

GLENDALE MISSION TRIP TO STRONG MISSIONS IN COSTA RICA

January 20-28, 2018 ---

Estimated cost is \$1,000 for the Mission part of the trip. Price based on at least 10 participants. Includes: base cost (construction materials, local labor), transportation, food, lodging at Strong Missions, entrance to the two parks on the excursion on Saturday, January 27 and insurance.

Plus airfare. You must have a valid passport that does not expire before Aug. 2018!! Right now, airfare is at \$505 but may go as high as \$1,000. That is why we moved up the sign-up date. If you able and wish to pay for your trip in full that is accepted. Fundraising for others would be appreciated.

Out of pocket – souvenirs, coffee \$9/bag, T-shirts \$13, snacks, soda, chips, ice cream – small convenience store up the street, meals during excursions, tips for drivers (will cover with money from fund raising), and \$20 fee to get out of the country (will cover with money from fund raising)

Sign up for this mission by May 1, 2017 with \$100. Fundraising to follow – come with ideas! There is also a scholarship available through UMCOR.

Saturday, January 20

Fly from Minneapolis St Paul to San Jose, Costa Rica

Arrive at Strong Missions in San Isidro de Grecia. Strong Missions provides programming for youth and families in high-risk rural and urban communities. Such programs include feeding, education, arts and sports for youth, and entrepreneurships for adults, especially women. These programs are overseen by Strong Missions, although the implementation, creation, growth, and participant selection of these programs are all done at the local level. Strong Missions recognize that each community has different needs and there is no 'cookie cutter' approach for implementation, although thorough procedure are in place to guarantee maximum effectiveness and efficiency. Programs are offered year around.

Lodging will be a combination of smaller cabins housing 4-6 comfortably and bunkhouse style rooms housing 18 per side. Housing is first come, first served based on team registration date and receipt of team deposit.

Sunday, January 21

Church worship – The Evangelical Methodist Church of Carrillos is the closest Methodist Church to the side and has a 10AM-Noon service on Sundays that is a contemporary style worship. An English translator will be provided.

Afternoon activity have lunch at a place called "Casona del maiz" which serves a traditional costa Rican meal of rice, beans your choice of meat, salad and a drink all for only \$10. Then we would go to the nearby town of Sarchi and visit the world's largest ox cart and a souvenir ship and then walk around in the town of Grecia where we will be staying.

Monday, January 22 and Tuesday, January 23

Work on the Strong Missions Center near San Isidro de Grecia. Construction began in 2016 with the dining hall, including the kitchen and dining space, full restrooms and meeting rooms (to be used as office space and lodging until permanent accommodations can be completed). This dining hall will also be used for group activities, community job training provided by local government agencies, seminars to help the community a feeding program for children, and other sports and performance arts activities for low income youth and families. They have an area that they eventually want to open up a gym for the community to use as well as open up a feeding program here on site. The construction work at the mission center is crucial for them to be able to help the community.

Wednesday, January 24

Travel to see one of our inner city Empowered Communities programs in action. Although teams will not be preparing the food, we will have a chance to help distribute food and share God's love with participants in such programs. It is not only the food these children receive that nourishes them, but also the love of Christ that we share with them. No experience that they offer is more powerful than feeding, playing with, and ministering to the kids living in some of the most humble areas of Costa Rica. These children have so little but share a tremendous amount of love with us. In the end, we receive far more than we give.

Night activity:

Salsa Lessons – need 24-hour notice. The instructor is the brother in law of one of the organizers. He does it just for tips – so we would have to pay in cash – suggested a minimum of \$30. This not included in the price of the trip

Soccer – there is a soccer field that is a 5-minute walk from Strong Missions. It is a community field with a small rental fee for maintenance. Strong Missions will call for pricing and availability upon arrival.

Thursday, January 25

Work in Community (try to focus most of their work to benefit the community as a whole. Maybe helping to expand a nearby church to help them make room for a feeding program) and take a tour of a local coffee producer.

Strong Missions have partnered with Sircof Coffee as a fundraiser. This local farmer is near the new center and has been growing coffee for over 40 years, but has just recently begun to roast his own beans. We can tour his farm, see the coffee plants, and learn about the harvesting, drying and roasting processes. Strong Missions sells this coffee to teams for \$9 and all proceeds go to the Empowered Communities programs.

Evening activity – Pentecostal style church as a service on Thursday night.

Friday, January 26

Work in Community. In the evening go to Dorothy's brothers for supper and use of his pool.

Saturday, Jan 27

Trip to Poas Volcano and La Paz Waterfall Garden

Poas Volcano is one of the most visited national parks in Costa Rica and offers lush jungle and two craters to view. At an altitude of 8000 feet this park provides a nice 10-15 minute walk to the first crater, which is active, and a 45 minute hike to and from the second crater that is inactive and now a lake. Wildlife is restricted mostly to species of birds including various types of hummingbirds and an occasionally seen Quetzal. The Poas volcano is located within a hour bus ride up the mountain and it is best to go in the morning to have the best chance of visibility. Teams also stop at a traditional roadside shop to purchase Costa Rican snacks made with fresh pure sugar chocolate, fruits, milk, coconut, cheese, etc. before stopping for lunch.

Afternoon at La Paz Waterfall Gardens which includes lunch buffet

La Paz features five waterfalls (about 45-60 minute hike) and an animal sanctuary including an aviary, monkeys, insects, butterfly gardens, hummingbird garden, serpentarium (snake exhibit), jungle cats, a traditional old-fashioned casita with ox cart (and live oxen), ranarium (frog exhibit), as well as floral gardens including orchard, heliconia, and bromeliad exhibits. The lunch buffet features a salad bar along with both traditional Costa Rican fare including chicken, pork ribs, and plantains as well as North American favorites including pizza, hot dogs, and French fries.

Sunday, January 28

Fly Home