



## Cuba Mission Trip ▪ February 21-26, 2018

*\*\* 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.*

Cuba is the largest Caribbean Island, between the Caribbean Sea and the Atlantic Ocean and has a population of 11.39 Million people. It is a Marxist-Leninist single party state, dictatorship and has been since the early 1960's. With the U.S. Embargo and travel restrictions in place for over 50 years and the reign of the Castro family, with human right abuses and many people living in poverty and on food rations, the country has been severely impacted. However, the Gospel is flourishing in spite of the great challenges.

First Methodist teams serve our partner church just outside Havana by bringing hope to those serving on the front lines in a very difficult environment. We serve the needs of the church staff by teaching in small groups and house churches, sharing testimonies in worship and visiting in homes of prospects and those in need of prayer.

The key to a great trip to Cuba is flexibility. You will be blessed beyond what you can imagine and everything is flexible to Cuba enigmas. In all, it is a truly special place where God is moving and you will be glad you went.

### **ITINERARY**

#### **Wednesday, February 21st**

Travel from Houston to Havana (through Miami or Tampa). Flights are arranged through charters and have to remain flexible until ticketed. Arrive and check in at rent house or hotel. Evening worship in a home group.

#### **Thursday-Friday, February 22<sup>nd</sup> & 23<sup>rd</sup>**

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

#### **Saturday, February 24th**

Morning devotion, free day for sightseeing around Havana's city. Evening service at a Mission Church.

#### **Sunday, February 25th**

Morning: Service at a Mission Church

Service at the main Church (introductions, testimonials and preaching)

Afternoon: Service at a Mission Church

Evening: Worship service at the main Church (preaching and testimonies).

#### **Monday, February 26th**

Travel from Cuba to Houston (through Miami or Tampa).



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### **REQUESTS FOR CHURCH**

We will share a list of supplies the church requests at later date. This is not a trip requirement, but is a good way to involve other people.

### **HOUSING AND MEALS**

The team will stay in a hotel or 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, most meals in Cuba, visas, travel insurance and all taxes. You might 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 1<sup>st</sup> payment due Oct. 15, 2017  
\$700 Final balance due Nov.15, 2017

### **FLIGHT INFORMATION**

We will give details once flights are secured. We usually are able to secure flights from Wednesday to Monday, however, flexibility is important by a day or two, as the charter flights times are often changing and are a bit tricky.



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### PREPARATION CHECKLIST

#### Required Documents (Due by September 1<sup>st</sup>)

- Registration application and payments must be completed and made online at [www.fmhouston.com/missions](http://www.fmhouston.com/missions)
- ABC Charters Travel Affidavit is available for download with the online registration process. Complete and email to [pniz@fmhouston.com](mailto:pniz@fmhouston.com) (see attachment at the end of online registration)
- Passport (check expiration date) – **MUST EXPIRE AFTER August 1, 2018; RENEW IF EARLIER**
- Color copy of your passport emailed to [pniz@fmhouston.com](mailto:pniz@fmhouston.com)
- Copy of your health insurance emailed to [pniz@fmhouston.com](mailto:pniz@fmhouston.com)  
*\*You will be covered for international medical and emergency insurance.*

#### Money

- Additional money will be needed for meals in route, for sightseeing day in Havana, and souvenirs. The exchange rate in Cuba (CUC) is one to one, however the exchange fee is 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. There are no required immunizations, however, the following are suggestions from the CDC: (You will want to 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 and weight 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](mailto:pniz@fmhouston.com) or 713.962.9915.
- Dan Jones: [dan@bethanyumc.org](mailto:dan@bethanyumc.org) or 832.439.0510.



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### PACKING LIST

#### Necessities

- Bible, pen, journal and Passport

#### 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*)
- comfortable 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 repellent 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.

February 21-26, 2018, 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 Feb. 1, 2018.

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)