



Helping Others & Providing Encouragement

MEXICO

TEAM HANDBOOK

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MISSION H.O.P.E. MEXICO VISION

(Helping others, providing encouragement)

Our vision for this ministry is to **mobilize** the people of CBCC to have a cross-cultural experience that **transforms** their lives by ministering to the poor, needy, and orphans, as well as serving local ministry leaders by **helping** and **assisting** them in expanding their influence in their community.

We desire this experience to bring back a change in the individual's perspective, a new passion for service, and a new commitment to make a difference where God has put them to make Jesus' Name renowned.

THEME SCRIPTURE

'For I know the plans that I have for you,' declares the LORD, 'plans for welfare and not for calamity to give you a **future** and a **hope**.

[12](#) 'Then you will call upon Me and come and pray to Me, and I will listen to you.

[13](#) 'You will seek Me and find *Me* when you search for Me with all your heart.

Jeremiah 29:11-13

TOP TEN QUESTIONS

- 1. What costs does my payment cover?**

Your full payment covers transportation, border fees, lodging for 3 nights and all meals except for the first meal in route. Each team member is encouraged to bring their own sack breakfast/lunch during the travel time. You will need to bring extra money for spending and tipping.
- 2. How do we travel?**

The team will be traveling together in 15 passenger vans. One large trailer will be brought to carry the luggage and any materials needed to build and furnish the home.
- 3. Where are we staying?**

The team will be staying in Reynosa, Mexico at the Best Western El Camino Inn & Suites. The telephone number is +52-899-923-0791. For more information, go to: www.bestwestern.com
- 4. What can the kids do while I'm working?**

Depending on their age, they will be working beside you hammering and painting. They can also play with many of the children from the colonia. We recommend bringing jump ropes, footballs, Frisbees, soccer balls or anything else to start a quick game.
- 5. What are the bathrooms like?**

At the building site the bathrooms are outhouses. You will need to bring your own toilet paper. At the hotel, they are regular restrooms.
- 6. Is the food safe to eat?**

Yes. All the food set before you by a member of the Strategic Alliance team is safe to eat.
- 7. Do I need to bring bottled water?**

No, safe drinking water will be provided. We do recommend bringing a water bottle to fill up for yourself each day.
- 8. Will my hairdryer work?**

Electric current throughout Mexico is conformed to 110 volts, 60 cycles. Same type used in the United States.
- 9. Does my cell phone work in Mexico?**

Some do. Sprint works. Check with your cell phone provider.
- 10. Can I wear shorts?**

Dress modestly. Shorts are only acceptable if below the knee. Long pants are recommended. Ladies please do not wear sleeveless or too revealing tops.

GENERAL INFORMATION

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PARTNERING ORGANIZATION

CBCC is partnering with Strategic Alliance so that together we can make a greater impact on the people and culture we both desire to serve. Strategic Alliance helps create short-term mission trips for church bodies through their project called Homes for the Homeless. They enable us to go to Mexico and serve but also provide follow-up after we leave. For more information on Strategic Alliance, go to: www.strategicalliance.org

TRAINING

Each mission team will have 3-4 training meetings before they depart that consists of 4 different components: vision casting, logistics, team building and spiritual equipping. Upon return there will be a debrief meeting 1-2 weeks afterwards as well as Mission Sunday where the team will tell the CBCC Body about their unique trip.

TRAVEL

The team will be traveling together in 15 passenger vans. One large trailer will be brought to carry the luggage and any materials needed to build and furnish the home. All meals will be provided in the cost except for the first meal in route. Each person is asked to bring their own sack "lunch" during the travel time. Snacks for the car and at the worksite are encouraged. The team will stop twice at rest stops during the drive.

BORDER CROSSING

At the border, each passenger will need to present their required documents to enter the country. Do not pack them in your suitcase. The van passengers are asked to remain quiet while the driver talks to the border patrol.

ACCOMODATIONS

The team will be staying in Reynosa Mexico at the
Best Western El Camino Inn & Suites
Boulevard Hidalgo # 1480
Tel +52-899-923-0791 - Fax +52-899-925-1210

Some hotel amenities include free parking, alarm clocks, coffee makers, hair dryers, pool, jacuzzi, and 24 hour security. For more information, go to: www.bestwestern.com

CONDUCT GUIDELINES

1. Be flexible! Trust in the Lord and in His timing. Take advantage of traveling and waiting times to build relationships.
2. Team leader will set the curfew for everyone to be back in their own rooms.
3. Dress modestly. Long pants are recommended. Shorts are only acceptable if below the knee. Ladies please do not wear sleeveless or too revealing tops.
4. One piece swimsuits are required for the girls to swim in the pool.
5. Since water is a precious commodity in the colonia, we ask that you refrain from any type of water fight.
6. Use the buddy system at all times.
7. To leave the work site you must get permission from the team leader.

TEAM LEADERSHIP ROLES

1. Team Leader/Devotions
2. Construction Coordinator
3. Tool Coordinator
4. Translator/Family Liaison
5. Purchasing Coordinator
6. Painting Coordinator
7. Decorating Coordinator
8. Groceries Coordinator
9. Children's Coordinator
10. Van Driver
11. Van Captain
12. First Aider
13. Worship leader/ CD player
14. Media Coordinator
15. Photographer
16. Videographer
17. Hospitality Coordinator
18. Historian
19. Water Carrier

PACKING LIST

Read carefully & be sure to bring each item!

Picture ID (do not pack; need for border crossing)
ONE Suitcase:
Bible notebook & pen
Spanish / English Dictionary
Travel Alarm Clock
Towels & Wash Cloths (Don't bring white ones, the hotel may mistake them for their own and take them when they clean the room.)
Pillow (if you prefer your own - we stay in a nice hotel with clean beds; it's also nice for the van ride down and back)
Flashlight (Make sure the batteries work)
Camera
Spending Money
Personal Toiletries
Work Clothes (for 4 days)
Work Shoes/Socks
Rubber Boots / Rain Poncho (We work in all conditions, and that may include mud. Buy cheap boots at Wal-Mart or Academy and keep the tags on them. Then, if you don't use them, just return them - or keep them for the next trip!)
Extra Casual Clothes for evening (Ladies, no shorts please.)
Bathing Suit (The hotel has a pool. Please, nothing too revealing - it's a cultural thing!)
Plastic Bag for Dirty Clothes
Backpack (to carry your stuff to and from the work site):
Water Bottle (Dehydration is not fun! There are water jugs on site and at the hotel to refill them.)
Work Gloves
Wet Wipes
Sunscreen
Toilet Paper (No joke! In Mexico, B.Y.O.T.P.)
Hat
Building tools-Hammer, Nail belt/apron, carpenter's pencil, speed square, measuring tape (16'-25')
Bring any special snacks you want!
Flexible Attitude!!!!

TRIP OVERVIEW & PRAYER REQUESTS

Purpose: While building a home for a family in Reynosa, Mexico ... be strong in the Lord and in His mighty power! (Eph 6:10).

PRAYER IS VITAL!!

DATE	ACTIVITY	PRAY FOR ME DAILY
Pre Trip	Prepare team	<ul style="list-style-type: none"> • Health • Team unity • Protection from spiritual attacks
Day 1	Leave San Antonio early a.m. <ul style="list-style-type: none"> • Settle in hotel • Go to work site and meet family • Work ½ day on home 	<ul style="list-style-type: none"> • Smoothly clear customs • Physical and spiritual protection • 2 Thess 3:2 • That we will be known as Christians by our love – John 17:20-23
2	Work on home <ul style="list-style-type: none"> • Get up early • Worship/Devotions • Work on home • Outreach • Evening fellowship 	<ul style="list-style-type: none"> • Courage & Boldness to share my heart – Eph 6:19 • Open doors – Col 4:3 • Clear communications despite language issues – Col 4:4
3	Work on home <ul style="list-style-type: none"> • Get up early • Worship/Devotions • Work on home • Purchasing Team shops to decorate home ½ day • Outreach • Evening fellowship 	<ul style="list-style-type: none"> • Complete project with time to spend with locals • Actions & words please God • Strengthened with power and great endurance • Col 1:10-12 • Responsiveness to the Gospel - 2 Thess 3:1
4	Wrap up <ul style="list-style-type: none"> • Get up early • Worship/Devotions • Decorate home • Prayer time with family/ dedicate & bless new home • Say good-bye • Leave for S. A./Arrive late 	<ul style="list-style-type: none"> • Smoothly clear customs • Physical and spiritual protection • 2 Thess 3:2

PEOPLE WHO HAVE COMMITTED TO PRAY FOR ME

1. _____ 4. _____

2. _____ 5. _____

3. _____ 6. _____

MAP OF MEXICO



MEXICO FACTS

Official Name: Estados Unidos Mexicanos

Capital City: Mexico City (337,000)

Population: 103 million

Official Language: Spanish

Languages Spoken: Spanish, Latin American Spanish, 62 indigenous languages, and English

Government: Federal Republic

Religion: 90% Roman Catholic, 6% Protestant, 4% other

Major Industries: Food and beverages, tobacco, chemicals, iron and steel, petroleum, mining, textiles, clothing, motor vehicles, consumer durables, tourism

Official Currency: Mexican Peso (MXN) - 1US Dollar = 11.10250 Mexican Peso

REYNOSA, MEXICO

Reynosa is a primarily industrial city. It is located across the Rio Grande River from McAllen, TX. In 2005, Reynosa's population was 507,998 for the city and 526,888 for the municipality. Many companies around the world have focused on the Reynosa and McAllen, Texas area because of the opportunity for trade.

WEATHER IN REYNOSA

MONTH	AVE. HIGH	AVE. LOW	AVE. PRECIP.
January.	70° F	50°F	1.22 in.
February	74°F	54°F	1.33 in.
March	81°F	60°F	0.72 in.
April	86°F	66°F	1.32 in.
May	90°F	72°F	2.68 in.
June	94°F	75°F	2.59 in.
July	96°F	76°F	1.65 in.
August	96°F	76°F	2.73 in.
September	92°F	73°F	4.08 in.
October	86°F	66°F	2.56 in.
November	78°F	59°F	0.87 in.
December	71°F	52°F	1.21 in.

SPANISH EXPRESSIONS

From Strategic Alliance Handbook

Nothing is more encouraging to a citizen of another country than for visitors to make an effort to communicate in their native language. Below are some useful Spanish expressions to get you started. ¡Buena suerte! (Good luck!)

ENGLISH	SPANISH
Hello	Hola
Good morning	Buenos días
Good afternoon	Buenas tardes
Good night	Buenas noches
Please	Por favor
Thank you	Gracias
Do you speak English?	¿Habla inglés?
How are you?	¿Cómo está usted?
What's up?	¿Qué pasa?
My name is _____.	Me llamo _____.
What is your name?	¿Cómo se llama usted?
Nice to meet you.	Mucho gusto.
How old are you?	¿Cuántos años tiene?
Do you have bro/sis?	¿Tiene hermanos?
Jesus loves you!	¡Cristo le ama!
I love you.	Le amo.
I like Mexico.	Me gusta México.
It is hot.	Hace calor.
I am hot.	Tengo calor
Do you want to play?	¿Quiere jugar?
Tell me.	Dígame.
Come here.	Venga acá.
Look	Mira
Run!	¡Andale!
Stop!	¡Párate!
you/me/she/he/they	tú/yo/ella/él/ellos
That's cool!	¡Que chido/padre!
Where is the bathroom?	¿Dónde está el baño?

ADDITIONAL SPANISH PHRASES

Short phrases to learn that will make communication a possibility!

SPANISH PHRASES	ENGLISH EQUIVILANT
¿Donde está el baño?	Where is the bathroom?
Mucho gusto (de conocerte).	It is a pleasure (to meet you).
Hasta mañana.	See you in the morning.
Hasta luego.	See you later.
Hasta la vista	Until we meet again
Diós te bendiga.	God bless you.
¿Dormiste bien?	Did you sleep well?
¡Mira!	Look!
¿Ves?	You see?
Su casa	Your house
Bien, gracias	Fine, thank you
Adiós	Good-bye
Con permiso	Excuse me (used to pass through or excuse yourself)
¡Perdón!	Excuse me! (like when you just stepped on someone's toe)
Me gustó la comida.	I liked the food.
¿Quiere jugar?	Do you want to play?
¿Quiere jugar fútbol?	Do you want to play soccer?
Tús padres	your parents
Hijo	Son
Hija	Daughter
Bebé	Baby
Iglésia	Church

CHECKOUT THESE OTHER ONLINE RESOURCES!

www.babelfish.altavista.com

www.studyspanish.com/freesite

CRASH COURSE IN THE FOODS OF MEXICO

Confidently try something new, and enjoy the flavors of Mexico.

FOOD NAME	DESCRIPTION
Alambres	Strips of beef, sliced onions, green and chili peppers. Served with tortillas. Also served with cheese upon request.
Agua	Water and sugar with any liquefied fruit added to it.
Agua Purificada	(Or Agua natural purificada) – regular drinking water.
Barbacoa	Mutton cooked underground and served usually in tacos.
Bolillos	Hard-crust rolls served as an alternative to tortillas.
Cabrito	Roasted young goat.
Caldo de res	Meaty beef broth with vegetables
Carne asada	Thin, grilled slices of beef served with whipped or fried potatoes, and lettuce or cucumbers.
Carnitas	hunks or roasted pork. Often served in a tortilla with avocado, cilantro, onions and hot sauce.
Chilaquiles	Cut fried tortillas served on a platter with green or red sauce and cheese sprinkled on top. Often comes with shredded chicken and a fried egg. Popular for breakfast.
Churros	Tubes of fried dough, like donuts, covered with sugar and usually served with hot chocolate.
Cochinita pibil	Shredded pork served with a spicy sauce.
Elotes	Corn on the cob with mayonnaise, cheese and chili powder.
Frijoles	Beans, the staple dish served with just about everything. Often served boiled with spices added. Refritos are mashed frijoles, fried in oil.
Gorditas	Fried corn dough filled with refried beans and topped with cream, cheese, and lettuce.
Machaca	Dried shredded beef, sautéed and served with wheat-flour tortillas. Sometimes served with eggs or in different sauces.Or <i>tacos machacado</i> .
Menudo	Pieces of intestine served in broth with tortillas.
Mole	A truly Mexican sauce composed of chocolate, ground chili peppers and lots of spices. Usually poured over chicken or enchiladas. Numerous variations of mole can be found in different locations.
Nopales	Cactus – most popular in salads or grilled in tacos
Pan dulce	Sweet bakery breads.
Picadillo	Diced beef and vegetables in gravy
Pozole	Hominy corn soup with shredded pork or chicken, garnished with lettuce, radishes, chopped onions, oregano, and chili peppers.
Sopes	Soft tortillas covered with hot sauce, cheese, beans, and chopped onion.
Tacos al pastor	Pork, pineapple, onions, and cilantro on a corn tortilla.
Tortas	A bolillo filled with meat, cheese, tomato, avocado, onion, cream, chili peppers, refried beans, hot sauce, etc.