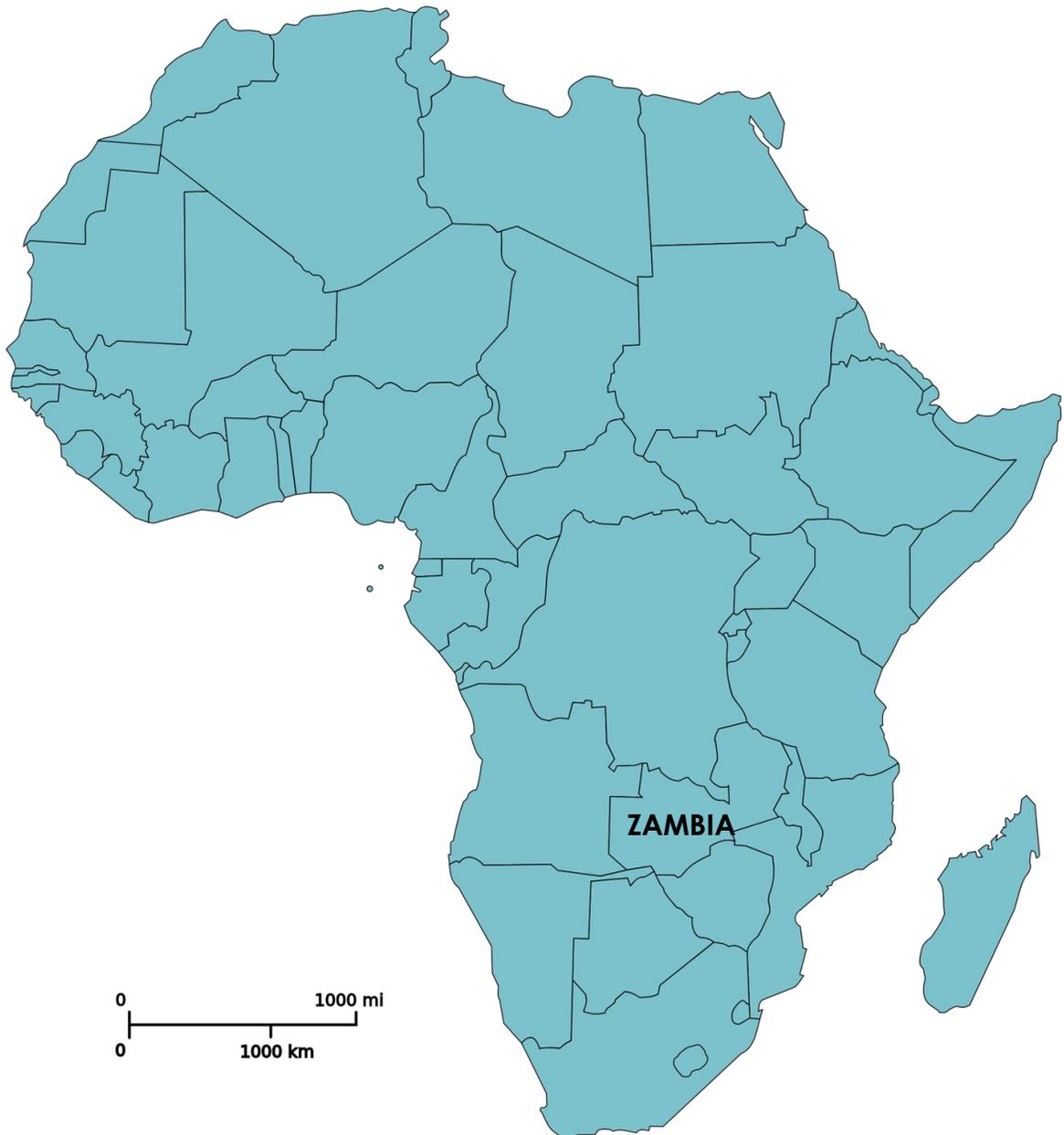




# *Coptic Mission Guide for Missionaries*



*“God isn’t looking for people of great faith, but for individuals ready to follow Him... God uses men who are weak and feeble enough to lean on Him.”* **Hudson Taylor**

*“I am a little pencil in the hand of a writing God who is sending a love letter to the world.”* **Mother Teresa**

*“The more obstacles you have, the more opportunities there are for God to do something.”* **Clarence W. Jones**

*Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”* **Matthew 28:18-20**

### **WHAT DO YOU DO IN AFRICA?**

**Mission in YOU:** The first goal is to grow your relationship with God through spiritual activities in the mission

**Mission to Others:** The second goal is to serve the African communities through preaching, teaching in the orphan schools, churches, market preaching. To be an instrument for God’s work.

Pray to accomplish these 2 goals.

### **WHAT YOU NEED?**

#### **Heart for Prayer**

”I will praise You, O LORD, with all my heart; I will tell of all Your wonders.” *Psalms. 9:1*

#### **Taste for God’s Word**

“When Your words came, I ate them; they were my joy and my heart’s delight, for I bear Your name, O LORD God Almighty.” *Jeremiah. 15:6*

#### **Eyes of Compassion**

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience” *Colossians. 3:12*

#### **Feet to Preach**

“And the gospel must first be preached to all nations.” *Mark. 13:10*

#### **Hands to Work**

“May the favor of the Lord our God rest upon us; establish the work of our hands for us— yes, establish the work of our hands.” *Psalms. 90:17*

#### **Mind of Reflection**

“Though you probe my heart and examine me at night, though you test me, you will find nothing; I have resolved that my mouth will not sin.” *Psalms. 17:3*

### **Holy Spirit to Lead**

“When He, the Spirit of truth has come, He will guide you into all truth, for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come.” *John 16:13*

### **WHAT TO DO?**

#### **1. ATTITUDE:**

If you want to hear and see God, your attitude will make all the difference in the world. If you don't believe it, look what St. Paul said: “Do all things without complaining and disputing, that you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation, among whom you shine as lights in the world, holding fast the word of life, so that I may rejoice in the day of Christ that I have not run in vain or laboured in vain.” *Phil. 2:14-16*

#### **2. PRAYER:**

Have you ever heard of prayer hurting anybody? Always overwhelm your tasks, your preparation and your meetings, with prayer. Prayer is meant to remind you that you are nothing but a tool in the hands of God. Prayer for your mission trip will teach you to surrender yourself to God so He can lead the way. “Pray in the Spirit in every situation. Use every kind of prayer and request there is. For the same reason be alert. Use every kind of effort and make every kind of request for all of God's people.” *Eph 6:18*

#### **3. SURRENDER:**

Ever gone through a day without any plans? Probably not, but...well, get used to it! On almost every day of your trip you will wake up not knowing what you'll be doing or where God will be leading you. You will come to discover that God will only use those who have surrendered to His plan, and are not stuck to a plan of their own. This may be a tough thing to swallow, but you must always remind yourself that this mission is not about you, but all about God. “In his heart a man plans his course, but the LORD determines his steps.” *Prov. 16:9*

### **WHAT TO KEEP IN MIND**

#### **Chosen with failures and all**

Let's face it, you're not perfect. You know that there are things you regret in your life. Maybe there are major, life-shattering failures in all your years that make you feel unstable in God's purpose. Maybe you can't get past how God could use someone like you. But as you get ready to serve on your mission you need to remember one thing: God cares more about your future than He does about your past! “I know the plans that I have for you, declares the Lord. They are plans for peace and not disaster, plans to give you a future filled with hope.” *Jer. 29:11*

## **Brotherly Love**

In every mission there is always an adversary, someone fighting against you. On this mission trip your enemy is the devil. Fortunately, the devil cannot come near you when doing God's work. True, he could try to throw things your way to distract you, but he can't touch you. Knowing how diverse each mission team is, the devil tries to use the differences between people in your group to break the trip. The easiest and surest way for the devil to fight God's work is by setting up God's people against each other. So "Be alert. Be firm in the Christian faith. Be courageous and strong. Do everything with love." *1 Cor. 16:13-14*

## **All things are possible**

Fear is a normal part of life. There is fear of the unknown, the future, and even fear of sin that corrupts good habits. Fear, however, is sometimes a good thing. If we were to live our lives with no fears whatsoever, our relationship with God would be incomplete. Fear is what brings us to our knees; fear is what humbles us before God, and drives us to surrender to God, because "what is impossible with men is possible with God." *Lk. 18:27*

## **Free Time**

Wondering what to do during the day when you are not actively serving? This is the free time that God has to feed you. With your undivided attention, God can reveal to you many things about himself and about you. So take this opportunity to sit and spend some quality quiet time with Him. Make sure you have your pen and journal ready to write down His revelations to you. "Be still and know that I am God" *Ps. 46:10*

## **The 3 Cs of Expectations for Missionaries**

1. **Character** - has integrity in all areas of his life (humble and honest)
    1. In his speech to others - never causing division with body of Christ
    2. In the way he lives the gospel out in all areas of his life (family, work, etc.)
    3. Life of holiness and repentance (confession every two months)
    4. Growing in his spiritual life (daily quiet time, weekly liturgies, deacon meetings)
  2. **Competence** - has the capacity to do the service with excellence (faithfulness)
    1. Never late and absent, but always faithful to his service and meetings.
    2. Always striving to grow his skills and capacity (education, leadership, preaching, creativity)
    3. Communicates clearly when unable to fulfill his service.
    4. Submits weekly work plan of service (visitation report, events)
  3. **Chemistry** - is a team player and works well in the team (unity)
    1. Listens well and very obedient to leaders
    2. Encourages his teammates
    3. Participates and supports others in a daily life with God
- The above needs a quarterly evaluation by the Spiritual father to see if he is meeting the expectation of the church. (proverbs - wise counsel)
  - The Lord expects us to be faithful with the talents He gives us. (Matthew 25)
  - The church should not be given the leftovers, but our best. (Malachi 1)
  - God is not settling for less to take care of His children. The church will not compromise and accept anything less than the 3 C's above.

*As quiet time will be an essential part of your day, we suggest that you use the following guidelines to make the most out of your time with God.*

## **QUIET TIME PLAN**

### **1. RELAX**

Be still and quiet! Slow down! Prepare your heart. Take deep breaths and ask God to:

Meet with you

Set aside distractions

Reveal to you His Word for today

Bring comfort and clarification to your life

### **2. READ A PASSAGE**

Read and re-read a passage slowly, perhaps repeating a verse several times, expecting God to make it come alive with relevance for your situation. Read until you feel God has told you something.

### **3. REFLECT ON THE VERSE**

Here are 5 ways to help you meditate on a verse:

Picture it! Visualize the scene in your mind

Pronounce it! Say the verse aloud, emphasizing a different word

Paraphrase it! Rewrite the verse in your own words

Personalize it! Replace pronouns in the verse with your own name

Pray it! Turn the verse into a prayer and say it back to God

### **4. RECORD WHAT GOD DID**

In your journal, write out the verse that spoke to you most personally. Then write out a personal application statement that is practical and measurable.

What does the passage say generally (what is it teaching me)?

What does the passage say to me personally (what should I do specifically)?

Refer back to your verse and application throughout the day. Try to memorize the verse and meditate upon the application all throughout your day.

### **5. REQUEST**

Conclude your quiet time by talking to God about what He has shown you and making requests from your prayer list.

## **EXPECTATIONS FOR YOUR MISSION TRIP**

After a lot of prayer and experiences from many mission trips throughout Africa, we have compiled a list of guidelines and expectations of your mission trip. Where you are geographically affects where you are

spiritually: Change of Place + Change of Pace = Change of Perspective. Retreats and mission trips are powerful catalysts to get out of our routine. New places open us up to new experiences. They help us see God with a new perspective and new eyes. Therefore, we have set some expectations to help you in gaining this new perspective.

1. Because our number one priority is your spiritual growth, there will not be Internet access via laptops and/or smartphones, iPhones, etc. Therefore, please do not bring laptops and other items that will be a distraction for you. If you have any typing work, the Church will provide a laptop for your use. Internet can be used for minimal time to communicate with family only (available through the priest).
2. If you have to leave the mission campus for any reason, please notify the priest before doing so to obtain permission.
3. It is unsafe to walk anywhere out of the mission campus during the day alone or after dark with anyone else.
4. As a courtesy, boys are not allowed in the girl's mission house and rooms. Girls are not allowed in the boy's guesthouse and rooms (unless there is a community-wide event in the guesthouse).
5. We should observe quiet times, sleeping and waking times, and meeting times (i.e., services, liturgies, meetings) as a group together. Communal living encourages one another to grow closer to God. Therefore it is important to practice less social mingling and more fellowship, which includes group Bible sharing and prayer times. Also, during evening times, it is important to maintain a sense of silence and reading and reflection times. We request that you maintain "lights out" times because others will be sleeping and do not need to be disturbed; also, the later you stay up, then the morning program with quiet times are harder to follow.
6. Further, please maintain cleanliness in your homes and rooms, which will positively contribute to the communal way of life.
7. Use your free time wisely in reading spiritual books. Also, bring Bible, journal and spiritual books with you.
8. Every evening there will also be time for preparation for the next day. All groups should come prepared to preach in the market, share verses from Bible in peoples houses, Sunday school lessons, Skits, Songs, and be flexible to do other mission activities. (PLEASE PREPARE SOME BEFORE COMING)
9. We expect that you have a spirit of obedience to the Bishop, Priests, Deacons, and Missionaries living in the country you are serving in. We are here to serve you as you serve in the Mission; therefore, we ask that you obey the rules and schedules. Be willing to be *flexible* when the schedule changes.
10. Please remember that you are coming to serve poor and simple people. Therefore, as missionaries we shouldn't offend them either in our dress, our food, or in our behavior.
11. For proper dress code the girls should wear skirts and boys wear pants (trousers). Girls can also wear bandana on hair when visiting the people in the neighborhoods.
12. In this day and age of technology and communication, we encourage you to keep in touch in a positive way with the people that you meet here. Therefore, if your Facebook page is inappropriate with any pictures of drinking, clubbing, etc., then we kindly request that you do not become friends with any local

Church members because you will be sending a wrong impression to our members. You represent the church and they know you as missionaries coming to share the Word of God and His love therefore if your life does not reflect it then you will be sending a wrong and confusing impression of Christian life to our local members. We pray that your time here can encourage you to live a full Christian life glorifying Him.

13. Please **never** give money to any verbal requests or send money to any email or Facebook requests, etc. sent to you by our members. If you would like to help anyone and we encourage you do, please do so through the priest. We want the church body to help the people, not just individuals. If asked for clothes, food, or any other items just tell the people no problem we can work with priest of church to help you.
14. Consequence to any disobedience to the rules may result in you being sent back home at your own expense. The mission is responsible for you, therefore, we ask that you cooperate and work as a team with the leaders on the ground in Africa. We are happy that you are here to serve, however, please obey the expectations and guidelines set before you in this guide and in the orientation upon your arrival.

## **FREQUENTLY ASKED QUESTIONS**

### *1. What vaccines or other preventative medications do I need to take before arrival?*

Please check the CDC website for the latest information on vaccines you should take before you travel. If you will go to Congo, you will need to take the Yellow Fever vaccine (and make sure you bring your yellow card). Anti-malaria pills are recommended but the best prevention for malaria is to use insect repellent and wear long sleeves, etc. in evenings, and sleep under mosquito nets.

### *2. Do I need to obtain a visa?*

For all of our countries, it is recommended that you obtain your visa before you leave, but there are certain requirements specific to each location.

**Zambia**- Certain passport holders are able to pay for the visa at the airport (about 50 USD). Others need an invitation letter to obtain the visa from the embassy in your home country (ex: Egyptian Passport), which we will be happy to provide. Please make sure you get a **Tourist Visa** and NOT a Business Visa. **IMPORTANT:** If you get your visa at the Zambian airport, then please make sure they have not handwritten the letters “BV” on your visa (even if you request a Tourist Visa). With your Tourist Visa, you are allowed 90 days in the country in a given year. If you want to stay longer than that, then you will have to get a visitors permit.

### *3. How much is accommodations?*

**Groups:** We ask that a contribution of 35 USD per person per night be given at the beginning of the group mission trip all at once and in cash. This contribution covers the cost of accommodations, food, and transportation. In addition to the food bought in the country you are visiting, it is recommended that the group also bring certain food items; this list can be emailed to your group.

4. *How can I prepare for my mission trip?*

Visit the Coptic Mission website ([www.copticmission.org](http://www.copticmission.org)) on how to prepare. Also, the Meant To Live Foundation website ([www.meant2live.org](http://www.meant2live.org)) has some great tips and resources for preparation.

5. *What is the dress code and weather like during the year?*

Dress should be modest at all times. In the rural areas, long trousers for boys and long skirts or wraps and head covering/bandannas for girls. In the city, long trousers for boys and knee-length to long skirts as well as jeans for girls. Girls should not wear low-cut shirts, tight clothing, short skirts/shorts, tank tops, etc.

Helpful items to bring are flashlights, power converter or multipurpose plug for electric appliances, tunics for deacons, towel and toiletries, insect repellent, sunblock, water bottle, hand sanitizer.

Also research the weather in the country you are going to bring proper clothing. Example some countries are winter season when it is summer in your country. Research before you come.

6. *Who will pick you up from the airport?*

The Mission will arrange for someone to pick you up at the airport. Please sign up through “Get Involved” on the [www.copticmission.org](http://www.copticmission.org) website so that we can arrange transportation. Also, please send your itinerary to the priest of the country you will be serving in.

7. *How can you communicate with your family back home?*

We can provide you with a phone number that you can allow your family to phone to check for your arrival and intermittently throughout your trip. We ask that communication be minimal with family back home. Also, you can use Skype and other forms of communication through the Internet (available with the priest’s permission).

8. *What if I get sick?*

We have our own hospital with professional staff, laboratory, and pharmacy for testing and treatment. The staff is available 24 hours a day, 7 days a week.

## **Home Sweet Home**

Welcome to life after your mission trip. By now you are probably winding down on your last night on site, or maybe you have already started the long journey home. Whichever it is, you’re about to go through what we call the “post mission trip syndrome.” We have some good news and some bad news.

Bad news first; Congratulations, you really angered the devil by going on this mission trip. Don’t think he hasn’t seen you grow, seen your good works, seen your love towards others and sat idle. He has been preparing for this moment for weeks and he is mounting an attack on you because he knows that following every spiritual

high there is an opportunity for a spiritual low.... that is of course unless you do something about it. So yes, the bad news is that the devil is preparing to attack you and bring you down from your spiritual high, but the good news is that you have been warned and there is something you can do about it.

“Be strong and courageous! Don't tremble or be terrified, because the Lord your God is with you wherever you go.” Joshua 1:9

### **Step 1: GET INVOLVED**

There is something that is always puzzling to ponder... you went on a mission trip to serve others, yet without fail you feel as if you have been served. The trick now is to continue doing what you have started. Look for ways to bring God back to your community in the same fashion you did while on the mission trip.

Maybe organize a reunion for those who went on the trip? Or how about organizing a prayer meeting? Or how about finding a way to use your passion for service in your church ministry? All of these things serve one essential purpose... you staying busy and using the tools you learned while on the mission trip. The bottom-line is that you must remain active in your service. Finally, as in all things, overwhelm your services with prayer. Prayer is our call for help and the way of staying connected to our only true source of strength and power, our Lord and Saviour, Jesus Christ.

### **Step 2: PLUG INTO A SMALL GROUP**

The friends you made on your mission trip were essential in holding you accountable for prayer meetings and prayer time (amongst many other things). Well now that you are going home, it is very important to surround yourself with friends who have your best interest at heart and are willing to hold you accountable. Small groups are where that happens. We HIGHLY encourage it because it will give you an opportunity to share what you have seen, what you have done, and that group will help hold you accountable so that the changes you have started to make will continue long after the trip has ended.

## ZAMBIA



## ZAMBIA MISSION OVERVIEW

The Coptic Orthodox Church in Zambia was established in 1987 by His Grace Bishop Antonios Morkos. And today, by the grace of God, it has grown to include four churches, a hospital, a clinic, a Hope Center for Infectious Diseases, three orphan schools and several other projects. The orphan schools care for over 200 orphans and vulnerable children, providing the children with academic, physical, spiritual, and emotional support. The hospital, which includes an outpatient, inpatient ward and diagnostic center, cares for charity and non-charity clients. The staff is made up of outstanding doctors and specialists who care deeply for the patients. The Hope Center for Infectious Diseases has over 6,000 patients enrolled and provides free ARVs for HIV+ patients, offers VCT counseling and adherence, and pediatric support to mothers.

The five churches are currently being served by Fr. Mark Musamu, who was ordained by H.H. Pope Shenouda III in the year 2002, Fr. Abraham Fam, ordained in February 2007 by His Grace Bishop Paul, Fr. Steven Masumba, who was ordained in 2009 by H.H. Pope Shenouda III, and Fr. Bishoy Chingaipe who was ordained in 2013 by His Grace Bishop Paul and Fr Makarios Lyambo was ordained in 2016 by His Grace Bishop Paul. The mission has a very unique mission service in the area of Munguli, a bush area 40 km deep from the main road, where one of the five churches is located.

We also have three missionary schools for orphans serving over 200 children.

## COUNTRY OVERVIEW

Total population: 11,696,000

The **Republic of Zambia** is a landlocked country in Southern Africa. The neighboring countries are the Democratic Republic of Congo to the north, Tanzania to the north-east, Malawi to the east, Mozambique, Zimbabwe, Botswana, and Namibia to the south, and Angola to the west. The capital city is Lusaka, located in the southeast of the country. The population is concentrated mainly around the capital Lusaka in the south and the Copperbelt to the northwest.

The official language of Zambia is English, which is used to conduct official business and is the medium of instruction in schools. Commonly-spoken indigenous languages number over seventy and include the: Chinyanja, Chibemba, Chitonga, and Lozi.

There are two main seasons, the rainy season (November to April) corresponding to summer, and the dry season (May/June to October/November), corresponding to winter.

The Zambian staple diet is based on maize. It is normally eaten as a thick porridge, called Nshima, prepared from maize flour commonly known as mealie meal. This may be eaten with a variety of vegetables, beans, meat, fish or sour milk depending on geographical location/origin.

According to its constitution, Zambia is officially a Christian nation. Christian denominations include: Roman Catholic, Anglican, Pentecostal, New Apostolic Church, Lutheran, Orthodox and a variety of Evangelical

denominations. In addition, there is also a strong presence of Seventh-day Adventist and Jehovah's Witnesses. Moreover, approximately 5% of the population are Muslims, which mostly live in urban areas.

The most prominent Christian was David Livingstone, who had a vision of ending the slave trade through the "3 C's" (Christianity, Commerce and Civilization). He was the first European to see the magnificent waterfalls on the Zambezi River in 1855, naming them Victoria Falls after Queen Victoria. The town of Livingstone, near the falls, is named after him. Highly publicized accounts of his journeys motivated a wave of explorers, missionaries and traders after his death in 1873.

## CHINYANJA VOCABULARY

### English

### ChiNyanja

|                    |                        |
|--------------------|------------------------|
| Good morning       | Mwauka bwanji          |
| Good afternoon     | Mwachoma bwanji        |
| How are you?       | Muli bwanji?           |
| Come               | Bwerani                |
| Stand              | Imani                  |
| Here               | Apa                    |
| There              | Apo                    |
| What is your name? | Ndinu yanu dzina?      |
| How old are you?   | Muma zaka mulaa myaka? |

Where do you work? Mugwira kuti nchito?

Are you married? Ndinu okwatira?

Just now Manje manje

Sleep Kugona

One Modzi

Two Wiri

Three Tatu

Ten Khumi

Sunday Sondo

Today Lero

God Mulungu

Lord Ambuye

Jesus Christ Yesu Khristu

## SONGS

### *Takwaba uwaba nga Yesu*

Takwaba uwaba nga Yesu (3)

Takwaba takwakabe

Nayenda, nayenda yenda, konse, konse

Nafwaya, fwaya, konse, konse

Nashuguluka, konse, konse

Takwaba, takwaakabe

### *My Desire*

My desire (3)

My desire is to know the Lord

Pepo lyandi (3)

Pepo lyandi kwishiwa Lesa

**Set Me Free**

Set me free, O Lord

I open up my heart, O Lord (2)

Set me free

Nkakuleni Lesa

Naisula mtima wandi kulimwe (2)

Nkakuleni

**Tototele Lesa Wamweo**

Tototele Lesa wamweo

Abumbile mulu nechalo

Kabili abikapo na ene

Pabushiku bwalelo netemwa

Eyaya, eyaya, eyaya (3)

Pabushiku bwalelo netemwa

| INDIVIDUAL SCHEDULE |  |  |  |   |  |   |  |                                   |
|---------------------|--|--|--|---|--|---|--|-----------------------------------|
| Time                | Sunday                                 | Monday   | Tuesday                                  | Wednesday   | Thursday   | Friday  | Saturday   |                                   |
| 06:30 – 07:00       | Wake up                                | RETREAT DAY<br>Extended Quiet Time<br>Journal entry<br>Prayer time | Wake up                                  | English Liturgy with School Children, St. Mina Chapel | Wake up  | Wake up   | Wake up  |                                   |
| 07:00-08:00         | Quiet Time                             |  | Quiet Time                               |   | Quiet Time   | Quiet Time  | Quiet Time   | Quiet Time                        |
| 08:00-08:30         | Deacons Prepare the Church for Liturgy |  | Quiet Time Sharing, St. Mina Chapel      |   | Quiet Time Sharing                                 | Quiet Time Sharing  | Quiet Time Sharing   | Quiet Time Sharing                |
| 08:30-09:00         | Liturgy (at one of 4 churches)         |  | Breakfast                                | In-Patient Hospital Visitations                       | Breakfast  | Breakfast   | Breakfast  | Breakfast                         |
| 09:00-11:30         |  |  | Ministry Projects*                       | Ministry Projects*                                    | Ministry Projects*                                 | Ministry Projects*  | Ministry Projects*   | Teen Center & Youth Center (9:30) |
| 11:30-13:00         | Sunday Meetings                        |  |  |   |  |   |  |                                   |
| 13:00-14:00         | Lunch                                  |  | Lunch                                    | Lunch   | Lunch  | Lunch   | Lunch  | Lunch                             |
| 14:00-16:00         | Fellowship                             | Rest Personal Time More Quiet Time                                 | Visitations & Cell Group Meeting, Chaisa | Visitations & Cell Group Meeting, Garden Township     | Visitations & Cell Group Meeting, Luangwa Township | Visitations & Cell Group Meeting, Chilulu Township, Luangwa Township, Luangwa Overspill | Any Services or Projects in Mission + Preparation for Sunday Service |                                   |

