

## Schedule

**Saturday:** Fly into Montego Bay, then ride by bus 2 hours to TEAMS House to get settled in and have dinner

**Sunday:** Team devotions; breakfast; attend a Jamaican church; lunch; orientation to prepare for the work week

**Monday:** Team devotions then breakfast; Medical and Encouragement teams go to clinic; Kids/Sports Ministry to schools, clinic, and neighborhood; Building team to building site; 1st day debrief after dinner

**Tuesday-Thursday:** repeat morning routine except clinic is in a different church and teachers go to different schools

**Friday:** repeat morning routine but today is only a half day; house dedication at building site; shopping and dinner in Ocho Rios

**Saturday:** day of rest and relaxation in Ocho Rios with an evening debrief of the week of ministry and discussing re-entry into all that is normal back home, followed by dinner out

**Sunday:** fly home

*Additional ministry opportunities in the community may be added to the schedule throughout the week.*

## How to Join a J-Team

- Need a valid passport that will not expire for at least 6 months after trip
  - Check space availability for your trip date with the TEAMS office (J-Team weeks begin the first Saturday of every February, May, August, and November)
  - Visit TEAMS website: [www.T4mm.org](http://www.T4mm.org) and complete the J-Team registration form
  - TEAMS will notify you of your acceptance
  - Send in \$100 deposit as trip confirmation
- In case the week you choose is full, please indicate if you can be placed on a waiting list for any cancellations for your requested trip or a future one.*

## Cost = \$1,250 + airfare

This covers your deposit, all expenses in Jamaica (except food at airport, souvenirs, Saturday activities), trip medical insurance, and administrative costs. A small portion also helps to cover pharmaceuticals, building supplies, and teaching materials for your specific J-Team.

## When Fees are Due

- \$100 non-refundable deposit due upon acceptance to a specific J-Team
- Balance due 4 weeks before departure



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# J-TEAMS

## Quarterly 9-Day Specialized St. Mary Parish, Jamaica



TEAMS for Medical Missions is about healing the body, making disciples, and strengthening the local church in Jamaica. Our J-Teams are focused on providing needed medical care and medicines on an ongoing basis, opportunities to hear and respond to the gospel, and meeting physical needs through construction.

### 2023 – 2025 J-TEAMS

<u>2023</u>	<u>2024</u>	<u>2025</u>
Feb 4-12	Feb 3-11	Feb 1-9
May 6-14	May 4-12	May 3-11
Aug 5-13	Aug 3-11	Aug 2-10
Nov 4-12	Nov 2-10	Nov 1-9

Each J-Team is comprised of providers, nurses, pharmacists, clinic clerk, encouragers, kids/sports ministry personnel, & builders.

## Medical Team

Team of providers, nurses, pharmacists, and clinic clerk; churches host the clinics; we bring the pharmacy all at no charge—think frontier medicine: no labs, no insurance companies, no paperwork, no machines. We are St. Mary Parish's family physician and have been for more than 15 years. If you have medical training, we can use you (MD, DO, GP, OB/GYN, ENT, PA, RN, LPN, MA, EMT, PT, etc.).



## Encouragement Team

Opportunities for evangelism abound in the clinics, at the schools, and on the building site. All J-Team members are encouraged to seize opportunities as they arise, but we also seek to have an individual or two on the team whose primary role is to listen to, talk and pray with, and bring the Word of God to bear on the concerns of people waiting to be seen at the clinic.



## Kids/Sports Ministry

Opportunities to work with children in a VBS Club format (August); lead devotions in schools (Feb, May, Nov); minister to children at the clinics; assist our missionaries through sports ministry on our outdoor basketball court; interact with children in our neighborhood and yard; plus other opportunities based on the skillset and makeup of the team.



## Qualifications

**Physical health** is important. The schedule involves full workdays which can be quite demanding. It is very hot and humid at the clinics, schools, and work sites.

**Spiritual health** is key. J-Teamers are growing Christians with a desire to share their faith with others in word and deed.

**Emotional health** is vital. Flexibility, a heart to serve, being a team player, along with the understanding that life is not about you is necessary. Come with a teachable spirit.

## Building Team



Skilled labor is a plus, but not required. All tools and supervision are supplied.



We build structures to help individuals, churches, or schools in need.



We need 3-5 people who enjoy working with their hands.

