



CHANGING PEOPLE'S LIVES International Ministries is a specialized ministry that supports the mission of the Seventh-day Adventist Church in the communist countries of the world.



Come
and
Experience
Cuba



With world headquarters in Loma Linda, California and Canadian **headquarters** in Toronto, Canada.



WHO WE ARE



CHANGING PEOPLE'S LIVES (CPL) International Ministries is a specialized ministry that supports the mission of the Seventh-day Adventist Church in the communist countries of the world.

CPL International Headquarters are located in Loma Linda, California with Canadian Headquarters in Toronto, Ontario.

We work to bring hope through the love of Jesus and serve the people we encounter, regardless of religion, race, color, age, disability, or gender.

CPL is a strictly donation-based ministry registered as a California tax-exempt religious corporation under section 501(c)3 in the USA and a registered charitable organization in Canada under the Income Tax Act, number 804849081 RP 0001.

Making a difference around the globe through 3 Major Divisions...



HUMANITARIAN



INTERNATIONAL



**GOSPEL
OUTREACH**

...in the following communist countries:



China



Cuba



Laos



North Korea



Vietnam

...and beyond!



Welcome to Cuba

Just 91 miles southeast of Florida lies the beautiful island of Cuba. With a population of about 11 million people, Cuba stretches out to 42,426 square miles, roughly the size of Tennessee or a bit smaller than the province of Nova Scotia.

Cuba has been ruled by communist regime since 1959. With sugarcane, tobacco and coffee as its main agriculture, the country is covered in luscious green tropical plants. But the classic 1950s cars driving down the streets of Havana or the glowing sunsets shimmering over the Atlantic ocean are not its most attractive traits; the people of Cuba are the real gem of the island. They may not have much but the little that they have they are willing to share with you wholeheartedly.

We invite you to join us in spending time with the CPL sponsored lay workers that dedicate their lives to sharing the hope of Jesus with their village. Worship at one of the 300 SDA congregations throughout the island. Taste authentic Cuban cuisine prepared by the loving hands of a local. **See for yourself what it's like to live under communism.**



Come and Experience Cuba!



GUANTANAMO



TRANSLATORS

Don't speak Spanish? No problem! You will be assigned a translator for your team.



FOOD

2 Basic meals will be provided per day. Most of the meals consist of black beans, white rice, seasonable vegetables and fruits. It is strongly advised that you bring snacks like nuts, dried fruits, and granola/protein bars as needed. All food items are to be sealed in its original packaging and NOT placed in Ziploc bags or containers. Otherwise, you risk having it taken away. Please bring your own reusable water bottle. Clean bottled water can be purchased once you get there.



LODGING

You will stay either in a local motel or in a government registered guest house. This is not the Holiday Inn. Bring your own:

- * TOWEL * TOILETRIES * FLASH LIGHT
- * TOILET PAPER (Highly recommended)

Hot water and air conditioning is not guaranteed.

Local authorities sometimes do not allow you to bring guests into your rooms or to the lobby of the motel.



LAUNDRY

There are no laundry services in Cuba. However, some local church members may offer themselves to do your laundry at a reasonable cost.



INVITATION BY LOCAL MEMBERS

One of the things that you will keep forever in your heart is the love and sincere appreciation from the local people in the communist countries. Sometimes they will offer you something to eat as a symbol of their gratitude. **HOWEVER**, keep in mind that they could be offering the only food ration that they may have for that week. **THEREFORE**, try to be polite and exercise proper judgment.



MONEY

In Cuba, U.S. credit cards and traveling checks are not accepted yet. Bring cash. It is highly recommended for you to bring \$250.00 to \$350.00 US dollars for your personal expenses. For current exchange rates, please visit: www.xe.com



TRAVEL INSURANCE

Travel insurance is highly recommended. Should you need medical care, you will be directed to a government approved hospital that accepts only US cash dollar. No U.S. credit cards or insurance. You will most likely need to pay cash for your medical services and then submit a claim to your travel insurance for reimbursement. Please contact your travel insurance provider for further details. Feel free to visit www.fithventures.com



MEDICINE

If you have a condition that requires certain medication, you must bring it in its original packaging from the pharmacy.

You won't be able to find your typical medicine for your condition. So plan accordingly! For example, albuterol inhalers for asthmatics.

Please consult with your medical provider for vaccine requirements to a typical Caribbean island.



Only applies to **9-15 Day** EVANGELISM TRIP

WHAT TO PREACH

If you are one of the evangelistic speakers, be prepared to have 8-9 sermons. Sermons should be about 45 minutes to an hour. This does not include the additional 45 minutes it takes to translate. Each sermon must end with an appeal.

This is a reaping evangelistic campaign where you have the freedom to develop your own series. The messages must be Christ centered in order to avoid any possible confrontation with uninvited secret service agents from the communist system. Please refrain from making any political statements. This refers to personal or quoted political statements.

SUGGESTED TOPICS:

The Word of God	Creation
What is the Trinity	The Power of the Cross
The Miracles of Jesus	Baptism
The Law & Mercy of God	The Second Coming

NOTE: You have the freedom to make adjustments on the subject. Please make sure that your presentations have an order to them.

The strongest testimony is that of your own. There is no better way to show who Jesus is as compared to what He has done in your personal life.





BIBLES

You are allowed to bring a maximum of TWO Bibles. It is highly recommended that one be a bilingual Bible (English and Spanish). Keep in mind that you will most likely be donating both bibles to a local lay worker, church member, or newly baptized member.

DO NOT forget that a bible is considered a suspicious item in any communist port of entry. If you or your church would like to donate more bibles, bring the necessary funds to purchase them in Cuba (average cost is \$3.50 USD per Bible) although it may be difficult to acquire in a communist country.



PREACHING TOOLS/EQUIPMENT

You may bring a powerpoint presentation and computer equipment for the evangelistic meetings.

Note: “Electrical failures” are a typical practice used by communist authorities to discourage people at any type of Christian meetings. Be prepared to be able to preach an effective sermon incase you run out of electrical power at your location. Printing a hard copy of your sermon is highly recommended.



BAPTISMS

As the facilitator chosen by God, you may baptize during the evangelistic campaign. However, allow the local elders and designated church pastor of the district to make the corresponding decisions regarding the baptismal candidates.

It is wise to understand that in a communist country, the number of people baptized during the evangelistic **campaign isn't as relevant as the seed you planted**. If you are used to measuring the success of the week of evangelism as an indicator of your skills, a communist country is NOT the best place for you to participate in public evangelism.



WHAT TO BRING

- **LIGHT CLOTHING**

Cuba has no winter. It's humid year round. Please dress accordingly, yet modestly.

Preaching attire when scheduled

Sandals

Water Shoes (Optional)

Modest bathing suit

- **HEALTH**

Reusable water bottle

Any medication you take regularly

Charcoal

Immunity Boosters (e.g. Vitamin C)

Insect Repellent - Cuba is a worldwide leading fighter against the Zika virus.

However, we strongly advise you to bring insect repellent containing one of the following ingredients: DEET, Picaridin, IR3535, Oil of Lemon Eucalyptus, or 2-Undecanone. Wear long sleeved shirts and long pants for extra protection.

- **TOILETRIES**

Soap

Shampoo

Towel

Toilet Paper

Hand Sanitizer

- **SNACKS (IN ORIGINAL PACKAGING ONLY)**

For example:

Granola bars

Protein bars

Dried Fruit

Nuts

- **ELECTRONICS**

The electrical voltage fluctuates at an average of 110v. Be aware that if the fluctuation of the voltage goes above 110v, you run the risk of burning out whatever is plugged in.

Flash light

Laptop

Adapters

Projector

Camera

Hair dryer

Electronics are subject to customs fees based on the value of the item at the discretion of the Cuban airport security. For example, if you paid \$100 USD for an external hard drive, the Cuban authorities reserve the right to charge you a \$100 USD fee to bring the hard drive into the country, even if it is an old external hard drive. Cell phones, laptops, ipads, and cameras are typically not subject to these fees unless you leave them behind.

WHAT NOT TO BRING



For security purposes, do not bring the following...

Jewelry

Alcohol*

Winter clothing

Expensive Watches

Drugs*

* Please do not purchase these or Cuban cigars in Cuba.

BAGGAGE INFO

For more information please check with the corresponding airlines for luggage weight, dimensions, and fees.



RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT



In consideration of participating in a mission experience to the communist country of Cuba, through CHANGING PEOPLE'S LIVES, INC., I acknowledge and understand the nature of this activity and am qualified, in good health, and in proper physical condition to participate in such activities. I also understand that the holding of my personal documents such as a valid passport and corresponding visa is under my full responsibility.

I fully understand that this activity to be held in _____, between _____, involves risks of serious bodily injury including permanent disability, paralysis and death, which may be caused by my own actions, or in actions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "Releasees" named below and that there may be other risks either not known to me or readily foreseeable at this time. I fully accept and assume all such risks and responsibility for losses, cost, and damages I incur as a result of my participation in this mission experience to Cuba.

I hereby release, discharge, and covenant not to sue Changing Peoples Lives Inc., its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, board members, owners and lessors of premises on which the activities take place (each consider one of the "Releasees" herein) from all liability, claims, demands, losses, or damages, caused or alleged to be caused in whole or in part by the negligence of "Releasees" or otherwise including a negligent rescue operations and future agree that if, despite this release and waiver of liability and assumption of risk, I or anyone on my behalf makes a claim against any of the "Releasees," I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the "Releasees" from any loss, liability, damage, or cost which any may incur as a result of each claim.

I have read the RELEASE OF WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, and understand that I have given up substantial rights by signing it and have signed it freely without any inducement or insurance of any nature and intend it to be a complete and unconditional release of liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, show continue in full force and effect.

I further agree that if, despite this release, I or anyone on my behalf makes a claim against any of the above the "Releasees," I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the "Releasees" from any litigation expenses, attorney fees, loss, liability, damage, or cost any "Releasee" me incur as a result of any such claim.

Print name of participant: _____ Date: _____

Signature of participant: _____ Date: _____

VISA INFORMATION

Your passport may or may not be stamped by immigration authorities in Cuba.

CPL International Ministries does not hold responsibility for any political claims made by you and/or losses of your legal documents.



Keep your passport, visa, and return flight ticket to Florida with you at all times in a safe place.

If you wish to stay longer in Cuba, you will be responsible for extending your Visa and making your travel arrangements.

WHAT CPL NEEDS FROM YOU:

Please send ALL information to CPL Office Manager.

- 1. Filled Out Mission Trip & Visa Application**
- 2. Signed Release & Waiver of Liability Agreement**
If this form is not signed, you will not be able to go on the trip.
- 3. Scanned, clear, colored copy of the first page of your passport**
Your passport expiration date must be valid 6 months after the evangelistic meetings.
For example, if your trip is in October, your passport must be valid until April of the following year.
- 4. Your personal cell phone number and email address.**
Failure to respond to the scheduled deadlines with the required information puts a delay on the whole evangelistic team. In worst case, you will not be able to go on the trip.



Testimonies of CPL Faith Partners

"Every mission trip to a different country is a life changing experience. But Cuba is very special because the people they are so in love with Jesus that in spite of their political situation they always have big smiles on their faces and are willing to serve God."

- Alex Dávila, California

"God has many ways to reveal our need of decluttering mind, heart, and personal stuff! The trip to Cuba revealed the gratitude of many with so little for simple gifts, a smile or a helping hand. If God has put a desire in your heart to go, start planning and begin to look at the ways He opens doors to enable you to be a blessing in Cuba!"

- Rhonda Backman, Idaho

"Traveling to Cuba with CPL was a life-changing experience. Our faith was challenged, yet God opened doors to ministry at every turn. I loved serving with the local church to reach the Cuban people with the message of God's love and goodness. If you're wondering if you should travel on mission to Cuba, stop wondering and just go. Your faith will be strengthened. It'll be an experience you'll never forget."

- Pastor Jonathan Russell, Oregon



CHANGING PEOPLE'S LIVES

International Ministries

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