



Information Packet

Trujillo, Honduras

June 20-29, 2024



Little Hands
Big **Hearts**



Location



About Little Hands, Big Hearts

Known in Honduras by its Spanish name, Manos Chicas, Corazones Grandes this ministry was started in 1996 when baby Jose was given to Amber Young, the college-age daughter of Brenda and Mark Young, who directed the Mision del Caribe summer Journey camp that year. Brenda escorted a group of teens from the Pacific Northwest to the Journey camp that summer. During the time she was in Trujillo, she bonded with Jose caring for him 24 hours a day with the help of many of the teenage campers. The local hospital and orphanages in Honduras refused to help Jose because of his multiple needs — clubfeet and Down syndrome. Fortunately, the Lord opened the hearts of a Christian family in La Ceiba who took and cared for Jose for six years.

During that summer, God planted a seed in the hearts of the Youngs, that if there was one special needs child like Josecito, there were probably many others. On subsequent visits, the Youngs discovered that many poor families kill or hide their disabled children. In a society with much poverty, the weak usually don't survive in a "survival of the fittest culture". A few families who kept their disabled children inspired the Youngs to want to share their stories of love with other families of "special" children.

In subsequent years, the Youngs helped two children, Jose and Samantha, receive needed medical surgeries in the States because their types of surgeries could not be done in Honduras. What the Youngs discovered was that helping these children in this way was not only very expensive and time-consuming, but also not the best for the families of these little ones to be separated during this important bonding period.

Instead, the Youngs decided to move to Trujillo in 2002 to work with the local churches, clinics, and schools to help aid families in distress by sharing the love of Jesus with them. Today, **Manos Chicas, Corazones Grandes is "dedicated to empowering the indigenous church and sharing the Good News of Jesus with needy children and their families in Honduras."** This mission statement drives the work and activities of this ministry as it operates out of the former Children's Home of Trujillo in Jericó (about one and one-half mile west of Trujillo's El Centro). This facility is now called the Family Development Center (Centro de Desarrollo Familiar).

The Good Samaritan House is the mission house where the Honduran directors live and administer the ministry. This house serves as a private residence, as well as, welcomes Christian Hondurans serving God and other visitors for meals and overnight accommodations. Groups, up to fourteen people, can be accommodated in the dormitory at the FDC or arrangements can be made for accommodations at a local hotel.

Manos Chicas, Corazones Grandes started out under the sponsorship of the Westside Church of Christ, which was later transitioned to the Summit View Church of Christ, and then in 2014, the oversight of MCCG moved the LHBH Foundation [a 501(c)(3) organization, board bios. This Foundation, with its dedicated servant leaders, is only made successful because of the faithful supporters all across the United States who are committed to helping others. Please consider joining us in this good work.



Dormitory



Family Development
Center



Family Development
Center Porch



Pre-School

Honduras Mission Trip 2024

Little Hands, Big Hearts (LHBH) - Trujillo, Honduras

PROPOSED DATES:

- June 20-29, 2024 (10 days)

STUDENT ELIGIBILITY:

This trip is only for students who will be entering 11th grade (class of 2025) and above at the time of the trip. Since this is a big and *privileged* trip, each student must meet the following requirements before leaving - you must earn a spot to go:

- Be active in a majority of youth events.
- Must have attended Camp Blessing or Beloved at least once with the youth group OR complete the equivalent amount of 102 service hours.
- Must do at least 20 hours of volunteer / service work to be completed by April 30, 2023.
- Must show a life of Christian servitude and act appropriately at every youth event.

COST OF THE TRIP:

- \$2,100 / person
- Proposed Payments:
 - 1/3 (\$700) - Out of Pocket / Fundraising Letters (Immediate family, friends, co-workers, etc)
 - 1/3 (\$700) - Group Fundraising Activities
 - 1/3 (\$700) - Church: Missions Sunday
- Proposed Church Fundraising Activities
 - Church-Wide Garage Sale
 - LCOC Tumbler Sales / Donations
 - Restaurant Donations (Chili's, Chick-fil-a, Jamba Juice, etc . . .)

SAFETY:

Honduras is a Third-World Country where a majority of the people live in extreme poverty. Additionally, drug cartels are present in the major cities (San Pedro Sula and Tegucigalpa). Like anywhere we go, we cannot 100% guarantee the safety of those going; there is always a potential for danger. However, there are special precautions we will take during our time there:

1. We will not drive or go out at dark.
2. We will do everything and stay as a group; no one will be left alone - safety in numbers.
3. We will avoid known cartel/bad areas in the cities.
4. Most of our time will be spent in a small town far away from where the cartels are.

WHAT WE WILL DO:

Every group traveling to LHBH provides service in three areas:

1. Something to benefit the local church.
2. Something to benefit the local community.
3. Something to benefit a family in LHBH.

We will more than likely do some form of construction work for a house. Details are still to be determined.

Another probable area of service is to lead a VBS-like class during the week for the pre-school that meets on the LHBH campus.

Additional Information

ADDITIONAL COSTS:

There are some costs that are not included in the trip fund. These costs should be taken care of by each person who is going.

- Passports - Everyone MUST have a valid passport that does not expire within 90 days of the visit.
- Vaccinations - All shots must be up to date. Recommended vaccinations include:
 - Hepatitis A
 - Hepatitis B
 - Tetanus & Diphtheria
 - Typhoid
 - MMR
 - COVID-19*
- Malaria Medication - Everyone MUST take malaria pills before, during, and after the trip so as not to be contract malaria.
- International Health Insurance - Everyone MUST be covered!
 - Short-term international health insurance is very affordable for a lot of coverage
 - I will try to purchase international travel / health insurance when I purchase our airfare. The two will be covered together.

Benefits of International Mission Trips

1. Cultivates and stimulates a greater and more realistic world view.
2. Gives a hands-on direct contact to enhance their understanding and support of cross-cultural missions.
3. Provides an opportunity to see God at work in others and self firsthand.
4. Provides an opportunity to see the diversity of the church and the mission of God on the earth.
5. Provides a foundation for a personal commitment to long-term missions.
6. Takes one well outside their comfort zone and opens their eyes to the needs of the world.
7. Provides a greater reality as to what mission work is.
8. Creates within those who go a vision for how a home congregation can participate in missions.
9. Provides an opportunity to learn how to integrate one's special personal skills, talents, or abilities in missions.
10. Finally, and most importantly, it brings glory to the Lord.

Proposed Itinerary

June 20-29, 2024

Thursday, June 20:

- Fly from Austin to Roatan, Honduras
- Stay in Roatan

Friday, June 21:

- Ferry to La Ceiba / Rent Car / Travel to Trujillo
- Acclimate, prepare for & assess projects

Saturday, June 22:

- Service Projects?

Sunday, June 23:

- Worship Service
- Lunch with families

Monday, June 24:

- Projects

Tuesday, June 25:

- Projects

Wednesday, June 26:

- Projects
- Evening Worship Service

Thursday, June 27:

- Wrap Up Projects

Friday, June 28:

- Travel to Roatan
- Check into Hotel / Shopping & Excursion

Saturday, June 29:

- Depart Roatan and Arrive in Austin

Preparing Your Body for Honduras

Vaccinations

As you prepare to visit Honduras, you must also recognize that you are preparing to enter a ***developing country*** that has a largely underserved health population. It is best to prepare your body to enter a new environment with which your body is not accustomed. By taking some precautions, you can experience a carefree trip to Honduras. For all medical advice seek assistance from your personal physician.

While there are NO vaccination requirements, it is ***recommended*** that you inquire at your local public health department, personal physician, or the Center for Disease Control (www.cdc.gov/travel) for the current immunizations recommended for travel to Honduras. These change from month to month due to weather conditions, insects, and communicable diseases. ***They are your responsibility!***

Many physicians, public health departments, or clinics will provide you with an “**International Certificate of Vaccination**” as approved by the World Health Organization (www.who.int/ith) and published by the U.S. Department of Health and Human Service, Public Health Service on which you can record all of your vaccinations. This is a good document to keep with your passport, in case you are ever asked proof of immunizations.

DO NOT WAIT until a few weeks before departing to start your vaccinations. Certain injections cannot be given simultaneously. Also, notice that it takes several weeks or months to complete some of these. It may take several weeks for some of the vaccines to take effect in your body.

START EARLY with the Hepatitis A and B series. These are very important vaccines for your visit to Honduras. You should strive for at least the first in the Hepatitis A series and the first two in the Hepatitis B series before departing. These should give you a high enough amount of antibodies to protect you. Do not forget to take the remainder of the series when you return home.

Typhoid – Injection or oral as recommended by your personal physician.

Hepatitis A – Hepatitis A is water borne. Two shots needed. Get one now, one in 6-12 months

Hepatitis B -- Three shots needed—initial, 1 month, and 6 months. Those working with healthcare and the clinic are ***strongly encouraged*** to get these.

Tetanus Booster -- Check your immunization records. A booster is recommended every 5-10 years.

Malaria Prophylaxis -- Everyone should take anti-malarial medication to minimize the risk of malaria, borne by mosquitoes that are plentiful in Honduras. You will need a prescription for Choloriquine (Aralen). Take one tablet each week, starting two weeks before leaving, during your visit, and four weeks after returning. Honduran mosquitoes are not chloraquin resistant so Larium is not necessary or recommended.

Polio Booster -- Your healthcare provider may recommend a booster for polio.

Diphtheria -- Your healthcare provider may recommend this as a precaution.

Yellow Fever -- Check with CDC to see if necessary for Honduras.

MMR -- Measles, mumps, and rubella should be up to date, as recommended by your personal physician.

COVID-19 - Two shots needed for Pfizer (booster shot at least 3 weeks later) and Moderna (booster shot at least 4 weeks later)

Preparing Your Mind for Honduras

Acculturation

In addition to preparing your body and spirit for your visit to Honduras, you must prepare your mind to enter another culture, which is no worse or better than yours, just different. The Honduran culture is rich in history and has much to offer the open-minded and observant visitor.

As you enter another country and another culture to do God's work, dedicate your heart and body to the task of helping your brothers and sisters in Honduras. You must make an effort to be "brothers" and not "keepers." God is our brothers' keeper; we are simply our brothers' brother. You need to provide help as a catalyst, not a cushion; a hand up, not a handout. Because you realize that nothing cripples a person more deeply than to be stripped of his dignity, you will strive to impart by all of your actions, the dignity of equality and not the shame of subjugation. As a North American, you are not better than them, just more fortunate to have been born in the United States.

The first thing you must do is to gain the love and confidence of the people. This can only be accomplished by developing meaningful, person-to-person, grassroots channels of communication with them (they speak Spanish, but you don't have to). By participating together in non-threatening activities, you can begin to overcome your natural, inborn fear of the strange or different. Only by one-on-one interaction, can you displace fear and mistrust with love and concern.

Your goal is to help people help themselves, emphasizing long-term development rather than short-term relief. As an integral component, your service should include participation by those you are trying to help. You must be careful to encourage indigenous pride and leadership. You must tailor your program to their desires and capacities, not to meet your own personal or group needs.

You must structure your program as one which encourages self-help rather than dependence on you; which enhances native values rather than impose your alien customs; which fosters dignity rather than creates prejudice; which develops mutual respect rather than encourages resentment or hostility. Your role should be as a catalyst, encourager, and nurturer, using the dynamic resources that are there and waiting.

So go to the people, love them, stay among them, start with what they know, build on what they have, and lift up the best leaders, when their task is accomplished and their work done, the people will say, "We have done it ourselves."

Preparing Your Spirit for Honduras

Maturation

While preparing your body and your mind for your visit to Honduras, the most important element is preparation of your spirit. Your Christian witness can be the most powerful element you bring to Honduras. Most Honduran Christians are very young in their faith walk and how they see mature Christians act, speak, and respond sets an example for them. With Christ, as your example, we hope you will be the best positive influence you can be for the Lord while in Honduras.

Here are some ways you can be preparing your spirit:

- ***Pray daily*** for your trip, the people whom you will touch, and the service you will provide. Pray for others in your group. Pray for those you will be working with in Honduras.
- ***Read the Bible daily*** as the Spirit guides you, meditate upon what you have read and apply it to your present situation. There are many devotional books related to missions that you might want to be reading to help prepare your spirit for what you will experience in a developing country.
- ***Renew yourself in Christ daily*** as you consider the “out of the box” experience God has laid out for you in Honduras. Remind yourself that Christ will give you all the strength you need to endure (Philippians 4:13).
- ***Become part of an accountability group*** who will challenge you to be all you can be for God. These groups work best with people of the same gender and in small numbers. Meet regularly for sharing, confession, encouragement, and prayer.
- ***Fast as a means of physical and spiritual preparation.*** Your food intake in Honduras will be different than in North America. You might want to fast by selecting a portion of a day or one day each week to not eat. Commit this food preparation, consumption, and clean-up time to going to your heavenly Father in prayer and seeking His guidance for your life. You may choose to deny yourself of other things, like television, music, etc. that keep you from spending time with God.
- ***Keep a journal*** of your preparation, questions, concerns, ideas, and fears. All mission participants in Honduras are encouraged to spend time each day meditating and writing in their journals. Time will be allotted each day for these reflections. Start during your preparation and see how the Lord blesses you in Honduras!
- ***Bring your concerns, prayer requests, and needs before the group*** you are going with to Honduras. The more open and honest you are about situations, the closer you will become as a group and the greater witness you will be for the Lord.

Preparing Your Suitcase for Honduras

Packing

Every person coming to Honduras can bring one checked suitcase weighing up to 50 pounds. Check with your airline for other limitations, especially girth. Many groups prefer to bring hard plastic totes (*18 or 21 gallon, Rubbermaid brand is best*) and then secure them with zip-ties in each of four corners after drilling holes through the lid and base. You are asked to leave these in Honduras to be used for storage of supplies. Many of the supplies needed in Trujillo come by way of groups. Oftentimes, individuals and groups will take on a project like school supplies, medical supplies, children's books, and bring these things down. If you would like to bring these things, please inquire as to the current needs first. Some things can be purchased cheaper in Honduras, if your group would like to raise money for these things.

In addition to the one checked bag/tote, you can bring one 21-inch roller bag and one personal item such as a backpack. One of these should have your personal items (medicines, toiletries, camera, etc.) and at least two days change of clothing. New regulations prevent more than 3 ounces of liquid in your carry-on. You may not have access to your checked bag/tote until you actually get to Trujillo, so pack your other bags with things you will need en route. Here is a helpful list for you to check:

- Camera (do not bring expensive multi-lens cameras; a digital camera is fine but make sure it has your name on it; some people like to bring disposable cameras so they can give any extras to the Hondurans; disposal cameras are not readily available in Honduras.)
- Journal (inexpensive book to write your personal reflections). We highly recommend one entitled My Missionary Journal by a friend, Elaine Young McGuire, Brownlow Publishing, 2008 also available through www.amazon.com
- Clothing for church (men wear Docker-type pants or nice jeans and no sandals; women wear dresses or wrap-around skirts). Think "comfort", not "style".
- Old clothing and shoes you can paint or mix cement in. Some people go to Goodwill and buy a wardrobe for Honduras and then leave it behind.

Each suitcase, tote, and carry-on should be inventoried as to its contents for customs and insurance purposes. Leave one copy with someone in the U.S. and have one copy on your person if requested by the customs officials in Honduras. Every piece of luggage needs to have your name, email address, and phone on a bag tag, as well as inside the bag. Groups often identify their bags with a colorful piece of cloth or tape. Remember, do not lock suitcases as everything is subject to search by the Transportation Security Authority (TSA) of the U.S. (www.tsa.gov). Many groups have found it convenient to place a brief pre-printed note in each bag/tote stating – "*Supplies for Little Hands, Big Hearts, a Christian humanitarian organization aimed at helping needy children and their families in Trujillo, Colon, Honduras, Central America*".

Honduras Packing List

Clothing:

- Shorts (2 max)
- Shirts (3-4)
- Mission Trip T-Shirt
- Underwear (at least 1 per day)
- Socks (at least 1 per day)
- Work Clothes
 - Work Shirt (2)
 - Work Pants / Jeans (2)
 - Closed-Toed Shoes
 - Work Gloves (Cheap gloves are provided, but you may bring your own)
- Pajamas
- Sandals / Flip-Flops (for the beach)
- Comfortable Shoes
- Modest Swimsuit
- Rain Jacket or Poncho
- Nice clothes for Sunday Worship
 - Women:
 - Dress that go past knees and has sleeves (needs to cover shoulders & undergarments)
 - Men:
 - Khaki Pants (1)
 - Button-up Shirt (short sleeves are okay)
- Toiletries (soap, shampoo, tooth brush/paste, deodorant, razor, etc)
 - Note: for all carry-on liquids, they must be no larger than 3 ounces and placed in a clear quart-sized zip lock bag.

Everything Else:

- Passport (with extra color copies)
 - If you have a Driver's License, bring it (with extra copies)
- Health Insurance Cards
- Hat / Bandana
- Beach Towel
- Thin Towels (2), wash cloths (willing to leave in Trujillo)
- Inexpensive Camera
- Sunscreen
- Insect Repellent (with DEET)
- RX and OTC meds in original container
 - Recommended OTC meds:
 - Pepto-Bismol chewable tablets
 - Aspirin / Acetaminophen
 - Dramamine
 - Note: Alan will have a First Aid kit that will have most everything we may need
- Small Flashlight w/ extra batteries
- Backpack
- Refillable Water Bottle
- Sunglasses
- Bible
- Journal, pen/pencil
- Small Photo Album (with pictures of your family, interests, and hobbies)
- Snacks
- Spare Glasses / Contacts / Saline Solution
- Spending Money (not to exceed \$100)
- Small toys/gifts* (cars, dolls, jacks, balls, "kid's meal" toys, etc)
- Towelette Packets*
- Sanitizer*
- Lotion / Chapstick*
- Small Pillow* (They will provide sheets and pillows)

Things No One Tells You About Going on Short-Term Mission Trips

A few ways to make sure your mission trip is effective.

[Michelle Acker Perez](#) May 24, 2019 4 minute read [Michelle Acker Perez](#)



It is estimated that over 1.5 million people from the United States participate in short-term mission trips every year. That is a lot of people. And those 1.5 million people spend [close to \\$2 billion](#) for these trips.

My husband and I live in Guatemala and host short-term mission teams throughout the year. I am originally from California and he was born and raised in Guatemala. For me, short-term mission trips were kind of like

<https://relevantmagazine.com/current16/things-no-one-tells-you-about-going-short-term-mission-trips/>

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camp. Every summer I had the chance to go somewhere new and “help people.” For my husband, hosting short-term mission teams in Guatemala was part of what he and his family did. There were blessings that came from it, but it was mostly a lot of work.

We have both seen the good, the bad and the ugly of short-term missions. And we continue to feel this tension with the short-term mission teams that we host. Do they do more harm than good? Do they perpetuate the cycle of poverty? Do they contribute to feelings of superiority? Or inferiority? Our work with families and communities in Guatemala, as well as churches and schools from the U.S. has forced us to ask these questions daily.

We have learned that perhaps *how* we go might matter more than what we do. Here are a few things you may not have heard about being more effective on short-term mission trips:

You’re Not a Hero.

First of all, before you go and when you get there, your team must commit to getting rid of the hero complex. Developing countries do not need short-term heroes. They need long-term partners. And if your group just wants to be a hero for a week, then you may be doing more harm than good.

Poverty Can Look Different Than You Expect.

If at the end of your trip you say, “I am so thankful for what I have, because they have so little.” You have missed the whole point.

You’re poor, too. But maybe you’re hiding behind all your stuff. There is material poverty, physical poverty, spiritual poverty and systemic poverty. We all have to acknowledge our own brokenness and deep need for God before we can expect to serve others.

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Historical Context May Be Just As Important as Immediate Context.

Have you studied the history of the country or neighborhoods where you’re going? Do you understand the role that the U.S. has played there? Do you know what the role of the Church and missions has been? Do you know the current needs and issues of the people? Having background knowledge of where you’re going will help you know how you can best fit and help in your immediate context.

Don’t Do a Job People Can Do for Themselves.

Last time I checked, people in developing countries can paint a wall, so why are you doing it for them? If painting a wall or school is really a need in the place where you’re working then invite students from that school or people from the village to do it with you.

Doing things with people, not for people should be the motto. Always.

Learning Takes Place in the Context of Reciprocal Relationships.

Be willing to share about your family, your pain and your needs. Sometimes people in developing countries think everyone in the U.S. is rich, white and happy. We know this is not true, and we have the chance to share honestly and vulnerably. Prioritize building relationships over completing projects.

You are an ambassador from your country. Thanks to globalization, YouTube and Facebook, most developing countries will have certain ideas about the U.S. before you arrive. Be willing to ask questions and share about yourself and American culture, as well.

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Along the same lines, before you take a picture, ask yourself, “Would I mind if a foreigner took a picture of my daughter/son/sister/brother in this situation?” If the answer is yes, then don’t take it. Come back with stories and names of people, not just an entire album of “cute” nameless kids.

There is Something Special About Going.

All of this isn’t meant to discourage missions work. On the contrary, the act of going is important. Jesus left His home, the comfort of the Father to go, to be among the people. Your willingness to leave your home, your comfort and GO is an example of that, too.

So go, be among the people. Live with them. Learn from them. Eat what they eat. Observe what they do. Don’t spend your time in McDonalds.

Don’t Raise \$1,000 for a Week, and Then Give Nothing Else the whole Year.

We all know money is not everything. But when used wisely it can make a huge difference in the lives of people. You probably wrote letters and had car washes in order to raise money to go, right? Well, what keeps you from still doing that? We work hard for a one-week trip, but then what? What if your church or youth group or school worked on matching every dollar you spent on your one-week trip to send down to the place you served over the course of the year?

You Don’t Have to Fly in an Airplane to Serve the Poor.

Why not focus on seeking justice in your neighborhood? Ask yourself, “If Jesus was here who would He be talking to?” The kid with disabilities who sits in the back at youth group? The Spanish-speaking man who cleans

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your office? The woman who collects cans in the local park? Ask God to give you eyes to see what He does. It might change your life.

Please don't stop taking short-term mission trips, but do consider helping your team understand that *how* we do short-term mission trips may, in fact, matter more than what we do.

An earlier version of this article appeared in 2014.

APPLICATION TO VISIT

Little Hands, Big Hearts
Trujillo, Colón, Honduras

Name (as it appears on passport): _____

Commonly called name, if different: _____

Date of Birth: _____ / _____ / _____ Gender: Male OR Female

Passport #: _____ Expiration: _____ / _____ / _____

Mailing Address: _____

E-Mail Address: _____ Phone: _____

Emergency Contact: _____ Phone: _____

Special skills & interests you bring: _____

Personal goal in coming to Honduras: _____

Insurance Coverage - I understand that LHBH or the Summit View Church of Christ, is not liable or responsible for any accidents, healthcare, or insurance for me. I have checked and have coverage during my short-term visit to Honduras. If you wish to purchase international health and travel insurance, contact one of several available online.

Minor's Responsibility - Those under 18 years of age must have a signed parental permission authorizing your group leader as your responsible party.

Responsibility to LHBH - I understand that while in Honduras, I will abide by the policies, rules, and requests of those in authority at Little Hands, Big Hearts. I understand that if I do not abide by these, I may be reprimanded and/or returned to the U.S. on the first available flight at my own expense.

Signature acknowledges agreement to the above statements

Date Signed

Leander Church of Christ Youth Ministry - Honduras Mission Trip

Parent Consent Form & Medical Release

I give permission for _____ to participate in the mission trip to Trujillo, Honduras with the Leander Church of Christ youth group. Furthermore, I understand that all safety precautions will be observed, but the church and adult chaperones, youth minister(s), church leaders and the Little Hands, Big Hearts organization, on any phase of the trip or activity, will not be responsible for any accident. I authorize any adult with this group to make decisions regarding the welfare of my child, including but not limited to, x-ray examination, anesthetic, medical, dental, or surgical diagnosis or treatment and hospital care under the general or special supervision and upon the advice of or to be rendered by a physician, surgeon, or dentist licensed under the Medical Practice Act and/or the Dental Practiced Act for my child. I further agree to pay all charges for the dental, medical, hospital care, treatment, or other expenses incurred.

As a parent or legal guardian of my child, I am responsible for the health care decisions of my child and am authorized to consent to the services to be rendered. I represent that my consent to and agreement to pay for the above mentioned expense to be rendered to my child is legally sufficient and that no consent from any other person is required by law.

Name of family doctor: _____

Doctor's phone numbers: Office: _____ Fax: _____

Medication being taken (if any): _____

Allergies (food, plants, etc) or physical problems of which we should be aware and suggested treatment:

Immunization Records (*Provide dates for the following*):

Hepatitis A: _____ & _____ Hepatitis B: _____

MMR: _____ Tetanus & Diphtheria: _____

Typhoid (Injection or Oral): _____ Malaria Pills (Start/End Dates): _____

COVID-19: _____ & _____

Insurance (Local):

Student's Social Security #: _____ - _____ - _____ Passport # & Expiration: _____

Insurance Company: _____ Policy Number: _____

Insurance (International):

Name of Insured: _____ Date of Birth: _____

Insurance Company: _____ Policy Number: _____ Product: _____

Coverage: _____ Effective Date: _____ Expiration Date: _____

Parent(s) or Legal Guardian(s) Signature: _____

Parent Name (Print): _____

Date of Signature: _____

Leander Church of Christ Youth Ministry - Honduras Mission Trip

Adult Consent & Medical Release

I, _____, plan to participate in the mission trip to Trujillo, Honduras with the Leander Church of Christ youth group. Furthermore, I understand that all safety precautions will be observed, but the church and adult chaperones, youth minister(s), church leaders and the Little Hands, Big Hearts organization, on any phase of the trip or activity, will not be responsible for any accident. I authorize any adult with this group to make decisions regarding the welfare of myself, including but not limited to, x-ray examination, anesthetic, medical, dental, or surgical diagnosis or treatment and hospital care under the general or special supervision and upon the advice of or to be rendered by a physician, surgeon, or dentist licensed under the Medical Practice Act and/or the Dental Practiced Act for myself. I further agree to pay all charges for the dental, medical, hospital care, treatment, or other expenses incurred.

I represent that my consent to and agreement to pay for the above mentioned expense to be rendered to myself is legally sufficient and that no consent from any other person is required by law.

Name of family doctor: _____

Doctor's phone numbers: Office: _____ Fax: _____

Medication being taken (if any): _____

Allergies (food, plants, etc) or physical problems of which we should be aware and suggested treatment:

Immunization Records (*Provide dates for the following*):

Hepatitis A: _____ & _____ Hepatitis B: _____

MMR: _____ Tetanus & Diphtheria: _____

Typhoid (Injection or Oral): _____ Malaria Pills (Start/End Dates): _____

COVID-19: _____ & _____

Insurance (Local):

Social Security #: _____ - _____ - _____ Passport # & Expiration: _____

Insurance Company: _____ Policy Number: _____

Insurance (International):

Name of Insured: _____ Date of Birth: _____

Insurance Company: _____ Policy Number: _____ Product: _____

Coverage: _____ Effective Date: _____ Expiration Date: _____

Adult Signature: _____

Adult Name (Print): _____

Date of Signature: _____

Sample Fundraising Letter

Dear Friends and Family,

I hope this letter finds you well! I want to take a moment and share with you a challenging ministry opportunity that God has given me - certainly a once in a lifetime opportunity! From June 20-29, 2024, I have the opportunity to go to Honduras with the youth group from the Leander Church of Christ. During this 10-day mission trip, we will be working with the Little Hands, Big Hearts organization in Trujillo, Honduras helping families with special needs children. While we are there, we plan to serve a lot of people in the name of Jesus, whether it's teaching a children's Bible Hour class, constructing a pila, or repairing a roof. We will also spend some time learning more about the people and their culture, while gaining a more holistic Christian worldview.

While God has opened up a door for me to develop a greater heart of compassion for His people around the world, the exciting part is that you will be able to share in this compassion in several ways. First, you can help pray for me. We will need prayers that God will prepare us for our visit and bless our efforts as we minister to the people of Honduras. We will also need prayers that our financial needs will be met. At this time, the cost of the trip is \$2,100 and I need to raise \$700 to attend this trip, and that is quite a challenge!

Another way you can be involved is to help provide that financial support. Would you consider supporting me with a small donation? Anything you are willing to donate with help. I will need to raise all my funds by April 28th in order to pay for my airline tickets and other items. If you would like to contribute financially, please make checks payable to "Leander Church of Christ" with "Honduras Mission Trip" and my name in the memo line. All donations are tax deductible.

Whether you feel led to contribute financially, through prayer, or both, all of your support is appreciated. I look forward to being the hands and feet of Jesus in Honduras and upon returning, telling everyone all about how God has worked through this team.

God Bless,

Your Name

Honduras Mission Trip Service & Volunteer Hour Sheet
20 Total Hours are Needed

This is to certify that _____ has completed _____
(Name) (Number)

hours of community service for the Honduras Mission Trip with _____
(Organization)
_____.

(Supervisor Signature & Title) (Date)

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