

Mission Trip Lifestyle

QUIET HOUR MINISTRIES

CONDUCT EXPECTATIONS

"Let us love, not in word or speech, but in truth and action." 1 John 3:18

Quiet Hour Ministries' mission is: Partnering with God in leading people to share His saving grace. When you become a team member, you are helping accomplish that mission! And to ensure that every mission trip is a positive, safe and Spirit-lead experience for the entire team, there are some expectations we ask you to meet. The list is not comprehensive, but we are relying on you to love one another in truth and in action!

Seventh-day Adventist Beliefs

QHM welcomes team members from all backgrounds and religious affiliations. Since we are a supporting ministry of the Seventh-day Adventist Church, and since team members are representing QHM, we expect each team member to respect and reflect Seventh-day Adventist values at all times during the mission and to show Christ's love in everything they do. If you are unfamiliar with our fundamental beliefs, please review them here: www.adventist.org/beliefs

I agree

Ministry to All

As a missionary abroad, your influence goes beyond the planned group efforts. Every interaction you have with translators, strangers, employees at your hotel and anyone else, is an opportunity to be loving and kind. We expect QHM team members to share the gospel in this way by treating everyone they encounter with respect.

I agree

No "I" In Team

International missions is a team ministry experience rather than a personal vacation. As a team, it is important to stay together and show up on time. We want you to encounter the joys of a new culture, new sites, smells and tastes! But it is also our responsibility to ensure that this happens in a safe environment and together as a team. Your team leader will let you know if and when there is free time. Please follow directions and participate with the group.

I agree

Expect the Unexpected

No matter how much we plan ahead—things often change. Thank you for demonstrating a flexible attitude and a willingness to work as a team through any unplanned situation. Sudden changes to schedule or activities can be stressful but please be kind to locals and your leaders when they ask you to adjust with new situations.

I agree

Jewelry & Clothing

It is important to remember that expectations of appearance are not the same in every culture. Because our team is going to a foreign country with faith traditions and cultural norms different than in North America, we ask that team members represent the local church by dressing appropriately for the culture. Jewelry—even wedding bands—may not be acceptable where you are going. Please plan to leave all jewelry in a safe place at home. Not only will this protect it while you're traveling, leaving it home will allow the people you meet to receive you with fewer cultural roadblocks. Clothes are also important! Women, please expect to wear longer skirts for church. Pants and shorts below the knee can be worn outside of worship times. Please avoid sleeveless/spaghetti strap tops.

I agree

Your Body is a Temple

Food in the mission field may be new and exotic—but it can also be repetitive. Please remember that our local hosts are feeding us the best they have. Also keep in mind that we are representing the worldwide Adventist church, which means all food during your mission will be vegetarian. Because the health message is a part of our beliefs, we expect team members to refrain from using drugs, alcohol, smoking, or doing other harmful activities.

I agree

Touch/Harassment

Appropriate physical contact is different in every country. In some places, a hug or a kiss on the cheek is the cultural norm. Sometimes cultures don't touch others in social settings. We want all team members and locals to experience a safe environment. Therefore, we expect team members be mindful of the local customs and act accordingly. We also ask them to say something if they see or experience anything that is inappropriate. Please communicate any concerns with your team leader or the QHM evangelism director. We understand that, should something happen, it can be difficult to discuss, but please let leadership know if you feel uncomfortable with a situation—whether it involves a local or another team member. Protect yourself and protect others.

I agree

Communication/Social Media

Social media is a powerful tool for sharing but it is also not the tool for communicating sensitive, confidential or emergency information. If something concerning safety or privacy happens during your trip, please address it with your team leader or the evangelism director at QHM. We want everyone to be protected and we don't want to cause fear or anxiety for family members at home or the public who won't have complete information. If dangerous or emergency events occur, your team leader and our local partners will work to ensure your safety and to communicate the details to appropriate parties.

I agree

Going Home

During your mission, there may be disagreements among your team or between team members and locals. These situations have the potential to negatively affect the experience for everyone. Every team member agreeing to and abiding by the expectations of conduct you've just read will help to minimize potential difficulties. Your team leader is happy to work with you to resolve any issues that may arise! Leaders are present to protect you and the team and to create a safe and Christlike environment. Unfortunately, if a situation cannot be resolved through your on-site team leader, QHM's evangelism director may make the decision to send the involved team members home early. In this case, no donation refunds can be given. We don't want this to happen so please strive to act with kindness and love, even in tough situations.

I agree

Your Agreement

I understand and accept living by these expected codes of conduct during my mission.

Signature

Print Name

Today's Date