



# MARY AND MARTHA'S EXCELLENT ADVENTURE

June 13 - 21, 2008

Contact: Joan Englert - 754-246-1800  
joane@project-teamwork.org  
FAX: 954-474-9737

*Mary and Martha's Excellent Adventure is a Division of Project TeamWork, Inc.*



PO BOX 120764  
FT. LAUDERDALE, FL 33312  
[www.project-teamwork.org](http://www.project-teamwork.org)

## MARY AND MARTHA'S EXCELLENT ADVENTURE

### WHERE WILL WE BE?

Our Team will be flying on American Airlines from Miami to San Pedro Sula, Honduras. Our mission will take place in the city and specifically the Village of Zona Americana, Santiago – a village for 60 families, built by Project TeamWork volunteers.

We will be staying at the Villa Nuria, a comfortable apartment-type hotel, close to the airport. There will be three to four people per apartment with one bathroom (and warm showers.) The hotel is gated and has 24 hour security. We'll enjoy a full breakfast and full dinners in the compound, and pack a lunch to take with us to Zona Americana. The hotel also has a pool, so bring your bathing suit for an evening dip.

### WHAT WILL WE DO?

We'll be ministering to women in different ways:

Giving:

- Painting the inside of their homes
- Minor home improvements
- Manicures for everyone!

Sharing:

- Bi-lingual Praise & Worship time
- Teaching: How to Have a Great Marriage
- Tips on Being a Good Parent

Plus: A children's program designed especially for the 90+ children who live in the village between ages of 5 and 8

Every day will be different as we reach out to 60 or more women, and their young children on a daily basis; a variety of activities will keep us busy from morning until afternoon. The evening will be a time to relax, refresh and get to know and enjoy our fellow team members back at the hotel. We will also have a half day off to visit the market, and have dinner in the city of San Pedro Sula.

We'll work hard – and we'll play hard! Our goal: to glorify and praise our Lord, and to share His love through sisterhood.

If you've never been on a foreign mission trip – this is the way to start! If you're a veteran short term mission person, then you'll love the unusual slant to this all-women's trip!

### SPECIAL INTEREST OR GIFT?

If you have any specific talent or ministry skill, please let us know on your application form. Some effective areas of ministry are:

- Music – instruments, i.e. guitar, or vocal (Spanish), Dance
- Mime – non-verbal skits
- Children – games, crafts, songs, stories, magic, sports
- Cosmetology: Hair, Skin, Nail Care

## WHAT ARE THE DATES?

**Friday, June 13 – Saturday, June 21, 2008**

We will be leaving from the Miami International Airport on Friday. So, if you are from out of town, you must arrive in Miami or Ft. Lauderdale the night before. We will provide a place for you to stay.

## WHAT IS THE COST?

**The total cost is only \$1,300**

**Your non-refundable deposit of \$300 is due by April 30, 2008.**

This includes everything; round trip airfare from Miami, nine nights lodging, meals, transportation in Honduras, a team duffel bag, terrific Mary & Martha work shirts and a travel shirt, materials for the job, and of course, Project TeamWork leadership.

**The balance of \$1,000 is due on, or before, May 30, 2008.**

Additional Costs:

- Day off activities (anything extra that you might want to do)
- Souvenirs and snacks.
- Lunch and Dinner out on our day off

## WHAT ELSE DO I NEED?

- 1) **PASSPORT** – Apply right away. That's right away. If you have a passport, make sure it hasn't expired. If you don't know how to do that, please call us. There is a problem right now with getting passports, so you want to get yours in plenty of time. Also check to make sure your current passport has not expired.
- 2) **SHOTS** (Owww! It's only a pinch. ) Below are the shots we recommend, and require for our staff. Being sick on a mission trip is no fun. Get your shots early. Make your doctor's appointment now to make sure they can get the right medication for you.
  - a. **Tetanus Shot or Booster. A MUST**, if you haven't had one in seven years,
  - b. **Hepatitis A Shot** Recommended, but not required.
  - c. **Malaria Pills** Highly recommended! You take before, during, & after the trip.
- 3) **APPLICATION.** Fill it out and send with your **\$300 deposit.**
- 4) **PACKING LIST ITEMS.** Bring what's on this list, and you'll be ready for anything- and you'll look good too.

## GET READY A VERY IMPORTANT "TO DO" LIST!

### PRAY

If God put it on your heart to go on this mission trip, ask him for the heart of a servant. If this is your first trip, don't be afraid. Be encouraged and confident in His strength. Believe that He will use this trip to minister to others . . . and to you.

### RAISE YOUR SUPPORT

Make a list of people to contact that might pray for you and support your mission financially. Most Christians know that God calls us to reach the world. We can only do that by *going ourselves*, or *sending someone else*. You can ask people to help you in person or send a letter. (We're enclosing a sample letter to use as a guide.) When you come back, you'll want to share your experience and pictures with those who helped send you.

### LEARN

Learn all you can about Honduras and the Latin culture. Prepare yourself spiritually by taking time each day to study God's Word. See how the Apostle Paul, who was a missionary, handled himself in the book of Philippians. How about Jonah? (Oops, you don't want to start out like him!) The whole experience, from this moment on - **STARTING NOW** - can cause real growth in your life. A lot of team members keep a journal. So much happens on a trip, it's hard to remember it all.

You must be willing to leave your comfort zone (starting with raising support) and be motivated by the love of Christ. He was willing to give Himself totally for us. The cost didn't matter. What are you willing to give?



COMMIT YOUR WAYS TO THE LORD,  
AND THEN WATCH HIM WORK!

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## SAMPLE DONOR LETTER

This is a guide. It's best if you write your letter in your own words, sharing why you want to go on this trip. Remember to include how much you need to raise, and the deadline. Then make a copy of the response page to enclose with your letter, and a self-addressed envelope.

April 2005

Sally Sure  
5555 Hope Rd.  
St. Paul, MN. 77777

Dear Aunt Sally,

Recently I heard about a special mission trip to Honduras, which is scheduled for June 13 - 21, 2008. Honduras is a country that was ravaged by Hurricane Mitch in 1998. This Central American country was already impoverished and conditions only became worse following the storm. Everyone there is still so needy. I would like to be a part of this mission team; to serve in the name of Christ.

Project Teamwork, the organization that is sponsoring this trip (called *Mary & Martha's Excellent Adventure*) has been going to Honduras for many years, and has built and repaired homes, schools, churches and orphanages. So this is familiar territory for them. But, *this* mission trip is very different because it's for women only.

We'll be working in a small village in the foothills, called Zona America; a village that previous Project TeamWork volunteers built. Our team will be reaching out to the women (at least 60 of them) in that village by painting their homes and making other minor home improvements. We'll also spend some time on health and skin care, hair and nails. And, we'll be teaching (and learning) the ingredients of a good marriage and parenting skills. There are many opportunities in Honduras to serve these women, so our day will be full. While working with our hands, we'll be supplementing our physical labor with a ministry of love and compassion. Will you help me make this trip?

In order to go, I must raise \$ 1,300. I need \$300 by April 30, and the rest by the end of May. This will cover all costs, except for a small amount of spending money. I'm so excited about going as a servant and experiencing missions on a first hand basis.

Would you be willing to be part of my team – to pray for me and help me reach my support goal? As I am part of the “going” team, will you be part of the “sending” team?

Please let me know. I am enclosing an information sheet you can use for your response.

Thanks for considering this special request!

Jenny B. Good

## MARY AND MARTHA'S EXCELLENT ADVENTURE

A work and worship short term mission trip for women only.



\_\_\_\_\_ I WILL PRAY FOR YOU AND YOUR MISSION TRIP.

\_\_\_\_\_ ENCLOSED IS \$\_\_\_\_\_ TOWARDS YOUR MISSION TRIP.

The name of the person I am supporting \_\_\_\_\_

My Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ / \_\_\_\_\_

If you would like this to be a tax-deductible gift, please make checks payable to Project Teamwork. Please indicate on the memo line who you are sponsoring.

Your cancelled check is your receipt. Mail to:

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PROJECT TEAMWORK  
PO BOX 120764  
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## TEAM MEMBER APPLICATION

LAST NAME \_\_\_\_\_ FIRST \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE \_\_\_\_\_ SEX M F HOME PHONE \_\_\_\_\_

CELL PHONE \_\_\_\_\_ OFFICE PHONE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

SOC.SEC. # \_\_\_\_\_ PASSPORT # \_\_\_\_\_

T-SHIRT SIZE (Ladies Blouse Size) S M L XL XXL

EMERGENCY CONTACT: \_\_\_\_\_

RELATIONSHIP TO YOU \_\_\_\_\_ PHONE: \_\_\_\_\_

### HEALTH RELATED INFORMATION

Please list any and all allergies, illnesses or disabilities that you currently have.

Are you taking any medication for the above? If so, list all medications

Have you had any major illnesses or been hospitalized during the last year? If so, please explain.

Have you ever been treated or hospitalized for an emotional condition? If so, when, and what was your diagnosis?

Are you currently taking medication for the above? If so, what?

Do you smoke? Yes No    Do you drink? Yes No    Do you take drugs? Yes No

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### **MISSION PROJECTS**

Have you ever participated on a mission trip? Where did you go? What did you do? When?

### **YOUR WALK WITH GOD**

What church do you attend?

Please describe your relationship with the Lord and how it affects your life

### **TALENTS, ABILITIES & EXPERIENCES**

What languages do you speak and how well can you speak them?

Where do you work?

Describe your job. What do you do?

List any skills, abilities, hobbies, or training that you have that may be useful on the project.

How would you describe yourself as a person?

## **YOUR COMMENTS / QUESTIONS**

**All done?**

**Attach your PASSPORT INFORMATION and MEDICAL RELEASE.**

**Now, turn this whole application in with your deposit.**

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## PASSPORT INFORMATION

In order to purchase your plane ticket and notify the Honduran Embassy, we must have the following. Please fill out accurately. **The information must match your passport exactly.** Mail to Project TeamWork along with your Application and Medical Release.

PASSPORT # \_\_\_\_\_

SURNAME (LAST NAME) \_\_\_\_\_

FIRST NAME \_\_\_\_\_ MIDDLE \_\_\_\_\_

SEX: F M

DATE OF BIRTH \_\_\_\_\_

PLACE OF BIRTH \_\_\_\_\_  
CITY STATE COUNTRY

DATE OF PASSPORT ISSUE \_\_\_\_\_

DATE OF EXPIRATION \_\_\_\_\_

If you do not have your Passport yet, you **must call and make arrangements immediately.** Do not wait! If you are a citizen from another country, you must inquire about a visa.



PROJECT TEAMWORK  
PO BOX 120764  
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**PROJECT TEAMWORK**  
**RESPONSIBILITY RELEASE, INSURANCE, & MEDICAL AUTHORIZATION**

\_\_\_\_\_  
LAST NAME

\_\_\_\_\_  
FIRST NAME

\_\_\_\_\_  
AGE

In signing this form, I \_\_\_\_\_, agree not to hold the following organizations or agencies or their agents, staff, representatives or volunteers liable for any injury, loss, damage, or accident that I might encounter while on this trip : Project TeamWork, Inc., Christian Enterprises, Inc., Honduras Juventud Para Cristo, I realize and acknowledge that my participation on a mission trip to a foreign country includes many risks and possible dangers. I am well aware that my travel to such a country exposes me to such risks as accidents, disease, war, political unrest, injury from construction projects and other calamities. I hereby assume any such risk that might result from my travel, and I unconditionally agree to hold the above agencies organizations / agencies, their agents, staff, volunteers or representatives blameless for any liability concerning my personal health and well-being, or any liability for my personal property that might be lost, damaged, or stolen while on this trip.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Guardian / Parent if participant is under 18 years of age.

\_\_\_\_\_  
Date

**INSURANCE**

Please understand that you must have your own health insurance. Project TeamWork takes out only a supplemental insurance and Emergency Evacuation policy on each member of the team.

\_\_\_\_\_  
NAME OF INSURANCE COMPANY

#  
\_\_\_\_\_  
POLICY #

\_\_\_\_\_  
NAME OF POLICY HOLDER

**IF YOU ARE UNDER 18, PLEASE HAVE GUARDIAN ALSO FILL OUT THE FOLLOWING:**

\_\_\_\_\_  
GUARDIAN or FATHER or MOTHER'S NAME

\_\_\_\_\_  
BEST PHONE NUMBER

\_\_\_\_\_  
2<sup>ND</sup> BEST PHONE NUMBER

The parent / legal guardian of the above minor assumes all responsibility and liability for any illness, disease, infirmity accident, or alteration in physical condition sustained by any person for any reason whatsoever. The parent / guardian agrees to all conditions in the above paragraph, signed by the minor, and parent / guardian.

\_\_\_\_\_  
PARENT / GUARDIAN

\_\_\_\_\_  
DATE



## HONDURAS PACKING LIST

**BONUS!** You will be given a LARGE Project TeamWork duffel bag. Paint and decorate it so you know it's yours. No suitcase. You must use the duffel bag we give you. Limit 50 lbs. Also, we recommend wearing a back-pack (take on plane & to work site) and money-belt or fanny-pack.

PASSPORT +3 XEROX COPIES. One in your suitcase. Two go to PTW.

### CLOTHING - FOR WORK (EVERYONE)

Underwear (that's fun to wear!) & Socks. 4 to 8 pair, depending on how often you wash them out.

Comfortable Pants (Some long, some short) 3 to 5 pair. Jeans, khakis.

Work Boots or Tennis Shoes And, break them in. Wear them here. Sandals are OK for off-time

Bandanna, Hat, Sunglasses. Be cool.

Work Gloves. Make sure they fit.

Jacket or Sweater. Sometimes it can get chilly at night.

We provide a Project TeamWork Travel Shirt & Work Shirts for every day So don't bother with that.

### MEN'S CLOTHING - FOR AFTER WORK, TRAVEL, SOCIALIZING & CHURCH

Long Pants (1), Shorts (2)

1 Polo or Button-Down Shirt, 1 Long sleeve shirt, 4 - 6 T-Shirts

Comfortable Shoes.

### LADIES CLOTHING - FOR AFTER WORK, TRAVEL, SOCIALIZING & CHURCH

Dress or skirt ( 1 ) Knee to ankle length (for church.) Relaxing clothes (evening.)

T-shirts (4 - 6) (no midribs or low-cut)

Comfortable Shoes. 1 Pair. Flats or Sandals are OK. No heels.

Minimal Make-up. Tampons, etc. Be Prepared! Personal over counters meds (asprin, etc.)

**CHALLENGE:** A hair style that doesn't need a blow-dryer or hot rollers. Use scrunchies or a hat.

### OTHER STUFF FOR EVERYONE TO BRING

PJ's or something to sleep in. Shorts & T-Shirt are fine. No Victoria Secret, it drives the cows crazy.

Toiletries / Toothbrush, Paste, Soap, Shampoo, Deodorant, Razors, Brush. Your Mom's Picture?

Insect Repellant (with DEET). Small Hand-Sanitizer gel.

Sun Block (15 - 50, depending on your skin) You'll be in DIRECT SUN most of the day. Don't FRY!

Personal snacks (health bars, crackers, peanut butter, nuts, trail mix.)

Swimsuit (modest, no bikinis or speedos) For hotel pool & day off. Large Towel (1),

MEDICATIONS. Allergy & Prescription meds must be listed w/ group leader.

BIBLE, Notebook, Camera, 2 Bottles of Water. That's for the trip. Bottled water will be provided there.

One paint brush (2" or 3") One roller handle & three roller tubes (medium nap). One bottle nail polish.

Spending Money. We recommend \$50- \$100. Depends on how many souvenirs & snacks you want.

Be smart. **Don't bring anything that's of value.** **No jewelry.** except wedding ring and cheap watch. Try to stick as close as you can to the above list. Bring less, not more. You can pack ministry related (give-aways) or job related things, (tools) as long as it fits in the 50 lb duffel bag.

**Honduras is HOT, ROCKY, RUGGED, and can be WET. Start exercising!**

**LEAN ON THE SIDE OF MODESTY - WE WANT TO BE SENSITIVE TO THE PEOPLE AND CULTURE.**

Still have questions. . . . feel free to call Joan or BJ