



Caring Hearts Mexico

Short-Term Missions Trip Guide





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Our History

A retired pastor, Brother Knell, and Harold McKamish made a trip to San Luis R.C. Sonora, Mexico in November 1986. What was to be just a one-time trip turned out to be a full-time ministry. When we pray, we should be careful as the Lord just may give us what we ask for. On the way down to San Luis, Brother Knell and Harold prayed, "Lord let us be a blessing to these people." Driving through the dirt streets, they encountered people in need of homes, food and hope.

They first got involved at an orphanage of about 50 children that captured their hearts. From this dedicated beginning, many things have changed over the last 36 years. There has been a lot of rebuilding of relationships, construction of buildings, and various ministries have taken place since then. Accommodations have been built to house short-term mission groups. The facilities include a kitchen, dormitory style sleeping rooms, and bathrooms with hot water showers.

Now, a home for boys, a girls home, a rehab center, a soup kitchen, tutoring for children, a blind center, clean water provision, and much more operate daily to be a hand up to those in need in Mexico, and to be a source of God's grace, love and hope in a hurting town.

Our Mission

Offering hope and empowering change by sharing the Gospel and God's love with vulnerable people.



Our Foundational Scripture

Matthew 25:31-46 Versus 35 and 36: For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.'

Our Commission

Matthew: 28:18-20 "All authority in heaven and on earth has been given to me . Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit and teaching them to obey everything I have commanded you."

Our Legacy

Our Spiritual Heritage

Caring Hearts Ministry is a Gospel ministry who has been called by God who inspired people to give, go, lead, build, love, and share the message of salvation through Jesus.

Our Biblical Worldview

Caring Hearts Ministry only makes decisions and takes actions that line up with God's Word.

Our Calling and Character

Caring Hearts Ministry is Christ's ambassador who has answered Christ's calling to participate in His redemptive work to bring all to repentance and faith in Christ.

Our Battle

Caring Hearts Ministry is aware there is an ongoing spiritual battle between good and evil, that there is an enemy who would seek to steal, kill, and destroy what God has called us to do. We acknowledge that the battle is the Lord's but we do our part by continually seeking God in prayer.





Statement of Beliefs

1. The Bible is the Word of God.

We believe the Bible is the verbally inspired word of God and that all our beliefs, values, and actions must be consistent with it. II Timothy 3:15-17, II Peter 1:21.

In accordance with this, we believe what the Bible teaches about sexuality in Genesis 1:27 and 2:24, Leviticus, 18:22 and 20:13, Romans 1:18 through 28 and I Corinthians 6:9 -11. We affirm that God created only two genders, male and female, and that the biblical standard of marriage is between one man and one woman.

2. There is One True God.

We believe there is one true God, the creator of all things who has revealed himself as Father, Son, and Holy Spirit. Deuteronomy 6:4, Matthew 28:19.

3. The Deity of the Lord Jesus Christ.

We believe that Jesus is the eternal Son of God and that this is proven in the Bible by: his virgin birth, his sinless life, the miracles he performed, his work on the cross, and especially his resurrection from the dead. Luke 1:31-35, Hebrews 7:26, I Peter 2:22, Acts 2:22, I Corinthians 15:3-4.

4. Humankind's need for Salvation.

We believe that all people are sinners who need a savior and that the only one who can save is Jesus Christ. **The core mission of Caring Hearts Ministry is to share the message of salvation through Jesus Christ with those who are lost and separated from God.** Genesis 1:26-27, Genesis 3, Romans 5:12-19, Romans 6:23, John 3:3, John 14:6, Acts 4:12.

5. The Power of the Holy Spirit.

We believe that God provides power for service to all who believe and are willing to be used by him. He provides spiritual gifts for good service. Luke 24:29, John 16:13,14, Acts 1:8, Romans 11:6-8, 1 Corinthians 12:4-11

6. The Church and its Mission.

We believe the church is the body of Christ empowered by the Holy Spirit to accomplish God's purposes as it provides instruction, fellowship, and direction. We are an interdenominational Christian ministry. We are not affiliated with or directed by any individual denomination. We are called by God and are obedient to Matthew 25:31-46, Ephesians 1:22-23, Ephesians 2:22, Matthew 28:18-20.

7. The Second Coming of Christ.

We believe that, as he promised, Jesus will return to take his church to heaven and usher in the end time events that will lead to the consummation of all things. John 14:1-3, Matthew 25:31-46, I Thessalonians 4:13-18, Revelation 20:1-15, Revelation 21:8.



Goals of a mission trip with Caring Hearts

1. **To be a blessing to the people of San Luis**

We seek to partner with the local leaders to spend each day as a blessing to those in immediate need, not only meeting physical needs but spreading God's love and hope at the same time.

2. **To learn from those we are serving and those we are serving with.**

The work being done in San Luis is simply the work that Jesus has given His people to do. No matter what age a person is or how long they have been serving, each team member should strive to learn from the Caring Hearts leaders in Mexico about how to serve and bless the people in San Luis and be culturally aware to empower our friends in Mexico.




3. **To witness about Jesus to the people in San Luis.** | Peter 3:15 - "But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect," With this in mind, come prepared with a short, five-minute salvation testimony that you personally can share as part of your ministry while in Mexico.



Our Mexico Ministry Team

<p>Eliazar Mexico Mlnistry Director</p>  <p><i>Speaks English</i></p>	<p>Pedro & Fran Oasis Boys Home Directors</p>  <p><i>Pedro Speaks English</i></p>	<p>Pastor Cesar & Deborah Girls Home Directors</p> 	<p>Pastor Isai New Life Center Director</p>  <p><i>Speaks English</i></p>
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<p>Ines Shut-In Mlnistry Director</p> 	<p>Linvania Blind Center Director</p> 	<p>Pastor Umberto & Veronica Soup Kitchen Directors</p> 	<p>Sarai Boys and Girls Tutor</p> 
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<p>Miguel Construction Lead</p>  <p><i>Speaks English</i></p>	<p>Isaias Outreach Leader & Translator</p>  <p><i>Speaks English</i></p>	<p>Isabel Mission House Cook</p> 
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Ministry Opportunities

The Oasis Boys' Home

The boys' home was completed in 2003. We have a beautiful building that was built for a family atmosphere. It sleeps 16 boys and has living quarters for the director, Pedro, and his family. While you are there, play soccer, play games, teach them skills, practice English, play music, and create relationships with them.

We built a large shop building that we plan to use to teach the boys a trade. We need men and women to teach their skills to the boys. It would be great if your group had someone to teach a skill about two hours per day. Some examples would be carpentry and woodworking, plumbing, electrical, masonry, sheet metal, computers, English, and drafting.

The Girls Home

The Girls Home is a place where young women without anywhere else to go can have a safe, family-like atmosphere. The girls love to learn new skills and play games!

Shut-in Ministry

We visit with sick and elderly people in the area who are housebound and cannot t We pray for them, take food and supplies for them, i.e.: beans, rice, adult diapers, lotions, etc. These people are all a part of our sponsorship program as well. You also do a work project to build a home or repairs for them.

Shine a Light in Your Life Blind Center

The Blind Center was built to give the blind people living in San Luis a place to gather and to learn. They have Bible Studies, Braille equipment, and other tools to help them in their daily lives. A couple of suggestions of activities with the Blind Center is to help them make tamales, crafts, or cookies as well as sing songs and share testimonies.

Good Samaritan Soup Kitchen

Each Saturday, a community program is held for the children and their families. Come and help feed, play games, and do a program for the children!

Village Ministries

San Luis is in the state of Rio Colorado, Sonora, Mexico. Sonora is a large area. Our ministry takes us mostly to San Luis, but we do go all over the state. Within San Luis proper, there are many little villages. We take groups to these various villages to minister and share the love of Christ.

Ministry in the Dump

In San Luis, there are many people who live and work in the garbage dump. These are the poorest of the poor and they need some love. Take whatever you can to share with these people. Bring them sandwiches or hotdogs and a drink as well as any clothing or toiletries you have. There will be about 30 people there. You can share a meal with them, share the gospel message through testimonies, sing songs, pray for and encourage them.

Drug Rehab Ministry:

We visit several drug rehab centers. One of them is our New Life Center. There are men's and women's centers where you can go to share testimonies and bring beans to give out.

House of Grace Seniors Home:

This is the home to several individuals that had been neglected by their families, left in the dump or on the streets because they were unable to take care of them. They came into the home desperate, lonely and defeated. Being at the House of Grace has restored their faith and hope! You have the opportunity to visit with, pray for and encourage the residents. They love the time they have with the American teams.

Daycare Center:

This daycare exists in tandem with the Seniors Home, so when you visit one, you also visit the other. The center provides as many as 30 children with a safe, loving and supportive environment, and provides their parents with a peace of mind regarding their well-being while they work long hours as day laborers in the fields. These children are thriving both physically and spiritually in ways that wouldn't be possible with the support of the center. You have the opportunity to visit and play games with the children, and the opportunity to pray for them and love on them as Jesus does!

Other Ministries:

There are several community type projects you could do such as building a house for a poor and needy family, fixing a roof, painting at one of the ministry sites, making a meal at the immigrant shelter, running a special needs camp for our shut in children and more!

We have all types of construction projects that can be done for many skill levels. If interested, contact the trip coordinator.

SOMETHING TO REMEMBER: Everywhere you minister, you should take beans and rice. It is also good to take new and/or good used clothing to pass out. The clothing should be in good condition, and clean. You can play games with the children, face paint, sing songs, and share testimonies. We like to meet both physical and spiritual needs.

Gift Suggestions:

In General: toothpaste, toothbrushes, soap, toilet tissue, and food products

Girls Home: craft items, games, coloring books, pencils, pens, sidewalk chalk, buttons, reams of white paper and construction paper.

Boys Home: board/card games, sports items, pens, pencils, paper.

Soup Kitchen: sewing items – material, thread, wool for knitting, crochet items, paper, art supplies.

Shut Ins: adult diapers in great demand, personal towels, vitamins (adult & children).

Dump Ministry: shampoo, soap, toothbrushes, toothpaste, clothes, dignity items.

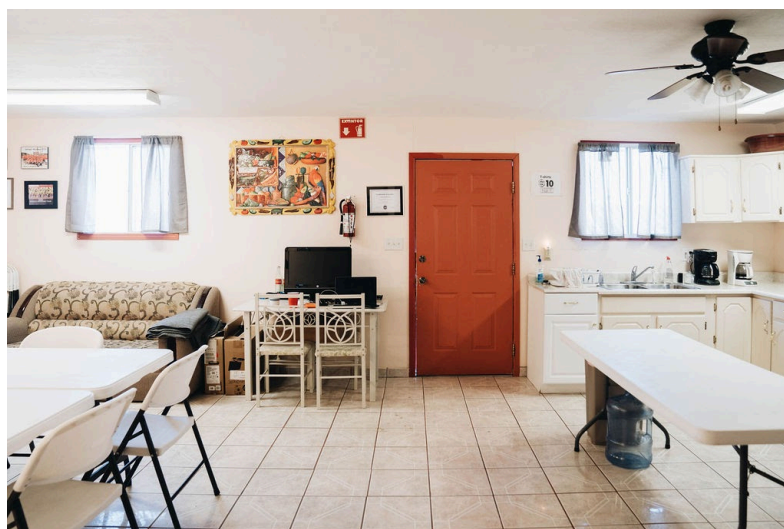
Churches to visit



San Luis, Mexico Churches

- Sunday 10 am **Vidas con Proposito** - Pastor Cesar (Girls Home Parents)
Family church
Opportunities to share sermons, testimonies, and programs.
- Sunday 10 am **Manantial de Vida** - Pastor Humberto and Veronica
Thursday 7 pm Partner church with Soup Kitchen
Opportunities to share sermons, testimonies, and programs.
- Sunday 11 am **Good Shepherd** - Pastor Alfredo
Thursday 7 pm Partner church with excellent focus
Opportunities for joint initiatives and medical clinics
- Sunday 11 am **Oasis** - Pedro Alvarado (Boys Home Director)
Wednesday 7 pm Alvarado family and Oasis boys with some others
Opportunities with Oasis boys. Pedro loves to preach.
- Sunday 11 am **New Life Center** - Isai Medina and his wife
Wednesday 7 pm New Life Center residents and families
Opportunities to share sermons, testimonies, and programs
-

Where you will stay



The Oasis Boys' Home has very nice facilities for your short term mission trip. A dormitory has been built there with three apartments on the first floor with a refrigerator, stove, two bathrooms, and bedrooms with bunk beds to accommodate a maximum of 20 people. The second floor has two bedrooms with bunk beds; one sleeps 8, and the other sleeps 12 for a total of 20 people. There is a kitchen and a large dining area. Oasis is surrounded by a wall and locked gate with barbed wire on top all around and is a safe place for missionaries.



Planning your trip

1. Visit <https://www.caringheartsmexico.org/interested-in-a-mission-trip/> and choose dates for your trip. Email Angela Bennett at angela.bennett@caringheartsmexico.org to get your team on the schedule and other information.
2. Get the word out about your trip.
3. Make sure everyone has or has applied for their passport.
4. Have every team member complete the online Mission Trip Application and Waiver of Liability. Both of which are available on the Mission Trip Resources Page of the website (www.caringheartsmexico.org/missions-trip-resources/).
*If a child is going on the trip without a parent, a Parental Permission Form must be signed. These can be emailed to the mission trip coordinator upon request.
5. Meet with your team to choose the ministries and/or projects you want to be a part of. Your team is responsible for raising the funds for these ministries. We will provide you with a budget worksheet specific for your team.
6. Plan with your team how you will do ministry. This could be through leading songs, sharing testimonies and devotional messages, playing games with children, construction projects, etc.

Things to Remember

- Remember that you are going to minister in a foreign country. The culture, the food, the way of life, and living facilities are very different. We are not there to change any of this. We are there to present the love of Christ to them.
 - Hold devotions each morning. Plan ahead of time who will lead the devotions.
 - You are going to San Luis as a representative of Caring Hearts Ministry. Most importantly, you are Jesus' hands extended. Please give honor to the Lord with your actions.
 - Please share as much English with the boys as possible.
 - **No smoking or alcoholic beverages permitted on the campus of The Oasis Boys' Home where the Mission House Dormitory is located.**
 - **Dress appropriately: no short shorts, spaghetti strings, or low cut blouses. Dress to not offend anyone. Do not wear open toe shoes/sandals out of the Oasis area.**
 - **Leave jewelry and designer clothes at home.**
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Food in Mexico

Most groups stop at Walmart in Yuma, AZ, before crossing into Mexico and buy snacks as well as breakfast and lunch supplies. YOU MUST BUY ALL MEATS, DAIRY, AND PRODUCE IN MEXICO OR IT COULD BE TAKEN FROM YOU AT THE BORDER. Your trip guide in Mexico can tell you how to get to Calimax, which is a very “American” grocery store on the way to Oasis where you can buy these things. There is also a Welton Market on the corner by Oasis.

Dinners can be prepared by our cook, Isabel, for an additional price. The Mexican food menu and meal planning sample is attached at the end of this packet. Let the trip coordinator know your meal plans so they can communicate with the Caring Hearts staff and Isabel.

Important Contacts

- Angela Bennett - Trip Coordinator - 720-308-4608 or angela.bennett@caringheartsmexico.org
- Allison Kaufmann- Trip Coordinator - 315-408-8515 or allison.kaufmann@caringheartsmexico.org
- Renee Martin - Administrator - 412-613-8919
renee.martin@caringheartsmexico.org
- Pete Robb - Chairman of the Board 941-224-9992 or peter.robb@caringheartsmexico.org
- Eliazar Rodriguez - Ministry Director of Mexican Ministries
011 52 653-102-8103 - eliazar.rodriguez@caringheartsmexico.org - speaks Spanish and English.
- Harold McKamish - Founder/Director 412-287-6222 or 941-795-8161 or 724-939-7425 or haroldmckamish@gmail.com

- In order to keep everyone safe, we ask that you . . .
 - Don't hand out money to the Oasis boys. If you want to give, give it to Pedro for him to hand out.
 - Don't let the kids play with your phone. You may not get it back in one piece!
 - Always use the buddy system.
 - Drink as much water as possible. You don't realize how fast you can become dehydrated, and Mexican hospitals are no fun.
 - **DON'T DRINK FAUCET WATER.** Only drink purified water that is provided.
 - Don't flush toilet tissue. Throw it away in the container provided. It clogs the toilets & septic system.
 - Don't leave the Oasis area. Your trip leader must always know where you are!
 - Don't ride unsecured in the back of a pickup truck. All transportation via vehicles must be secured in seat belts.
 - Dress modestly.
 - Don't forget sunscreen.
 - Always be flexible and ready to share God's love with whoever crosses your path.
 - Don't take any tools from the shop unless you let Daniel or Pedro know and you sign them out.
 - Clean the apartments well via the checklist (located on the refrigerator in the main house) before you depart.



Oasis Safe Lock Instructions



To program a new user code for the safe

Open the door.

Remove the battery cover and press the key button inside the battery compartment on the door back.

Yellow LED will go on.

Enter your new code (2-8 Digits) followed by the “#” key.

Yellow LED will go off to indicate the new code has been accepted and started.

If the new programming attempt fails, the yellow LED will flash with 5 beeps. You must attempt your new code again

Once your new code is changed, keep it in a safe place.

To open in an emergency:

Remove the cover between knob and keypad.

Use the override key (Luis has this) and turn it clockwise.

While holding key in turned position, turn the knob clockwise to open the door.

Packing Checklist

- PASSPORT (and copy of passport) AND ID
- TRAVEL MONEY (small bills - will get change in pesos)
- BIBLE, NOTEPAD, AND PEN
- PERSONAL HYGIENE ITEMS
- SUNSCREEN, HAT, SUNGLASSES
- REUSABLE WATER BOTTLE
- OFFERINGS FOR CHURCHES
- TOOLS FOR PROJECTS
- MINISTRY SUPPLIES
- LONG SHORTS
- TEE SHIRTS
- TENNIS SHOES
- SHOWER SHOES
- CHURCH CLOTHES (business casual, skirts/dresses preferred for women)
- CAMERA
- PHONE CHARGER
- EAR PLUGS IF NOT USED TO SLEEPING WITH OTHERS
- PRESCRIPTION MEDS



No need to pack bedding. Blankets, sheets and pillows are provided.

All clothing must be modest. No spaghetti straps, no short shorts and no low cut shirts.

Open toed shoes are not recommended, due to fire ants and potential debris hidden in the sand.

Last Minute Reminders and Do's/Don'ts

- **DO DRINK WATER** and in the summer, bring electrolytes.
- DO be flexible. The schedule will probably change. You might get uncomfortable or see things that make you sad. Be open, and be willing to experience something new!
- DO come ready to love and be loved and to have your life changed forever!
- DON'T use any foul language or swear at any time. We want to be an example to our kids!
- DON'T bring or consume any alcohol, tobacco or drugs at any time on this trip.
- DON'T be a hero... if you get heat sickness or any kind of sickness, tell your leader. It is better to take care of it at the beginning than let it go for a long time and get worse.



Flight Information

All missions' groups will fly into Phoenix, Arizona. Reservations are to be made so that those traveling from multiple states arrive in Phoenix at approximately the same time or within a one-hour window. There are four active terminals at the Phoenix airport. You must coordinate a meeting place. Your return trips should also be leaving Phoenix within the one-hour window of time if possible.

Air travel rates change daily. You should have your air travel booked a minimum of three months ahead in order to continue with other planning of your trip.

Renting Vans

Decide on how many 12 or 15 passenger vans are needed. Keep in mind the back seat can be taken out, but you will lose three seats. Also, you can rent a cargo trailer for the luggage which is cheaper than renting another van for luggage.

For van rental call A-1 Van Rental Leasing, 2217 E. Washington, Phoenix, AZ 85034 at 1-800-899-4320 and be sure to tell them you are a part of Caring Hearts Ministry.

**Most car insurance companies that we have contacted will not cover liability or collision of a 12 or 15 passenger van. A-1 rentals can provide supplemental liability insurance at \$1 million/claim with collision coverage with a \$500 deductible for \$43 per day. We have requested that they ensure that our rentals have this insurance. The only exception will be for groups that positively have church insurance coverage and proof. You must make sure you are covered in Mexico and in the USA. Anyone who drives the rental must give a copy of their insurance to A-1.

** Should you get in an accident in Mexico, you must call the police. Phone number is 066. The police will ensure that both parties agree to who is at fault and who will be paying the damages or medical expenses. If the other driver leaves the scene, it is best to take as many photos and notes as possible to describe the accident. Follow all Mexican Insurance policy steps. **

Avoid using NENAS Shuttle Services to and from Airport

If you happen to be traveling in and out of the YUMA Airport, avoid using NENAS Shuttle Services. We have experienced far too many issues and delays with this service. Please find another service provider if you are in need of this type of service.

Driving Directions

GPS - Jazmín & Calle 29

<https://maps.app.goo.gl/6fKwtnBAtgauGo5U8>

Phoenix Airport to A-1 Van Rental:

There are two ways to get to A-1 Van Rental:

Get a taxi for approximately \$20.

Light Rail Service. In Terminal #4, the Skyway will take you to the Light Rail Station. There you buy a pass for approximately \$1.50 and go WESTbound. You will have to get off at 24th Street and walk two blocks to A-1. They are on the left side of the street from that direction. Don't miss your stop; it is a long walk back from the next stop. From the airport terminals, follow signs to 24th Street North. You have to pay attention or you will miss the signs.

Follow the 24th Street signs until you come to 24th Street North.

Turn right. Stay on 24th Street in the left lane. You will come to East Washington.

Turn left. Go about 300 yards. Keep looking on your left for A-1 Van rental.

To go back to the airport to pick up your group:

Turn left from the van rental lot.

Stay in the left lane and turn left onto Interstate 10 South.

Stay in the right lane, and get off at the airport exit.

Follow signs to your terminal.

The men working at A-1 will be glad to explain to you.

From the airport to Yuma, Arizona (heading to Mexico):

From the airport follow signs, I-10 West to Highway 85, approximately 40 miles.

Highway 85 will take you to Rt. #8 WEST. (Don't get confused, you will see a Rt. 8 EAST exit. Pass that up. Rt. 8 WEST is a few miles ahead.)

Stay on Rt. 8 West into Yuma, AZ.

Get off Rt. #8 at the exit that says Yuma and Route #95 South

This exit will take you to 4th Avenue.

Turn left. This will take you to the shopping area and to several restaurants, Golden Corral, IHOP, and many others in that area. We suggest having dinner before entering Mexico. After leaving Yuma city limits there are no restaurants until San Luis, Mexico.

From Yuma to San Luis then to the Oasis Boys Home

Take 4th Avenue to 32nd St. West to Highway #95 South and Hwy. #95 South to the border. It will take about 40 minutes to get to the border.

Along 95, both in Yuma and again in San Luis, you will see Walmart easily accessible from an exit off 95. Stop at one of these to buy groceries. You can easily get back on 95.

As you enter San Luis, Arizona, USA, you will see several gas stations. Fill up with gas here.

This is also where you may be met by one of our staff persons to help you cross the border.

Directions to Oasis and Border Crossing

From the Circle-K on your right and a Chevron on your left, go straight to the border, about 400 yards.

As you get to the border hopefully you can go straight through without being stopped. (No jokes while passing through!)

When you get to the border, slow down but keep going. You will notice a green/red light..

IF YOU GET A RED LIGHT, you will have to turn left into the inspection area. You will tell them you are going to Oasis Boys Home on behalf of Caring Hearts Ministry to share with the kids and the people of San Luis. *****If you do not have someone on your team that speaks Spanish fluently, you need to print and complete the following document to help you with this communication.*****

There is a 99% probability that you will be inspected, so get in the far left lane and be prepared to go through the process. Answer all questions honestly and the best you can.

When finished, go to the next block, turn right to the light.

Turn left on **Obregon** to 26th street.

Stay on 26th to Jazmin Street. You will see an OXXO convenience store on the corner.

Turn left off of 26th street onto Jazmin. You will pass the Good Samaritan Soup Kitchen on your left.

In a couple of more blocks, you will see Oasis Boys home on your left. It has a concrete block wall around it. Watch when you enter the gate as it is rather narrow.

IF YOU GET A GREEN LIGHT, keep going straight through the light and to the second stop sign. Turn left. Go two blocks. Turn left.

Go to the main Street Obregon. Turn right.

Now follow the directions from above after you make your turn on Obregon

Now that you are here, check in and get ready for a week that will change your life!



Hola,

Este es un grupo de misioneros de _____ (ciudad, estado). Ellos vienen a servir los muchos ministerios de la organización de Corazones Compasivos, como la Casa Hogar "Oasis", el centro de ciegos, el centro de rehabilitación y el basurón. El grupo viajó a _____(ciudad)_____ (estado) y está usando un coche desde el aeropuerto. El grupo tiene unas maletas con ropa para la semana. Hay _____ (numero) personas y los pasaportes están listos.

Gracias y Dios te bendiga,

Angela Bennett

Director of Relationship Development

720-308-4608



Hello,

This is a group of missionaries from _____(city, state). They come to serve the many ministries of the organization of Caring Hearts, such as the "Oasis" Boys Home, the Center for the Blind, the Rehabilitation Center and The Dump. The group traveled to _____(city)_____ (state) and is using a car from the airport. The group has a few suitcases with clothes for the week. There's _____(number) people and passports are ready.

Thank you and God bless you,

Angela Bennett

Director of Relationship Development

720-308-4608



Sample CHM Missions Trip Budget Breakdown

We will provide you with a specific budget sheet for your team.

Insert # of Missionaries	10
Insert # of Nights in Mexico	6
Insert # of Prepared Meals	4

Travel	Individual	Group
Airfare	\$ 450.00	\$ 4,500.00
Van Rental/Insurance	\$ 200.00	\$ 2,000.00
Fuel (400 mi/12 mpg x 4.50 gal)	\$ 15.00	\$ 150.00
Travel Subtotal	\$ 665.00	\$ 6,650.00

Accommodations	Individual	Group
Lodging \$25/day/person	\$ 150.00	\$ 1,500.00
Eating Out (travel, Tacos, Pizza)	\$ 30.00	\$ 300.00
Groceries (eating in)	\$ 120.00	\$ 1,200.00
Prepared Meal Fees (only Labor)	\$ 40.00	\$ 160.00
Cleaning	\$ 12.00	\$ 120.00
Accommodations Subtotal	\$ 352.00	\$ 3,280.00

Ministry Options (Choose as many as you want)

Amounts listed are estimates for rice and beans for that ministry

Construction/Work Project	\$ - .00	\$ - .00
Girls/Boys Home	\$ - .00	\$ - .00
Shut-ins	\$ 6.00	\$ 60.00
Rehab	\$ - .00	\$ - .00
Soup Kitchen	\$ 6.00	\$ 60.00
Blind Center	\$ - .00	\$ - .00
Dump	\$ 8.00	\$ 80.00
Immigrant House	\$ 7.00	\$ 70.00
Villages	\$ 12.00	\$ 120.00
Misc Ministry/Fun Costs	\$ - .00	\$ - .00
Ministry Subtotal	\$ 39.00	\$ 390.00
Grand Total	\$1,056.00	\$10,320.00

AUTHENTIC MEXICAN MEAL MENU AND FEES

COOK FEES

1-5 people \$25 per meal	6-14 people \$40 per meal
15-25 people \$55 per meal	26-49 people \$70 per meal
50 or more people \$85 per meal	

MENU AND GROCERY FEES

Chile Relleno – Mild chile pepper filled with cheese, fried in batter and topped with a light tomato/chile sauce. **\$9.50 a person**

Birria – From central Mexico, a mildly spicy beef stew. **\$9.50 per person**

Tamales – Corn meal with chicken or beef, steam cooked in corn husks. Popular throughout México. **\$9.50 per person.**

Pozole – Homily corn soup with chicken and different ingredients you add in yourself. A popular Mexican meal for the holidays. **\$9.50 per person.**

Sopes – Fried corn tortillas stuffed with beans, with chicken, lettuce and onions on top. **\$9.50 per person.**

Enchiladas – Chicken or beef wrapped in a tortilla, smothered with a light chile sauce and cheese. **\$9.50 per person**

Mole – A spicily sweet sauce poured over chicken and rice, very popular in Mexico during holidays and celebrations. **\$9.50 per person**

Tacos de carne – Beef Mexican tacos. **\$9.50 per person**

Tostadas de carne o pollo. Beef or chicken mexican tostadas. **\$9.50 per person**

Spaghetti con carne molida – prepared Mexican style, it is delicious. **\$9.50 per person**

MEXICAN DESSERT – For **\$3.50 a person**, we can have homemade flan (egg custard with caramel); pastel de tres leches; gelatina con fruta de Durazno, piña o fresa; with any of your meals you wish. Delicious!!

All meals will include Mexican rice, refried beans, chips and sauce.

Rev. 2/6/26

SAMPLE MEXICAN MEAL ORDER FORM

DAY	MEAL	COOK FEE	# of PEOPLE	PRICE/ PERSON	TOTAL
SATURDAY	ENCHILADAS	\$40	10	\$9.50	\$95
MONDAY	POZOLE	\$40	10	\$9.50	\$95
TUESDAY	BIRRIA	\$40	10	\$9.50	\$95
WEDNESDAY	SOPE	\$40	10	\$9.50	\$95
THURSDAY	CALABAZAS	\$40	10	\$9.50	\$95
FRIDAY	MOLE	\$40	10	\$9.50	\$95
TOTAL COOK FEES		\$240			
TOTAL GROCERY COSTS					\$570

OFFICIAL MEXICAN MEAL ORDER FORM

TRIP NAME:					
TRIP DATES:					
WE LIKE FOOD:	<input type="checkbox"/> SPICY ON THE SIDE	<input type="checkbox"/> SPICY	<input type="checkbox"/> HALF SPICY		
DAY	MEAL	COOK FEE	# of PEOPLE	PRICE/ PERSON	TOTAL
					\$0.00
					\$0.00
					\$0.00
					\$0.00
					\$0.00
					\$0.00
					\$0.00
TOTAL COOK FEES		\$0			
TOTAL GROCERY COSTS					\$0.00

Cook fees - send on ahead to CHM

Grocery costs - Give cash to Isabel (love offering appreciated)

Beans and Rice

When we go to the ministries in San Luis, we hope to meet both spiritual and physical needs. Most groups take beans and rice to each location. Here is a list of beans and rice cost for each ministry based on the amount of people you will be serving.

- Village Ministries \$250 (includes candy for children)
- Garbage Dump Ministry: \$120
- Rehab Centers: \$100
- Blind Center: Bring money to purchase the items they make
- Nursing Home: \$50
- Shut ins: \$70

Love Gifts

Sometimes, mission team members feel led or want to give small (under \$50), cash, love gifts to the members of the San Luis team. You are welcome (but not expected) to bless the Mexican staff. This is an individual preference. It certainly extends your words of thanks for a service that you have appreciated. Our staff in San Luis receive salaries that are competitive in Mexico and are working out of calling from the Lord. We understand that you will have more contact with some of the staff, but we invite you to consider other staff members as well with your love gifts, especially when considering larger tips. Our staff is listed below:

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- Isaias (outreach and translation)
 - Fran and Pedro (Boys Home directors)
 - Cesar and Deborah (Girls Home directors)
 - Ines (shut-ins)
 - Isai (rehab/Life Center)
 - Isabel (cook for teams)
 - Rosalva (cook for Boys home)
 - Socorro (cook for Girls home)
 - Sarai (tutor)
 - Eliazar (San Luis Director)

If the Lord leads you to make a larger contribution for a specific reason, please discuss this discreetly with Eliazar or Renee first. We have special accounts for specific needs such as housing, and making a standard donation through our website or the mail then enables us to provide you with an appropriate tax receipt. Blessing one particular staff member with a very large love gift could affect the morale of the rest of the team members. We are so thankful for the generous hearts of our missions' team members.

Grocery List

Suggestions for purchases at Walmart before crossing the border.
 Remember how much room you have in the van to transport these items.
 There are grocery stores in San Luis.
 Avoid – fruit, vegetables and meat which **could be** confiscated at the Border.

Disposable Items:

Toilet paper for 5 bathrooms (if using additional apartments downstairs),
 kleenex tissues,
 Small garbage bags for bathrooms and tall kitchen bags.
 Paper towels, disposable plates, bowls, plastic cups, plasticware
 (The Mission House does have china dishes and silverware)
 Permanent marker to write name on your cup.
Soaps cannot say “antibacterial” because the septic system needs bacterial!
 Dish soap, hand soap for 5 bathrooms. Air deodorizer. **(No dishwasher)**
 Laundry soap; bleach or substitute.

Breakfast Shopping:

Milk, eggs, butter, coffee creamer, coffee regular/decaf, tea bags. Sugar.
 Pancake mix, syrup. Bread - whole wheat/white. Cereal, oatmeal individual bags.
Sausage and bacon should wait until after you cross the border.

Lunch Shopping:

Mustard, ketchup, mayo, peanut butter, jam. Cheese slices.

Snacks:

Potato chips, corn chips, cheez-its, salsa, etc. Cookies and snack bars.
 Canned Goods: fruit cups. (peaches, apple sauce). Mac & Cheese, soup.
