

Medellín, Colombia
Medical Mission Outreach
June 22-29, 2019
ORIENTATION PACKET



THE VISION

- ❖ **TO SHARE THE LOVE OF JESUS CHRIST WITH THE POOR AND DESTITUTE COLOMBIAN PEOPLE**
- **BY PROVIDING FREE MEDICAL AND DENTAL CARE IN URBAN AREAS AND PRISON**
- **... THEREBY OPENING THE DOOR TO PRESENT THE LIFECHANGING GOSPEL TO THOUSANDS OF INDIVIDUALS**



Dear Participant,

You're about to embark on one of the most exciting adventures of your earthly life; ministering to some of Latin America's lost millions. I know your life will never be the same.

This outreach will stretch your faith, push your personal limits, and bless you and those you touch. Your heart will break as you see incredible human suffering, yet you will rejoice when people respond to the Gospel. You will make life-long friends with the people you live and work with, together spreading the love of God. In short, this act of service to expand God's kingdom will forever change your life! This one week outreach will definitely require new levels of grace, patience, endurance and flexibility. It is important that you approach this ministry with a servant's heart and prepare both physically and spiritually.

To prepare for the outreach, I've enclosed some orientation material. Some items must be completed and returned to my office, so don't delay in getting started. Please become familiar with the entire package as we approach our departure date. If you have any questions, please don't hesitate to contact us.

Finally, but perhaps most importantly, it is essential that you prepare your heart through earnest prayer. Begin to pray and ask your friends to pray for spiritual covering for this outreach. Ask that God prepares those He has chosen to accept the Good News, and that His name is glorified through our efforts. I look forward to working with you as we make an eternal impact on thousands of Colombian lives.

Fellow Servants of Christ,

Ron and Virginia McCabe

Latin America Relief Medical Services

FOR YOUR INFORMATION

Enclosed is important reading material. Please become familiar with these items and review the entire package now and then again as we approach our departure date.

I'd like to highlight perhaps the most important item you'll need for the trip, a short talk about how you became a Christian... your testimony. You'll share this often so be ready to share it without hesitation. Ask God to prepare your heart so you can effectively share your story in a way that ensures His love for all people shines through.

ADDITIONAL CONTRIBUTIONS

Besides covering the cost for in-country transportation, food and accommodations, there is a need for several thousand dollars to cover costs for this outreach. These funds will be used to buy medicines, Bibles, rice, and other supplies to minister to the poor. Please encourage your friends, your small group, and your church to participate in this outreach. Financial contributions can be sent to:

Christians in Action-

Latin America Missions Acct # T-644

1318 E. Shaw Ave. Suite 308

Fresno, Ca. 93710-7912

PASSPORT AND IMMUNIZATIONS

You must have six (6) months remaining on your passport. For those of you who have a passport that is close to expiring, please start the renewal process immediately.

Check with your doctor to see which immunization shots you'll need to receive and then take the necessary steps. For medical and dental workers, it is necessary to be immunized for Hepatitis B.

Optional immunizations to consider are:

- o Hepatitis A
- o Tetanus Malaria
- o Typhoid Flu

COMPLETE AND RETURN

Email the Latin American Medical Release Services Medical & Liability Release for Summer Missions along with a copy of your passport page that has your picture on it (in a JPEG image format) to our address below. These can be scanned, faxed or copied electronically. Please complete and return these and other items requested later in this orientation package as quickly as possible.

Latin America Relief Medical Services

Ron or Virginia McCabe

armsamericas@gmail.com

ORIENTATION PACKAGE TABLE OF CONTENTS

- Seven Reasons Not to Go
- Sample Fund Raising Letter
- Schedule
- Packing List
- Airline Travel Tips
- Important COLOMBIA Background Information
- Working with Interpreters
- Martha VanCise: Successful Mission Teams: A Guide for Volunteers

ITEMS TO SUBMIT

The Latin America Relief Medical Services International Mission Trip Application is not included in this Orientation Packet. Make sure to download it, read thoroughly, and fill out/submit the written forms that are included in it. They include:

- o Personal & Passport Information Form (complete & return)
- o Medical & Liability Release Form (complete & return)
- o Church & Ministry Information (complete & return)
- o Written Testimony (read testimony guidelines & submit written testimony)
- o Dress Code & Accommodations (read carefully)

Seven Reasons Not to Go On a Missions Trip...

1. It will distort your perception of the world! Seeing it through the rose-colored glasses of our society is sufficient. Yes, the view may be distorted, but you're so used to seeing things that way. Don't needlessly mess up your comfortable view.
2. You could get sick or robbed! It's a dangerous world out there! Some places have crime rates that are almost as high as our inner cities.
3. It will make you harder to live with! The way you view your life style, even your likes and dislikes may very well change. Your friends and family probably won't understand or appreciate the sudden change in your outlook on life.
4. You will feel awkward at some of the jokes and comments you currently enjoy. They simply won't seem quite as funny when you've seen life from the other side.
5. You will experience sadness you haven't felt before. After you see real suffering, you won't be able to complain about how hard your life is. You're even likely to feel guilty and uncomfortable about the nice things in your house, the food on your table, or the car you drive. Stay home and stay comfortable!
6. You might lead someone to the Lord. I know that's a laudable goal, but it tends to cause excitement and further interest in Christian service.
7. You could feel a pull toward going overseas again—for the adventure of course. The problem is that you could slowly and subtly get sucked into thinking about becoming a missionary!

My advice: Go and see what God will do!!!

Latin America Relief Medical Services
Contact: Ron or Virginia McCabe
armsamericas@gmail.com

SAMPLE FUND RAISING LETTER

ENSURE YOUR PASTOR APPROVES PRIOR TO SENDING

Date: _____

Dear _____,

I am really excited about what the Lord has in store for me this summer. He has provided the opportunity for me to go on a medical and dental mission trip to Colombia with Latin America Relief and Medical Services and I would like to share this opportunity with you.

I am going with many others from Japan, the US, and Australia. I will be leaving June 18 and returning June 25, 2018. The primary focus of the trip is a medical mission to the poor in several locations. The medical mission is a tool to demonstrate Christ's love and share the gospel. In similar mission trips in previous years, teams of doctors, dentists, nurses, and volunteers treated over 5,000 people and led nearly 3,000 people to Christ. We plan to treat as many as possible, and in this way, learn to better appreciate the people and their culture. The opportunity to share the Gospel of Christ is unlimited as there is virtually no official prohibition to sharing.

What a fantastic opportunity to meet both the physical and spiritual needs of the poor in Colombia!

Because I will be experiencing a new culture and living conditions that I am not used to (water, food, sanitation, etc.), I feel a strong desire for your prayers. I know God will answer them because of His promise from Matthew 21:22, which says, "and all things you ask in prayer, believing, you shall receive."

For now, please be in prayer for strength as I prepare for this important trip, and for a shared vision and cooperation among our team members. The total per person cost of the trip is approximately \$1,100 plus my airfare. The \$1,100 covers the cost of local transportation, lodging, meals, insurance, and supplies. I am hoping to raise this money by May 1, 2018. If God is leading you to support me in prayer or financially, please indicate this on the return slip below. I will contact you in a little while to discuss more about this eternally important trip.

In Christ's Love,

Your Name

Dear Your Name,

With the Lord's help, I'll be praying for you during your trip to Colombia. Please send me further information and prayer requests.

I am enclosing \$_____ as a gift toward offsetting the costs of your ministry trip.

Name _____

Email _____

Phone _____

Address _____

City _____ State _____ Zip _____

COLOMBIA



COLOMBIA MISSION TRIP TENTATIVE SCHEDULE 2019

Saturday JUNE 22	Sunday JUNE 23	Monday JUNE 24	Tuesday JUNE 25	Wednesday JUNE 26	Thursday JUNE 27	Friday JUNE 28
LATIN ARMS Team arrives	MED PREP	OUTREACH #1	OUTREACH #2	OUTREACH #3	Outreach #4	Day off to visit Medellín
Saturday JUNE 29 TEAM DEPARTS						

OUTREACH SITE- TYPICAL ORGANIZATION

Medical/Dental Outreach Site Layout

(All services provided free of charge by volunteers)

1) Registration Station

a. Name, address, etc.

2) Evangelism Station/ Children's Evangelism

a. Worship/choruses

b. Testimony (Usually foreigner with interpreter)

c. Plan of Salvation (Spanish or local dialect speaker)

d. One-on-one ministry (prayer and dialogue)

3) Triage/Nursing assessment and treatment

4) Doctor and/or Dentist Visit Stations

5) Pharmacy Station

a. Usually includes a de-worming clinic

b. Bible and follow-up material w/rice handout

6) Prayer and Healing

7) IMPORTANT- Post Outreach

a. Local Pastors are given all registration forms and conduct follow-up to integrate contacts into the local church body

Latin America Relief Medical Services

Contact: Ron or Virginia McCabe

armsamericas@gmail.com

WHAT TO PACK

Bring

- Valid Passport (at least 6 months from your expiration date)
- Pants
- Bible, pen, journal
- Even if you wear contacts, bring your glasses
- Prescription medications (in their original containers)
- Bibles, literature, ministry materials
- Credit cards
- Toiletries- soap, toothbrush, toothpaste, deodorants, etc.
- One small towel and washcloth
- Sunscreen
- Bug repellent (Not Avon's Skin So Soft)
- Sense of Humor
- Flexibility
- Appropriate clothing for work, play and church
- Fruit of the Spirit
- Toilet paper
- Hat
- Flashlight and extra batteries
- Camera
- Laundry soap (small amount)
- Shower shoes
- Chapstick and hand lotion
- Wet wipes
- Money for DAY OFF and shopping
- Fanny or waist pack

Don't bring

- Expensive computer equipment
- Too many clothes
- Jewelry (**Do not bring or wear expensive jewelry**)
- Clothing with unacceptable pictures or words
- Traveler's checks
- Revealing or tight clothing, 2 piece or bikini swim suit



TRAVEL TIPS

Before Departing:

- [Airline tickets:](#)
- You should purchase and arrange your own air transportation to Colombia.

Plan to arrive during the day in Colombia

- Reconfirm your reservations 72 hours prior to departure.
- Arrive at the airport EARLY; confirm departure time before leaving your home.

[Physical needs:](#)

- Get as much rest as possible before leaving home
- Stay well hydrated by drinking plenty of water (soda, drinks with sugar don't help).
- Avoid caffeine in cokes, coffee; also avoid alcohol.

[Carry your passport at all times !](#)

Crossing the Ocean:

[Suggested carry on items:](#)

- As a minimum, a 1-Liter bottle of water.
- A light sweater or jacket, it can get cold--you'll be airborne for a while depending on where you are coming from.
- A good book to read or something else to keep you occupied.

[Strategies for a successful flight: \(Try to get some exercise if you layover\)](#)

- After the first meal, get as much sleep as possible (4-6 hours is good).
- When awake, stretch your muscles, walk around.
- Don't overeat; avoid foods that can cause gas.
- Abstain from alcohol and caffeine—stay well hydrated.

Arrival in Colombia

Minimize jet lag:

- Get into the local routine immediately, especially in eating and sleeping.
- Don't nap...you'll awaken during the night and delay your adjustment period.
- **Never explore alone**, always use the buddy system, and let others know your plans.

Conduct and tips for your stay in Colombia

You're a guest, so please avoid discussing politics.

Set a good Christian example, avoid drinking alcohol.

Purified bottled water will be available – stay well hydrated

- Don't drink tap water anywhere, don't even use it for brushing your teeth.
- Don't flush toilet paper in the toilet. The plumbing will back up and you will have a problem. Use the trash can for toilet paper after use.

Listen to advice from your team leaders, especially on eating and drinking.

COLOMBIA BACKGROUND INFORMATION

Health care has improved dramatically over the last 30 years, but this has occurred mostly in upper class and middle class urban areas. The urban poor and people in remote regions have limited access to food, housing, and medical treatment. There has been a reduction in the infant mortality rate and an increase in life expectancy over the last decade.

In rural areas, women must contend with cultural and legal restrictions on health care. Twenty percent to thirty percent of maternal deaths in those areas are due to induced abortions, which usually are performed outside of medical facilities.

In the countryside, Catholic practices and beliefs have been combined with indigenous, African, and [sixteenth-century](#) Spanish customs. People pray to a patron saint, who is considered to be more accessible than God. Rural villages have a patron saint who is honored each year with a fiesta. Traces of rural folk religion also are found in urban lower class communities, particularly those with many rural migrants.

Drug trafficking is a major economic and social problem that has enriched the drug cartels and financed the guerrillas. To counter the effects of the drug trade, informal social control systems have risen to combat crime, including paramilitary organizations. Many people take the law upon themselves, and many crimes are committed in the context of personal or group retaliation.

WORKING WITH INTERPRETERS...

Those of us not fluent in Spanish or the many other dialects we'll likely encounter will be dependent on interpreters. These individuals are **critical** to the success of our mission. The following hints will help us work more effectively while we communicate with the Colombian people.

- Because of their importance, please don't allow interpreters to stray away from the team unless you are sure that other interpreters are available, or you have the permission of the team leader.
- Please make every effort to understand the incredible stress on our interpreters. Be very gracious and compassionate to them and take every possible opportunity to encourage them. When working with interpreters, it's very important to remember:
 1. Be expressive and speak clearly.
 2. Keep your sentences short; pause to give them time to express your ideas.
 3. Avoid idioms that are difficult to translate (e. g. hang-up, on the wagon, bite the bullet, straight jacket, etc.)
 4. Your body language speaks more than your words. Smile, be enthusiastic, and be interested in what you have to communicate. Even though they can't understand your words they can sense your excitement.
 5. It is important to keep good eye contact with the person you are talking. Don't stare at one person in your audience, slowly scan the crowd.
 6. Don't look at your interpreter, you aren't talking to him. Concentrate when the interpreter is talking, otherwise you'll get distracted and lose your thoughts.

SUCCESSFUL MISSION TEAMS

BY

MARTHA VANCISE

Tips for Work Teams

1. Pace yourself, especially if you have made drastic changes in climate or altitude or you have physical problems such as heart or lung trouble. You know what you can do, but don't be afraid to push a little beyond normal endurance. One team member said, "I found I could do more than I thought."
2. Accept the schedule. It may be a harried, nonstop schedule or one that seems never to get rolling. Relax, and do your best to go with the flow.
3. Do your assigned task the best you can.
4. Allow others to do their work in their own way. If you think your way is better, set an example, but don't tell others how to work.
5. Take orders from the designated leader. Avoid following team members who assume unassigned leadership roles.
6. Avoid comments such as, "We sure don't do it that way in..."
7. Accept the fact that some goals may remain unreached. Relationships are more important than goals.
8. No matter what your purpose or goal in going, take time to meet and communicate with people in the host country.

Mission Field Lemonade

1. Resist the temptation to complain about not getting your money's worth. You came to serve, not receive.
2. Avoid jumping to conclusions about the reasons for difficulties during the trip. You seldom know all the facts.
3. Avoid fretting and fuming.
4. Don't try to change fellow team members or circumstances. Simply concentrate on doing your job to the best of your ability.
5. Accept the situation as being allowed by God. Look for lessons and ways to make the situation better. Give God a chance to bring something good out of the situation.
6. Rely on God for strength, calmness, patience, and wisdom. Maintain a peaceful attitude toward all.
7. In the case of injury, follow the team leader or missionary's advice. Do not insist on staying if they feel you should return home.

Relationships

To accomplish the most and to get the most out of a volunteer mission experience, it is important to bond as a team. Bonding requires an effort to get to know people and some giving up of what we consider to be our rights. Don't isolate yourself or pair off with friends. Work with different partners. Eat with different members of the team. Get to know everyone on the team. Use common sense in male/female relationships. Be sure your conduct does not offend others and does not bring reproach on the organization you represent. As you get to know teammates better, you'll be more relaxed and casual in your conversation. To be a favorite conversational partner keep the Conversation Cues in mind.

Conversational Cues:

- Avoid negative statements about religious organizations, doctrines, or politics
- Avoid gossip
- Avoid complaining
- Avoid coarse jokes and sexual innuendo Avoid probing other people's lives with pretense of being a counselor
- Avoid ethnic jokes
- Avoid telling all

A missionary in Africa said, "It seems that when people get far away from home and acquaintances they reveal the most sordid details of their churches and their lives."

When you relate stories of abuse, addictions, illnesses, divorce, and other traumas, avoid the tabloid approach. Summarize problems. Save details to relate God's encouragement and deliverance in the situation.

Sordid details will only depress people; spiritual lessons will encourage others. When traveling, take time to talk with fellow team members. Tell about ways God has led you or encouraged you. Take time to review the day and make plans for the next day.

Include humor in your conversation, but avoid humor that would hurt someone else.

Try to encourage those who are homesick or discouraged.

And most of all, listen; don't do all the talking.