

Church of the Holy
Comforter's
2009
Costa Rica Mission Trip



Companion Diocese-Costa Rica Engaging the Gospel in Transforming Ways

Since 2000, the Diocese of North Carolina has enjoyed a vibrant and expansive relationship with the Diocese of Costa Rica. Congregations across our diocese engage in ongoing service and friendship with Bishop Hector Monterroso, and his clergy, and staff. Together, we build the Episcopal Church in their country by addressing health care needs, church maintenance and programming, new church planting, and day care and educational needs. Part of Bishop Monterroso's vision for his diocese is, "They will know we who are as a church by how we take care of the children."

Parishioners of Church of the Holy Comforter have been given the opportunity to make the relationship between our dioceses even more meaningful. We are planning a mission trip to Germania, in the province of Limon, Costa Rica.

Dates:

Saturday, October 17th – Saturday, October 24th

- We will depart out of Charlotte on USAirways. Please plan to arrive at the airport by 9 a.m. on October 17th. This is a direct flight to San Jose, Costa Rica.
- We will return to Charlotte on USAirways on October 24th at 8:45 p.m.

Cost: \$1500

This amount covers transportation, room and board, and the basic cost of the rain forest adventure.

The only additional money needed is for food on travel days, airline luggage fees, and anything you choose to purchase.

Planning Timeline –Mission Trip 2009 Costa Rica

Spring 2009

Mission Registration form (including name as it appears on passport)

\$200 non-refundable deposit

August 1st - Deadline

\$650 (non-refundable air travel payment due)

September 1st - Deadline

\$650 (non-refundable air travel payment due)

October 17th

Depart Charlotte at 11:20 a.m. and arrive in San Jose at 2:30 p.m.
(Central Time Zone)

Mission Trip Focus

Iglesia San Lucas recently added a 200 sq meter multi-purpose room in the back of the sanctuary. This space is used for:

- Congregational Reunions
- Bible School
- Community Meetings
- Emergency Shelter
- Medical Missions

Needs in multi-purpose space:

- Windows
- Ceramic Tile
- Doors
- Tables & Chairs

Additional needs at Iglesia San Lucas

- Book of Common Prayer (Books in Spanish)
- Hymnals in Spanish
- Altar Linens
- Altar Guild Supplies and Training

Work Days

Our work will include laying tile and installing windows in the multi-purpose room at San Lucas. However, work is not the only reason we will be there. We are also there to build relationships and to strengthen a parish-to-parish relationship, and support our sister diocese.

Evenings

Most nights, we will have dinner at Earth University and will be able to enjoy walks on their beautiful campus. Each night after dinner, we will meet as a team. This is an opportunity to catch up with each other and hear about the day.

Adventures

We will have a midweek nature adventure - an escorted half-day trip into the rain forest, and at the end of the week, we will travel to San Jose to spend the night and visit the sights of the city and do some shopping. The basic cost of these adventures is built into our budget; however, you'll need some spending money for your purchases.

Preparation

Travel Documents

- Passport
Make sure you have a valid US Passport that will not expire for six months from your trip's return date
Processing a Passport application takes approximately 6 weeks using *routine service*, or two weeks using *expedited service*

Shots

- Tetanus Vaccine
- The following websites may be consulted for additional information
<http://www.cdc.gov/travel/camerica.htm#vaccines>
http://www.mdtravelhealth.com/destinations/mamerica_carb/costa_rica.html

Baggage

One checked bag under 50 lbs with a charge of \$15
One Carry-on Bag at 45 in/114cm and 40 lbs.

Packing List Suggestions

- Shorts/pants
- T-shirts
- Tennis shoes (closed toe shoes)
- Rain coat (this will be the rainy season; average high temperature 78 degrees F, average low 65 degrees F)
- Evening clothes
Casual
Bathing suit – there is a nice pool at Earth University
- Bandanas / Hat / Visor
- Sunglasses
- Binoculars (these will be helpful on our nature tour)
- Sunscreen
- Bug Spray (at least 20% DEET)
- Personal Medications in their original bottle
- Multivitamins
- Pepto-Bismol
- Imodium AD
- Hand Sanitizer (travel size)
- Soap & Shampoo
- Alarm Clock
- Spending Money (souvenirs and food on travel days)

Optional:

- Glasses (for contact wearers)
- Pillow – if you can pack in your luggage
- Camera, film, batteries
- Chap stick

- Granola Bars

Church of the Holy Comforter 2009 Costa Rica Mission Trip Registration

Please use your name as it appears on your Passport!

Registrant's Full Name _____

Address _____

E-mail _____

Telephone # _____

Dates of trip: Saturday, October 17th –Saturday, October 24th

Destination: Costa Rica

Total Cost: \$1500

Deposit Info & Refund Schedule:

Sign up deadline is _____

- Registration: This form & \$200 non-refundable deposit due
- August 1st: \$650 for balance of air travel payment due (non-refundable)
- September 1st: \$650 balance of entire cost of trip is due.

Date of Birth _____

Passport or Social Security Number _____

Beneficiary _____

Signature _____

USAirways Dividend Miles # (if available) _____

Roommate requested (double occupancy rooms) _____

Church of the Holy Comforter
Medical & Liability Release Form – Costa Rica 2009

*Please complete a separate form for each volunteer and attach a copy of your insurance card.
Please use your name as it appears on your passport!*

Name of Volunteer _____ Age _____ Birth date ____/____/____
Gender: **M** **F**

Name of Adult Family Member _____

Address _____ City _____ Zip _____

Home Phone _____ Work Phone _____

Doctor's Name _____ Doctor's Phone _____

Alternate Emergency Contact _____ Phone _____

Insurance Information:

Insurance Carrier _____ Phone _____

Group Number _____ Policy Number _____

Please list all allergies _____

Activity Restrictions? **YES** **NO** Please explain _____

Please indicate any serious operations or illnesses and their dates (or other medical conditions of which we should be aware) _____

Date of last tetanus shot (should be within the last ten years or per doctor's recommendation) _____

Liability Release: Every activity sponsored by Church of the Holy Comforter I carefully planned and adequately supervised by mature adults. However, even with the best of planning and precaution, unforeseen events can occur. By signing this form, I agree to assume and accept all risks and hazard inherent in church related activities. I also agree not to hold this church, its employees, or volunteers liable for damages, losses or injuries to the person or property of the undersigned.

Medical Release: I hereby give my permission to the physician or dentist selected by the church leadership to hospitalize, secure proper treatment, and/or order and injection, anesthesia, or surgery for myself as deemed necessary. It is understood that the expense of this service will be my responsibility. To the best of my knowledge, the information on this form is accurate and complete and I understand that signature is for both medical and liability release.

SIGNATURE _____ **DATE** _____