



Together on His Mission



Dear Team,

When we return to Honduras in 2025, it will be our 4th trip. We have a potential list of 14-16 ready to go on our first trip. The dates of the trips are February 25-March 4, 2025 and March 4-11, 2025. Praise God that we are able to go once again!

Now, let me explain how this will work. When the Feb. 25-Mar. 4 trip is full, we will open up the Mar. 4-11 trip for church members to sign up. If we have enough to take two trips, John & Denise Hartford will travel to Honduras with the earlier team and return home with the second team. We can have up to 16 people per team, but it will help to have somewhat equal men & women on each due to sleeping arrangements.

Whether it's your first, second, third or fourth mission trip to Honduras, it's exciting no matter which! I pray that, with this decision to go, you will have the opportunity to experience everything you are hoping for from this adventure we'll be sharing together. God has a way of touching our lives with experiences far beyond our own imaginations. This is such an incredible privilege to share God's love with others!

Flexibility

This is the #1 ADVICE!!!! EXPECT to be uncomfortable. Honduras isn't Iowa and the USA. Besides ice cold showers, a different bed, etc. there may be a lack of internet, air conditioning (only in some bedrooms) or electricity. The bus ride can be bumpy, curvy, up and down hills or mountains. There can be a lot of smoke in the air as using fire for cooking and heating is the norm. Sometimes plans change; sometimes our work isn't what we expected or the food/water/coffee doesn't taste like we thought it would, we don't understand the language.... Every attempt will be made to make us all comfortable and at ease but sometimes we simply need to..... be flexible.

Our Host

Dilia Zelaya is an associate missionary appointed by International Ministries in partnership with the First Baptist Church of Marshalltown, Iowa. She is responsible for developing and supervising the ministries and school that we will be staying at in Azacualpa. This ministry is home to 5 children. This home provides for all their basic needs - food, education, health and spiritual growth. The school is a bilingual school that includes a computer room, a feeding program that provides meals five days a week to approximately 25 children in need; and a soccer program dedicated to teenagers from the community. We will also meet other family members & personnel while we are there who work alongside Dilia.

Where we are going

Most of us will depart from Des Moines early in the morning and fly into San Pedro Sula, Honduras about noon. We will then be picked up by the bus from the Ministerios de Fe Vida Nueva (Ministries of Faith & New Life) which is also the site of the Escuela Cristiana Vide Nueva (Christian School of New Life) in Azacualpa, Santa Barbara, Honduras, our home for the week. The bus trip goes northwest from the airport and is about 2 hours. This is a wonderful opportunity to see the countryside! Where we will be staying has a fence around the facility and there are guard dogs. Dilia will see to it that we are safe anytime we go outside the area.

Costs & Needed Info

The cost is \$1,600 per person. This includes round trip airfare & flight insurance, our project, food/lodging/ground transportation, suitcase costs for donated items, food & supplies to give away, which are purchased there, and our project(s). Not included will be going out to eat, a fun activity day, candy for children, gifts for workers there, souvenirs, an Azacualpa t-shirt & coffee mug (\$15), etc.

****The airline reservations will be handled by Keren Terry. The reservations will be made in November so **your payment of \$1,600 will need to be made by October 1 to JROL**. Those going from Hopkins Grove & Polk City UMC will need to decide whether your payments will be handled through your churches or not.

****For Keren to make the reservations and to order your unisex dry fit t-shirts, I need you to send **me** your full name, date of birth, emergency contact information, email address, phone number & shirt size, **also by October 1 please**.

Lodging and Meals

We will be sleeping in a bunkhouse at the school with a room for men and a room for women. There are multiple single beds in each. There are also 2 rooms with double beds for couples. One has a private bathroom. There are also men's &

women's restrooms with multiple toilets and showers in each. There is NO hot water for showers. There is a fence around the facility along with guard dogs. Dilia will make sure that where we go and how we get there is always done safely. A washing machine and clothesline are available when necessary.

We will have 3 delicious meals a day served buffet style. If you have any dietary restrictions, please let Denise know ahead of time.

Required Vaccinations

Tetanus and Hepatitis A (usually two shots spaced some months apart, so don't wait until the last minute for your Hepatitis vaccination) You can also check with the CDC and WHO for others that could be recommended. John & I only have gotten the recommended two listed.

Not required, but it's up to you

Malaria medicine is up to you - John & I won't be taking it.

Passport

If you do not have a passport, please obtain that as soon as possible. If your passport will expire within 6 months of our trip, please obtain a new passport. Check to make sure you have a blank page in your passport.

Free Day

Yet to be decided!

Donations

We can bring good clothing and shoes to give away. Any sizes, children & adult, but useable in a warm weather climate. This can, however, include jackets and sweatshirts.

School supplies are also needed. These can even be used items if they're still good.

You might ask your dentist for a donation of toothbrushes, samples, etc. to bring.

In the past we have each brought 2 large suitcases that we packed with our clothing etc, but also clothing, shoes & school supplies to give away. We are currently looking into the possibility of sending a pallet container instead. I'll keep you updated.

Packing List for Honduras

Bible (can be on your phone) and Journal - you might want to write down your experience each day

Cash/Credit Card - If you plan on going out to eat, fun day, buying souvenirs, etc. In Honduras they are extremely picky about our dollar bills. They want newer bills with no tears, creases or marks on them. Go into your bank and request nice looking bills. **Do not get any \$20 bills**, only \$1, \$5, \$10 and \$50's.

If you want to take your credit card, there are souvenirs at the airport and maybe in other shops we might go to that do do accept a credit card. Make sure you call your credit card/bank provider to let them know you will be traveling outside the USA so that your card doesn't get declined when traveling.

Passport - make sure you have this in your carry-on bag! Make a photocopy and keep it separate from the original; can also take a picture with a phone)

Insurance information

Clothing

Please check the Azacualpa weather before our trip to assist you in making final decisions regarding what you should take to wear. Keep in mind that we are going on a mission trip to a third world country and leave your newer clothes and any expensive jewelry at home.

*Christians in Honduras wear modest clothing. Please pack accordingly. Women, leggings are only allowed IF you have a dress/shirt that completely covers your bum.

2-3 pairs of capris (women) or long jeans

2 pairs cargo (men) shorts

2 long sleeve shirts for nights (it might get down to 60)

5-6 t shirts (dri-fit if you have them as they absorb sweat better)

athletic shoes and/or sandals, should be comfortable and broken in

1 pair of flip-flops for showering

thick fleece jacket/sweatshirt

underwear and socks

pj's

work gloves

hat for sun protection

workout clothing for those that want to workout

1 pair of pants for church on Sunday night (men)

1 long skirt or maxi dress for church on Sunday night (women)

light rain jacket, just in case

*Towels and linens are provided unless you have a favorite pillow/towel/sheets that you want to bring with you. If you bring some with you, you can consider donating them at the end of our stay.

Toiletries

Shampoo/conditioner Soap/body wash Toothbrush/toothpaste Deodorant! Razor/shaving cream, Lip balm

Hand lotion

Contact lenses and supplies, a pair of glasses

If you wear glasses, consider bringing a spare pair

Sunglasses

Feminine hygiene products

Liquid products should be placed in a plastic bag prior to packing, if they break, your clothes will be spared the mess.

Miscellaneous

A passport holder for easy access to show your passport when needed. A small can of mosquito repellent (up to you, we've never seen a mosquito while there)

Sewing kit (travel size), rubber bands, paper clips

Sunscreen/lotion, Nighttime sleep aid, battery operated fan, sound machine, ear plugs

Watch

Waterless hand sanitizer or antibacterial hand wipes

Hair ties/head bands/hat

Cell phone for contacting those back home and taking pictures/Camera

Flashlight or hands free headband kind and spare batteries

2 water bottles with your name on them to use during the week

Personal snacks and/or snacks to share with the team. There is a table in the bunkhouse where these are kept. No eating in bed though, as no one wants ants in their bed!

Medicines

Malaria tablets, if you're taking them

Prescription medications - make sure you have enough to last through the trip

Travelers diarrhea/constipation and/or motion sickness medicine

Medicine that you normally use at home (Ibuprofen, Tylenol, etc.)

Thrivent??

If you are a Thrivent Financial member you may be able to fill out a form at

<https://www.thrivent.com/about-us/membership/thrivent-action-teams>

If approved, you may receive \$250 that we can use to help in Honduras even more!

Whew! My brain is dead and I can't think of anything else to include at this time. Please feel free to contact me with questions or concerns.

Can't wait!

Together on His Mission,

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