

God's Helping Hands

Volunteer Manual Rules and Procedures

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CALLS TO SERVICE

Every true disciple is born into the kingdom of God as a missionary. He who drinks of the living water, becomes a source of life. The one who receives becomes a giver. Grace of Christ in the soul, is like a spring in the wilderness, whose waters spring up for us. refresh all, and makes those who are about to perish, eager to drink the water of the life. (The Desire of Ages, p. 162.)

God could have achieved His object of saving sinners without our help; but in order that we may develop a Christ-like character, we must participate in His work. In order to enter into His joy-the joy of seeing souls redeemed by His sacrifice-we must share in His labors for His redemption. (The Desire of Ages, p. 117.

As His representatives among men, Christ does not choose the angels who never fell, but human beings, men of passions equal to those they seek to save. Christ Himself clothed Himself with humanity, that He might reach humanity. Divinity needed humanity; for it required both the divine and the human to bring salvation to the world. Divinity needed humanity so that it could provide a means of communication between God and man. (The Desire of Ages, pp. 253, 254.)

If each of you were a living missionary, the message for this time would be quickly proclaimed in every country, to every nation, tribe and language. (Testimonies, vol. 6, p. 438.)

By visiting people, speaking, praying, sympathizing with them, we will win hearts. This is the greatest missionary work that can be done. To do so, we will need to be determined, persevering in faith, untiring patience, and a deep love for souls. "Review and Herald, March 24, 1904, E. G. White.

HISTORY OF MINISTRY



Dr. Elden Lopez served in the Petén jungle in 1978 when he had to perform his social service practice as a Physician. He served the poor people on the La Pasión River in Sayache.

It was there that he realized the need of the people as he saw their condition and resources available. With all the needs of these communities in mind, the doctor promised to return again to teach these people how to have a more dignified life through medical missionary work. This work was started in 2002 with the help of many volunteers who came to help sharing the dream of having a Missionary Medical Clinic in Machaquilá Village.

Our primary objective is to provide medical services at a low cost, but of quality regardless of race, creed, gender and social status. Through missionary medical work we can reach all vulnerable populations, teaching them to live healthy lives according to the health laws of our Seventh-day Adventist Church.

MISSION

The Mission of Manos Ayudadoras Sanatorium (God's Helping Hands) and Centro de Vida Sana (Lifestyle Center) is to provide high quality, competent and affordable health care and associated services in a compassionate and culturally sensitive manner to all people. To promote integral physical, mental and spiritual health, restoring the image of God in man through medical care and restoring the image of God in man through medical care and education in healthy living in a Christian environment.

VISION

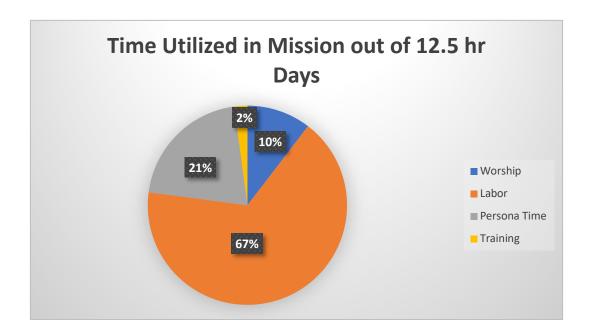
Our vision is to Prevent and Educate low-income people and to implement industries that will help the project become self-sustaining. Our focus is to become an International Center whose excellence can be shown through the Services provided and by the life of each of the workers and patients we serve in this place. We intend to stand out for the concept of Health utilized. We intend to stand out for the concept of Health that integrates the physical, mental, social and spiritual dimensions of human beings and their interaction with the environment.

MAIN OBJECTIVE

Our primary goal is to provide low-cost, yet quality medical services regardless of race, creed, gender or social status. Through medical mission work, we can reach all of these people by teaching them to live healthily according to the health laws of our Seventh-day Adventist Church.

INCOME REQUIREMENTS TO BE PART OF OUR FAMILY

- ❖ The applicant for volunteer service, or to occupy a position required by call, needs to be a baptized, active, and in good standing member of the Seventh-day Adventist Church.
- * Know how to read and write.
- **\$** Each volunteer must be at least 18 years of age.
- ❖ Complete the application form prior to arrival at the camp.



PRINCIPLES

"Does God want us to attain the ideal of perfection made possible for us by the gift of Christ. He calls us to make our choice and to connect with the heavenly agents, to adopt principles that will restore in us the divine image.

In his written word and in the great book of nature he has revealed the principles of life. It is our job to gain a knowledge of these principles and through obedience to cooperate with God in restoring health to the body as well as to the soul. (1905) M. H. 114, 115 2.

In all areas that require physical attention and self-preparation, one must be continually in prayer asking God to be revealed to us so that we may find complete harmony with Him.

Various quotations and verses have been removed from the spirit of prophecy to present the ideals/expectations God has given us on the different subject.

It is important that all in connection with the project, must, understand and comply with the information, to create and maintain a consistent and positive representation of our beliefs.

We are not only responsible for ourselves, but for those who come into contact with Our influence can and will become for the upliftment or downfall of those around us.

Through our knowledge of the great controversy we understand the importance of protecting the pathways in our mind and heart - these can be summed up in our way of dressing, diet, recreation, speech, relationships and personal devotion.

Let us follow the advice given in Philippians 4: 2 - "Finally, brethren, all that is true, all that is honest, all that is just, all that is pure, all that is lovely, all that is of good name; if there is any virtue, if anything worthy of praise, think of this.

CLOTHING AND ACCESSORIES.

Our clothing is a reflection not only of what is in our heart, but what should also be a reflection of the character of Christ, and what He has done for us. For that reason his clothing should not be glued to the body or transparent. He should not wear jewelry or visible makeup. His attire should be simple, clean, modest either outside or inside the Project/Program.

Women's Clothing: Modest and Clean, appropriate for each activity within the camp.

- ❖ Workwear: skirt below the knee, loose fabric or Jean pants, loose and long shirts, polo shirt and sleeve, for some jobs may wear pants below the knee.
- * Evangelism: Skirts below the knee, loose dresses, below the knee and with sleeves; button shirts or polo shirts with sleeves.
- Swimwear: Knee shorts, loose and sleeved shirts.

Men's clothing:

- ❖ Work Clothing: Fabric pants and jeans, button shirts and polo shirts with sleeves, or T-shirts, any of them loose and long.
- * Evangelism: Fabric trousers, short-sleeved shirts or long-sleeved shirts with their respective ties.
- Swimwear: Knee shorts, sleeved T-shirt.

Recreation:

- Any form of recreation whether it be music, movies, games, social media that do not relate to nature and God's characteristics is not permitted in the project.
- ❖ Vulgar language, names, jokes, games that induce selfishness are not allowed inside or outside the camp while you are part of the project team.
- ❖ Make sure that the volume of electronic devices does not disturb others during rest hours.
- ❖ After 9:00 p.m. at night no sound will be allowed that affects the rest of those living within the project.
- ❖ Please do not use your devices during working hours to distract others, if so, you will receive only two wake-up calls.

- ❖ We hope that during your stay with us you will be able to connect with our beloved Jesus through nature which is the most wonderful book of all the wonders He created.
- ❖ Documentaries, video trainings and Christian movies will be announced in advance so that we can all enjoy together in harmony.

Devotionals

- Every Christian depends on daily communication with Jesus, therefore, you are expected to have your personal devotional morning and evening.
- ❖ It is also the obligation of each of the campers to be part of the daily devotional that takes place between 7:00AM and 8:00AM, in the camp dining room daily or in the Sanatorium Facilities.
- ❖ It is required that during the worship services you can use your Bible physically and not electronically as many times electronic devices are distracting.

Interpersonal Relationships:

- * Romantic relationships between volunteers and staff are not allowed.
- * Communication with the opposite sex should be maintained in public areas of the project to avoid misunderstandings.
- ❖ It is required to treat and greet others with respect, to avoid greetings where there are many mimes and caresses as they could be misinterpreted between people of the same sex or other observers.
- ❖ If for any reason you are uncomfortable or have a problem with someone in the camp we encourage you to pray for that person and then you can approach them to fix the problem, and if this is not enough we encourage you to notify the administration immediately.
- ❖ It is forbidden for ladies to enter boys' dormitories and vice versa.
- ❖ Any form of sexual intimacy, whether homosexual or heterosexual, is automatically translated as immediate dismissal.
- ❖ Let us avoid gossip and negative criticism of other individuals within the camp, as this will not make us grow spiritually and will affect the mission that God desires to be accomplished.

FOOD AND COOKING

- ❖ The accepted diet within the camp is vegetarian. We encourage everyone to try as much as possible to maintain a vegan diet. The use of any type of meat, stimulant drinks or caffeinated beverages is prohibited. If you have any doubt about this section we invite you to read the advice book on diet by Elena White.
- ❖ Drugs of any kind are not allowed both outside and inside the camp unless you have a doctor's prescription. If any member is found to be either a volunteer or staff member, selling or using drugs or alcohol will be deprived of the opportunity to continue inside the camp immediately by signing their retreat sheet for the misconduct committed.
- ❖ As volunteers and staff, we are blessed to be able to participate in activities outside the camp, so if one of our members is offered a meal with clean meats, the decision will be made. Always reminding him that we are a testimony, a light and a representative of the principles on which our project is based, which is to bring the message of health to the communities around us and our brothers and sisters in our local congregations.
- ❖ Every missionary must be aware of the impact his or her influence will have on the lives of others. Every decision made will directly or indirectly affect the eternal life of those we seek to save. Let us remember that damage to health and intemperance are matters of paramount importance to our salvation.
- ❖ We pray that each person who collaborates in the preparation of food may take into account that, in order to use the kitchen, he should not have long or painted nails or wear jewelry, since all this leads to the accumulation of germs. Please take at least 20 seconds to wash your hands.
- ❖ We ask that during the time of preparation of the food your clothes can be clean and make use of the apron or apron, having your hair up to avoid unforeseen, avoiding to appear in pajamas to the kitchen in the morning, will not be allowed the use of clothes without sleeves inside the kitchen or with necklines very pronounced by the ladies.etc.

- ❖ We have a kitchen equipped with basic utensils in good condition. If for any reason by carelessness or abrupt use the appliances are damaged, you will have the obligation to replace it within three days, any anomaly in the appliances report immediately for maintenance.
- ❖ The utensils that the kitchen has are for exclusive use in the place where they are, it is forbidden to take the utensils from the kitchen without authorization, if you take any utensil without authorization it will be understood as a robbery. If some utensils are not found, they will be searched in the camp homes.
- ❖ We ask each of those who use the kitchen to help as much as possible to save energy, water and gas, we encourage you to make use of wood fire, for a better performance of our resources in the facilities.
- ❖ All meals within the camp will be completely vegetarian, at no time will the introduction of meat into the camp be accepted.
- ❖ Each individual is responsible for burning their own trash. Please choose a safe place to burn your trash taking care not to produce fires from the other adjacent buildings.

Laundry

- ❖ Coming to Guatemala you will have the opportunity to learn much of the customs of the area among them, wash your clothes in your hand, each house is equipped with a sink and clothesline where you can dry your clothes with the wonderful rays of the sun in a natural and economical way.
- ❖ We encourage you to change your bedclothes every week as a minimum and maximum every 15 days, on arrival you will be given two sets of bedclothes, which will have to be returned at departure.
- ❖ The clothes you hang on the clotheslines are your responsibility.
- ❖ We ask you to keep the laundry area completely clean, without throwing away food waste or packaging of soaps or detergents.

Hours

- ❖ After 9:00pm. Everything must be kept in a quiet and quiet atmosphere in the project.
- ❖ The camp gate has two locks, one for the day and one for the night. Each house will receive a key to the gate for day use, informing you that after 8:00pm, the second lock will be placed, of which only one person has a key. So if you intend to arrive after eight o'clock in the evening (8:00PM) you will have to pay hotel in town to stay, if you are coming from travel please notify the administration to make the respective arrangements.
- ❖ Departure times to the village will be each week for purchases by volunteers and staff in the morning.
- ❖ Previously in meeting with the team will be discussed the schedule to plan activities per month in accordance with all the team.

Leave and Absences:

❖ If someone needs permission to leave the camp for an activity outside of the camp either during the day or night or to sleep outside, they will need to let the administration know, specifying the date, time of departure and arrival time.

Dormitories and Responsibilities:

- ❖ Each bedroom has been cleaned before arrival, it is your responsibility to keep it clean in collaboration with the other occupants.
- ❖ The project manager is free to request that special attention be given to the cleaning of the dormitories and also to schedule a review of the dwellings for review.
- ❖ Each of us who live in the camp are motivated to keep it clean and to motivate others to do so as well.
- One day a month will be planned to clean up the entire project.

Security inside the camp:

- ❖ There are people who travel every day through the project to get to their land behind our property, for this reason we must be cautious (doors will remain closed, expensive items kept inside, animals tied).
- ❖ There are specific dogs, which must remain tied during the day to protect visitors to the project, these hours include 5:30 am 6:30pm. We hope you will help us keep them tied up if for some reason they are loose, as some may bite if they don't know the people.
- ❖ Before going to sleep we ask you to check under your beds, since we are in the middle of a lot of nature, and many times you can get some insects that want to find a warm place to sleep.
- ❖ Please do not leave after 5:30 pm. From the project to the tent outside the community, as the road is a bit dark, and we are not responsible for security outside the camp.
- ❖ If you want to walk long distances within the property, please go in group or warn before your departure, bring your cell phone and if possible you can help take the dogs for a walk, they like to explore nature very much.
- ❖ We are not responsible for your personal valuables.
- ❖ Each individual is responsible for obtaining personal insurance in order to ensure care in case of emergency or illness.
- Please do not keep appliances connected if you are not using them as well as lights and water jets.
- ❖ We ask you to make restricted use of drying and hair care devices, if your hair needs to use these devices obligatorily we ask you to use it at most once a week and nothing else since the cost of electricity is extremely high.

Visiting Policies:

- ❖ Before the arrival of any visit to the campus, it will be necessary to inform the administration for their acceptance and other extra arrangements.
- ❖ It is your responsibility to assume the costs during the stay of the visit, if approved.

Preparation Day and Saturday:

- ❖ Each Friday staff and volunteers who live inside the camp finish their work a little earlier so that they can have their dormitories cleaned and prepare themselves personally.
- ❖ Saturday's opening program begins every Friday at 6:00pm and has been designed for everyone's participation; all members are required to be on time.
- ❖ We have several Adventist churches in the area, all Sabbath schools begin at 8:45 am. We require your punctuality as the project departure will be at 8:30 am, from the camp dining room, if you are not ready at that time you will have to walk.

Evangelism and social projection:

- ❖ God has entrusted us to carry His message, and that is our main objective of our existence in Helping Hands, we hope that each of those who are part of it will be involved in all work activities for the work as support to the Seventh Day Adventist Church.
- ❖ There is a lot of work to be done in evangelism, since the pastor we have locally has about 15 churches, which means that we look at the pastor in our local church one Saturday every 2 months.
- ❖ The work we have been doing has been evangelism in the churches and within the camp providing health campaigns, community service visiting the communities and helping in some material needs as well.
- ❖ Programming weeks of prayer with special guests who come to our camp and have the goodness to share the message of salvation with the brethren
- ❖ Visits to orphanages, old people's homes, children who work in the garbage dump and homes of brothers and sisters who are ill.
- ❖ We also sometimes visit the home of our Dominican sisters, who are a group of nuns who have their ministry of helping the elderly.
- Healthy cooking classes.

Agriculture

- ❖ In Helping Hands we are blessed to have a wonderful land that if we give it love and care, will produce what we sow.
- ❖ We currently have a pineapple plantation, whose income is used to maintain the project.
- Also we like to cultivate some vegetables that serve for the delight of all, it will be of much blessing your contribution in the work of agriculture so that all together we can see grow our own foods in a healthy way.

Loans:

❖ In relation to personal loans to volunteers, the Institution, both the Administration and the directors, do not make personal loans to volunteers, regardless of their time of service, or loans of debit cards or credit for personal use of the volunteer.

Expulsions:

❖ Gods Helping Hands, reserves the right to expel any volunteer or staff, when it becomes evident that their stay is not being beneficial by presenting a defiant or disrespectful attitude to authority. If it is observed that your influence is contaminating others, then your expulsion will be immediate.

PACKING LIST

Standard international flights limit two suitcases that can carry things worth 50 pounds. Be sure to check weight limits with your airline. Try looking for large wheeled bags, boxes, or wheeled suitcases.

The following are only suggestions.

- Clothing (enough for one week)
- ❖ Bring a few things specifically for work, as well as 2 nice suits for Saturdays and special occasions
- ❖ 6 pairs of socks
- ❖ 2-3 pairs of jeans/pants nylon pants ideal for freshness and easy washing
- ❖ 4-5 pairs of shorts, the appropriate length is knee length or longer
- 6 short sleeve shirts, cotton shirts are recommended due to humidity.
- ❖ 2 long sleeve shirts
- ❖ 7 pairs of underwear
- ❖ 2 pairs of older sneakers quickly get dirty1 pair of sandals, you can easily buy sandals here and get sandals too
- ❖ 4-5 pairs of nursing uniforms required for medical attention, if supported in the sanatorium or healthy living center, in your volunteering period
- ❖ Work boots, or in lieu of work tennis shoes
- * Rain boots can be purchased here
- Church Clothing The key is to be modest, blend in with the conservative lifestyle around you

Men

brown, black, pretty khaki dress pants, short or long sleeve shirts if you prefer for church, tie and comfortable dress shoes for walking many times. Suits are not recommended.

Women

knee-length or longer dresses or skirts. Nylon stockings are unnecessary. It is recommended that you have your shoulders covered in church. Nearby we do not have beaches, but only rivers, for which a short at the knee and a T-shirt for bathing will suffice.

Toiletries you can buy most of them here. Bring enough to last as you adjust

If you don't want to separate from your favorite brand or have special items, you should bring them.

Other Accessories and Supplies

- ❖ No jewelry at all times
- Sunglasses
- Insect Spray
- ❖ Anti-itch cream for mosquito bites
- Sunscreen, you can buy
- Devotional books/Casual reading to lift spirits
- Pocket dictionary Spanish/English
- ❖ Bible in English and Spanish
- ❖ Hymnal in Spanish you can buy one in Guatemala to avoid exposing your phone for any theft
- ❖ Small Calendar or Planner
- Ziploc Bags
- Earplugs
- Eye mask (for sleeping)
- Permanent markers
- ❖ Pocket knife don't put it in hand luggage on the plane
- ❖ Small rope for the clothesline, you can buy here
- ❖ Flashlight bring a good supply of batteries
- ❖ Large bottle of water hard plastic or metal, at least 1 liter
- Sewing kit
- ❖ Cooking seasonings some can be purchased, but bring your favorites.
- ❖ Peanut butter and jelly not the same here
- ❖ 220 110 Converter minimum 50W -
- check the capacity of the converter/check the volts of what you bring and make sure they are all compatible with your converter.
- * prong cables work, but there are no 3-prong wall sockets (grounded) here.
- ❖ Portable there is Internet (excellent for communication with family, not there for movies and games), or its use during work time.
- Good case to protect the laptop from the ever-present dust
- Digital camera with memory card
- USB memory
- Stethoscope nurses
- ❖ Passport, Passport Copies travel with at least two copies of your passport stored in other baggage areas.
- ❖ ATM/Debit Card call the bank and let them know you are traveling.
- * Anti-malarial drugs mefloquine recommended

❖ Instruments - people love to hear you play, especially on Saturday morning services, there are music stores in the city centre so you can buy things for your instruments if necessary.

Children's Stuff

- Christian-based Spanish coloring books
- copies can be made here
- Small toys for children in the dollar store such as small toy cars, small stuffed animals, bouncing balls, marbles, rubber ducks, balloons, puppets, face paint, stickers, crafts, bubbles, bracelets, colored pencils, athletic play equipment, etc.

Things to Sleep

- ❖ Two sets of thin sheets
- ❖ Two large and two small towels

Money

U.S. dollars can be easily exchanged in the area, but banks and stores here in Guatemala do not accept bills that have tears, wrinkles, folds, marks or contain writing. It is very important to bring good American bills. You can call your local bank and see if it is possible to order "new" bills. 20 dollar bills are preferred. You can also use your debit card to withdraw money from your bank account in local currency (Quetzales). Be sure to tell your bank that you will be in Guatemala.

Things you can buy here:

- Hangers, pins, laundry soap, cleaning supplies, most clothes, shoes, toiletries, etc.
- ❖ Don't feel you need to bring everything you need to live during your service time. Pack light and buy here to support the local economy.
- ❖ Most volunteers mention bringing less as one of the five things they would "do differently".

COMMITMENT TO THE ORGANIZATION.

My Mission as a missionary volunteer in Guatemala is to live my life with the sole objective of reflecting the love of Christ to those around me through all aspects of my work and responsibilities. I promise to value and respect each person with whom I interact, as well as to respect and honor the beliefs of the Seventh-day Adventist Church in my life and conduct while serving as a volunteer in Guatemala.

MY RESPONSIBILITIES - As a missionary volunteer, I believe:

- ❖ I am responsible before God, my Creator, to reflect His character and exhibit His love.
- ❖ I am responsible to the community in which I live and also to the world community to inform them about the love of Jesus.
- ❖ I am accountable to my leaders and fellow mission volunteers for the decisions I make and the trust they place in me.
- ❖ I am responsible to treat each of my co-workers and all with whom I have contact with respect.

MY VALUES:

- ❖ I respect the Bible for revealing the direction of life
- ❖ I value excellence in everything I do
- ❖ I value ethical and moral conduct at all times and in all relationships
- creativity and innovation in the fulfillment of my mission
- ❖ Honesty and integrity as the basis of all my actions
- ❖ The trust placed in me by the mission administration and other volunteers

MY ETHICAL RESPONSIBILITIES

I recognize that service in a nonprofit organization that supports the Seventhday Adventist Church involves commitment to the organization's mission and alignment with its responsibilities and values. My reasonable service as a missionary volunteer includes the following ethical responsibilities:

A life consistent with the message and mission of the project. I will live in a manner consistent with the beliefs and values of the Seventh-day Adventist Church and will uphold and conduct its teachings and principles.

Respect for project assets. I will respect the property of the organization, including any intellectual property developed in the course of my service. I will use the property, facilities and resources solely for the benefit of the organization, unless otherwise permitted or where financial compensation has been agreed for such use.

Respect for peers and leaders. I will respect and uphold my colleagues and the authorities. I will refrain from intentionally putting them in a position of shame, disrespect or harassment. I will avoid any behavior that may be construed as sexually inappropriate. I will honor the privacy and protect the safety of others.

Efficiency and attention. My time will be devoted honestly to the tasks entrusted to me. I will avoid activities that may impair my performance. I will strive for efficiency and the reduction of waste of time, effort and resources.

Personal integrity in financial matters. I will not commit any type of theft or misappropriation of funds, including misuse of expense accounts, falsification of reports or misapplication of resources for which I am responsible.

Avoiding Inappropriate Influence. I will not offer or receive gifts, favors, payments or other forms of reward directly or indirectly in exchange for a specific gain or action.

Maintain an ethical environment. Maintain ethical standards in my personal life and in the workplace. I believe it is my responsibility to report, through established confidential channels, any behavior that is inappropriate or that undermines an ethical environment.

I will not drink alcohol, smoke or use illegal drugs. I will refrain from wearing jewelry during my period of missionary service, both in and out of the facility.

I will faithfully observe the seventh commandment. Abstaining from sexual intercourse, if I am single, and remaining faithful to my spouse, if I am married.

If I am single when I am accepted into the project. I will avoid starting a dating relationship with any other volunteer or local native for the duration of my service.

I will be respectful of the culture in which I am serving. Bearing in mind that local policies regarding such things as Sabbathkeeping, opposite-sex relationships, dress and adornment may be different from those to which I am accustomed.

Crime and misconduct. I have never been convicted or pleaded guilty or formally disciplined for any crime or misconduct, with the exception of traffic violations. I have never been charged with sexual misconduct.

AGREEMENT TO COMPLY WITH THE ABOVE STATEMENT

I will fulfill the responsibilities indicated in the DECLARATION OF ETHICS AND MANUAL OF POLICE AND PROCEDURES, if I am appointed as a Volunteer Missionary. I understand that failure to comply with the foregoing or any misrepresentation in connection with my application may result in immediate termination.

Name:			
Signature:	 	 	
Date:			

Note: it will be signed at your arrival at the Ministry in Guatemala, if you have any questions or disagree with any of the above guidelines, please let us know before your arrival by email.