



# Puerto Rico! Important Information

## **Dates:**

**July 5-11, 2019**

## **Host Organization:**

**[missiondiscovery.org](http://missiondiscovery.org)**

## **Age Groups:**

**Senior High and  
College age  
Students, Adults, &  
Families with  
Children 10 and  
above**

## **Per Person Cost:**

**\$1500**

## **Documents**

### **Required:**

**Government I.D.**

## **Language Spoken:**

**Spanish**

For more info, contact  
Pastor Jerry O'Sullivan  
[Jerry@ShelterRockChurch.com](mailto:Jerry@ShelterRockChurch.com)  
516.627.2270 X333 or go to  
[ShelterRockChurch.com](http://ShelterRockChurch.com)

## **Shelter Rock Church**

Business Office  
626 Plandome Rd.  
Manhasset, NY 11030

## **Life in Puerto Rico after Hurricanes**

Join us as Shelter Rock Church heads to Puerto Rico in July of 2019. You will join a groups including 9th-12th grade students, college students, adults and families with children 10 and above to serve and minister in the capital of San Juan. We will be helping families continue to recover from the aftermath of Hurricane Maria that brought massive flooding and Wind gusts that peaked at 155 miles an hour, destroying everything in its path especially hundreds of electrical-transmission towers and critical infrastructure that has made recovery very difficult. Sheets of earth fell from the hillsides, smashing houses and erasing roads that became rivers of fast moving water. The people of PR are resilient and it will take decades for the Island to recover but we are hoping to help the people of PR recover much quicker.

We will be partnering with Mission Discovery [www.missiondiscovery.org](http://www.missiondiscovery.org) to help bring healing and recovery to the people of Puerto Rico. Mission Discovery has been serving people in need through out the Caribbean for over 25 years by meeting physical needs and also meeting spiritual needs by connecting them to Jesus Christ. While there we will be facilitating a Bible School for children and their families by sharing testimonies, leading athletic skills training, drama, teaching and crafts. We will also be running a medical clinic and doing construction to repair homes and local churches damaged by the Hurricanes. Our goal is to bless and encourage families in need sharing the good news of Jesus Christ through our words and actions.

## **Inside this Packet**

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## About the Camp

Accommodations are camp style - with dorm rooms with bunk beds. We will have separate accommodations for males and females. Anywhere from 6 -14 people in a room and each floor has male/female bathroom and showers. No air conditioning but the rooms we will be staying in do have ceiling fans and electricity where you can use a personal fan that will help in July heat and humidity. The facility looks nice it is clean and has plenty of outdoor space to play and be outside.

## What Happens on a Project?

Our team will depart from NY on Friday, July 5th, flying into the international airport in San Juan. We will settle into camp on Friday, Saturday we will visit a local sites in PR. Sunday through Wednesday will be working as a team in construction, medical missions and children's ministry in the community. The typical work day starts at 8am. We will be working on an ongoing construction project either building or repairing a house for a family or possibly a church or school. Depending on medical personnel that make up the team we will partner with a local doctor and pharmacist to host a medical clinic during the week.



After supper we will have a group meeting where we will have a time of worship and prayer, debrief from the day and talk about how we saw God at work through out the day.

Meals will be prepared by local Puerto Rican women and you will eat as a team together for breakfast and dinner at the camp. Lunch is usually PBJ at the worksite. Transportation to different ministry sites is provided by certified and licensed drivers in private buses.

## Health Information

### INOCULATIONS & MEDICATIONS:

We do recommend that all team members have updated tetanus. Puerto Rico does not require any immunizations, but we always recommend that team members check with their physician or local travel clinic. Your physician may also be willing to prescribe a prophylactic "Z-Pak "(or other antibiotic) should you have G.I. problems. Risk of Malaria is low for US travelers. Best way to prevent problems is simply to wash your hands and avoid putting your fingers in your nose, eyes and mouth. Carrying some Imodium with you is always a wise thing to do but every precaution is taken to provide us with clean water and food at camp.

### MEDICAL:

**Please bring a 2 WEEK supply of medications you are required to take.**

Put your medications in your carry-on and keep it with you at all times during the project.

Should any health problems arise while you are on the trip, you will be treated promptly. We hope to have medical personnel with us on the trip from our church to help with basic medical care and injuries that may occur.



## Travel Information

### FLIGHT INFO:

We will depart LGA on Friday, July 5th, meeting at 5:00am and departing by 7:50am via Southwest Airlines. We will return to LGA on Thursday, July 11th, at 10pm.

### LUGGAGE:

You must fit all of your clothes, tools, and personal stuff in one **50 LB** duffle bag, that you will live with in your dorm all week, and a carry-on bag/backpack. Don't check the carry-on with other luggage. Don't put tools in your carry-on. **Pack at least one change of clothing in your carry-on and basic necessities like a medication, in case the airline loses your checked luggage and those are the only items you have for several days.** It is not uncommon to have bags lost or delayed so be prepared by packing essential items in your carry-on. Do not take valuable jewelry or electronics. We cannot be responsible for anything you lose.

### TRAVELING ATTIRE:

On arrival day, you may wear a comfortable pair of shorts/pants and your Team t-shirt. This will help us be identified as a group and create interesting conversations as we travel. Flight time to PR is usually between 4-5 hours.

## Camp Life

### CLOTHING:

Every workday your clothes will be subjected to one or more of the following: dirt, mud, wet cement, wood splinters, and sweat. Your clothes should be functional and comfortable above all else. We recommend hospital scrub-style or other loose cotton lounge pants. They are much cooler than jeans or other types of clothing. Please label all of your clothes to guard against loss. Shorts are generally discouraged for cultural reasons and safety when working in the community, long pants are preferable for both men and women. All shirts must have sleeves. Tank-tops, halters, mid-riffs, and tube tops are not allowed at camp or on worksites. Please bring one set of comfortable, casual/dress clothes for when our group is invited to a special event in the community such as church. One pair of durable waterproof strap-on sandals with toe covering (such as Keens) and a pair work shoes/sneakers are recommended. **PR is known for being very hot and humid so be prepared for these conditions.** **You will be provided with a packing list.**

**Long pants and shirts with short sleeves are required for the worksite.** On the worksite, some clothing is inappropriate, such as shorts, tank tops, halters, mid-riffs, and sleeveless sun-dresses. As servants to people of another culture, we must be careful not to offend them by going beyond their standards of decorum. Please make modesty a priority with all the clothing you choose to take along.

### MONEY:

While on a Missions project you will need to bring money for souvenirs and optional activities on our day off. We recommend you bring \$200-300 dollars for spending money. We will also have various opportunities to make financial contributions to missionaries in the area so you can bring extra if you are hoping to donate. Please remember that Shelter Rock can not be responsible for lost or stolen money.



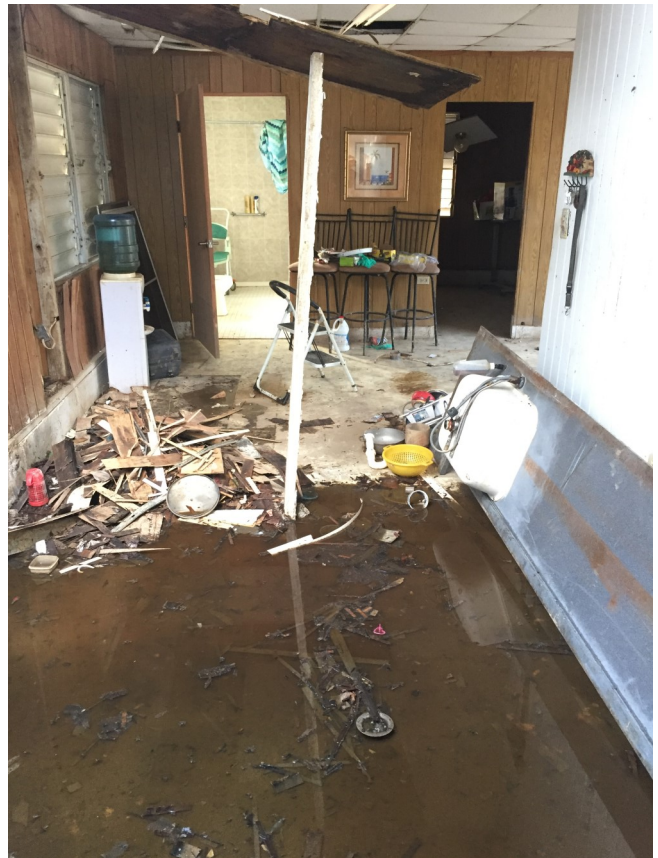


## Getting Your Government ID or Passport

### PASSPORT:

If you don't have a government issued I.D., such as a driver's license, you must have a Passport. When applying for a passport you will need to submit an application at least 10 weeks prior to departure. Passport applications are available at the nearest main branch of your United States Post Office. Allow for plenty of time in its delivery. **The airlines will not allow you to board your flight without a government issued ID or a passport!**

Passports and IDs must be valid for at least 6 months after returning to the United States.





## ***Odds and Ends:***

### **PAPERWORK:**

There is also an On-line Application once deposits are submitted you will get a link. Complete by April 1.

### **RESPONSIBILITIES:**

All participants must prepare spiritually, emotionally, physically, and mentally prior to leaving on this trip; the preparation will have two phases. Individual preparation will be the focus from February-April. Team building will be the focus May-July. Participants are required to come to each team meeting (unless cleared with Pastor Jerry) and complete the preparatory materials prior to the trip. All participants must fundraise and be diligent in raising support for the costs of their trip. Pastor Jerry will help you with several fundraising opportunities such as letter writing, and various other opportunities to raise money prior to the trip but you need to be diligent and creative.

### **INSURANCE:**

Each person is responsible to know his or her own medical insurance policies when traveling out of country; If your insurance does not cover emergency care when traveling out of country go to [www.cdc.gov](http://www.cdc.gov) and look for advice on short term travel medical coverage. We will also purchase travel insurance.

### **CHILDREN'S MINISTRY:**

Our team is responsible to provide ministry to children the week we are there Everyone will participate in this it is one of our most effective ways of reaching out into the community and reaching families with the gospel. If you are interested in being the lead person for some aspect of this ministry let Pastor Jerry know. We will be responsible for the following skills training, games, testimonies, Bible story, songs, drama, and crafts. We will bring everything we need for Children's Ministry from home. The more organized we are, the smoother it will run. We will need to plan most of our sessions before we arrive in PR to avoid being stressed out.

### **EMERGENCY PHONE NUMBER AND EMAIL:**

We discourage bringing cell phones and electronics, cell phones will work where we are going. There is cellular service but please check with your cellular carrier if you have coverage in Puerto Rico prior to the trip. We will have the ability to call and an emergency number will be given to family members in the States so you can be reached.





# PR BOUND! IMPORTANT INFORMATION



## ***Schedules:***

### **PAYMENT SCHEDULE:**

Total cost of the trip is \$1500.00 does not include any fees for passport, or over weight luggage. You will also need to pay 50.00 per person for a mandatory Background Check for everyone 18 and over.

02.10.19 - Deposit of \$300.00 (You can submit a deposit sooner to reserve a spot)

03.03.19 1st Payment - \$300.00 (Total of \$600.00 needs to be in account)

04.07.19 2nd Payment - \$200.00 (Total of \$800.00 needs to be in account)

05.12.19 3rd Payment - \$200.00 (Total of \$1,000.00 needs to be in account)

06.09.19 4th Payment - \$200.00 (Total of \$1,200.00 needs to be in account)

07.07.19 5th Payment - \$300.00 (Total of \$1500.00 needs to be in account)

All checks should be made out to Shelter Rock Church. Checks can be mailed to Shelter Rock Church or given to Jerry O'Sullivan. Spots are limited can only be reserved by a \$300.00 non-refundable deposit. You can mail checks to Shelter Rock Church or drop in offering basket just put on envelope or in the memo of the check "Attn: Jerry - PR Trip". In order to be tax deductible, your name must NOT appear in the memo section of the check.

Payment will cover your airfare, lodging, transportation, and food while in PR The only thing you will need to cover is spending money for souvenirs or if you plan to do an optional activity on our day off.

### **FUNDRAISING SCHEDULE:**



### **WE WILL SET UP AN ON-LINE GIVING PAGE AND PEOPLE CAN DONATE VIA CREDIT OR BANK CARD BY FEBRUARY 2019**

**MARCH:** Letter Writing Campaign - Starts April of 2019. We will write letters to friends, family, asking them to help you with the costs of the trip. Write lots of letters as soon as possible to everyone you and your family knows. Don't be afraid to ask neighbors and people who you don't know all that well. People are excited to partner with you and be part of something that is God-sized. The earlier you start, the better. This is the major way that most people raise the funds they need. (Look for sample letter and instructions in writing letters. You CANNOT write to people at Shelter Rock Church without permission from Pastor Jerry)

### **MAY/JUNE:**

Local group service project where we will focus on team building and also asking friends, family, and members of the congregation to sponsor our efforts as we work together in the community. If you have any idea of places we could serve as a team such as a clean up project, building project, or some other form of outreach, let Pastor Jerry know.



## ***Preparation***

### **INDIVIDUAL PHASE FEBRUARY-APRIL:**

We will have people from different backgrounds, ages and places in life. Students or people who live outside of Long Island are able to participate in the trip by completing a curriculum, that the entire team will be working through as individuals. Monthly homework will be due at the end of the month along with your payments. Homework assignments once completed can be emailed to Pastor Jerry or another specified group leader. Once you have confirmed you are going via deposit, forms will be emailed and curriculum will be sent out by mid-February, 2019. During this phase of preparation our team will practice various spiritual disciplines such as Bible study, scripture memorization, and fasting to prepare us for working with one another in Nicaragua. The key attributes we will seek to develop during this time are understanding what it means as a follower of Christ to be a Learner, Servant and Storyteller. Assignments must be handed in on time or you need to communicate with Pastor Jerry to let him know about any complications.

### **TEAM BUILDING PHASE MAY-JULY:**

Everyone will play a role and must do their part if we are to do a God-sized thing in PR, this includes group preparation and team building. We will have monthly and monthly team meetings and a Spring service projects where we will have the opportunity to get to know one another and start to come together as a team. Attendance at team meetings is important and you need to let Pastor Jerry know if you cannot attend a team meeting before the scheduled date. Schedule will be sent out by mid-February.

## ***We Ask for a High Standard***

- Our team from SRC will be composed of 60-65 participants.
- The trip is open to Senior High, College students, adults and younger students 10 years of age and up if they are with a family member.
- As a team, we hope to be intentional about spiritual disciplines such as Bible study, prayer and hearing from God in the months leading up to the trip through personal and group devotionals and journaling.
- Team members must attend a church on a weekly basis.
- A maximum of two meetings can be missed without some formal make-up process. Please inform Pastor Jerry prior to a the team meeting if you cannot attend. (Schedule will be given out in February)
- Team members must complete required individual and team preparation prior to the trip.
- Behavior, especially with the opposite sex, needs at all times to be honoring to the Lord.
- This is a work project and every member must be willing to work at whatever is being done, i.e., mix cement, lay block, dig, clean up, help in the kitchen, etc. Each is expected to do his or her share and nothing will be asked of anyone that he or she cannot do. Each one must be willing to work and cooperate with the leadership of your church and leadership provided by Mission Discovery.
- We ask skilled people to be aware that things may be done differently within your trade. Please be adaptable and flexible as we work together to the glory of God.
- Unless you are married to one another, we ask that there be no emotional/physical involvement or contact. Do not go into any rooms/dorms belonging to the opposite sex. No Public Displays of Affection (PDA) or pairing off is permitted. It tends to distract from the real purpose of the team. "No pairing off" offers a better relationship and more fellowship with the other team members.
- No smoking or use of drugs (let Pastor Jerry or the team medical person know if you are on a prescription or taking over-the-counter meds).
- No alcoholic beverages of any kind are to be consumed during the trip. This includes on the plane and meals at the end of the trip.
- No t-shirts that display cigarettes, alcohol products, drugs, rock groups, obscene or suggestive language. No tank tops, tube tops, mid-riffs, or halters.
- The only appropriate piercing would be for females who have their ears pierced. Anything other than ear piercing for females would be culturally insensitive to the people we are going to minister to.
- You must be willing to commit time and energy to individual and team preparation so that we come together as a team before we land in PR.