



What To Bring

Bible, cash for lunch on the way home, sleeping bag, pillow, toiletries (shampoo, tooth brush, soap, wash towel), towel, long pants should cover ankles (capris and shorts may only be worn at our housing site), warm jacket, sweatshirt, socks, underwear, flip flops for shower, close-toed shoes, t-shirts (no shirts that expose the shoulders: tank tops, halter tops, muscle shirts, etc...)

What Not To Bring

Portable game players, i-pods, expensive jewelry, a lot of money, hats, college or professional team sports clothing or clothes with sports logos like Nike or Addidas, clothes with solid colors of bright red, navy blue or bright purple, drugs, alcohol or weapons of any kind.

Medical Release Forms

Blue RBCPC form and L.A. Food Bank form required to attend trip. Forms are available in the high school office

The Center For Student Missions

Since 1988, CSM has been taking youth groups into the inner cities of our nation to provide effective urban ministry experiences that transform lives, influence local churches and honor Christ.



For more info,
visit www.csm.org



For more info, contact the High School Ministry
at Rancho Bernardo Presbyterian Church
(858)-487-0811 x 217

"The Highway" Spring Break

Mission Trip 2010



Center For Student Missions
Downtown LA



Cost: \$200

Deposit: \$100 deposit due Sunday, Mar. 14.
final payment due Sunday, Mar. 28.

When do we go?

- April 5-8, 2010
- Depart: Monday meet at the church upper parking lot by 1 p.m.
- Arrive Home: Thursday, 5 p.m.

Transportation

We will be taking (2) 15 passenger vans and several church mini-vans.

Lodging

We will be staying at the Los Angeles Center For Student Missions headquarters in downtown L.A. It is a secure, gated facility. Separate guys/girls dorm rooms, bunk beds, multi-purpose meeting and dining room, showers, etc... Breakfast is served at the facility. Lunches and Dinners are at ministry sites and local ethnic restaurants.

What Will We Do?

- Learn about the diverse cultures and needs of the inner city
- Participate in a "prayer tour" seeking God's intervention where spiritual battles are taking place
- Feed the homeless at a soup kitchen
- Work with needy children at local churches
- Visit local ministries addressing the needs of the inner city
- Serve at the L.A. Food Bank and learn how they provide food to address the issue of hunger in the inner city
- Experience the rich cultures of the city by visiting several ethnic restaurants
- Grow in your relationship with God through times of worship, prayer and discussion

Who Will Lead Us?

Full-time Center For Student Missions Staff will be lead our group in the city and at all ministry locations. Each ministry site has a relationship with CSM and understands and provides for the safety needs of the groups who participate in missions projects.



"The Highway" LA Mission Trip 2010 Registration

Name _____

Address _____

Phone _____

Grade _____ Age _____ Gender _____

Email _____

\$100 deposit (due Mar 14)

\$200 Payment in Full (Mar 28).

Deliver or mail registration form and

check made payable to RBCPC to:

RBCPC

Attn: High School Ministry LA Mission Trip
17010 Pomerado Road • San Diego, CA 92128