

**HOPE FOR HIS CHILDREN, INC.**  
**Mission Trip Guide**



**ETHIOPIA**  
**February 1-10, 2020**

## TABLE OF CONTENTS

<b>HOPE FOR HIS CHILDREN, INC.</b> .....	4
<b>WHY IS THE TRIP CALLED “CHANGED.2020”?</b> .....	5
<b>ABOUT SHORT TERM MISSIONS</b> .....	6
<b>IT’S A BIG DECISION</b> .....	6
<b>PRE-TRIP PREPARATIONS</b> .....	7
Release Form.....	7
Passport.....	7
Immunizations.....	7
Visa.....	7
Notify US Embassy.....	7
<b>FINANCIAL CONSIDERATIONS</b> .....	8
Cost (Airfare, Lodging, Food, etc.) .....	8
Travel Insurance.....	8
Personal expenses.....	8
A Word About Fundraising.....	8
<b>TEAM PREPARATIONS</b> .....	9
Group Bible/Book Study.....	9
Suggested Reading.....	9
Service Project.....	9
Roles.....	9
<b>PACKING</b> .....	9
Luggage Allowance.....	9
Clothing.....	9
Comforts.....	9
Medications.....	9
<b>DONATIONS</b> .....	10
<b>TRAVEL DETAILS</b> .....	10
At the airport.....	10
In-flight.....	10
Arrival in Addis Ababa, Ethiopia.....	10
<b>IN-COUNTRY</b> .....	11
Lodging.....	11
Transportation.....	11
Contact Information.....	11
Ministry Opportunities.....	12
Sample Itinerary.....	12
Communication from Ethiopia.....	12
Food.....	13
Language.....	13
Money.....	13
Weather and Elevation.....	13
Safety.....	13

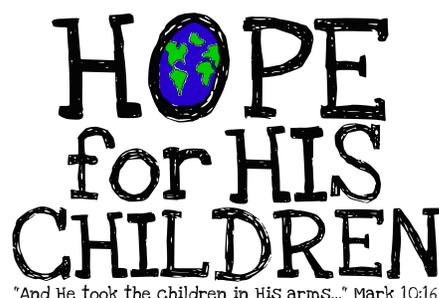
Cultural Considerations.....	13
Loving the Beggar.....	14
Maintaining Your Focus.....	14
Clock and Calendar.....	14
<b>RETURNING HOME.....</b>	<b>14</b>
“Tips for Entering Life Back Home” by Alan Rabe.....	15

**APPENDIX**

A. “Meet the Ministries” .....	16
B. Recommended Reading.....	18
C. About Ethiopia.....	19
D. Providence Guest House.....	21
E. Amharic phrases.....	22
F. Sample Packing List.....	23
G. Helpful Websites.....	24

**FORMS**

Mission Trip Commitment Form.....	25
Mission, Purpose and Core Beliefs.....	26
Mission, Purpose and Core Beliefs – Acceptance Form.....	27
Volunteer Release Form.....	28



"And He took the children in His arms..." Mark 10:16

## **HOPE FOR HIS CHILDREN, INC.**

Hope For His Children exists to show the love of Jesus Christ to orphaned, abandoned and impoverished children of the world.

We seek to do this through our two-fold mission:

- 1) To increase awareness among our family, friends, church and community regarding the desperate needs of orphaned, abandoned and impoverished children.
- 2) To generate support for these children in the form of: financial contributions, donations of various supplies, prayer commitments and mission trips.

Hope For His Children is a Christian, non-profit organization. We have obtained 501 (c)(3) status with IRS, all donations are tax deductible. Our U.S. staff is comprised of volunteers only, allowing 100% of all support and contributions to directly help the children. We have formed partnerships with individuals and organizations both locally and overseas who share our passion for His children.

### 2019 Board of Directors:

*Michelle Timmons, President*  
*Chad Timmons, Vice-President*  
*Stephanie Valadez, Secretary*  
*Michell Randolph, Treasurer*  
*Brooke Walden*  
*Neil Randolph*  
*Colin Haney*  
*Kristina Hole*  
*Erica Timmons*

[www.HopeForHisChildren.org](http://www.HopeForHisChildren.org)  
Hope For His Children - 773 North 700 West - Lebanon, IN 46052  
[info@hopeforhischildren.org](mailto:info@hopeforhischildren.org)

## Why is the trip called “Changed.2020”??

We believe that when we accept Jesus as our Lord and Savior, we are changed completely from the inside-out .....but it should not stop there. We are changed for a purpose. For HIS purpose. The title is a reminder of the “why” behind the “go”. The idea was inspired by the song “Changed” by Aaron Niequest.

### “Changed” by Aaron Niequest

In Jesus’ name I’ve been changed,  
I’ve been filled, I’ve been found, I’ve been freed, I’ve been saved!  
In Jesus’ blood I’ve been loved,  
I’ve been cleansed, And redeemed, and released, rearranged  
But how can I show You that I’m grateful? You’ve been so generous to me.  
How can I worship more than singing? And live out Redemption’s melody.

**I have been blessed – now I want to be a blessing**

**I have been loved – now I want to bring love**

**I’ve been invited – I want to share the invitation**

**I have been changed – to bring change, to bring change**

In Jesus’ name we are changed, we are called,

We are chosen, adopted, and named!

In Jesus’ blood we are loved, we are healed,

We’re forgiven and free of our shame!

We want to show You that we’re thankful

Flooding Your world with hope and peace

Help us to worship more than singing

Giving Redemption hands and feet

**We have been blessed– now we’re going to be a blessing**

**We have been loved– now we’re going to bring love**

**We’ve been invited– we’re going to share the invitation**

**We have been changed– to bring change, to bring change**

**We have been changed– to bring change, to bring change**

Thank You for this new life, thank You for the invitation!

God, we want to live it loud enough to shake the nations in Your name!

**We have been saved– we’re going to shout about the Savior**

**We have been found– we’re going to turn over every stone**

**We’ve been empowered– to love the world to Heaven**

**We have been changed– to bring change, to bring change**

**We have been changed– to bring change, to bring change**

**We have been changed– to bring change, to bring change**

## **ABOUT SHORT TERM MISSIONS**

We believe that short-term mission trips are valuable for several reasons.

-Hope for His Children: As an organization, it is important for us to see first-hand how our support is being utilized. By visiting our ministry partners, we can evaluate how funding has been used, ensuring that we are being good stewards. In addition, we can identify areas of need and consider ways to increase our effectiveness. Short-term mission trips also help us fulfill our mission to increase awareness and generate support.

-The children and our ministry partners: Our ministry partners benefit in several ways when we being a team to visit. The children enjoy having visitors (especially foreign ones!) and can receive the love of Christ through the hands and feet of His followers. Teams provide volunteer “labor” for projects, lessons, etc. When we take teams to visit our ministry partners, we also bring with us material supplies that they have requested to help their ministry function.

-Individual team members: Many people return from a short-term mission trip feeling as though they have received more than they have given. Often we go with the hope of “making a difference in people’s lives” (Thank you, Lord, that YOU do that work!) but we are surprised at what a huge difference it makes in our own lives. There is something amazing that happens when we step out of our own comfort to serve others, especially those in need.

As you will soon learn, our goal is that this short-term mission trip will be much “bigger” than a ten day trip to the other side of the world. We believe the opportunities to grow and witness begin TODAY and will hopefully last a lifetime.

Jesus commanded that we “Go and make disciples of all nations” (Matthew 28:19). An important part of this is “going” to our close family and friends, our neighbors and our community. But it doesn’t have to stop there. We can be a part of taking the gospel to the nations of the world. What a privilege that is!

However, short-term missions are not without their short-comings. We want to be very mindful of how our helping can sometimes be hurtful. As we prepare to serve, we hope that each person will gain a better understanding of the possible “downsides” of short-term missions. By being aware, we will hopefully avoid some of the traps that could cause our efforts to have a negative impact on those we are hoping to serve.

## **IT’S A BIG DECISION**

For many reasons, a mission trip to Ethiopia is a big decision. Please be praying faithfully as you consider this short-term mission trip opportunity. From our standpoint, we pray from the beginning that the Lord would “build” each team. He knows the people and the labor that lies ahead of us even better than we do. We trust that He is fully able to bring together the perfect “set” of gifts, talents, personalities, etc. to carry His name with us.

## **PRE-TRIP PREPARATIONS**

**Forms:** *\*\*Please return the Mission Trip Commitment Form (p. 25) , along with the Acceptance of Core Beliefs (p. 27) and the Volunteer Release Form (p. 28).\*\**

Participants under 18 years old must have the form signed by a parent/guardian (and must be accompanied on the trip by same parent/guardian).

**Passport:** You must have a valid passport. **Please check to make sure your passport does not expire until 6 months after our return date.** Also, be sure your passport has at least 3-4 blank visa pages.

If you need to obtain or renew your passport, visit: [www.usps.com/passport](http://www.usps.com/passport) to find out what you need to do.

Once you are certain that your passport meets the above requirements, please send a copy of your passport photo page to Hope For His Children. It is also a good idea to take a color copy with you to Ethiopia. This can be left at our guest house and would be helpful if you were to lose your passport. (But, don't lose your passport!!)

**Immunizations:** You should discuss with your doctor what vaccines will be needed prior to travel to Ethiopia. You can also visit the CDC website at: <http://wwwnc.cdc.gov/travel/destinations/ethiopia.htm>.

The following is list of vaccines that may be recommended: routine vaccines (DTaP, Polio, Measle/Mumps/Rubella), Hepatitis A, Hepatitis B, Yellow Fever, Meningitis, Typhoid.

Malaria prophylaxis is not required IF we are staying in or near Addis Ababa. However, if the trip includes travel out side of that area, you may need to take malaria prevention medications.

Note: When you receive your Yellow Fever vaccine, you should be given a yellow immunization card. Just keep this with your passport.

Consider making an appointment at a travel clinic: [www.passporthealthindiana.com](http://www.passporthealthindiana.com)

**Visa:** We will obtain a one month, single-entry tourist visa upon our arrival at Bole International Airport in Addis Ababa. Upon landing, we will proceed directly (and quickly!) to wait in line for our visas. You will need your passport, a crisp/new \$20 bill, and the visa application form (will be given to you during the flight into Ethiopia).

**Notify US Embassy:** All U.S. citizens are encouraged by the U.S. Department of State to register with them prior to travelling abroad. This would allow our government to notify/contact us if an emergency situation arose (either in the U.S. or Ethiopia) while we are in Ethiopia. You can do this (free of charge) through the S.T.E.P. program at the following website: <https://travelregistration.state.gov/ibrs/ui/>

## **FINANCIAL CONSIDERATIONS:**

**Cost:** The total cost for the trip will vary depending upon airline ticket prices and the number of participants. Trip costs will likely run between \$2,000 to \$2,500. The following is the approximate breakdown of expense and estimated due dates. Please note these are subject to change as we begin airfare negotiations:

**Deposit (reserves your spot)-----due: ASAP----- \$300 (as soon as possible)**

**Airfare/ Trip Ins.----due: 11/22/19--- \$1,500 (assumes recent airfare trends)**

**Final payment-----due: 2/1/20-----\$ 0-700 (TBD after airfare is purchased)**

This estimate includes meals, in-country transportation, and group tips. Hope For His Children makes every attempt to minimize costs as much as possible. We have done our best to anticipate every cost, however, it is possible that unforeseen charges could occur (hotel costs due to layovers/missed connections, extra baggage fees, etc). On the other hand, if there is money left over after all trip expenses have been paid, that money will be dispersed to ministries that the team served while in Ethiopia. The board of directors will obtain input from team members before deciding how to portion the money.

**Travel Insurance:** Hope for His Children requires all team members to have a travel insurance policy in place through the duration of the trip. We will purchase individual policies through our travel agent. We can do this as a group. It is usually \$50-90 for the entire trip. This has already been calculated into the second payment (assuming airfare prices do not exceed our expectation). You will receive a copy of your individual policy before we travel. If you choose to purchase your insurance elsewhere, please notify Hope For His Children.

### **Personal Expenses:**

You will want to bring some spending money for: airport meals/snacks, gift/souvenirs/coffee, church offering, individual tips, etc. \$200 to \$300 would be a good starting point (more or less, depending on your spending habits).

We will try to arrange some time for souvenir shopping in Addis Ababa.

It is recommended that you take crisp, clean, new (dated 2003 or later) bills in increments of \$20, \$50 and \$100. We would advise NOT relying on the use of our credit/debit card. It is also important to notify your bank/credit card company that you will be in Ethiopia if you are taking your credit/debit card with you.

### **A Word about Fundraising**

Some team members choose to raise support for their trip, others pay for their trip out of personal funds. Many people do some of both. Donations are tax-deductible if made to Hope For His Children. (Due to IRS regulations donors cannot be refunded if you are unable to go on the trip. If this were to happen, the funds could be used to benefit the orphaned, abandoned and impoverished children we serve.)

There are many ways to generate support for your trip. Contact Hope For His Children if you are interested in ideas. Please be sure to update supporters upon your return from the trip. You may even want to consider inviting supporters to a special time of sharing stories and photos.

All donations to Hope For His Children are tax deductible and donors will receive documentation for tax purposes at the end of the year.

## **TEAM PREPARATIONS**

In the months, weeks and days leading up to the trip, we will make attempts to connect as a team. Please understand that these activities not mandatory but will hopefully help prepare our hearts individually and as a group.

**Bible/Book Study:** We will choose a Bible study or book study to do as a group. If a team member cannot physically attend this study, we recommend you still take part by doing the study at home.

**Suggested Reading:** In addition to the group study, please see Appendix B for a list of suggested reading material.

**Service Project:** We will try to schedule at least one “group service project” for those who are available. This will be an opportunity to serve elbow-to-elbow in our community as we continue to prepare to serve on the other side of the world.

**Roles:** There are several opportunities to serve the team in specific roles. Please prayerfully consider how God has gifted you and how you might be able to serve the team before/during/after our trip. If you see an area within our team that could use a “leader” but is has not been mentioned, please step up and let us know. We are confident that God has a purpose for each member of this team!

Some possible roles include (but are not limited to): Donation coordinator, VBS coordinator, Crafts coordinator, Womens fellowship coordinator, Meal coordinator, Historian, Devotion leaders (one for each day in Ethiopia), Bible study leader volunteers (one for each week).

## **PACKING: Remember, “less is more”!**

**Luggage Allowance:** It is important to check the current luggage allowance guidelines for whichever airline you have booked flights. Typically, each team member is allowed two checked bags (50 pounds each and a maximum of 62” combined height/length/depth), one carry-on and one backpack/purse/computer bag. We do request that you allow at least one of your checked bags to be used for donations. If you have additional space in your luggage to take more donated items, please let us know.

**Clothing:** See Appendix F for a suggested packing list. Keep in mind: no shorts, no straps (exposed shoulders), etc. Casual, modest dress will be acceptable most of the time. You may wish to bring one dressier outfit for church (or in case we are invited to go/speak somewhere). The days are warm and the nights are cool, so wearing layers is often a good strategy.

**Comforts:** In general, you will be forfeiting many of the comforts of home on a group mission trip to a third-world country. However, you will notice on the suggested packing list, there are a couple of items that may help you through what will most likely be a physically challenging week.

**Medications:** Be sure to bring any prescription medications you may need. Please discuss with your doctor additional medications to consider. For your convenience, many of these items have also been placed on the packing list.

## **DONATIONS**

We will be collecting donations throughout the months leading up to the trip. We will plan a “packing day” a week or two before we travel. This will be an important time to organize, pack, weigh, label, etc. each piece of donation luggage. Every team member will then be given a piece of donation luggage to assume as their own. At that point, we will ask each person to “bond” with their suitcase/tote (ie. know what your piece of luggage looks like, know what its contents are, and treat it as your own personal suitcase/tote until we arrive at our guesthouse in Ethiopia).

## **TRAVEL DETAILS**

**At the airport:** We will plan to arrive at the airport 2 ½ to 3 hours before departure. Luggage can be checked directly to Addis Ababa, Ethiopia (ADD). Please take time to check your boarding passes for accuracy. Also, be certain that your baggage claim tickets have “ADD” as the final destination. Put your boarding passes and baggage claim tickets in a safe place, you WILL need them.

**In-flight:** It is obviously a long way to Ethiopia! We suggest you sleep when you can during flights and layovers. Please communicate with others in the team if you are venturing away from the group for any reason. Remember to use the buddy system.

### **Arrival in Addis Ababa, Ethiopia!!:**

Just prior to your arrival in Addis Ababa, the flight attendants will give you an “entry card” to fill out. It will ask for your name as it appears on your passport, country of residence (USA), date of birth, place of birth, your passport number, and your reason for coming to Ethiopia (tourist). All the other required information, such as where you will be staying, etc. will be provided to you before we travel.

Upon arrival at Bole International Airport, there are several steps before we can exit the airport and head to our guesthouse. This sounds like a very complicated process (and to some degree it is), but if you just follow along and have patience it will be completed....sooner or later. Welcome to Africa!

**1.) VISA:** We will purchase our visa upon arrival. You will need your passport, entry card, and \$50. The little room is at the bottom of the stairs and may seem a bit intimidating. Often, this is not a straightforward process. Please have patience during this process, and try to appreciate that the “system” you are witnessing, with all its chaos, is the only one available for the entire country!

**2.) CURRENCY EXCHANGE:** Make sure that your USD are not torn, and are in great shape. We will also have the opportunity to exchange some USD on Sunday with our in-country representative.

**3.) PASSPORT CONTROL:** You will need your passport and your filled out entry form. Have your International Certificate of Vaccination (received when getting a Yellow Fever Vaccination, your “yellow card”) available just in case, although this is not required to enter Ethiopia at present.

**4.) BAGGAGE:** After Immigration you can claim your luggage. There are carts for this, which can be wheeled to the parking lot to assist you. Porters may offer to help you, or tell you there is a fee. If you can manage your own luggage, just tell them “no thank you”.

**5.) CUSTOMS:** After we locate all our luggage, all bags will need to go through the customs area. Tell them you have “no goods to declare.” If you are stopped, tell them you are a

tourist. All bags will go through an x-ray, some may be selected to check. Remember to be patient, this can be a tedious process!

6.) EXIT: Make sure you have ALL of your luggage, and that we have all of our team together. We will be greeted by our in-country representative and drivers. It is common to be approached by beggars in the parking lot while proceeding to the vans.

## **IN-COUNTRY**

**Lodging:** We will be staying at the Wellspring Guest House. Our goal is to provide safe, comfortable, economic lodging. Team members should expect to share their room with teammates, dormitory-style, possibly in bunk beds. We will do our very best to accommodate married couples and families who wish to room together. Please see Appendix D for the history and photos of the Wellspring Guesthouse.

Please be aware that we are staying in a third-world country. Our guesthouse will be clean and comfortable, but you should EXPECT some inconveniences. At times there may be no electricity, at other times there may be no hot water (or water pressure). You should expect to feel a little “crammed” at times. When given the opportunity to shower, please plan to take a very efficient shower, realizing that other team members may be waiting (and hoping for some hot water, too!).

**Transportation:** Transportation while we are in Ethiopia has been included in your lodging costs. We will ride in vans for the majority of our in-country travel. Team members who need additional vehicle arrangements (for special projects, visits or excursions) will be responsible for covering the cost. We will be happy to help arrange this.

**Contact Information:** In case of emergency, there are several ways you can be reached while in Ethiopia.

\*\*\*Additional contact numbers will be provided before travel to Ethiopia\*\*\*

Guest House	Guesthouse in Ethiopia	011 251 913671217
Adi Dagne	Ministry partner & In-country rep.	011 251 911415294
Ephrim Burketsion	Guest House & Driver	011 251 91167162
Michelle Timmons	Hope For His Children	1-317-989-2406
Chad Timmons	Hope For His Children	1-317-626-2406
Stephanie Valadez	Hope For His Children	1-317-946-0802

**Ministry Opportunities:** Hope for His Children has partnered with organizations whom we have grown to know and trust. Spending time with them gives us the opportunity to serve them and to see first-hand how the ministry is working. In addition, we may visit organizations/carepoints that we do not currently work closely with. This gives us the opportunity to increase awareness, see how God is moving in other ministries, and develop new relationships.

Please take time to read Appendix A for details about these organizations and people we will be serving:

- Compassion Family International (CFI) – Adi Dagne, director
- Onesimus Child Development Center – Nega Meaza, director
- Jonathan, Jess, Dawit and Carter Bridges, missionaries
- Mission 10:10 - Fekadu Shenkute

**SAMPLE Itinerary:** We will do our best to plan for the week. However, “this is Africa”...plans change. **It is possible that our entire itinerary will look different by the time we are actually “put into action” in Ethiopia.** But, to give you an idea, here is our initial draft:

	Morning	Afternoon	Evening
Sat.	Travel	Travel	Travel
Sun.	Travel	Arrive in Ethiopia	Unpack
Mon.	CFI (VBS, Women’s Fellowship & home visits)	Mission 10:10	
Tues.	CFI (VBS, Women’s Fellowship & home visits)	Kebebe Orphanage	Intro to Onesimus
Wed.	CFI (VBS, Women’s Fellowship & home visits)	Onesimus	
Thurs.	CFI (VBS, Women’s Fellowship & home visits)	Onesimus	
Fri.	CFI Family Day	CFI staff encouragement	Ethiopian Family Dinner @ guest house
Sat.	Teamwork	Teamwork	Teamwork
Sun.	Church	Travel	Home.

Again, please keep in mind that this schedule is **subject to change**, sometimes without advance notice. A flat tire, a late van, an unexpected illness, an unannounced visitor, unusual traffic, etc. are just a FEW of the examples of why *we will need to be flexible*.

**Communication from Ethiopia:** Please prepare your family to have low expectations of hearing from you on a regular basis. Internet access and cell phone use is very sporadic. We will do our best to make sure individuals have access to cell phones, but it is often difficult to provide access for the entire team. We will have a volunteer to serve as “stateside correspondent” to help facilitate communication. This person will send out an email and do Facebook/blog post regularly. We will provide the contact information for this person prior to travel.

**Food:** It is strongly recommended that you not drink the tap water in Ethiopia. Drink plenty of bottled water. Remember to decline ice in your drink, also. Breakfast, lunch and dinner will be planned, but it is always possible that changes in plans could delay a meal. It is a good idea to bring snacks with you and keep a few in your backpack for the day. Trail mix, Granola/Cliff Bars, and beef jerky are convenient snacks to consider. Avoid fresh fruits/vegetables that have been washed.

**Language:** There are 90+ languages spoken by different people groups in Ethiopia. Amharic is the national language; it is unique to Ethiopia. English is the most widely spoken foreign language and is the medium of instruction in secondary schools and universities. Amharic was the language of primary school instruction, but has been replaced in many areas by local languages such as Oromifa and Tigrinya. Many of the children will speak some basic English. We will have translators with us at all times.

It is not required to learn any Amharic phrases, but the children love to hear Americans try to speak their language. See Appendix E for common phrases. There are also some websites and YouTube videos that allow you to listen to basic Amharic phrases.

**Money:** Ethiopia uses the Ethiopian birr. As of November 2013, the exchange rate was 18.5:1. So for every \$1 US, you will receive about 18.5 Ethiopian birr. For current exchange rates, visit: <http://www.exchange-rates.org/Rate/USD/ETB>. There are exchange bureaus/banks to exchange your money while you are in Addis Ababa. You may also exchange money at the airport upon arrival or with your host at the guest house. Credit cards are generally not accepted in Ethiopia except at a couple hotels in Addis, so bring cash.

**Weather and Elevation:** The temperature in Addis Ababa is usually warm during the day (low to mid-80's) and cool in the evenings. The skies are typically sunny, except during the rainy season, June through September.

Addis Ababa is located at 8,000 feet above sea level. Maintaining adequate hydration may help reduce the symptoms of acute altitude sickness.

**Safety:** We will do everything possible to ensure a safe, secure trip. However, it is important to use common sense and follow the safety recommendations of our in-country hosts. No team member should venture off individually. Please always use the “buddy-system” and notify a leader if you are breaking away from the group (this applies to airports, too!). If possible, groups of women should try to have a male with them.

Pick-pocketing is sometimes a problem. It is wise to carry money, cameras, phones and other valuables in such a way that limits accessibility.

**Cultural Considerations:** It would be impossible to describe here all of the cultural differences that you will see, hear and experience in Ethiopia. However, here are just a few things that might be helpful to know:

-In general, Ethiopians are warm and affectionate toward those they love. It is not uncommon to see adults, even of the same gender, hold hands or put arms around one another as they walk and talk.

-You will quickly become familiar with the “shoulder bump” greeting. You may also have an Ethiopian extend their arm (as if to shake hands) with a closed fist. They are offering you their forearm to shake and they do this out of politeness if they think their hand may be dirty.

-Before you take a photo it is polite to ask first. After you take the picture, it is nice to offer them (especially the children) an opportunity to see it on your screen. As you show them the photo, make a gesture that you think the picture is a good one, and be sure to say thank you. \*\* Do not take pictures of ANYTHING related to the government, military, law enforcement, etc.! \*\*

**Loving the Beggar:** You will, without a doubt, be approached by beggars...probably before you even leave the airport parking lot. There are many thoughts and opinions as to how to handle this situation. In general, it is best to remember that we are there to offer the love of Jesus, not just hand out a couple of dollars. In fact, in many ways we could do more harm than good by passing out things on the street. Our goal is to work through our local partners/ministries to help alleviate material needs when possible. We don't want to perpetuate the idea that Americans are there to give “things.” It is perfectly fine (and sometimes the more loving thing to do) to politely say “No.”

With that in mind, IF you feel strongly led to give materially in a situation, you should be careful HOW you do this. What can begin as a simple act of kindness, can quickly turn into a near-riot situation! You will be amazed (and maybe even frightened) to discover how many eyes were watching... and how many hands are now grabbing.

**Maintaining Your Focus:** Our purpose, above all else, is to show the love of Jesus Christ to those He has chosen to place in our path. We can do that only when we are grounded in Him.

Our goal will be to prepare ourselves each day with a morning devotion, getting into God's word and prayer as a group. These times are not mandatory, but are strongly encouraged. We will also try to close each day with a time of “evening debriefing” to reflect on what the Lord did *to, in, and through* our group that day. Members are also encouraged to take some time to journal each day. This is a great time to recall any special details of the day. As your experiences pile up through the week, you will be thankful for having recorded your individual details, thoughts and feelings. This will be something you will treasure once the trip is over. Whether you choose to use the journal pages we provide, or make reflections on your own, is entirely your decision.

**Clock and Calendar:** Ethiopia's calendar has 13 months and does not align with the calendar used by America. Likewise with their time; their day is divided into 24 hours, but the hours start each day at what we would call 6:00AM and resetting at what we call 6:00PM for the night. Ethiopian time more follows the sun with sunrise starting their clock. For example; what Americans call 9:00AM in the morning, Ethiopians refer to as 3:00 in the day. And what Americans call 7:00PM, Ethiopians refer to as 1:00 in the night. You can always ask if they are referring to “farenge saat” (foreigners time) or “habisha saat” (national time).

## **RETURNING HOME**

Returning home is sometimes not as easy as you would think. You will have had a life-changing experience that those close to you will not have had. The following suggestions were written by Alan Rabe, they may help you as you transition back to life “After Ethiopia.”

### Tips For Entering Life Back Home by Alan Rabe

*Don't expect too much from other people.* People may be too busy to listen to you as much as you expect them to. They won't be as excited about your trip as you are (not even your close family and friends). Remember, they had their own experiences while you were gone. Keeping your expectations low allows you to be pleasantly surprised by those who show great interest.

*Share briefly.* People do not want to hear everything that happened to you. Stifle the tendency to take them through a day-by-day account. They'll lose interest about midway through the second day!

*Be careful about value judgments.* Do not argue with people about values. It is counterproductive and alienates them. Upon your return, you may tend to be judgmental about the values in American culture. We all need to reevaluate our lifestyles from time to time, but it's not up to us to determine other's convictions for them. The Holy Spirit is far more effective than a censorious spirit. Let them see a changed life.

*Do not be critical of others' spirituality.* God may be teaching others in ways you don't understand. Just because you went on this trip and learned what you did does not give you the right to be critical of others.

*Be prepared for nostalgia.* Sometimes you may long to be back in the country. You may ache to be back with some of the nationals that became your friends. And believe it or not, you may want to be m=back with some of your teammates! Expect those feelings and be prepared for them.

*Don't let a little depression take you by surprise.* When feelings of nostalgia hit, you may experience a little depression. Others go through it too, so call a teammate and talk with him or her about what you are feeling. Remember, you are not alone!

*Be cautious about negative reporting.* Things may have happened on your trip that were not to your liking. They are fresh in your mind now, but time will give you perspective on them. If you are very critical and negative in your reporting, you do disservice to others. Share the tough experiences in the light of what God taught you and the team through them.

*Try to stay in touch with one or two individuals you met on your trip.* Receiving a letter may help you remember the good experiences you had.

*Contact your prayer partners and financial supporters.* Of all the people back home, these will be the most interested in your trip. We suggest you make this contact as personal as your situation allows. Thank them for their prayers and support. Ask them to pray for you as you readjust to daily living

*Develop some realistic, practical applications for yourself.* Avoid making unreasonable demand on yourself like, “I am going to pray for every missionary in that country for an hour every day.” Think through some realistic ways of integrating your experiences into your daily routine at home.

## **APPENDIX A: “Meet the Ministries”**

### **Compassion Family International (CFI) – Adi Dagne, director**

Hope For His Children is privileged to have CFI as our primary ministry partner in Ethiopia. Compassion Family International is a drop-in center started by Peter Abera. Peter was raised in an Orthodox family, but at the age of 16 accepted Jesus Christ as his Lord and Savior. God gave Peter a vision and a passion to care for children, their families, and communities. CFI was founded in 2008 and serves families living in the Lafto area of Addis Ababa. Peter and the staff at CFI set out to “meet the children’s physical needs through nutrition, give them education, and teach them Biblical truths in hopes that they will one day choose a life of service to God.” Peter was joined in this ministry by his wife, Elizabeth. In 2017 Peter, Elizabeth and their 3 children moved to the USA. Peter’s sister, Adi Dagne (who had previously served CFI for several years as “Project Director”) assumed the role of Director.

Adi and the staff of Compassion Family International serve over 100 children by: providing school supplies and uniforms, providing after school tutoring, hosting summer Bible programs, serving 2 meals per day, providing for medical needs, teaching hygiene and healthy habits, distributing clothing and shoes, providing a safe/trusted community, offering training and counseling to the families, visiting homes to encourage and build relationships, praying for the children and families, sharing the love of God through daily interactions, teaching Biblical Truths and Moral Character Development classes.

Hope For His Children is also honored to have Adi as our In-Country Representative. She is vital to our organization as we serve in Ethiopia. In addition to being the director for CFI, Adi helps us coordinate details for mission teams and provides cultural awareness to our ministry.

### **Onesimus Child Development Association – Nega Meaza, director**

The Onesimus Children Development Association is a Non-Government Organization (NGO) in Addis Ababa that seeks to rescue Ethiopia’s children at risk, ensuring they remain in or return to a loving home by providing holistic programs that meet their physical, emotional, developmental and spiritual needs.

Onesimus works with two primary groups of children: those who are on the verge of “streetism” and those who are full time street children. The central component of Onesimus’ work with these children is the transforming Gospel of Jesus Christ. The Gospel provides Onesimus with the necessary foundation to implement several other goals: 1) To rehabilitate street children and reintegrate them with their families 2) To prevent children on the verge of “streetism” from becoming full time street children and 3) To strengthen families by creating income generating activities that will afford them the ability to care for their families independently

### **Jonathan and Jess Bridges**

Jonathan Bridges, along with his wife Jess, son Dawit and daughter Carter, have lived and served in Ethiopia full-time since 2011. Initially, Jonathan helped to start the Kota Ganate Agriculture project (a farm in Chencha) with to goal of helping to financially support Onesimus ministries. Over the past couple of years, Jon and Jess have partnered with other believers who are investing time, labor and finances into starting a large apple farm in the highlands of southern Ethiopia. The project will produce apples and develop markets that will provide income for ministries within Ethiopia.

Hope for His Children has been privileged to partner with Jon and Jess as they serve Jesus by loving, serving, teaching and laboring from a place of “relationship and community”.

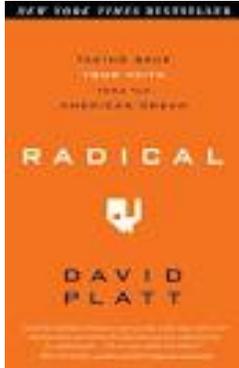
### **Mission 10:10**

Mission 10:10 is a nonprofit organization that works through Christ, centered practices, equipping poor communities in Ethiopia to love the orphan, widow, disabled, and poor. By working alongside the local churches in these impoverished communities, Mission 10:10 can educate, empower, feed, and equip the community to lead with love. Orphans can be placed into loving foster homes rather than age out of orphanages, marriages can be strengthened rather than families being destroyed, widows can be equipped with job skills rather than be seen as worthless, and mouths can be fed.

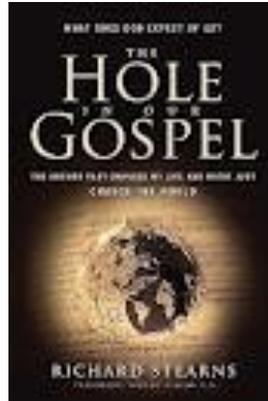
– Jesus came to offer all “... *real life, an abundant life.*” **John 10:10**

Fekadu Shenkute, the international director at Mission 10:10, has nearly 20 years of experience both within the Christian church and with orphan care. In recent years, Fekadu felt God leading him to go beyond orphan care and expand into community reform that involves orphan care. He has taken the pro’s and con’s of the typical orphan care model and developed a “community caring for community” approach for Mission 10:10

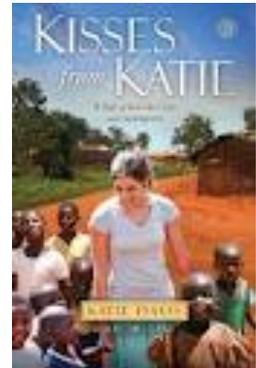
## Appendix B. Recommended Reading



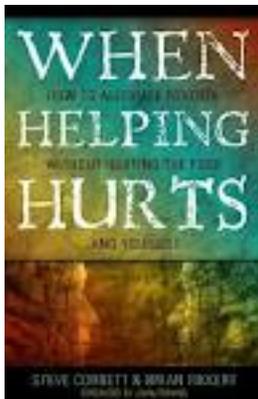
Radical  
by David Platt



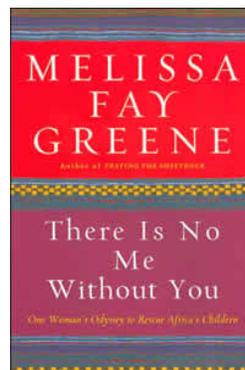
The Hole in the Gospel  
by Richard Stearns



Kisses from Katie  
by Katie Davis



When Helping Hurts  
by Steve Corbett & Brian Fikkert



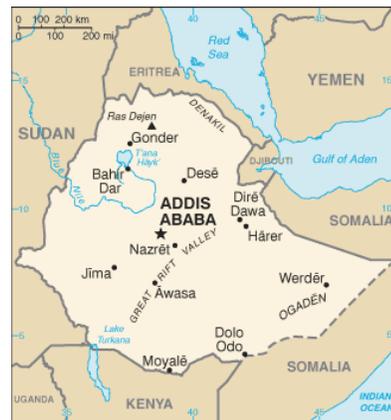
There is No Me Without You  
by Melissa Fay Greene

## APPENDIX C. ABOUT ETHIOPIA\*\*\*

(((please note: facts based on 2009 source. more current info available online and will be included in the future)))

### Ethiopia Fact Sheet

From the Common Language Project: [www.clpmag.org](http://www.clpmag.org) - January 1, 2009

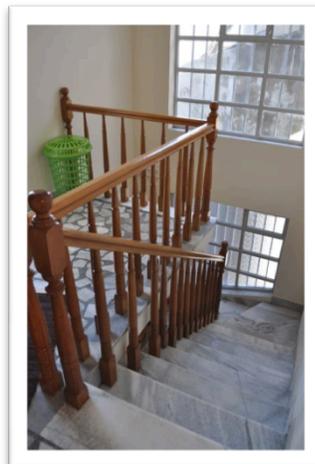


- **Size:** Slightly less than twice the size of Texas.
- **Population:** About 82 million, with 85 percent of the population living in the rural areas. The second-most populous African country after Nigeria, Ethiopia's population has grown dramatically in the last several decades, from 33.5 million in 1983 to 75.1 million in 2006, and is expected to reach about 93.8 million by 2015.
- **Languages Spoken:** Amharic is the official language in Ethiopia; yet 89 other languages are spoken in the country, including Oromifa, Tigrinya and Somali. English is the major foreign language taught in schools.
- **Ethnic Groups:** Ethiopia is one of the most ethnically diverse nations in the world, with more than 50 ethnic groups in the Omo River region alone. Prominent ethnic groups include Oromo, 32.1 percent; Amhara, 30.1 percent; Tigray, 6.2 percent; Somali, 5.9 percent; Gurajje, 4.3 percent; Sidama, 3.5 percent; and Welaita, 2.4 percent.
- **Type of Government:** Federal Republic. Ethiopia is one of the few African countries to maintain freedom from colonial rule, with the exception of the Fascist Italian occupation during World War II. Ethiopia's monarchy, ruled by Emperor Haile Selassie since 1930, was toppled in 1974 by The Derg, a socialist military junta. The Derg was undermined by coups, uprisings, famine and drought until a coalition of rebel forces, the Ethiopian People's Revolutionary Democratic Front (EPRDF), took over in 1991. The country adopted a constitution in 1994 and held its first multiparty elections in 1995. Political turmoil has continued, however. A border war between Eritrea and Ethiopia in the late 1990s remains unresolved as the two neighboring countries continue to dispute territory. In 2005, a controversial election that re-elected the current Prime Minister Meles Zenawi resulted in 187 deaths and countless imprisonments by the hands of government forces, and silenced much of the political opposition in the country.
- **Religion:** The Ethiopian Orthodox Church is one of the few precolonial Christian churches and the largest Oriental Orthodox Church with a membership of about 40 million people, mostly in Ethiopia. Many Ethiopians believe that the Ark of the Covenant exists and still rests in Aksum, Ethiopia. Ethiopia is about half Orthodox Christian, 10.2 percent Protestant, 32.8 percent Muslim and 4.6 percent traditional religions. Historically, Muslims and Christians have lived in relative peace with each other.

- **Gender and Health Issues:** Overall literacy in Ethiopia is low, at 42.7 percent, with a 15 percent gap between men and women. HIV/AIDS is a health issue affecting 2.2 percent of the population, though the number has decreased from 4.4 percent in 2003. Waterborne diseases are a major health threat in the country. Seventy-five percent of the population does not have sustainable access to an improved water source and 250,000 children die because of poor sanitation every year. Life expectancy is low at only 42.7 years – 34.9 years younger than the life expectancy in the United States. Only 6.3 percent of women of childbearing age use a modern form of contraception. Abortions are only available if needed to save the woman's life or to preserve physical or mental health. They are illegal in all cases of rape or incest.
- **Human Trafficking Situation:** Human trafficking has particularly affected children who, according to the International Organization for Migration (IOM), are sometimes sold for as little as \$1.20 to work as domestic workers or prostitutes. As many as 20,000 children are sold each year by parents who cannot afford to raise them.
- **Environment and Resources:** Ethiopia's expansive terrain of plateaus, valleys and desert suffers from frequent drought, which has stifled the agriculture sector and the economy, particularly the coffee industry. In 1984, a drought resulted in a massive and devastating famine in which more than 1 million people starved to death. Each year, about 10 million people are at risk of starvation in Ethiopia. Northwest Ethiopia's Lake Tana is home to the source of the world's longest river, the Blue Nile. Ethiopia has experienced ongoing Nile River disputes with Egypt, which has monopolized the use of the Nile due to a colonial treaty signed by British administrators that restricted the use of the Nile Rivers to Egypt. Recent water agreements between neighboring countries have resulted in an increase in damming projects throughout the country. Today, water scarcity issues have fueled tensions both between Ethiopia and other countries that share the Nile, as well as among pastoralist tribes in southern Ethiopia who struggle to survive because of drought. Researchers predict these effects could soon force pastoralists to abandon their way of life entirely.
- **Death Penalty:** In use for ordinary crimes.
- **Top Industries:** Agriculture is the top industry in Ethiopia, accounting for almost half of GDP, 60 percent of exports and 80 percent of total employment. In fact, some major crops are thought to have originated in Ethiopia, including coffee and grain sorghum. The critical industry of coffee exported \$350 million in 2006. However, historically low prices have caused some farmers to supplement their income by growing khat, an indigenous plant often chewed as a stimulant and exported principally to Djibouti and Somalia. Other prominent industries include production of oilseed, cotton, sugarcane, potatoes, cut flowers, hides, cattle, sheep and goats.
- **Poverty Rate:** More than 60 million people (81 percent) live below the poverty line of \$2 a day, and 31 million (41 percent) live on less than 50 cents a day.
- **McDonald's Restaurants:** None.
- **Currency:** Birr – about 10 to the U.S. dollar (as of 2008). <<<<Wow.....29.5 as of 10/23/19!!!>>>>
- **Media:** As of 2008, Ethiopia ranks 142nd out of 173 rankings on the Reporters Without Borders Press Freedom Index. In the past 12 years, the Ethiopian Free Press Journalists Association, which has campaigned against dwindling press freedoms, documented hundreds of arrests of journalists, editors, publishers, owners and distributors. In 2003, the EFJA was banned by the government, and its president, Kifle Mulat has been imprisoned four times. In past few years, the Ethiopian government released several journalists from prison, yet the 2006 World Press Freedom Review reports that the arrests have "almost silenced independent journalism." While online media outlets are gaining popularity, only 164,000 people in Ethiopia are Internet users, and the governmental agency, the Ethiopian Telecommunications Corporation, has a monopoly on Internet service, limiting the population's access to reliable Internet.

## APPENDIX D: Wellspring Guest House

The Wellspring Guest House was opened in October 2012 by our wonderful friends, Ephrim and Yeshe Bekurtsion. Ephrim and Yeshe are truly a joy and blessing to all those they come in contact with. Ephrim constantly gives God the glory for allowing him the opportunity to become a businessman. He has a servant's heart in all he does. Yeshe has a smile that is contagious and is possibly the best cook in Ethiopia.



## APPENDIX E. Amharic phrases

<u>English</u> <u>Word</u>	<u>Amharic</u>	<u>Pronunciation/</u> <u>Phonetic</u>
Hello	Selam	Se-la-m
Bye/So long	Ciao	Chi-o
Thank you	Ameseginalehu	Ame-segi-na-lew
You're Welcome	Chegre Yelum	Chih- grey – yel-lum
OK	Eshi	Esh-ee
Coffee	Buna	Boo-na
Breakfast	Qurse	Qoo-r-s
Dinner	Erat	I-ra-t
Food	Megib	M-gi-b
Restaurant	Megib Bet	M-gi-b Be-t
Yes	Awo	Ah-wo
No	Aye	Eye
Excuse me	Yikerta	Yi-ke-r-ta
	Dehna Hun (male)	
Good bye	Dehna Hungi (female)	Deh-na Hu-n, Hu-ng-i, Hu-nu
	Dehna Hunu (plural)	
I	Iné	En-é
We	Inga	E-ng-a
How are you?	(male) Dehna Neh?	Deh-na Ne-h
	(female) Dehna Nehs?	Deh-na Ne-sh
	(plural) Dehna Nachu?	Deh-na Na-ch-oo
I'm fine	Dehna Negn	Deh-na Ne-gn
I would like to see	Menu, bakish (female)	Menu e-ba-ki-sh (female) or
the menu please	& Menu, bakih (male)	Menu e-ba-kih
I would like to	le mazed	le ma-ze-z t-ze-ga-ji-ya-le-hoo
order now	tezegajiyalehu	
Could I have the	Hisab bakish (female),	Hi-sa-b ba-ki-sh (female) or
bill, please	Hisab bakih	Hi-sa-b ba-kih (male)

### Numbers :

One	And
Two	Hulet
Three	Sost
Four	Arat
Five	Amist
Six	Sidist
Seven	Sebat
Eight	Semmint
Nine	Zetegn
Ten	Asser

### OTHER:

Today	Zare
Tomorrow	Nege
Yesterday	Tilant
Quickly	Tolo
Only a little	Tinish

## **APPENDIX F: SAMPLE PACKING LIST**

### **ESSENTIALS**

- Airplane tickets, travel insurance
- Passport
- \$20 for visa
- Yellow Fever card
- Cash
- One major credit card

### **PERSONAL**

- Toothbrush and toothpaste
- Comb, brush, etc.
- Deodorant
- Small bottle of shampoo/conditioner
- Soap or shower gel
- Razor
- Cosmetics
- Feminine supplies
- Small bottle of liquid laundry detergent

### **MEDICAL ITEMS**

- Bandages
- Antibiotic cream
- Tylenol/Motrin
- Anti-itch medicine
- Benadryl, or cold meds
- Prescribed medications in their bottles
- Motion sickness pills (if needed)
- Imodium AD or Anti-diarrhea tablets

### **CLOTHING**

- Casual clothes for free time & travel
- Clothes for daily activities (no shorts or tank tops)
- Clothes for church (Khakis)
- Walking/Tennis shoes
- Flip flops or sandals
- Lightweight jacket or sweater
- Underwear
- Sleepwear
- Blouses & shirts
- Skirts & slacks

### **MISCELLANEOUS ITEMS**

- Bible, journal & pen
- Camera
- Video Camera
- (? Laptop)
- Sunscreen
- Insect repellent
- MP3/iPod & headphones
- Spare Batteries or charger
- Alarm clock (battery type)
- Travel size tissues and/or toilet paper
- Anti-bacterial hand wipes
- Anti-bacterial hand gel
- Clorox wipes & Zip-Lock bags
- Small flashlight with spare batteries
- AC power converter/adapter
- Ear plugs for the airplane or sleeping
- pillow case

### **SNACKS**

- Trail mixes
- Beef jerky
- Mints, gum & hard candies
- Granola bars
- Snack bars
- Crackers or cookies
- Crystal light / drink mixes
- Nuts

## **APPENDIX G. Helpful Websites**

Hope For His Children: [www.hopeforhischildren.org](http://www.hopeforhischildren.org)

Obtain or renew passport: : [www.usps.com/passport](http://www.usps.com/passport)

CDC (re: immunizations, etc.): <http://wwwnc.cdc.gov/travel/destinations/ethiopia.htm>

S.T.E.P. (register with U.S. Embassy): <https://travelregistration.state.gov/ibrs/ui/>

Exchange rate: <http://www.exchange-rates.org/Rate/USD/ETB>

The Forsaken Children: <http://theforsakenchildren.org/>

## **MISSION TRIP - COMMITMENT FORM**

*Return this form ALONG WITH:*

- 1) \$300 DEPOSIT (Make check to: Hope For His Children)
- 2) SIGNED "Acceptance of Mission, Purpose and Beliefs" FORM
- 3) SIGNED "Volunteer Release" FORM
- 4) COPY OF PASSPORT (if available)

First Name	
Last Name	
Age	
Date of Birth	
Address	
Phone (home)	
Phone (mobile)	
Email	
US Citizen (circle)	Yes      No
Full Name (exactly as it appears on passport)	
Passport Number	
Passport Expiration Date	***must be at least 6 mos. AFTER our scheduled return date***
T-shirt size	
Are you a Christian?	Yes      No
If yes, for how long?	
Name of home church	
Have you been on a mission trip before?	Yes      No
If yes, when and where?	
How did you hear about this mission trip?	
Emergency Contact Info:	
Name	
Relationship	
Address	
Phone (home)	
Phone (mobile)	



## **Mission, Purpose and Core Beliefs**

### **OUR MISSION:**

Hope For His Children exists to show the love of Jesus Christ to orphaned, abandoned and impoverished children of the world.

### **OUR PURPOSE:**

*To increase awareness*  
among our family, friends, church and community  
regarding the desperate needs of  
orphaned, abandoned and impoverished children.

*To generate support*  
for these children in the form of:  
financial contributions, donations of various supplies,  
prayer commitments and mission trips.

### **OUR CORE BELIEFS:**

**We believe** in one God. Father, Son and Holy Spirit. He is the creator of all things.

**We believe** that Jesus Christ, God's only Son, born of the virgin Mary, is the Savior of the world. He lived a perfect and sinless life. He gave His life on the cross as a sacrifice for our sins and rose from the dead.

**We believe** the Holy Spirit is the presence of God dwelling within every Christian. He convicts people to belief and then equips believers for personal growth and service in the church.

**We believe** the Bible is the inspired word of God and the final authority for all matters of faith. It is relevant for today and serves as a light to our path.

**We believe** that man, created by God, willfully sinned, and as a result is separated from God and without hope apart from Jesus Christ.

**We believe** that salvation (the forgiveness of sins) comes by grace through faith in Jesus Christ. This free gift of salvation is offered to all who receive Jesus as Lord and Savior.

**We believe** the Bible teaches the pattern to follow to receive Jesus as Savior: believe in Jesus Christ as God's Son and Savior of the world, repent of personal sin, confess Jesus as Lord, and be immersed in baptism.

**We believe** the church is the body and bride of Christ and consists of all Christians everywhere.

**We believe** death seals the eternal destiny of each person. The saved will inherit eternal life and the unsaved will experience eternal separation from God.

**We believe** Jesus will one day return and reign forever as King of Kings and Lord of Lords.



## **Mission, Purpose and Core Beliefs** **ACCEPTANCE FORM**

Please initial by each statement:

\_\_\_\_\_ ***I have read*** Hope For His Children’s “Mission, Purpose and Core Beliefs.”

\_\_\_\_\_ ***I understand*** that, in order to achieve it’s mission, it is essential that all volunteers serving on behalf of the organization align their words, actions and behaviors with the mission, purpose and beliefs of Hope For His Children.

\_\_\_\_\_ ***I commit*** to upholding the mission, purpose and beliefs of Hope For His Children in my role as a volunteer for this organization.

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



## Volunteer Release Form

I, (your name) do hereby for myself, my heirs, executors, and administrators waive, release, and forever discharge any and all rights and claims for injury or illness (including death) whether physical, mental, or emotional, or property damage or loss of any nature, which I may have or which may hereafter accrue to me against Hope For His Children, Inc., their members, officers, agents, representatives, successors, and/or assigns, individually or collectively for any and all damages and liabilities which may be sustained and suffered by me in connection with my associations with and/or arising out of my traveling to, participation with, and return from any Hope For His Children, Inc. work, services, or activities.

I understand and have been informed of potential danger to my person, health, and belongings. I have been given recommendations for vaccinations and have taken those I have deemed necessary and have/will obtain travel insurance prior to participating in a Hope For His Children, Inc., trip. I fully understand the potential for exposure to major health hazards such as: AIDS, TB, Tetanus, Typhoid, Hepatitis, Yellow Fever, Malaria, Meningitis, Cholera, Rabies and various other illnesses. In addition there is a potential for theft, robbery, car accidents, inadequate medical care, impure water, or unforeseen political uprisings for which Hope For His Children, Inc., cannot be held responsible.

I am aware that smoking, drinking of alcoholic beverages, recreational drug use, profanity, rage, pornography, sexual misconduct, and any similar personal habits will simply not be tolerated while on a mission trip. All of these need to be dealt with prior to coming, and may result in not participating with the team while on the trip or even being sent home early at personal cost.

I grant unto Hope For His Children, Inc. all rights, title, and interest in any and all photographic images and video or audio recordings that are made by Hope For His Children, Inc. and/or its officers, agents or volunteer members, during my work with Hope For His Children, Inc. This includes, but is not limited to, any royalties, proceeds, or other benefits that are derived from such photographs or recordings.

Printed Applicant Name: \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_

If applicant is under age 18, parent/guardian must sign:

Printed Name: \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_