



Cuba Mission Trip ▪ November 1-6, 2017

*** Space on this trip is limited to 6 persons. Application process is required. Previous mission trip experience recommended.
You must be a member of First Methodist Houston for 6 months or more.*

ITINERARY

Wednesday, November 1st

Travel from Houston to Miami and Miami to Havana (*tentative*). Arrive and *check in at Rent House*. Evening service at a home group.

Thursday-Friday, November 2nd & 3rd

Morning devotion, *outreaches and evening visit to cell groups and home groups*

Saturday, November 4th

Morning devotion, *free day for sightseeing around Havana's city*. Evening service at a Mission Church out of Cotorro (*There'll be attending adults and children*)

Sunday 5th

Morning: Service at a Mission Church out of Cotorro

Service at the main Church (All the team will introduce each one selves and someone will preach)

Afternoon: Service at a Mission Church out of Cotorro

Evening: Worship service at the main Church (*All the team will introduce each one selves and someone will preach besides someone will share any testimony*).

Monday 6th

Travel from Cuba to Miami and Miami to Houston.



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LIST OF ITEMS REQUESTED FOR CHURCH

We will share a list of supplies the church requests at later date. (*not a trip requirement*)

HOUSING AND MEALS

The team will stay in a guest house, in a community outside Havana. Meals will be provided by church members and local restaurants.

COST

The cost is \$1,700. It includes airfare, lodging, van transportation, all meals in Cuba, visas and all taxes. Consider sending a support letter to family and friends to raise funds for your trip and supplies. This helps you to make the trip and allows others to be part of your ministry. See letter attached.

Payment Schedule:

\$1000 1st payment due Sept. 1, 2017

\$700 Final balance due Oct. 1, 2017

FLIGHT INFORMATION

We will give details once flights are secured.



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PREPARATION CHECKLIST

Required Documents (Due by September 1st)

- ☐ Registration application and payments must be completed and made online at www.fmhouston.com/missions
- ☐ Passport (check expiration date) – **MUST EXPIRE AFTER April 1, 2018; RENEW IF EARLIER**
- ☐ Color copy of your passport emailed to pniz@fmhouston.com
- ☐ Copy of your health insurance emailed to pniz@fmhouston.com
(You will be covered for international medical and emergency insurance.)

Money

- ☐ Additional money will be needed for meals in route (including airport and Miami), for sightseeing day in Havana, and souvenirs. The exchange rate in Cuba is very high.

Suggestions for a Successful Trip

- ☐ Begin praying for the trip and the people we will serve.
- ☐ Be flexible and bring a positive attitude.
- ☐ Active participation in small group Bible study and worship.

Immunizations

Talk to your physician and tell them where you'll be traveling. The following are suggestions from the CDC. See your doctor 6-8 weeks before traveling.

- ☐ **Tetanus**
- ☐ **Be sure your routine vaccinations are up-to-date.** Routine vaccines, as they are often called, such as for influenza, chickenpox, polio, measles/mumps/rubella (MMR), and diphtheria/pertussis/tetanus (DPT) are given at all stages of life.

Luggage Requirements

Pack light. Luggage on rollers is recommended. Total luggage allowance: 40 lbs. – includes checked bag and carry-on luggage. Please allow extra room for supplies, if able.

Emergency Contact Information

If your family has an emergency and needs to contact you, have them contact one of the following people and they can reach us.

Paula Niz: pniz@fmhouston.com

Dan Jones: dan@bethanyumc.org or 832.439.0510.



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PACKING LIST

Necessities

- ☐ Bible, pen and journal

Clothing

- ☐ long, lightweight pants
- ☐ comfortable nice looking shirts (*short sleeved recommended*)
- ☐ church attire (*for men slacks and nice shirts; for women dress/skirt, modest dress*)
- ☐ comfortable clothes for sightseeing (*shorts are acceptable*)
- ☐ closed toe shoes
- ☐ underwear/socks
- ☐ pajamas
- ☐ rain gear
- ☐ shower shoes

Personal Items

- ☐ toiletries
- ☐ towels
- ☐ sunglasses/sunscreen/hat
- ☐ water bottle
- ☐ camera
- ☐ tissues
- ☐ medicine in prescription bottle/box (anti-diarrhea)
- ☐ chewable Pepto Bismol
- ☐ snack food – individually packaged (if desired)
- ☐ bug repellant with DEET
- ☐ antibacterial wipes (more effective than the gel)
- ☐ flashlight
- ☐ one roll of toilet paper



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SAMPLE SUPPORT LETTER

Dear _____,

Hello, (Greeting, according to who you're writing and how well you know them.)

I am writing to tell you a little about what has been happening in my life and the opportunity I have this fall.

November 1-6, 2017, I will be traveling with a Mission Team from my church, First Methodist Houston, to Cuba on a short term mission trip. My church has a partnership with a church outside of Havana. We will be serving the needs of the congregation there, training pastors, visiting homes and praying for families, and working with children. Life is very challenging in Cuba, but God is moving and through our partnership many Cubans are coming to know Christ, throughout the island.

The cost of the trip is \$1,700 per person. I am raising money to cover my costs and to help purchase supplies for outreaches through people who are interested in helping but who are unable to go themselves. Would you consider becoming a partner with me and being a part of this outreach? The deadline on my support is Sept. 1, 2017

If you are interested in being a part of this ministry, you may make your check payable to: First Methodist Houston, noting Cuba Mission trip in the memo. All donations are tax deductible. You may send the check to me directly at _____ your address _____.

I would also like to ask for your prayers for the people we will meet and serve and for my team as we prepare to go. Please pray that God will use me in a great way and that many people will come to know God's love for them. Please pray that our hearts would be open to however God wants to use us.

Thank you in advance for your support through donation or prayer. I know God will do great things for the people of Cuba, who we will be serving, and in our team this fall!

God Bless you and your family,

(Name)