁸ Porque todo el que pide, recibe; el que busca, encuentra; y al que llama, se le abre.”

Evening

Name 3 important things that happened today:

1. _____
2. _____
3. _____

One way you experienced God in a new way?

One new thing you saw, heard, smelled, tasted, felt, ate or experienced today?

Write the stories of the day (Who was there? Where were you? What did you do?)

1. _____

2. _____

3. _____

4. _____

'When the Son of Man comes in his glory, and all the angels with him, he will sit on his glorious throne. ³²All the nations will be gathered before him, and he will separate the people one from another as a shepherd separates the sheep from the goats. ³³He will put the sheep on his right and the goats on his left. ³⁴Then the King will say to those on his right, "Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. ³⁵For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, ³⁶I needed clothes and you clothed me, I was ill and you looked after me, I was in prison and you came to visit me." ³⁷Then the righteous will answer him, "Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? ³⁸When did we see you a stranger and invite you in, or needing clothes and clothe you? ³⁹When did we see you ill or in prison and go to visit you?" ⁴⁰The King will reply, "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me." ⁴¹Then he will say to those on his left, "Depart from me, you who are cursed, into the eternal fire prepared for the devil and his angels. ⁴²For I was hungry and you gave me nothing to eat, I was thirsty and you gave me nothing to drink, ⁴³I was a stranger and you did not invite me in, I needed clothes and you did not clothe me, I was ill and in prison and you did not look after me." ⁴⁴They also will answer, "Lord, when did we see you hungry or thirsty or a stranger or needing clothes or ill or in prison, and did not help you?" ⁴⁵He will reply, "Truly I tell you, whatever you did not do for one of the least of these, you did not do for me." ⁴⁶Then they will go away to eternal punishment, but the righteous to eternal life.' Matthew 25:31-46

On Trip - Day 3 - Monday

Morning

What do you notice in Proverbs 3:5-6? Pray this for yourself.

Proverbs 3:5-6

*5 Trust in the Lord with all your heart,
And lean not on your own understanding;
6 In all your ways acknowledge Him,
And He shall direct your paths.*

Name 3 things you are thankful for today:

1. _____
2. _____
3. _____

What are you looking forward to today?

Any fears or anxieties?

Specific prayer requests for your day?

1. _____
2. _____

⁵⁰ I declare to you, brothers and sisters, that flesh and blood cannot inherit the kingdom of God, nor does the perishable inherit the imperishable. ⁵¹ Listen, I tell you a mystery: we will not all sleep, but we will all be changed – ⁵² in a flash, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, the dead will be raised imperishable, and we will be changed. ⁵³ For the perishable must clothe itself with the imperishable, and the mortal with immortality. ⁵⁴ When the perishable has been clothed with the imperishable, and the mortal with immortality, then the saying that is written will come true: 'Death has been swallowed up in victory.' ⁵⁵ 'Where, O death, is your victory? Where, O death, is your sting?' ⁵⁶ The sting of death is sin, and the power of sin is the law. ⁵⁷ But thanks be to God! He gives us the victory through our Lord Jesus Christ. ⁵⁸ Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labour in the Lord is not in vain. 1 Corinthians 15:50-58

Evening

Name 3 important things that happened today:

1. _____
2. _____
3. _____

One way you experienced God in a new way?

One new thing you saw, heard, smelled, tasted, felt, ate or experienced today?

Write the stories of the day (Who was there? Where were you? What did you do?)

1. _____

2. _____

3. _____

4. _____

5. _____

On Trip - Day 4 - Tuesday

Morning

What do you notice in Matthew 16:24-28? Pray this for yourself.

Matthew 16:24-28

24 Then Jesus said to His disciples, "If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me. 25 For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it. 26 For what profit is it to a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? 27 For the Son of Man will come in the glory of His Father with His angels, and then He will reward each according to his works. 28 "Assuredly, I say to you, there are some standing here who shall not taste death till they see the Son of Man coming in His kingdom."

Name 3 things you are thankful for today:

1. _____
2. _____
3. _____

What are you looking forward to today?

Any fears or anxieties?

Specific prayer requests for your day?

1. _____
2. _____
3. _____

Evening

Name 3 important things that happened today:

1. _____
2. _____
3. _____

One way you experienced God in a new way?

One new thing you saw, heard, smelled, tasted, felt, ate or experienced today?

Write the stories of the day (Who was there? Where were you? What did you do?)

1. _____

2. _____

3. _____

4. _____

5. _____

On Trip - Day 5 - Wednesday

Morning

Does our team have one heart, as in Ez.11:19-21? Pray this for our team.

Ezekiel 11:19-21

19 Then I will give them one heart, and I will put a new spirit within them, and take the stony heart out of their flesh, and give them a heart of flesh, 20 that they may walk in My statutes and keep My judgments and do them; and they shall be My people, and I will be their God. 21 But as for those whose hearts follow the desire for their detestable things and their abominations, I will recompense their deeds on their own heads," says the Lord God.

Name 3 things you are thankful for today:

1. _____
2. _____
3. _____

What are you looking forward to today?

Any fears or anxieties?

Specific prayer requests for your day?

1. _____
2. _____
3. _____

What is something that you haven't done yet and need to do?

1. _____

Evening

Name 3 important things that happened today:

1. _____

2. _____

3. _____

One way you experienced God in a new way?

One new thing you saw, heard, smelled, tasted, felt, ate or experienced today?

Write the stories of the day (Who was there? Where were you? What did you do?)

1. _____

2. _____

3. _____

4. _____

On Trip - Day 6 - Thursday Morning

What does this parable mean to you? Pray for any 'lost sheep' you know.

Luke 15:4-6

4 "What man of you, having a hundred sheep, if he loses one of them, does not leave the ninety-nine in the wilderness, and go after the one which is lost until he finds it? 5 And when he has found it, he lays it on his shoulders, rejoicing. 6 And when he comes home, he calls together his friends and neighbors, saying to them, 'Rejoice with me, for I have found my sheep which was lost!'

Name 3 things you are thankful for today:

1. _____
2. _____
3. _____

What are you looking forward to today?

Any fears or anxieties?

Specific prayer requests for your day?

1. _____
2. _____
3. _____

Evening

Name 3 important things that happened today:

1. _____
2. _____
3. _____

One way you experienced God in a new way?

One new thing you saw, heard, smelled, tasted, felt, ate or experienced today?

Write the stories of the day (Who was there? Where were you? What did you do?)

1. _____

2. _____

3. _____

4. _____

5. _____

On Trip - Day 7 - Friday

Morning

What do you notice in Romans 5:1-8? Pray this for yourself.

Name 3 things you are thankful for today:

1. _____
2. _____
3. _____

Rom. 5:1-8

Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. 2 Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. 3 Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, 4 and endurance produces character, and character produces hope, 5 and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us. 6 For while we were still weak, at the right time Christ died for the ungodly. 7 For one will scarcely die for a righteous person— though perhaps for a good person one would dare even to die— 8 but God shows his love for us in that while we were still sinners, Christ died for us.

What are you looking forward to today?

Any fears or anxieties?

Specific prayer requests for your day?

1. _____
2. _____
3. _____

Evening

Name 3 important things that happened today:

1. _____

2. _____

3. _____

One way you experienced God in a new way?

One new thing you saw, heard, smelled, tasted, felt, ate or experienced today?

Write the stories of the day (Who was there? Where were you? What did you do?)

1. _____

2. _____

3. _____

4. _____

On Trip - Day 8 - Saturday

Morning

Looking back through your experiences and journal entries. What has God taught you?

What changes in values, habits, priorities or goals have you noticed in your life this week?

Physically: _____

Socially: _____

Emotionally: _____

Spiritually: _____

Other: _____

How has God helped you to understand the Mexican people and culture better?

How has God helped you to meet some of your personal goals on this trip?

Are there any unresolved conflicts or bad feeling between me and another team member? If so, what can you do about it now?

After Trip - Day 1 - Sunday

After the trip there are mixed emotions. Back home, we can feel as if we left God back in Mexico, even though He is with us now. While we share our stories with family and friends, we must also confront our fears and pain that keep us from chasing our God-given dreams at home.

An experienced missionary advises that you be ready to share about your trip when you get home, as follows:

- Have a 5 second response ready for people who just want to know a little.
- Have a 5 minute response ready for those who want to know more.
- Have a 5 hour session ready for one true friend or family member who will take the time to really listen to all God did in your life and others during the trip.

Most people will fall into the 5 second category, and it may seem like almost no one wants to know much about your trip. To overcome feelings of being alone or misunderstood, try being outward-focused. Make a point of asking people how their week was while you were gone, and really listen to them. You might find that if you are a friend to them, they just might be a friend back to you and want to hear more of your stories. In the end, the best person to pour out your heart to is God, Himself. Go to Him. He understands everything you are going through.

Be a blessing to others when you return. When you share at church about the trip, keep your sharing very short and show only a few pictures. People want to know about the trip, but go easy on them.

The first month after returning is the most critical one. Let this next section of the journal be the most important. It is never too late to start a new chapter in life. Do all that God has for you in life. Be strong and very courageous, for your God is with you and lives inside of you.

My 5 second response about the trip:

Write the name(s) of the people, where you were and what took place in your favorite 5 minute story from the trip:

On being grateful: Name three amazing people you met during the trip:

An amazing person on your team:

Three great things about your team:

What's one thing that happened on the trip for which you can be grateful every day for the rest of the year?

Three ways God revealed Himself in and through you during the trip:

Three things you learned about God, culture or people during the trip:

After Trip - Day 2 - Monday

What do you notice in Psalm 100? Pray this for yourself and others.

Name 3 things you are thankful for today:

1.

2.

3.

Psalm 100

Make a joyful noise to the Lord, all the earth!

2 Serve the Lord with gladness!

Come into his presence with singing!

3 Know that the Lord, he is God!

It is he who made us, and we are his;

we are his people, and the sheep of his

pasture.

4 Enter his gates with thanksgiving,

and his courts with praise!

Give thanks to him; bless his name!

5 For the Lord is good;

his steadfast love endures forever,

and his faithfulness to all generations.

How has my view of God and life changed since the trip?

What is difficult to cope with after the trip, and why?

Specific prayer requests for my day?

1. _____
2. _____
3. _____

After Trip - Day 3 - Tuesday

What do you need to unload to God? Pray this for yourself and others.

Matthew 11:28-30

28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light."

Name 3 things you are thankful for today:

1. _____
2. _____
3. _____

What is God saying to me today?

Specific prayer requests for today?

1. _____
2. _____
3. _____

After Trip - Day 4 - Wednesday

What had God done for me? Pray this for yourself and others.

What is God saying to me today?

Specific prayer requests for today?

1.

2.

3.

1 Chronicles 16:8-13
*Oh give thanks to the Lord; call upon his name; make known his deeds among the peoples!
9 Sing to him, sing praises to him; tell of all his wondrous works!
10 Glory in his holy name; let the hearts of those who seek the Lord rejoice!
11 Seek the Lord and his strength; seek his presence continually!
12 Remember the wondrous works that he has done, his miracles and the judgments he uttered,
13 O offspring of Israel his servant, children of Jacob, his chosen ones!*

After Trip - Day 5 - Thursday

What does this passage say to you? Pray this for yourself and others.

What is God saying to me today?

Specific prayer requests for today?

1.

2.

3.

Matthew 6:25-34
25 "Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? ... 27 And which of you by being anxious can add a single hour to his span of life? ...31 Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.

After Trip - Day 6 - Friday

What does this passage say to you? Pray this for yourself and others.

What is God saying to me today?

Specific prayer requests for today?

1.

2.

3.

1 Thessalonians 1:2-5
2 We give thanks to God always for all of you, constantly mentioning you in our prayers, 3 remembering before our God and Father your work of faith and labor of love and steadfastness of hope in our Lord Jesus Christ. 4 For we know, brothers loved by God, that he has chosen you, 5 because our gospel came to you not only in word, but also in power and in the Holy Spirit and with full conviction.

After Trip - Day 7 – Saturday – DEBRIEF Meeting Day

Before the meeting

Think about what you will share with the team about:

1. A favorite memory or most enjoyable part of the trip, and why.
2. What experience was most stretching to your comfort-zone and why.
3. What is one thing you learned that you'd like to continue applying in your life after the trip?

After the meeting

What are your main take-aways from the debrief meeting?

After Trip – Follow-Through

- Speak at your church as soon as possible after the trip. Remember to keep your presentation short and to thank them for their support.
- Send out a thank you and praise report to those who prayed and gave toward this trip.
- Continue praying and being led by the Holy Spirit.
- Be ready. We are ambassadors for Christ, always. 1 Peter 3:15 says, *“15 but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect.”*



Team Member Handbook

Name: _____

Team Member Handbook

His Ministry and Rancho Santa Marta

By God's grace, as missionaries for the Lord Jesus Christ we carry out the Great Commission (Mark 16:15) to "Preach the Good News to all nations." In joining the team, I aim to:

- Reflect the person of Jesus in all I say and do.
- Be Christ-like, with a servant's love and with consideration of those from another culture.
- Cooperate and focus on being used by God as an enthusiastic worker in all projects I am assigned to.
- Encourage others on the trip. Be joyful. The Lord loves a cheerful servant.
- Develop a Christian World View.
- Make new friends in and outside our team.
- Be flexible.
- Dress in a God-honoring way.
- Bring this handbook to Mexico.

Living Waters Adventures currently provides two mission trips to Baja California, Mexico: To *Rancho Santa Marta*, in San Vicente, and to *His Ministry*, in Vicente Guerrero. The vision for both RSM and HM, two of few church-oriented schools in Mexico, is to provide not only for children's material and educational needs, but also the opportunity to know Jesus Christ as their Savior. Educational programs include traditional subjects for students with learning disabilities and a vocational trade school to teach each child marketable skills in agriculture, carpentry, small engine overhaul, welding, animal husbandry, sewing, first aid, office skills, and home economics. RSM and HM graduates are now serving in the mission field to other parts of Mexico and abroad. Many Americans have had their first taste of foreign missionary service at RSM or HM. Thousands of volunteer workers and staff have come to these sites over the years to contribute their skills and abilities and to interact in the Mexican culture. It is the volunteers and others who prayerfully and financially support RSM, HM and *Living Waters Adventures* that makes possible these ministries to Baja California children and adults.

Driving in Mexico

Your US driver's license is valid for driving in Baja California and we purchase Mexican auto insurance for the vans we rent. Even so, if you are in an accident, your vehicle and you may be held without regard to fault until settlement of any damage claim is made. We will fill up our gas tanks before crossing the border. Mexican gasoline is sold at a uniform price at government controlled Pemex stations.

At the Border

When crossing the border, the general rule is, "Smile, but don't speak to officials unless spoken to, and then always do so politely." Being polite always counts in Mexico! If you are under 18, you must have your parental permission slip handy. If you are asked where you are going, say that you are visiting friends at Rancho Santa Marta in San Vicente. Answer any questions honestly but don't say anything about plans to work or evangelize. They all know what you are doing but part of "polite" is pretending they don't.

Finding RSM

After passing the border inspection, follow highway signs to Ensenada via the toll road, Highway 1-D, marked "Ensenada Scenic Road" in English and "Cuota" in Spanish. Take Hwy. 1-D to Ensenada. Then, when it becomes simply Hwy-1, continue traveling south. Below Ensenada, the road is in good condition but narrow. Signs appear frequently stating the distance in kilometers to Santo Tomas, San Vicente and San Quintin. "Km" marker signs are found every few kilometers along the highway. They give you an idea how far you have gone or have yet to go. RSM is located just past the 96 Km. marker sign about five miles south of the town of San Vicente.

The trip from the border, a 130-mile drive, takes about three hours. We usually stop in Ensenada for a baño break. After passing through San Vicente, look for buildings painted with the traditional RSM color scheme, yellow bottom, and brick-red top. Drive carefully. Traffic on Baja Highway 1 around the ranch is heavy. This is because the highway is an asphalt lifeline running the entire length of the Baja California peninsula.

The drive to San Vicente has striking vistas of the Pacific Ocean, and many US citizens have retired along this stretch of the Baja coast. You may see expensive looking homes, usually owned by US citizens, right alongside ramshackle dwellings.

Finding HM

Follow the directions, above, to RSM, but pass RSM and continue on Hwy 1 for another hour to Vicente Guerrero. About in the middle of the town you will turn left onto the road named Vicente Guerrero (the same name as the town). Continue on Vicente Guerrero Street for about 1 mile, where you will find HM.

Toll Gates: Along the toll road, Mexico Hwy 1-D between Tijuana and Ensenada, there are several tollgates. Tolls can be paid in all dollars or all pesos. The fee is about \$3 per gate for cars. Each toll stop has clean restrooms.

Turista Fees: The Mexican government has established a fee of \$22 for tourists traveling "south of Ensenada or staying over 72 hours". Generally, the government is not collecting the fee at this time for those going to San Vicente or Vicente Guerrero. Tourist fees are being charged to some people who are traveling further south than Vicente Guerrero. If our team does happen to get pulled aside and asked to pay a fee or tax, please direct all demands or questions to your team leader.

Roadside Emergency Service: For roadside emergencies, the Green Angels (Angeles Verdes,) known for their distinctive green and white pickup trucks, provide free assistance to motorists. Angeles Verdes vehicles patrol major Baja highways each day from 8:00 a.m. to 8:00 p.m. They carry limited spare parts and gasoline, which are provided at cost. To attract a green angel, pull completely off the highway and lift your hood. If any of our vehicles breaks down, immediately phone to the other vehicles, and we will decide what to do.

Check before leaving to make sure motor oil and coolant levels are up, battery terminals are clean, tires are in good condition and properly inflated and everything is present and in good working condition. There is a lot of "nowhere" along the way and you won't be able to call the Auto Club for parts and the Angeles Verdes truck may have just made its last pass of the day. Speed limits are in kilometers per hour.

What You May Take Into Mexico: Mexico charges a tax on merchandise imported for sale. If a Mexican official at the border asks about your cargo, let him know it is for our group to use during our visit and is not for sale.

If you take medicine containing habit-forming drugs, carry only what you will need and have it in the pharmacy bottle. Mexican officials are very sensitive about narcotics and firearms. The Mexican army operates highway checkpoints to search for illegal drugs and any guns. We may go through one several times.

Roadway Traffic: The posted highway speed limit is generally 80 kilometers (50 miles) per hour. Traffic signals are primitive by our standards so always be alert. Also sometimes there are large potholes, even on the highway.

Returning to the USA: At the USA border, all travelers must be ready for a long wait before crossing the border and give proof of citizenship to US Customs. Each visitor may bring back, duty free, \$800 worth of merchandise per month. Knives, liquor, and fireworks cannot be brought into the USA from Mexico.

Money and Shopping: The monetary unit in Mexico is the peso. One peso is worth about 5¢. Dollars are accepted freely at the current exchange rate in stores where we are likely to shop. Past attempts to use Mexican ATMs have not succeeded. Local stores have little small change on hand and the merchants will appreciate your cooperation in not using large bills. Except for gas stations, you should have a good supply of ones and fives. "Leftover" pesos can be donated to RSM or HM. If you want to donate to the church at RSM or HM, you can drop dollar bills in the collection plate at Sunday's church service.

If you go to town in San Vicente or Vicente Guerrero, go to a small food store and sample some of the local munchies. Peanuts (cacahuates) flavored with chili and lemon, fresh pan dulce or acidic, low sugar candy are interesting changes from American snacks. A fresh Mexican tortilla is much better than the American grocery store counterpart.

Life Around RSM and HM:

What You Will Find There: There are dormitories with beds and mattresses. Bring your own bedding or sleeping bag. They have bathrooms equipped with plumbing and electricity.

Water is scarce in the Baja California desert environment. The water table is low and pumping is expensive. Well-water is safe to drink but local tap water may not be. Conserve water by doing "military showers": Turn water on to get wet. Turn it off while soaping down, and then turn it back on to rinse.

Standard Mexican plumbing requires that nothing go down toilets unless it has been run through your body first! This includes toilet paper. Used toilet paper should be placed in the covered can in each bathroom stall. Trashcans are emptied at the fire pit outside. This is very, very important! Also, be sure to visit RSM or HM bathrooms before leaving the ranch for any extended period of time, since aesthetic conditions in many toilet facilities away from RSM and HM are not for the squeamish. Bring some toilet paper along for emergencies.

Medical Considerations: If you have any chronic medical conditions, you should keep your labeled prescription medicines with you. Mexico has vast tracts of arid landscape and unpaved roads so everybody should be prepared to encounter and breathe in a lot of dust. Bring your health insurance card and a pre-signed claim form and keep it handy in case you get hurt. Medical releases are required and part of the application form.

If you had your last tetanus shot over ten years ago, get a shot before you go: Shoes or boots should be worn at all times when walking around outside to protect feet from glass, rocks, and insects. Wear flip-flops on your feet in the shower areas. Summer is rattlesnake season in Mexico. You should be careful when outdoors. Move big rocks with a stick first. And always keep an eye and ear out for rattlesnakes, no matter where you are. If a snake bites someone, first try to put a tourniquet just above the bite. Use a shoelace, belt, bandanna etc. to keep the snake venom from circulating to critical body parts, and then move the person very slowly to a safer place where help is available. Anyone bitten will be transported to the USA for medical treatment. Also be careful of black widow spiders, centipedes and scorpions, which are common.

TEAM First Aid Kits Checklist (as an individual team member you should ONLY bring the two underlined items):

- | | | |
|----------------------------|-----------------------|---------------------|
| • <u>Allergy pills</u> | • Safety pins | • Pepto Bismol |
| • <u>Sunscreen</u> | • Adhesive tape | • Diarrhea medicine |
| • Band-Aids | • Rubbing Alcohol | • Tylenol |
| • Antiseptic | • Scissors | • Cough syrup |
| • First Aid Dressing | • Antibiotic Ointment | • Cough Drops |
| • Triangular sling bandage | • Tweezers | • Antihistamine |
| • Rolled Cotton | • Mosquito Repellent | • Dramamine |

Local Weather:

- Spring Season: Nights: 40-50 degrees. Days: 60-80 degrees.
- Summer Season: Nights: 60-80 degrees. Days: 80-110 degrees.
- Average rainfall: 6 to 8 inches per year. Little chance of rain, but check the forecast the day before we leave.
- Check forecast at <https://weather.yahoo.com/m%C3%A9xico/baja-california/san-vicente-145529/>

Cultural Considerations: Mexican culture is more conservative than American culture. To be effective in our ministry and show consideration to our Mexican brothers and sisters, we do things their way. You can get a good idea of what is appropriate and what is not by watching what the locals are doing.

Dress Code: Clothing should be neat and modest. Dresses, skirts or clean slacks are fine. Skirts or dresses are recommended for church services. Gaudy jewelry, excessive makeup and revealing clothing are not acceptable. Shoes must be worn at all times. Nothing should be worn that detracts from our work. Keep shoulders, tummy and hips covered.

Attitude: Consider others better than yourself. Never act superior or talk down to people you meet. Like everybody else in this world, they have lessons to teach us if we will listen. Be humble servants of God. Be courteous, friendly, and ready to share. Always seek to be joyful.

Relationships: Team women should not spend much time alone with Mexican men and, similarly, team men should not give special attention to Mexican women. American levels of coed socializing do not exist in Mexico. When speaking with a member of the opposite sex, smile pleasantly, be respectful and answer directly when asked a question or greeted, but do not be excessively forward.

Generally with all Mexicans, break the ice with a handshake and a smile, even if you haven't learned to say "Buenos Días" yet. Since you are a guest in their country, show your appreciation of Mexican hospitality. Tell them your name. Make it a point to learn names. Adult men should be formally addressed as "Señor" or "Hermano" and women with "Señora" or "Hermana." Hermano and Hermana, literally "brother" and "sister", are familiar forms of address between Mexican Christians and roughly translate as "Fellow Christian". You should feel flattered if you are called Hermano. "Señor" is a multipurpose word meaning "Mister", "Sir", "Lord" and "THE Lord" depending on the context. You may say "Señor le bendiga" (God bless you, which is a form of saying "good-bye"). Boys or staff adults with whom we are familiar should be addressed by their first names.

In making introductions and greetings, say, "My name is...": "Mi nombre es ...". Find out what your name is in Spanish and use it. Continue the greeting with Good day, "Buenos días." "Buenos días, José" is better than "Buenos Días" which is better than "Hola" which is better than silence. Smile.

Kitchen Facilities: There is a dining room and kitchen for team use. Drinks will be available. Everybody will be given an opportunity to share in the joys of cooking and cleanup. Kitchen duty will also involve garbage to pig transfers.

What to Bring With You: Pack everything in one (1) small carry-on and one (1) squishable duffel bag. You can wash clothes in a sink, as needed.

- Sweat shirt for cool nights
- 7 pairs of socks and underwear
- Tennis shoes
- Rubber flip-flops for showers
- Hat with brim
- Modest bathing suit
- 2 pairs of knee length shorts
- 4 T-shirts and 2 jeans (no sleeveless or thin strapped tops)
- 1 nice outfit for church (ladies: skirt)
- 1 nice slacks, 1 collar polo shirt
- Towel (unless otherwise directed)
- Personal toiletries & medicines
- 1 Sleeping bag (unless otherwise directed)
- Pillow case (can be stuffed with clothing to make for a pillow)
- Ear plugs (important for work projects)
- 2 Pairs of Work Gloves
- Flashlight
- Paper, pens and journal
- Bible (Spanish/English, preferably)
- Spending money (\$50 recommended) and please consider donating some cash (American dollars) in the offering plate on Sunday.
- Sunglasses
- Sunscreen
- Water bottle (metal with name on it)Optional:
- Phone
- PJs
- Personal tools that you want to use and

You are welcome to leave any clothing or shoes that are in good condition on the last day of our trip, as a donation to the ministry. This makes the trip back lighter and blesses the local staff and children.

Some Rules:

1. No firecrackers, knives, slingshots, guns or other weapons.
2. Do not flaunt your wealth. Do not leave valuables (cameras, purses, etc.) laying around.
3. Keep vans locked in recognition of the fact that for some RSM and HM children, the concept of a warm bed, three meals a day along with unconditional love is a novelty and theft was their means of survival before arriving.
4. Do not enter the dorm room of those of the opposite sex.
5. Ask the directors or your project jefe (leader) before taking on any project. Try to finish jobs that you start. When finished, return tools to their proper place. This is important.
6. Do not play dangerous games with local children or abuse their sports equipment. Do not compete on a Mexicans versus Americans basis. Instead, put the players on mixed teams. Take care when teasing or messing about not to hurt feelings.

7. Be kind and understanding when making remarks about different conditions (dirt, runny noses, strange smells or lack of shoes) knowing that negative comments never help and many Mexicans know enough English to understand you.
8. Ask the directors whenever in doubt about anything. Take the most conservative and cautious course of action in all situations.
9. Do not disturb the animals on site. Resident pigs may be fed edible food scraps. They don't like banana peels or chicken bones. We will gather our food scraps to feed to appreciative puercos. Sorry, but you can't ride the horses. And especially, do not pet the cute little bunnies because the momma rabbits will abandon those who smell like people.
10. Follow the dress code. Always.
11. Conserve water and electricity; they are costly.
12. Stay within the compound boundaries. Landowners take care to maintain their fence lines. They are very sensitive about the boundaries and keep a close eye out for trespassers.

Courtesy Counts: Remember, while you are on site, you are the foreigner and different. While in Mexico you cannot be too polite. LET IT SINK IN: YOU CANNOT BE TOO POLITE. Being polite includes overlooking a grumpy fellow team member who is probably tired.

Mexican History: The Spaniards arrived in Mexico in 1521 as conquerors seeking gold. Unlike American colonizers who were merchants or farmers with families or who could find or import wives from their personal ethnic group, most conquistadors, except those in the upper classes, came alone and took native women. The resulting social and racial makeup of Mexico was a European upper class of criollos, an idealized but forgotten and poverty stricken indigenous underclass, with most of the rest being mestizos, descendants of conquistadors and local women. This was true of much of the Spanish New World. Mexico's revolution against Spain began September 16, 1810 with El Grito de Dolores (The Cry of Sorrows), lead by, Manuel Hidalgo, a Catholic priest, who was promptly executed. September 16, not Cinco de Mayo, is Mexico's Independence Day. The years after independence were very tumultuous. In 1836, Mexico lost Texas after a war with settlers from the USA. They had been naturalized as Mexican citizens but retained their American and Protestant ideals along with a distrust of the faraway central government.

Following the annexation of the Republic of Texas to the USA, disputes over the border led to the Mexican War (1846-48), which ended with the USA acquiring 40 percent of Mexico's territory, including our "Alta" California. This sparsely populated territory was far from the southern power center and was home to less than one percent of the country's population.

After Mexico defaulted on debts to European creditors, France invaded it in 1862, installing Maximilian of Austria on the "Cactus Throne." Cinco de Mayo celebrates the defeat of the French army at the Battle of Puebla that same year. The French were forced out and Maximilian was executed in 1868. The dictatorship of Porfirio Diaz marked most of the remainder of the 19th century through the 1910 revolution. Under Diaz, Mexican industry flourished, but most of the benefits went to foreigners and rich Mexicans. In 1910 the country's great revolution broke out. It marked the defining point in modern Mexican history. It was a violent struggle for social justice (an often touted, but ill-defined concept). There was land reform (confiscation and redistribution) as some large, privately owned land was expropriated and divided among the peasants, a practice which is still being exercised to some extent.

The new government promoted education, officially eliminated peonage (servitude for debt) and nationalized some foreign industries. It emphasizes a strong central government over local control. Since the revolution, Mexico has been more peaceful and prosperous than most of its Central American neighbors. Government policy has encouraged industrial progress. As in the USA, there has been increased migration away from the countryside to the cities. The nation's capital, Mexico City, is among the most populous cities on earth but many people there live in poverty.

Mexican Politics: The Mexican government system has federal and 31 state governments similar to ours. The country has had a stable government since the end of the 1910 revolution. Until the 2000 election, political life was dominated by the Partido Revolucionario Institucional (Institutional Revolution Party) or PRI, which claims to keep the principles of the revolution alive as part of regular government. The major opposition party is the conservative Partido de Acción Nacional (National Action Party, or PAN.) It won the 2000 presidential election ending domination by the PRI that had existed since 1920. Close behind it is the liberal Partido de Revolución Democrática (Democratic Revolution Party or PRD), which has had many advances in recent years. It is attempting to dismantle the political machine of the PRI in southern states. Smaller parties have been specks on the political landscape with only token legislative seats.

The relationship of Mexico with the United States is peculiar. Despite extensive traffic between the two countries, we remain cultural strangers. Porfirio Diaz, president for many years, is quoted as saying, "Poor Mexico; So far from God and so close to the United States." When we look at Mexicanismo, it is through gringo eyes. In the USA, we basically wiped out the locals and settled the land with families. In Mexico, the invaders, who were mostly single men, imposed themselves on the locals and were absorbed into what they created.

Education: Education is required for children from six to 14 with little help for special education students. In rural areas, schools are often inadequate and university trained teachers prefer cosmopolitan city life. Many students are able to attend school for only a few years. Nationally, the average educational level is five years compared to about 13 in the USA. Girls are more likely than boys to have a scanty education. Nine percent of all Mexicans over age 15 have never been to school.

There is a high correlation between social standing and educational level. If you speak some Spanish and talk to the locals, remember that in rural Mexico, meager education does not mean "ignorant" Consider where your education would likely have ended if your family income came from one person earning minimum wage and you had to walk an hour or more each way to go past sixth grade.

Church and State: In previous centuries, the Catholic Church was a large landowner. Bishops lived in luxury while ordinary priests and peasants starved. This was unlike the practice in the United States where most church owned property is used for religious, educational or other humanitarian uses and, with a few rather flamboyant exceptions, the income of the clergy has been relatively modest.

In secularizing society, Mexico revolted against this abuse. To strengthen secular authority, priests cannot run for public office or wear religious vestments in public. Only recently has their right to vote been restored. All church property in Mexico was owned by the state until a 1992 constitutional amendment. Churches can now hold property needed to fulfill their religious function.

Protestant Contributions: Although most Mexicans are Catholic, it is not a simple head-count that tells the whole story. You need to check out which church has people in the pews and whether observances are in line with accepted practice. A new tune is being sung, and increasingly it is in a Protestant church. Protestants generally train lay and professional pastors to serve manageably-sized congregations, operate charity clinics, hold a near monopoly on the operation of

orphanages like RSM and HM and produce translations of the Bible in numerous indigenous languages. Because of Protestant emphasis on reading the Bible, Mexican Protestants are more likely than their Catholic neighbors to support education. Catholic clergy are spread thin in Mexico, often having several thousand parishioners to one priest.

San Vicente Local History (relates to RSM, and HM's city of Vicente Guerrero is similar): European settlement began when Mission San Vicente Ferrer was founded in 1780. It was the largest of the missions built by the Dominican friars. Its population peaked at 317 in 1787. The Spanish governor built a headquarters fort here to give better protection to all the northern missions from raids by rebellious Yuma Indians. The indigenous inhabitants subsisted on a sparse but tasty diet of beetles, mice, lizards, cactus pulp and roasted agave cactus and had to endure the harsh, arid Baja environment. They were exposed to more than heat and were devastated by epidemics of "foreign" diseases: smallpox, typhoid, typhus and, finally, syphilis. The Ñakipa Indians who inhabited the area when the Dominicans arrived have died out. Only remnants remain of other native tribes.

In 1833 the Mexican government terminated the mission system. Its buildings are now crumbled heaps of adobe. When the mission closed, San Vicente became the capital of the La Frontera district of northern Baja and served as army headquarters until 1849. Our "Alta California" in those pre-gold rush years, had a tiny population and was even more barren.

Early in 1854, William Walker, a colorful American military adventurer, conquered Baja with less than 50 associates, establishing the capital of his short-lived "Republic of Lower California" in San Vicente. After he was driven out, the population dropped to 40 in 1855 and to zero in 1861. In 1861 the government sold off 20 square miles of land for \$525 or four cents per acre. This is twice the per acre price the USA paid for Alaska in 1869. A Mexican farm laborer, who earned about \$14 per month in the 1860's, could have bought 350 acres with one month's wages. At current farm labor wage rates, about \$7.50 per day, this translates to less than 60 cents per acre today. Without irrigation water it would still produce nothing but beetles, mice, lizards, cactus and agave.

As time passed, the population grew. In 1921, it was a whopping 111. The current population of the pueblo is about 3000. San Vicente Ferrer: The pueblo and ex-mission of San Vicente is named for Saint Vincent Ferrer (c. 1350-1419.) People on construction crews should be pleased to know he is the patron saint of builders because of his fame for "building up" and strengthening the Church in Spain through preaching, missionary work and teaching, as well as being a confessor and adviser. He was born in Valencia, Spain and joined the Dominican order in 1367. He became famous as a preacher who converted thousands of Moslems and Jews. One Jewish convert was a rabbi who later became a Roman Catholic bishop. In Barcelona during a famine, he predicted the arrival of relief supplies. His superior criticized his daring forecast, but when ships carrying food arrived the next day, he was hailed as a prophet. He was canonized in 1455.

"Santa Marta" (relates to Rancho Santa Marta): Santa Marta (St. Martha) is the sister of Mary and Lazarus. She is the Catholic patron saint of servants because she was in charge of Lazarus' house and Jesus' devoted hostess (Luke 10:38). We should try to emulate her serving zeal in our role as servants to RSM children. According to legend, later in life, Martha, Mary and Lazarus moved to France and converted many to Christ. While there, she overcame Tarascus, a man-eating dragon, by sprinkling holy water and making the sign of the cross over him.

Important Addresses and Phone Numbers:

Mexican Consulate 1305 SW 12th Ave, Portland, OR 97201. Phone (503) 274-1442

Mexican Consulate 2132 3rd Ave, Seattle, WA 98121. Phone (206) 448-3526

International dialing to Mexico from USA: 011-52-66 plus local number

- For Tijuana 011-52-667 plus local number
- For Ensenada Attorney General for Protection of Tourists: From Tijuana: 84-2138 or 84-2181, Rosarito: 2-0200; Ensenada 6-3686
- State Tourism Office, Aves. Lopez Mateo & Espinoza Ensenada, 6-22-22
- RSM: Bethesda Teaching Ministries Office P O Box 20028 4569-J Mission Gorge Pl. El Cajon, CA 92021-0900 San Diego, CA 92120. Phone (619) 563-8450. E-mail: RSMsantamarta@cox.net
- HM: Foundation for His Ministry, 1046 Calle Recodo, Suite E, San Clemente, CA, 92673. Phone (949) 492-2200

Phone service is very limited on site. If someone needs to contact you in an emergency and cannot otherwise reach you, they can call the above phone number, and the message will be forwarded to you.

Foreign Language: Use Spanish as often as possible while in Mexico. The Mexican people appreciate it when you try to fit in and adjust to their culture or entertain them with fractured accents. You will make a good impression and minister more effectively if you use some of these phrases and words:

Polite Phrases:

- | | |
|----------------------------------|--------------------------------|
| • Please - Por favor | • Good Evening - Buenas noches |
| • Good Morning - Buenos Días | • Good-bye - Adiós |
| • Good Afternoon - Buenas tardes | • Excuse me - Perdóneme |
| • Thank you - Gracias | • I am sorry - Lo siento |

Time:

- | | |
|------------------------|------------------------------------|
| • Time -La hora | • Night - Esta noche |
| • Today - Hoy | • Midnight - La medianoche |
| • Morning - La mañana | • Last night - Anoche |
| • Noon - El mediodía | • What time is it? - ¿Qué hora es? |
| • Yesterday - Ayer | • Tomorrow - Mañana |
| • Afternoon - La tarde | |

Days of the Week (not capitalized):

- | | |
|-------------------------|---------------------|
| • Sunday - domingo | • Thursday - jueves |
| • Monday - lunes | • Friday - viernes |
| • Tuesday - martes | • Saturday - sábado |
| • Wednesday - miércoles | |

Food:

- Food -Comida
- Breakfast - Desayuno
- Chicken - Pollo
- Lunch - Almuerzo
- Eggs - Huevos
- Supper - Cena
- Milk – Leche
- Spoon – Cuchara
- Water – Agua
- Fork – Tenedor
- Fish - Pescado
- Knife – Cuchillo
- Lobster - Langosta
- Napkin - Servilleta
- Meat - Carne
- Bill – Cuenta
- Beef - carne de res
- Receipt – Recibo
- Fried - Frito
- Tip - Propina
- Bacon - Tocino
- Pork - Carne de puerco
- Glass - Vaso
- Sausage - Chorizo
- Shrimp - Camarón
- Corn – Maiz
- Tomatoes – Tomates
- Corn on the cob – Elote
- Beans - Frijoles
- Onion - Cebolla
- Potatoes - Papas
- Rice – Arroz
- Bread - Pan
- Toast - Pan tostada
- Crackers - Galletas
- Coffee - Cafe
- Tea – Té
- Candy or sweets – Dulces
- Cake – Castel
- Ice cream - Nieves
- Ice - hielo
- Avocado – Aguacate
- Banana - Plátano
- Fruit – Fruta
- Lemon – Limón
- Nuts – Neuces
- Orange - Naranja
- Peach – Durazno
- Pineapple - Piña
- Strawberries - Fresas
- Sugar - Azucar
- Butter - Mantequilla
- Salt - Sal
- Black pepper - Pimienta
- Soup - Sopa or Caldo
- Chili pepper - Chile
- Sauce - Salsa
- Salad – Ensalada
- Cheese - Queso

Los Colores:

- White – Blanco
- Pink - Rosado
- Black - Negro
- Blue - Azul
- Gray - Gris
- Green - Verde

- Brown - Café or marrón
- Purple – Morado

- Red - Rojo
- Yellow - Amarillo

Numbers:

- Numbers - Números
- 1. uno
- 2. Dos
- 3. Tres
- 4. Cuatro
- 5. Cinco
- 6. Seis
- 7. Siete
- 8. Ocho
- 9. Nueve
- 10. Diez
- 11. Once
- 12. Doce
- 13. Trece
- 14. catorce
- 15. Quince
- 16. Dieciseis
- 17. Diecisiete
- 18. Dieciocho
- 19. Diecinueve

- 20. Veinte
- 21. Veintiuno
- 22. Veintidos
- 30. Treinta
- 40. Cuarenta
- 50. Cincuenta
- 60. Sesenta
- 70. Setenta
- 80. Ochenta
- 90. Noventa
- 100. Ciento or cien
- 200. Doscientos
- 500. quinientos
- 1,000. Un mil
- 3,000. Tres mil
- 8,000. Ocho mil
- 10,000. Diez mil
- 25,000. Venticinco mil
- 100,000. Cien mil
- 1,000,000. Un millón

On the Road:

- On the road - En el camino
- Highway - Carretera
- Corner - Esquina
- Road - Camino
- Block - Cuadra
- Right side - Lado derecho
- Avenue - Avenida
- Left side - Lado izquierdo
- Street - Calle At the Border - A la Frontera
- Passport - Pasaporte
- Age – Edad
- Tourist card - Tarjeta de turista
- Profession - Profesión
- Marital status - Casado
- Single - Soltero
- Married - Casado
- Widowed - Viudo
- Driver's license - Licencia de manejar
- Car registration - Registración

General Expressions:

- And - y ("e")
- Bad - Malo
- Bath - baño
- Beautiful - Hermoso
- Bible - la Biblia
- Boss - Jefe
- Boys - Niños or muchachos
- Brother – Hermano
- Children - Niños
- Clean - Limpio
- Cold - Frío
- Come here! - Venga!
- Dirty - Sucio
- Do you understand English. - ¿Entiende usted el inglés?
- Early - Temprano
- Fast – Rápido
- Flea - Pulga
- Girls - Niñas or muchachas
- God bless you - Señor la bendiga
- Good - Bueno
- High - Alto
- Hold hands - Agárrense de las manos
- Hot - Caliente
- How old are you? - ¿Cuántos años tienes?
- I don't speak Spanish. - ¡No hablo español!
- I don't understand. - No entiendo.
- I want \$5 (\$10) worth of ... - Quiero cinco (diez) dólares de
- I want to buy a Pepsi. - Quiero comprar un Pepsi.
- I'm glad to meet you - Mucho gusto conocerle
- Jesus Christ - Jesucristo
- Large - Grande
- Let us pray - Vamos a orar
- Long – Largo
- Lord (God) - Señor
- Make a circle - Hagan un círculo
- Market - Mercado
- Miss - Señorita (Srta.)
- Misses (Mrs.) - Señora (Sra)
- Mister (Mr.) - Señor (abbr. "Sr")
- My name is (John) - Me llamo (Juan)
- No littering (Don't throw trash) - No tire basura.
- Of unleaded gas. - de magna sin plomo.
- Pay attention! - Ponga(n) atención! (to a group)
- Please speak slowly. - Por favor, hable despacio.
- Raise your hand - Levántese la mano
- Rest room - Sanitario
- Run! - ¡Córrele
- Short - Corto
- Silence please - Silencio por favor
- Sister - Hermana
- Sit down - Siéntense
- Slow - Despacio
- Small - Pequeño
- Stand up - ¡Llévántense!
- Teens - jóvenes
- The United States (USA) - Los Estados Unidos
- Ugly - Feo
- Very good! - Muy bien!
- Very little. - Muy poco.
- What is your name? (formal) - ¿Cómo se llama usted?
- What is your name? (informal) - ¿Cómo te llamas?
- Where is the bathroom - ¿Dónde está el baño?
- Yes sir. No ma'am. - Sí señor. No señora.
- You - Usted (abbr. "U")