



go ▶

team member handbook: red sands
Lifeline Christian Mission | Lifeline.org

Welcome Mission Team Member!

The staff at Lifeline Christian Mission are excited that you are considering a short-term mission trip with us!

This handbook provides detailed information about many aspects of your trip. If you have any questions that are not answered in this handbook, first contact your team leader.

We invite you to visit our website, www.Lifeline.org, to learn more about Lifeline Christian Mission. While in the mission field you will be actively involved in many of these ministries. We look forward to serving with you on the mission field.

Serving Christ,
Keith Dimbath, VP of Missionary Development
Christi Dimbath, Director of Missionary Development

Table of Contents

Frequently Asked Questions	3
Where will I sleep? What will I do?	
What should I wear? What should I bring?	
Who do I call in case of emergency?	
Paying for Your Trip	7
Mission Policies & Guidelines	7
Cultural Tidbits	9
Notes	9

Frequently Asked Questions

What will I eat and drink?

American-type meals will be prepared by team members. Everyone will take a turn serving on the kitchen/clean-up crew. Menu and instructions will be given in the field. No special preparation is required. The only requirement is a willing heart and everyone must take his or her turn on this assignment. **Water provided by Lifeline is safe to drink.**

Allergies: In case of food or other allergies Lifeline must be informed as to the nature and severity of the allergies and past history. Whenever possible we will do our best to provide sufficient food selections that will allow the team member to have nutritious meals. Those with more severe allergies, such as gluten type allergies, should come prepared with their own special food products to supplement the meals we provide. ****In the case of severe, life-threatening allergies Lifeline may require a physician certificate to approve the team member's participation.**

Where will I sleep?

Team will stay in the classrooms of a local church – separate rooms for men and women. Twin-size mattresses will be placed on the floor. Men's and women's restrooms are equipped with shower, sink and toilets. Pillows, sheets, pillowcase, towels and washcloths are provided. A lightweight blanket is optional; we have a few but not enough for everyone. Check average evening temperatures. There may be a snorer in your dorm. Bring earplugs just in case. 😊

Most teams will spend the first night in a local hotel. Cost of hotel is included in the cost of the trip.

What will I do?

Your team leader has received a manual that provides information about all aspects of your trip, including in-field activities and pre-field preparations needed.

An orientation and review of the team schedules will be among your first activities after arriving on the mission field.

All team members should be prepared to share a devotion of their choice for one of the daily team devotion times. Contact your team leader if you need assistance. The devotion schedule will be included in the Final Packet that you receive approximately 2 weeks before your trip.

Be flexible! Schedules often change in the field.

What is the average temperature at Red Sands?

	Jan	Feb	Mar	Apr	May	June
Average high in °F	47	54	62	70	79	90
Average low in °F	21	26	31	37	45	54

	Jul	Aug	Sept	Oct	Nov	Dec
Average high in °F	93	90	83	72	58	47
Average low in °F	62	61	53	40	29	21

What should I wear?

The Navajo culture is very modest. Bring seasonally appropriate, modest clothing. (See above for average temperatures). It is important that you dress in a neat, modest fashion. Your appearance affects the way the Navajo people will perceive (and receive) you.

- Dress is casual. Do not wear your best clothing for work; it will get heavily soiled. Clothing will also be stained by the red sand, especially whites.
- **Shoes (men & women)** - Comfortable walking/work shoes with closed toes such as sneakers or work boots for working; flip flops/shower shoes to be worn in dorms/shower. Sandals and flip flops are NOT permitted at the worksites; NEVER go barefoot. Sandals are *not* a good choice for this part of the country.
- Bring enough clothing for the duration of your stay at Red Sands.

Ladies:

- Jeans, slacks, capri's and shorts may be worn.
- Short length should be at least to fingertips when arms are extended at side. (If you are concerned that they might be too short, they probably are). 😊
- NOT permitted: Halter tops, low-cut necklines, racer back tops, spaghetti straps, short shorts, exposed underwear, large arm holes, holes in jeans/shorts/etc. or bare midriffs.

Men:

- Men may wear shorts or jeans to work.
- Shirts must be worn at all times.
- NOT permitted: Exposed underwear; large arm holes, holes in jeans/shorts/etc.

- Facial hair must be neat & cropped or face shaven; no beginning beards while on trip.

Church Attire:

- One outfit:
 - **Women:** nice slacks, jeans or skirts at least knee length; no shorts.
 - **Men:** Slacks or nice jeans; collared shirt. No shorts or sleeveless shirts.

What should I bring?

- Airline ticketing information (if applicable, see team leader)
- Bible
- Clothing: modest apparel (see above for guidelines) and nice outfit for church service
- Devotion (1 per person. Schedule will be in Final Packet information)
- Earplugs –there may be a snorer in your dorm 😊
- Flashlight and extra batteries
- Insect repellent (Aerosol containers must be in checked luggage, per federal regulations.)
- Insulated water bottle
- Health Insurance information (personal insurance card)
- Jacket (check average temperatures page 3; it gets cool, even on summer evenings)
- Journal & pen (optional)
- Lightweight blanket (optional); we have a few but not enough for everyone. Check average evening temperatures.

- Money for tips, snacks and food at airports
- Money (**cash or check**) for souvenirs made by local Navajo.
- Personal medications
- Phone numbers and email addresses of contacts (parents, guardians, family) in case of emergency
- Photo ID, such as driver's license
- Saline spray or Vaseline for nose, especially those prone to nosebleeds; body lotion. (Red Sands is located in the high desert. It is very dry!)
- Shoes – sturdy, closed-toe work shoes or tennis shoes & shower shoes. Flip-flops and sandals are NOT permitted at work sights
- Sleepwear
- Snacks for your personal use in the mission field (optional).
- Sunglasses
- Sunscreen and lip balm
- Toiletries (toothbrush, shampoo, etc.)
- Travel alarm clock (battery operated)
- Work gloves

Can I bring electronic devices?

iPad, iPod®, hand-held electronic games, etc. may be used during travel to and from the mission only. In order for you and your team mates to experience the maximum impact and blessing of your trip, all personal electronics should be left at home or stored in a safe place until time to depart from the mission field. This limits distractions and allows everyone to experience the trip to its fullest. Use time on the field to build relationships with team members and the locals and to deepen

your relationship with Jesus. Team members will not have internet access.

What about cell phones?

Because we want you and your teammates to experience the trip to its fullest, we discourage use of cell phones during your stay at Red Sands. However, if you must use your personal cell phone, please do so within the following guidelines:

- Must use personal cell phone (We do not provide phone service).
- Use phone discreetly, away from other team members.
- Cell phones may be used during designated times ONLY.
 - 6 a.m. – 7 a.m.
 - 4 p.m. – 6 p.m.
 - 8 p.m. – 10 p.m. (or following evening activities)
- Phones are not to be used during the scheduled work day, devotions, meal times, team meetings, ministry times, etc.

**Upon the team's arrival at Red Sands, the Lifeline staff will send an email to the contact(s) listed on your Online Application Form to inform them of your safe arrival.

Who should I contact in case of emergency?

Lifeline's Ohio Office: 614-794-0108

Monday – Friday 9am – 5 pm EST

Cathi Lester: 614-794-0108 - Weekdays 9 pm – 5 pm EST

614-949-8879 - Evenings and weekends

What should I NOT bring?

- Anything you don't want to get dirty or lost
- Nice jewelry
- Alcohol, tobacco products or illegal drugs
- Extreme hairstyles or hair colors (such as blue, red, etc.)
- Bandanas – culturally, they indicate gang association
- Secular books, magazines or music
- Clothing with alcoholic beverage logos, secular band logos, or anything that may negatively impact Christian witness
- Bad attitude

Please review information regarding appropriate dress. Bringing clothing that is inappropriate for a very modest culture may result in a trip to the discount department store to purchase clothing appropriate for this trip.

Will I have an opportunity to visit our sponsor child?

If you sponsor a child through Lifeline, you may bring a gift and extra money for your child and his family. You will have an opportunity to visit with your child and present the gifts you brought for them.

What is the Final Information Packet?

An email containing the daily activity schedule, devotion schedule, kitchen/clean-up schedule, A Commitment to Trust and last minute instructions and reminders will be sent to team members via email approximately 10 - 14 days prior to trip date.

Are immunizations/medications required?

First-aid supplies are available for the treatment of minor cuts, abrasions, diarrhea, etc. However, if you have medication you must take regularly or over the counter medications that you prefer, be certain to bring them with you.

- **Immunization for Tetanus/Diphtheria** should be up to date.
- **Insurance:** Personal health care insurance plans will cover medical care or emergencies while in the United States. Be sure to bring your health insurance information (health insurance card or copy of front & back of the card). Lifeline is not responsible for loss suffered due to illness, accident, theft or injury occurring at any time in relationship to your mission trip.

Paying for Your Trip

Your Team Leader has information on trip costs, who to make checks payable to and payment deadlines.

Not included: money for personal items, snacks, souvenirs, clothing, airline baggage fees, flight interruption costs, such as hotels, meals, etc., that are unexpected and not part of the original plan or cost.

Documents/forms needed:

- The link to the [Online Application Form](#) can be secured from your Team Leader. This form must be completed by **every participant** for **every trip** taken with Lifeline.
- **Notarized Release** – available from your team leader (hard copy)

Parental Consent

All minors (under age 18) not accompanied by a parent, **MUST** have a signed, notarized parental authorization for the team leader or other adult on the team to seek medical attention for the minor, if needed.

Mission Policies & Guidelines

Personal Witness and Conduct/Impact on the Native American Culture

Conduct should be such that Christ is honored, glorified, and presented to the Navajo people through a positive witness. You will be serving as missionaries, representing Jesus Christ, Lifeline Christian Mission and your church or organization.

- **Be flexible!**
- Be enthusiastic, encouraging one another. Remember, even “body language” conveys a message.
- Couples who have been dating or are engaged should conduct themselves in a manner that will not draw attention to their relationship.

Respect

- **Be on time!**
- **Mealtime** - receive what is served with gratitude. Do not ask for “something else.” Remember the missionary’s prayer: “Where You lead me I will follow, what they feed me I will swallow.” 😊 **Eat what you take.**
- After each meal, scrape plate completely. Place silverware, plates & cup in designated area.
- Conserve water and shower quickly (Red Sands is located in the desert & water is precious).
- Lights out will be announced each evening by Lifeline Coordinators. Please honor this time so those who need/want to sleep may do so.

- Cameras: Scenery – OK; People/Navajo – Always ask FIRST and respect their answer. There may be times you will be asked not to take cameras/photos.

Health, Hygiene and Safety

- Drink LOTS of water to keep safely hydrated. The high desert is very dry and dehydration can occur very quickly.
- Water provided by Lifeline is safe to drink.
- If you begin to feel ill with symptoms such as diarrhea, stomach cramps, nausea, headache, fever, cramps, light-headedness, etc. notify team leader, mission coordinators or team medical person to begin treatment immediately.
- Inform a Lifeline staff member if you are unable to participate in any activity/meal due to illness.
- Saline spray or Vaseline is good to use in your nose, especially if you are prone to nosebleeds (due to extremely dry air).
- Do not go barefoot, especially outside.
- Wear sunscreen and reapply often...even when cloudy or cool.
- Wear insect repellent during the monsoon season (July – October).
- Please apply sprays outside only.
- ALWAYS wash hands before eating, drinking, cooking and/or refilling water bottles.
- Kitchen crew only in the kitchen area.
- Crystal Light is for meal times only. (Not for use in water bottles).

- Snakes reside in Arizona. They can be dangerous. If you see one, don't mess around with it. Back away and report it to a Lifeline staff member.
- When picking up rocks, lift them facing **away** from you, there might be an unfriendly critter underneath. If possible, move rock with a stick first. ☺
- Adults from your group MUST supervise children/youth at ALL times.
- No one is to go off alone at any time.
- No one is permitted to leave the mission campus unless instructed to do so by the Lifeline Coordinators.

Respect for Mission Policies and Facilities

- No food (including chewing gum, snacks or mints) or drinks other than water in sleeping rooms at any time.
- There is a designated storage area for personal snacks.
- No men in the ladies rooms or ladies in the men's rooms.
- Replace all tools, equipment and supplies to their proper storage space at the end of each workday.
- During your stay at Red Sands, all travel will be in Lifeline vehicles.

****Show respect for Lifeline's facilities, ministries, philosophies, and policies at all times. Even if you don't understand or agree, you have agreed to abide by them when you signed up for this trip.**

Cultural Tidbits (Generally speaking)

Notes

Pointing: Navajo point with their mouth, not with fingers.

Eye contact - You may notice that often the Navajo do not make eye contact. They are not necessarily rude or disinterested; many feel they give you a part of themselves when they make eye contact.

Fishy handshake: They will offer their hand but it is usually fishy; take their hand but don't pump it.

More reserved: Not a lot of loud or idle chit chat, etc.

Photos: Always ask first, and respect their answer. There may be times we will ask you not to take cameras/photos. At other times, take 1 or 2 cameras and share photos later. Anytime Navajo are *not* present, you may take lots of photos.