

Family Mission Trip Guide

Holy Spirit – Maggotty, Jamaica



Good Shepherd Roman Catholic Church

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FORMS TO BE FILLED OUT AND RETURNED	
✓ Code of Conduct Agreement	
✓ Application for Mission Trip	
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Mission Trips – Why do we go?

This mission trip is important not only because we will have the opportunity to “do for” others through work projects as the hands & feet of Christ, but it is also an important opportunity to simply “be with” the people of Maggotty Jamaica. We can share Christ’s love through taking the time to talk and listen to the people of the Holy Spirit community and to learn of their frustrations and their hopes. Our call to discipleship asks us to share with compassion and patience demonstrating and encouraging others to pursue a Christian life style. Through new friendships, we hope to help Holy Spirit community members discover the gifts God has given them, and to help them realize that they can find joy in sharing their God-given gifts with others in their community.

The “work” done on a mission is the “work” God will do in our own hearts and lives, if we allow it. We need to recognize that this mission experience is not only to the benefit of those we serve, but can bring about a conversion within ourselves. This conversion may lead us to a fundamental change in the way we view our own lives..... What we do, what we have, who we count on as friends, and what issues we pay attention to.

Although we may use painting, construction, medical services and clean up projects as a visual sign of Christ’s love, this is not the end all. Paint will eventually chip off, stories and games may be forgotten in time, but relationships you develop with community members is what brings Christ’s love alive, in you and those we serve.

Holy Spirit Parish Community

Father Marek arrived in Maggotty Jamaica in 1999.

The 6-person team includes: Father Marek, 3 devout Sisters, 1 teacher & 1 medical professional who work endless days to introduce and foster a Christian Community. Father Marek’s vision is for visiting mission workers and community members to come to know Jesus Christ and to strive to live like Jesus - loving, respecting and helping one another, so that we may bring joy to the lives of all community members. Therefore, mission workers must agree to abide by Father Marek’s community rules outlined in the Conduct Agreement.

The Holy Spirit staff has a multitude of projects in progress: education for children & adults, computer classes, trade classes, agricultural projects, construction of a meat processing and seasonal food basket distribution. The mission work can be extremely varied.

A flexible mind and spirit is a must.

Trip Overview

The Mission Team traveling to Jamaica typically meets at the hotel the night prior to departure and usually carools to the hotel. Hotel accommodations can be shared to cut costs.

Don't Forget Your Passport!!!

- Passports are required to enter and exit both countries.
- The non-stop flight is 3 ½ hours from Philadelphia Airport to Montego Bay, Jamaica.
- Father Marek will meet us and then transport us to the Holy Spirit Community Center in Maggotty, Jamaica.
- Travel time from the airport to Holy Spirit is approximately 1 ½ hours.

Contact Information:

Telephone number at the rectory: 1-876-963-9774

Fax number: 1-876-963-9771

Email: holyspirit@cwjamaica.com

Daily Schedule:

Sunday Mass is at 9:00 AM; dress is "Sunday best!" The Jamaicans dress up for church. Even if they have very little, they still wear their best for church. NO shorts or short skirts please!

Father Marek will plan our daily activities.

Each week-day morning begins by awaking at 6:15 so that we arrive at church fully awake by 7:00 a.m. During the week, we wear to mass what we will be wearing all day to work in.

A typical daily schedule is as follows:

~6:15 AM	Wake up
7:00 AM	Mass
8:00 AM	Breakfast & clean up
9:00 AM	Begin day's activities
~12:00 PM	Lunch & clean up
1:00 PM	Afternoon Duties
2:30-3:00 PM	Children arrive
3:00 – 4:30 PM	Work with Children
4:30 – 5:30 PM	Review & Plan for next day
5:00-6:30 PM	Adults come for education
~6:30 PM	Dinner & clean up
7:30 PM	Reflection discussion with group in Church
9:00 PM	In our rooms - lights out by 11:00

How to Dress

The dress for our trip to Jamaica will be that of "modest" dress. NO tank tops, halter tops, bare midriffs, short shorts, etc. All travelers will wear short sleeve t-shirts or sleeveless tops and shorts (**that are as long as your finger tips when your arms are down**) during the work day. If there would be a need for a bathing suit, the bathing suits must be one-piece suits.

As we all know, this is a mission trip for God and NOT a vacation where we sunbathe or lounge.

Trip Costs

The estimated costs for the trip to Jamaica are the following:

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|---|--------------|
| • Round trip airfare on USAIRWAYS | \$600/person |
| • One night hotel stay in Philadelphia | \$130/room |
| • Traveling round trip fuel (24 mpg @ \$3.00/gal) | \$72/vehicle |
| • Parking for one week at hotel | \$50/vehicle |
| • One week room and board at Holy Spirit | \$250/person |
| • Traveling meals (on the road/at the airport) | \$50/person |
| • Passport | \$80/person |
| • Souvenir Shopping TBD by individual | |
| • Immunizations based on individual | |

Approximate TOTAL for the trip
Approximate Total for Youth

\$1210/adult
\$900.00/youth

The adults will be self paid and the youth can apply for supplemental funding through the Jamaica Committee to help with room & board costs as soon as there is a financial commitment. There is an outlined payment plan for specific payments.

- | | |
|---|-------|
| • 1 st initial payment September 1 st | \$ 50 |
| • Purchase tickets in October on designated flight(s). | |
| • 2 nd payment January | \$100 |
| • 3 rd payment February | \$100 |

Each participant or family is required to get their own airline tickets. All participants must be booked on the same flights. (USAIRWAYS from Philadelphia – Montego Bay Jamaica is often used.) **All checks for participants can be made to Good Shepherd – the three deposits will take care of the room/board at Holy Spirit Parish.**

Time Line for a March Mission Trip

- Early June (30 minutes): To receive & review Mission Booklet and discuss time line. All commitments must be known by September 1st so that remaining spots can be announced to all parishioners
- Early Sept (30 minutes): To meet all mission participants, and make initial payment.
- Mid October (15-30 min): Share flight information and timing for families to book flights.
- January: 2 hour, Team Building Meeting - Mandatory
- February: 2 hour, Team Building Meeting – Mandatory

Additional small group planning meetings will be required to prepare for children's after school activities. If you cannot attend a meeting, you must notify a team leader as soon as possible.

Health Concerns

When traveling internationally, there are many health concerns to take into consideration. It is very important to have the following immunizations up-to-date:

1. Hep B
2. Hep A (highly recommended by Infectious Disease physician)
3. Td (required every 10 years or TDap)

If you are unsure of the health concerns in Jamaica, please search the following web address for the updated information on immunizations necessary for travelers to other countries: <http://wwwn.cdc.gov/travel/destinationJamaica.aspx>.

When in Jamaica, we drink only the water that has been put through a Brita filter. We recommend all travelers pack an empty water bottle.

During the meal times in Jamaica, the only fruit or vegetables that are eaten are the ones that can be peeled and have been peeled at the community center, unless otherwise told they are appropriate to eat. Members of Holy Spirit will let us know which foods can be eaten. Most evening meals are catered by a friend of the parish; therefore, this food will be fine.

Additional Considerations:

- Utilize Insect repellent.
- Utilize plenty of sunscreen and drink plenty of fluids to keep well hydrated.
- Do not handle or touch animals in Jamaica due to possible mange/custom regulations.
- Imodium – some travelers may experience upset stomachs if eating uncooked foods that our systems are not accustomed to.
- Shoes should be worn at all times due to parasites in the ground that can cause health issues.
- Use hand sanitizer frequently, as you will be exposed to germs that your body does not have natural immunity to.

Packing List

Clothing:

- One dress-up outfit for Sunday (Capri's; nice pants and top)
- Men may wear short sleeve shirts, slacks
- (Weekday masses) wear same clothes that are worn all day – shorts, light-weight pants; bring casual clothes for touring and work clothes for work sessions. (depending upon the work we do, we can get pretty dirty)
- Shoes must have sturdy, closed toe shoes. Lots of rough terrain and field work.
- Bathing suit – one piece MODEST suits only! Cover up and towel for possible beach or waterfall excursion. Usually one afternoon of recreation.
- Towel and wash cloth.

Personal Items:

- Soap and soap dish
- Toothbrush/toothpaste
- Shaving equipment
- Shampoo/Conditioner
- Deodorant
- Foot care
- Sunscreen
- Off (bug spray)
- First Aid Kit
- Sunglasses
- Water bottle (quart size to carry with you all day)
- Camera/film/batteries for camera
- Medications – prescription; Advil; Tylenol; Imodium; Tums, etc.

REMEMBER- pack liquids & gels 3 oz. or less on your carryon bag. There is no need to take a hair dryer or curling iron; hairstyles don't matter in Jamaica!

Team Building

Working as a team is a vital aspect of mission work. Getting to know one another and experiencing one another's gifts and talents helps us to model God's blessings of uniqueness. Understanding the mission, the goals and the expectations for the trip also helps us to function better as a team.

Poverty

While in Jamaica, you will encounter situations and people of extreme poverty and you may feel led to give money, clothing, food etc. to the people of the local community. The programs and rules that Father Marek and his staff have established strive to answer these needs in ways that foster independence & personal responsibility rather than begging and dependence upon us. We "whiteys" have the reputation of being wealthy in excess (which we are), so we must be sensitive and cautious. We do not want to display symbols of wealth as this only increases the temptation for the local people to beg or steal, a common way of life for most Jamaicans.

Father Marek teaches his community members that begging is not a good, normal, or a healthy way of life. If given the chance, many people will utilize any money for alcohol or drugs and not the necessities of life their family may need.

Therefore:

1. Leave your valuables at home. No need for cell phones, fancy jewelry, or electronics.
2. Do not give or promise any money or material goods, clothing, toys etc, to individuals. Submit all donations through Father Marek & Marta.
3. Do not give special privileges, such as feeding individuals, or allowing local people into lodging rooms
4. When asked for clothing, photographs, food or money always go through Father Marek. He has worked very hard to get the community where they are today, and it would only cause many steps backward.
5. Never give out your personal phone number or home address as this has posed many problems in the past.

Personal Conduct

Personal conduct expectations are outlined below. It is important that you have complete information in order to make an informed decision. Once committed to this agreement, please sign on the designated line on trip application.

We have chosen to outline both the rules and the reasoning behind the rules, in order for all to understand the heart, focus & direction of this mission trip. We jeopardize our effectiveness in ministry if our behavior does not reflect our Christian values.

Understanding that this mission is to foster and model Christ's message, to be helpful and caring and respectful to others, we need to commit to act in God's way, as his hands, feet and in the words we use.

Sample Support Letters

Dear _____.

My name is.....(tell a little about yourself). I am a member of Good Shepherd Parish and our church is planning to take families that are interested in going to Jamaica for a mission trip to our sister parish in Maggotty, Jamaica. (Then explain what you might be doing on your trip.)

Tell them when the trip is and how long it will last....The total cost of my trip will be.....Explain what the funds cover. Also explain why you think this is a worthwhile trip.

The letter should be about 3 paragraphs total to explain who you are; where you are going; why you are going; what you need friends and family to do for you; and what you will do for them!

Thank you for your help,

Your name and phone number in case they have questions.

Also don't forget to follow up with thank you notes when you come back!

Sometimes a photo from Jamaica in the thank you card is much appreciated!!

To fill out the Code of Conduct Agreement, Mission Application Form and a Brief Questionnaire, [click here](#).

NOTE: These forms are formatted to be filled out and submitted electronically. Electronic signatures will be accepted as long as they are legible and you have the capabilities of signing electronically.