



**Mexico Mission 2017  
Sleepy Hollow Presbyterian Church  
June 10 – 17**

**MISSION INFORMATION  
and  
PARTICIPATION FORMS**

Sleepy Hollow Presbyterian Church  
100 Tarry Road  
San Anselmo, CA 94960  
415-453-8221  
[www.sleepyhollowchurch.org](http://www.sleepyhollowchurch.org)



**Mexico Mission 2017  
Sleepy Hollow Presbyterian Church**

March 6, 2017

Dear Potential SHPC Mexico Mission 2017 Participant,

Thank you for inquiring about information on the Sleepy Hollow Presbyterian Church (SHPC) Mexico Mission 2017. This is our church's 19<sup>th</sup> mission to Mexico, and we're excited to be sponsoring this youth-oriented trip.

Enclosed is a packet of information that is designed to answer your questions, deliver all required forms, provide travel details, and supply a list of participant expectations. But, here are the highlights:

- The trip is being organized by Sleepy Hollow Presbyterian Church, in conjunction with Amor Ministries, based in San Diego, CA, and Camping Pros;
- The goal of the trip is to send a group of youth and adults to travel to Mexico and build a home for one or two underprivileged families;
- The group leaves SHPC on Saturday, June 10, 2017 and returns on Saturday, June 17, 2017.
- The goal is to send approximately 50 individuals: 8 adults and 42 youth – the minimum age to participate is 14 / Freshman in High School;
- Every individual, both adult and youth, **must have a valid passport to participate**. There will be no exceptions;
- **The trip costs \$985 per person**, regardless of age (a complete breakdown of the budget is enclosed). Youth are expected to participate in organized fundraising efforts;
- **All forms and a non-refundable deposit of \$150 are due by March 26, 2017;**
- Copy of valid passport is due no later than May 7, 2017.
- Mandatory Youth/Parent meetings will be held on the following Sundays at the church: March 26, April 23, May 7, and May 21.
- A letter-writing campaign will begin on March 12, 2017.
- The remaining funds will be due as follows: **\$200 April 23; \$260 May 7; \$375 May 21, 2017.** Youth may turn in checks from other contributors or their own checks to cover these costs, but payment must be received by these deadlines. For some, the final payment may be considerably less than \$375.
- Make sure all vaccinations are up to date: tetanus, polio, measles, etc. 30 days prior to departure
- There will be a "team building" trip planned prior to the Mission. More details and specific dates to come.

**If you or your young adult are planning to participate, then all Mexico Mission forms and a non-refundable deposit of \$150 will be due to the church by March 26, 2017 with all of the subsequent payment dates noted** (*checks should be made out to Sleepy Hollow Presbyterian Church and in the notation please mark: Mexico Mission – All sponsor contributions must be sent to you prior to submission for your thank you responses – You must have your name noted on the check or attached to cash to receive the proper credit toward your fundraising efforts*). The address for the church is at the bottom of this letter.



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Over the course of the next few months, all participating youth will benefit from attending church and/or challenge class as often as you are able. Since we are going to Mexico to serve people as a church, each day that we are on the trip, there will be specific morning and campfire opportunities for spiritual reflection.

All Mexico Mission participants are expected to participate in all facets of the mission including spiritual reflection, journal writing, participation in group discussion, and respect for the mission's purpose.

We are excited to be able to offer this opportunity to the youth at Sleepy Hollow Church and to the community at large. If you should have any questions, please feel free to contact the 2017 Mission leaders at the numbers noted below.

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## **Mexico Mission 2017**

### **Sleepy Hollow Presbyterian Church**

#### **About Sleepy Hollow Presbyterian Church**

As a community church nestled in the rolling hills of San Anselmo, California, SHPC seeks to provide a spiritual home in the Christian tradition for all those who seek God. Whether exploring your beliefs or firm in your convictions, the Sleepy Hollow church community welcomes you. We strive to provide Christian education programs that nurture all ages, we encourage youth to explore their faith, and we give open forums and study opportunities to adults. We seek to carry out Christ's call to feed the hungry, care for the sick, and help those in need – in our community and beyond. We also seek to be responsible stewards of the environment, our Congregation, and the community at large.

#### **About Amor Ministries**

##### **The Amor Mission Trip**

The Amor mission trip is a short-term mission trip based on serving the local church in Mexico, while creating cross-cultural understanding through direct exposure to the Mexican culture. Amor Ministries doesn't want a group to just build a house in a developing nation. We want a group to understand the conditions of poverty through immersion.

##### **How Families Receive a Home**

Families are selected to receive homes by the Mexico Ministry Planning Board (MMPB). The selection process begins with the pastors discerning the need within their own communities. Any family within a community can potentially be selected to receive a home, but the family must own their land. Amor and the MMPB have agreed that a family doesn't have to be Christian or even attend the church within that community to receive a home, because we believe that the house becomes a powerful evangelistic tool and opens a relationship between the community's church and the family. The pastors present their nominations at board meetings and those families selected will then receive an Amor home built by mission trip participants.

##### **The Mexico Ministry Planning Board**

The Mexico Ministry Planning Board (MMPB) are not employees of Amor, but an integral part of the Amor team, because they provide vital support in Baja California, Juarez, and Puerto Peñasco, Mexico. The board is made up of Mexican pastors who volunteer to serve alongside the Amor staff because they share a vision of ministry to the people of Mexico. These tireless, self-sacrificing pastors interview prospective families, create biographical sketches on each family, determine the families in the greatest need for house building priority, and return to the family again and again after the house is complete to remind them that the God who has provided the house will continue to provide for all of their needs. The MMPB sets the tone for service by their consistent involvement with outreach programs, medical clinics, and attendance at Amor campfires.

##### **The Amor House Project**

Amor Ministries typically builds an 11'x22', two-room home with a slab floor, stucco-finished exterior, two windows, and a door. An Amor house is a simple design, built according to the standards of the community so that a group without skilled labor or power tools can still complete the project.

Amor doesn't allow the use of power tools or generators on the worksite. They want every member of the mission trip group involved in the house building process and power tools do not foster that environment.



They realize that there are other methods of completing the building project more quickly, but they want everyone to experience the culture, get to know the family we are building for, and to play with the children.

### **About Camping Pros**

Since 1999, Camping Pros has offered its camping services in conjunction with Amor Ministries, a non-profit religious organization. With Camping Pros, Food and Camping Packages take the set-up and cooking responsibilities from our mission trip by allowing us to focus on the "mission" of serving others. A Camping Pros trip includes:

- Catered meals: breakfasts and dinners; bagged lunches for the work site; campfire snacks
- Drinking water both on and off the work site
- Hot and cold beverages
- Buffet Tables with Shaded Canopy
- Hot and Cold Cups with Ice
- Outdoor Lighting around Food/Beverage Area
- Camping Pros On-site Cook(s)
- All your camping equipment
- Complete setup and take down of your campsite
  - Dome Tents (4 people per tent)
  - Ground Cloths
  - Sleeping Pads (1 per person)
  - Small Tent Table (1 per tent)
  - Front Doormats
  - Flashlights (1 per tent)
  - Camping Chairs
  - Toilet paper / shampoo available upon request

### **Commonly Asked Questions (and Answers!) addressed to Camping Pros:**

**Q: *How do you select the camp site?***

**A:** Through coordination with Amor Ministries and the location you'll be assigned to build your home.

**Q: *How much drinking water/fluid is supplied per work site/sites?***

**A:** Based on the number of people paying for camping/meals. It is taken into account not only at camp grounds, but at worksites.

**Q: *Do you have "buckets to wash hands in at work sites?"***

**A:** No. SHPC needs to bring 2 buckets (one to wash in and one to rinse in) and Clorox or you could use hand wipes.

**Q: *Will SHPC Mexico Mission team have a fire pit and firewood that you provide?***

**A:** Yes.

**Q: *Does Camping Pros provide utensils and plates?***

**A:** Camping pros only uses paper plates. SHPC brings our own "green" plates and reusable utensils.

**Q: *Can Camping Pros accommodate vegetarian and other special dietary needs? Is there any additional cost?***

**A:** Camping Pros is happy to accommodate special food allergies, vegetarian diets or other dietary needs. Just let SHPC Mexico Mission 2017 team know when you turn in your form and initial deposit.





### Additional Insights into Mexico Mission 2017

For those of you who have never been on a Sleepy Hollow Presbyterian Church Mexico Mission, here is a snapshot of what a typical day of service looks like:

6:00 am	Everybody up; get dressed, eat breakfast, prepare lunch, pack vans
7:30 am	Morning Prayer; Leave campsite for worksite
8:00 am	Stretch; worksite setup; begin work
10:00 am	Snack
12:30 pm	Lunch
1:30 pm	Continue work
3:00 pm	Snack
5:00 pm	Worksite cleanup, leave for campsite
6:00 pm	Once back at camp, unload vehicles, wash up for dinner. The rest of the evening consists of eating our meal together, sitting by the campfire for discussion, songs, prayer, stories of the day, journaling, and enjoying one another's company.
9:30pm	Get ready for bed
10:30pm	Lights out

The Mexico Mission is both a work trip and personal transformation retreat for our senior youth group and their adult allies/mentors on the mission. It provides for life-skills development, self-awareness, and an irreplaceable life affirming experience that will stay with you throughout your lifetime.

### Transportation

Part of the mission experience is the road trip both to and from Mexico that the team takes together. The drive down provides for mental preparation and team normalizing for the workweek to come. The return trip provides time for absorbing the work and reminiscing as a team before we all go back to our daily routines. To optimize safety, consistency, and fellowship, rented vans are used to transport the team and their gear

throughout the mission. All drivers are over the age of 25, and are required to show proof of insurance and provide a copy of current driver's license. Ideally, there are 2 adults in each van, trading off driving responsibilities every 2 – 3 hours.

### Sample Packing List

***Do not bring any alcoholic beverages, illegal drugs, cigarettes, blow dryers, curling irons, walkmans, iPods, or radios.***

Packing suggestions for maximum comfort:

- ☐ Current valid passport
- ☐ Prescription medications
- ☐ Sleeping bag and pillow
- ☐ Foam or air mattress (that folds or rolls very small)
- ☐ Towel and wash cloth
- ☐ Toiletries (toothbrush, toothpaste, brush, soap, shampoo, feminine products, and deodorant!) placed in zip-lock bag to protect against the heat



- ☐ Flashlight (bring extra batteries)
- ☐ Water bottle or canteen
- ☐ Insect repellent
- ☐ Sunglasses and hat/visor
- ☐ Sunblock and lip balm
- ☐ Work gloves
- ☐ Work shoes (no open toes)
- ☐ Work clothes (no dresses, shorts, skirts, capris, or tank tops)
- ☐ Something to sleep in (PJ's, T-shirt/shorts)
- ☐ Plastic bag for dirty laundry
- ☐ Tool belt (cloth or leather)
- ☐ Your favorite framing hammer
- ☐ Bathing suit (no bikinis) and cover for showers
- ☐ Warm clothes for evenings
- ☐ Camp clothes (shorts, skirts and dresses ok)
- ☐ Camp shoes
- ☐ Solar / sun shower
- ☐ Jacket(s) and sweatshirt(s)
- ☐ Spending money
- ☐ Camera and film

Remember:

- ☐ No cell phones are allowed on trip
- ☐ No iPods / iPads / MP3 players / other electronics are allowed on trip
- ☐ Music CD's for share with the group are welcome. So cut your CD's before departure
- ☐ No tank tops are allowed on the work sites
- ☐ No whining

### **Fundraising**

The approximate per person cost for mission participation is \$925. This includes the following expenses:

- Fees for Amor Ministries (this includes their coordinating of the families, house sites, camping grounds, toilets, showers, interns, building plans & building materials – nails, doors, windows, wood, cement, gravel, wire, tar paper, etc.)
- Other expenses are for the team's food, water, kitchen & cooking supplies, tools, vehicles, gasoline, Mexican vehicle insurance, fundraising supplies, postage, admin/coordination, campsite supplies, and additional expenses toward bringing the mission to life.
- The main way we raise the money toward the mission is through a personal letter writing campaign to family, friends, and work colleagues. Secondarily we sell "nails" to the community.
- In years past, we've conducted a car wash at Drake High School.





## **Medical Health and Safety**

- Because of the nature of our work in Mexico, team members are recommended to get an up to date tetanus booster. **Make sure all vaccinations are up to date: polio, measles, etc. 30 days prior to mission.**
- Animals are not as protected in Mexico as they are in the USA, rabies and other illnesses can be avoided by refraining from picking up and petting dogs, cats, and other animals. Please refrain even if the animal is cute!
- Hand washing before meals, after the workday, and after using the outhouse, is a must to prevent spread of germs and to prevent nausea, vomiting, diarrhea, & in extreme cases, hepatitis. Hand washing stations will be available at our campsite, worksite, & kitchen.
- Eye safety and hydration (drinking water) are a must. Please make sure you have appropriately fitting eye protection and a personal water bottle with a secure lid.
- Blisters: Bring good socks, shoes, and work gloves.
- Sunburn: Bring hat, handkerchief, sunscreen, & t-shirt long enough to cover your lower back.
- Dehydration: It is hot, even on a cloudy day. Staying hydrated means to drink water, urinate often, and drink more water.
- If a serious injury or illness occurs, the team member (youth or adult) will be driven across the border (accompanied by adult team member) to a Hospital in San Diego.
- Brush teeth at fire pit, not in kitchen, near food, or near drinking water station. Spit toothpaste at the outer edges of the fire pit inside the ring, not into the fire (creates smoke, ash, etc.)
- Brush/comb hair in your tent or at/around fire pit, not in kitchen, near food, or near drinking water station.
- Dump hand-washing water away from camps, food area, or walk ways.
- Do not, under any circumstances, urinate anywhere other than the designated outhouses at camp and the outhouse at the worksite.

## **Reminder**

It is not bad, and you and your Mission team are not a failure, if you get mild diarrhea, constipation, dehydration, blisters, sunburn, etc., during the mission. Stress, interrupted sleep patterns, different food intake, not enough water intake, road travel, hard work in the hot sun, etc., can all contribute to the possibility of feeling a little under the weather while on the mission. If you follow the health and safety recommendations on this page you will be able to take care of yourself and your teammates while on the mission. If, however, you do begin to feel ill, or see anyone else becoming ill, please let it be known immediately to your group leader(s) for the good of the individual and of the team.



### **Border Crossing into and out of Mexico**

On the way into Mexico the team crosses the border in a caravan organized and lead by the Amor Ministries Folk. There is an Amor Rep at the border crossing to help expedite the crossing. The Amor Reps lead and escort the caravan to the campsite, which is gated from 10 pm-6 am, we are shown to our assigned campsite, and then we get settled for our work week.

### **Border Crossing out of Mexico**

After the completion of the house the team packs their gear and heads up to the border crossing with map provided by Amor. The USA border is stricter, **each person will have to provide a valid passport.** Sometimes the group is asked multiple questions to ascertain they are valid to cross the border. No fruits, vegetables, or plants are allowed back into the United States.

### **Drivers & Driving**

Each driver is required to be over 25 years of age and have valid California Drivers License. Van capacity is no more than 10 passengers as per Church Insurance requirements (unless the driver has a Class B license, and clean health certificate). We turn headlights on while driving and require a seat belt to be in use for every passenger. SHPC uses the caravan technique of the slowest vehicle in front. We use family band radios to communicate van to van and have an emergency call plan in case of accident or getting lost.

### **First Aid**

Sleepy Hollow brings an extensive first aid kit that provides supplies to assist with minor injuries. If a serious injury or illness occurs the team member (youth or adult) will be driven across the border (accompanied by an adult team member) to a Hospital in San Diego. In addition, several of our team members are emergency medical technicians and/or paramedics/nurses.

### **Minors**

Team members that are under the age of 18 are the responsibility of one team leader over the age of 30. The minor's names are recorded on a written "minor's list" which is notarized in the USA to show proof that they belong on the Mission team.

### **Communication**

While the team is away we have one person at home as a contact whom we call in case of emergency and to let them know we are crossing in and out of Mexico. The communications coordinator (details TBD) can help family members get in contact with the team if there is an emergency back home.

### **Common Sense in traveling and working as part of a team**

- Be aware of surroundings and notice landmarks in case of getting lost.
- Notify team leader(s) of any suspicious activity (within the team or otherwise)
- Keep your ID on you at all times
- Respect van seating arrangements and counting off.
- Do not leave the campsite or worksite, unless you are with the team
- Stay focused on the mission – this is not a vacation – although we will have fun!



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**Working Budget**

Item	Cost	Notes
Amor Ministries Participation Fee	\$300.00	5 nights, 4 workdays – building materials
Food and Camping Supplies (in Mexico)	\$215.00	In Mexico, Camping Pros provides 3 meals a day plus snacks and all camping gear
SHPC Administration	\$125.00	Misc. church administrative cost for Mission
Dinner in SD	\$10.00	Saturday night on way to Mexico
Accommodations in San Diego	\$50.00	2 nights; 1 on the way down, 1 on the way back; donation / cleaning deposit
Return Event	\$10.00	Night out in SD before returning to SHPC
Bus Rental	\$100.00	To and from SD
Van Rental (and insurance)	\$135.00	One van \$1350 / 10 people per van – SD to Mexico
Trailer Rental	\$15.00	To carry equipment, insurance, SUV tow / gas
Van Gas	\$15.00	400 miles; van gets 10mpg, gas @ \$3.75 per gallon, 10 people per van
Misc.	\$10.00	Tools, group photos on CD, and unknowns TBD
<b>Total</b>	<b>\$985.00</b>	

**Assumptions:**

- 50 participants
- 5 vans required (10 people per van)
- 1 trailer required (to store tools, equipment, etc.)