



Hello,

I'm David Howard and I have the privilege of being Capital City Baptist Association's Director of Missions. Together we will be launching out on a life changing experience for God to use us as we travel to and from the Dominican Republic and while we are there. The trip dates are February 4-11, 2012.

This is a guide to help direct you to important sites that have been pulled together for your convenience. You could also bookmark [www.capcity.org](http://www.capcity.org) in an event this letter would be misplaced.

***U.S. Passport:***

*U.S. Department of State*

Application: [http://travel.state.gov/passport/get/first/first\\_830.html](http://travel.state.gov/passport/get/first/first_830.html)

Renewal: [http://travel.state.gov/passport/renew/renew\\_833.html](http://travel.state.gov/passport/renew/renew_833.html)

Fees: [http://travel.state.gov/passport/fees/fees\\_837.html](http://travel.state.gov/passport/fees/fees_837.html)

*United States Postal Service*

Information: <http://www.usps.com/passport/>

***Visa:***

Dominican Republic Visa is purchased in the Cibao International Airport (STI) Santiago Airport for \$10.00. You need a new US ten dollar bill.

***Medical Travel Insurance:***

Medical travel insurance is provided through Gallagher Charitable International Insurance Services. The coverage begins when you leave home and it ends when you return home on the specified mission trip dates.

***What you need to do:***

Complete the application at <http://www.capcity.org/form.php?pageID=46>

Deposit Dec. 1 \$200.00 and payments Dec. 15, Jan, 15 and Feb. 1 of \$350.00

***Trip Fee:***

\$1,250.00

Fee include screening, medical insurance through Gallagher Travel Insurance, room, board (in pastors' and church members' homes) and transportation while in the Dominican Republic.

Fee does not include Visa to enter the Dominican Republic (\$10.00) travel meals in route to and from the airport and in the airports (\$20-30), two meals on our day off (\$20-30).

### ***Itinerary:***

February 4-11, 2012

04 Saturday: Traveling - from St. Louis, Chicago, etc. meeting in Miami then to Santiago

05 Sunday: Worship services at as many sites as possible

06 Monday, 9 AM - 5 PM: Primitive Clinic at Otra Banda, instruction on medical interventions as needed, personal hygiene training, evangelism for patients and family and adult discipleship - Worship Services

07 Tuesday, 9 AM - 5 PM: Primitive Clinic at Otra Banda, instruction on medical interventions as needed, personal hygiene training, evangelism for patients and family and adult discipleship - Worship Services

08 Wednesday, 9 AM - 5 PM: Primitive Clinic at La Joya, instruction on medical interventions as needed, personal hygiene training, evangelism for patients and family and adult discipleship - Worship Services

09 Thursday, 9 AM - 1 PM: Primitive Clinic at Don Pedro, instruction on medical interventions as needed, personal hygiene training, evangelism for patients and family and adult discipleship - Souvenirs shopping and little site seeing

10 Friday, 9 AM - 1 PM: Primitive Clinic at Los Santos, instruction on medical interventions as needed, personal hygiene training, evangelism for patients and family and adult discipleship - Site seeing

11 Saturday: Traveling - From Santiago to Miami splitting to St. Louis, Chicago, etc.

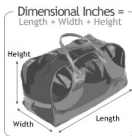
### ***Personal Preparation:***

**Physician:** Check with your personal physician or travel nurse for vaccinations, an antimalarial drug prescription and Ciprofloxacin (Cipro) for travelers diarrhea.

### **Centers for Disease Control and Prevention (CDC)**

<http://wwwnc.cdc.gov/travel/destinations/dominican-republic.aspx>

### ***Packing:***



**Luggage:** We will be allowed to check a maximum of two pieces. The dimensional measurements are calculated by adding the length, width and height of an item and the sum cannot exceed 62 dimensional inches and 50 lbs. ***Rolling*** luggage is recommended.

**Carry-on:** Pack a toothbrush, underwear and an extra set of clothing in your carry-on to use in case your luggage is lost. The carry-on size not to exceed 45 inches and must weigh less than 40 pounds. A rolling carry-on is recommended.

[http://www.tsa.gov/travelers/airtravel/screening\\_experience.shtm](http://www.tsa.gov/travelers/airtravel/screening_experience.shtm)

**Personal Items:** You are allowed to carry on one personal item such as a purse, briefcase, camera case, or laptop computer.

**Liquids:** in carry-ons are limited ***3.0 oz. and single quart-size, clear plastic, zip-top bag***. The quart-size bag must be removed and place in the tub provided at the security checkpoint.

<http://www.tsa.gov/311/index.shtm>

## **Clothing:**

(February: Temperature Early Morning 70, Mid-Day 80, Evening 75, Rainfall average is 2")  
Comfortable and modest apparel is important. Washing clothes can be arranged on Wednesday or you can wash and hang.

### Daily

- 3 shirts/blouses/scrubs
- 3 khaki/capris/denim/scrubs
- 1 comfortable shoes at the clinics (no sandals)

### Worship

- 2 Casual shirts/blouses
- 2 Casual slacks/skirts
- Sandals are acceptable for worship and tourism

### General

- Jewelry is acceptable. Please leave your grandma's ring, grandpa's watch, Rolex or other high dollar or sentimental things at home.
- 1 Light jacket/vest/sweater
- 1 Rain - umbrella, coat (jacket could serve both purposes)
- 1 Hat/cap (to protect you from sun)
- 1 Sleeping/lounging
- 1 Refillable drinking water bottle

### Miscellaneous

- Extra Rx glasses or contacts
- Sunglasses
- Sun Screen
- Moisturizing lotion
- Lip Balm
- Antibacterial gel
- mosquito repellent (at least 25-50% deet is recommended)
- anti-itch cream
- Camera
- Back Pack
- Journal/pencils/pens
- Flashlight
- Toiletries
- Snacks
- Gum

### Essentials

- Bible
- Passport (color copy of the face page of your passport hidden in each piece of your luggage plus one that you carry with you in country at all times unless you carry your

passport)

- Medications
- Spending money (\$200.00 in new US bills should be sufficient, more or less is your choice - credit cards are accepted at many places - you should notify your credit card bank/company and tell them your will be in the Dominican Republic)
- Spiritual Preparation - Carnaval is biggest most colorful event of the Dominican Republic holidays. The Carnival in Santiago has been going on since 1867 and it occurs every Sunday in February. Remember Ephesians 6:12.

## *Check List*

### **Trip Preparation**

- Passports
- Vaccinations
- Money
- Bible
- Car keys, house key. (Leave unnecessary keys at home)
- Stop the mail and newspaper.
- Adjust your house thermostat.
- Check the refrigerator and discard foods that might spoil.
- Arrange for someone to water your plants and take care of your pets.
- Don't forget to leave the keys and itinerary for family members.
- Attach a luggage tag on each of your items.

### **Personal Items**

- suitcases (with wheels)
- shirts, blouses, pants, dresses, hats, coats
- rain protection - travel umbrella or raincoat
- underwear, socks
- toiletries, cosmetics, shaving needs, deodorant, shampoo
- dental floss, toothbrush, nail clippers, nail file
- contact lens preparations, extra pair of eyeglasses if possible
- camera, batteries, recharger, small flashlight, travel alarm clock, hair drier
- slippers
- backpack
- A printed list of emergency phone numbers or address book
- sunglasses

### **First Aid Kit**

- aspirin or analgesic
- decongestant or cold/sinus medication
- antiseptic spray
- mosquito repellent (at least 25-50% deet is recommended)
- anti-itch cream
- anti-diarrheal
- special medications
- sun block
- moist towels

### **Food**

- food supplements
- vitamins
- snacks, gum

## ***Spiritual Preparation***

### Team Assignments:

1. ***Prepare*** your testimony using the following outline:
  - A. Before: your life before you knew Christ
    - a. Before you came to Christ, where were you spiritually?  
How did that affect you -- your feelings, attitudes, actions, and relationships?
    - b. Before you became a Believer, what were some ways God began drawing you to Christ?
  - B. How: your conversion
    - a. What motivated you to invite Christ into your life as Lord and Savior?
    - b. Specifically, how did you come to Christ, receive His forgiveness and submit to His Lordship?
    - c. If a church played a part in your conversion, how did you come in contact with that congregation? Who and what do you remember from your first visits?
  - C. After: your new walk with Christ
    - a. What changed in your life after you accepted Jesus as your Savior?
    - b. Finish this sentence: "My prayer is...."
2. ***Practice*** your testimony and be able to tell it in 3 minutes or less.
3. ***Publicly*** share your testimony with at least 3 different people not family members. This could be in Sunday School, Church service, etc.
4. ***Pray*** that God will lead you to share your testimony to a person(s) that has his/her back turned to God.
5. ***Place*** God's Word in your mind. Follow the Scripture Memorization Schedule.
6. ***Petition*** five persons to pray for you as you prepare for the trip, while you are on the trip and when you return.
7. ***Procure*** *Impact Your Life Basic Training For Missions Teams* by Jerry Rankin & Phyllis Tadlock, ISBN 1-4158-3543-8. You can find this at the LifeWay Store. Follow the study guide schedule.

## *Scripture Memorization Schedule*

Why are we doing Scripture Memorization?

[I pray] that your participation in the faith may become effective through knowing every good thing that is in us for [the glory of] Christ. Philemon 1:6 (HCSB)

Memorize at least the ***bold, italic and underlined verses.***

December 1 - John 3:16-18 - "***For God loved the world in this way: He gave His One and Only Son, so that everyone who believes in Him will not perish but have eternal life.*** For God did not send His Son into the world that He might condemn the world, but that the world might be saved through Him. Anyone who believes in Him is not condemned, but anyone who does not believe is already condemned, because he has not believed in the name of the One and Only Son of God. (HCSB)

December 8 - 1 John 1:8-10 - If we say, "We have no sin," we are deceiving ourselves, and the truth is not in us. ***9 If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.*** If we say, "We don't have any sin," we make Him a liar, and His word is not in us. (HCSB)

December 8 - Romans 3:9-11 - What then? Are we any better? Not at all! For we have previously charged that both Jews and Gentiles are all under sin, as it is written: ***There is no one righteous, not even one.*** There is no one who understands; there is no one who seeks God. (HCSB)

December 15 - Romans 3:21-26 - But now, apart from the law, God's righteousness has been revealed—attested by the Law and the Prophets —that is, God's righteousness through faith in Jesus Christ, to all who believe, since there is no distinction. ***23 For all have sinned and fall short of the glory of God.*** They are justified freely by His grace through the redemption that is in Christ Jesus. God presented Him as a propitiation through faith in His blood, to demonstrate His righteousness, because in His restraint God passed over the sins previously committed. [God presented Him] to demonstrate His righteousness at the present time, so that He would be righteous and declare righteous the one who has faith in Jesus. (HCSB)

December 22 - 1 Corinthians 15:3-5 - ***For I passed on to you as most important what I also received: that Christ died for our sins according to the Scriptures, that He was buried, that He was raised on the third day according to the Scriptures, and that He appeared to Cephas, then to the Twelve.*** (HCSB)

December 22 - John 14:6 - ***Jesus told him, "I am the way, the truth, and the life. No one comes to the Father except through Me.*** (HCSB)

December 29 - Romans 6:23 - ***For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.*** (HCSB)

January 5 - Romans 5:6-11 - For while we were still helpless, at the appointed moment, Christ died for the ungodly. For rarely will someone die for a just person—though for a good person perhaps someone might even dare to die. **8 But God proves His own love for us in that while we were still sinners, Christ died for us!** Much more then, since we have now been declared righteous by His blood, we will be saved through Him from wrath. For if, while we were enemies, we were reconciled to God through the death of His Son, ?then how? much more, having been reconciled, will we be saved by His life! And not only that, but we also rejoice in God through our Lord Jesus Christ. We have now received this reconciliation through Him. (HCSB)

January 12 - Romans 10:8-13 - On the contrary, what does it say? The message is near you, in your mouth and in your heart. This is the message of faith that we proclaim: **9 If you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised Him from the dead, you will be saved. 10 One believes with the heart, resulting in righteousness, and one confesses with the mouth, resulting in salvation.** Now the Scripture says, Everyone who believes on Him will not be put to shame, for there is no distinction between Jew and Greek, since the same Lord of all is rich to all who call on Him. **13 For everyone who calls on the name of the Lord will be saved.** (HCSB)

January 19 - Ephesians 2:8-10 - **For you are saved by grace through faith, and this is not from yourselves; it is God's gift— not from works, so that no one can boast. For we are His creation, created in Christ Jesus for good works, which God prepared ahead of time so that we should walk in them.** (HCSB)

January 19 - Philippians 4:13 - **I am able to do all things through Him who strengthens me.** (HCSB)

January 26 - 2 Corinthians 5:17 - **Therefore, if anyone is in Christ, [he is] a new creation; old things have passed away, and look, new things have come.** (HCSB)

January 26 - 1 Corinthians 10:13 - **No temptation has overtaken you except what is common to humanity. God is faithful, and He will not allow you to be tempted beyond what you are able, but with the temptation He will also provide a way of escape so that you are able to bear it.** (HCSB)

February 2 - Hebrews 4:12-13 - **12 For the word of God is living and effective and sharper than any double-edged sword, penetrating as far as the separation of soul and spirit, joints and marrow. It is able to judge the ideas and thoughts of the heart.** No creature is hidden from Him, but all things are naked and exposed to the eyes of the One we must give an account to. (HCSB)

### ***Impact Your Life Basic Training For Missions Teams***

#### **Study Guide Schedule**

This link <http://capcity.org/#/broad-member-involvement/mt-prep> will lead to videos that will accompany the book. The Password is **DR101**. You can play the video on your computer.

Begin your study on January 1. On page 103 you will find “30 Days of Bible Study.”

Chapter 1	December 15
Chapter 2	December 22
Chapter 3	December 29
Chapter 4	January 5
Chapter 5	January 12
Chapter 6	February 2

### ***Dominican Republic Mission Trip Team Meeting Schedule***

Location: at your home on Skype or at the CCBA office

December 1, 7 PM	Introduction Meeting
December 15, 7 PM	Tell me His story in your life (your testimony) Basic Training Chapter 1 Memory Verses Trip Sketch
December 29, 7 PM	Basic Training Chapter 2-3 Memory Verses Trip Packing
January 12, 7 PM	Basic Training Chapter 4-5 Memory Verses Skype with Pastors
February 2, 7 PM	Basic Training Chapter 6 Memory Verses Trip Update