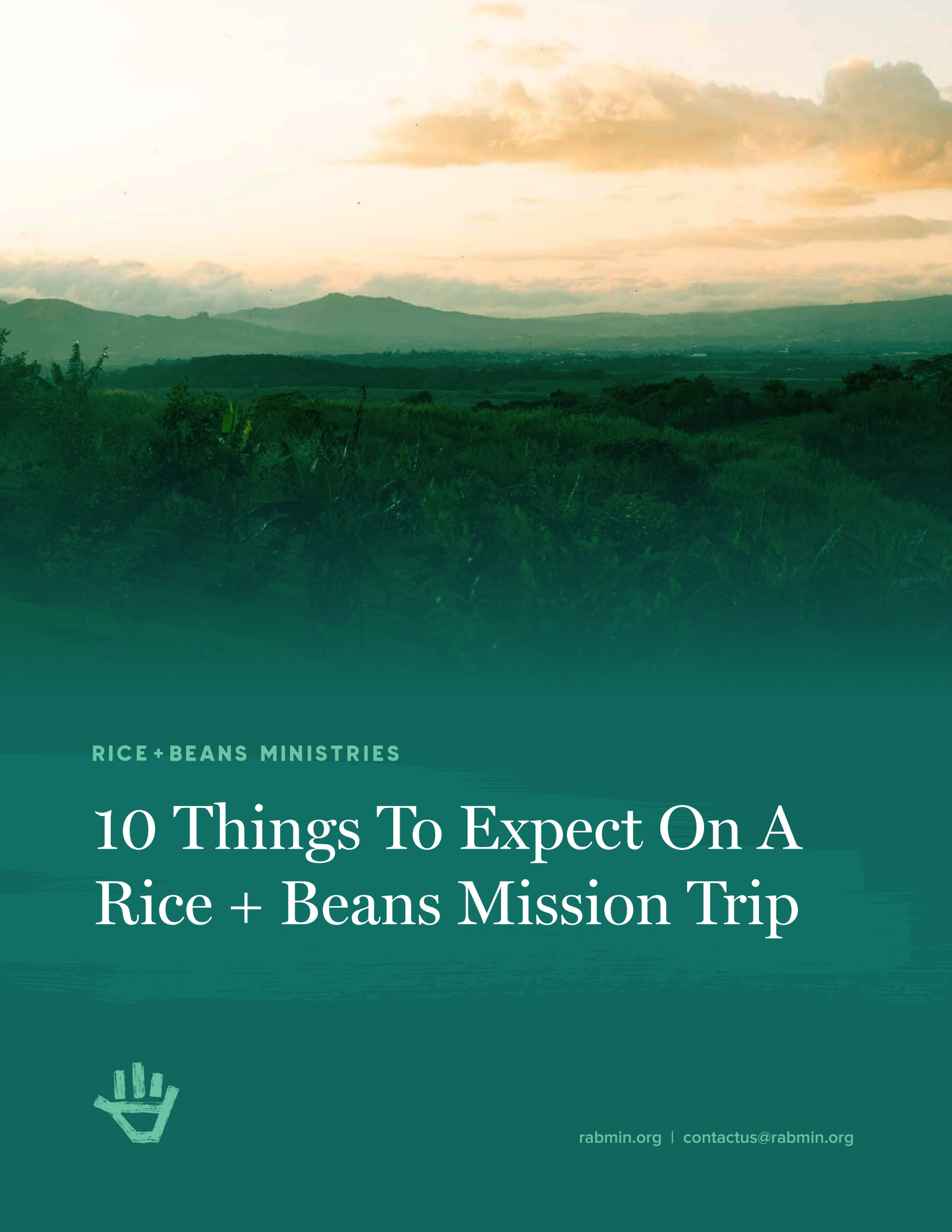




RICE + BEANS MINISTRIES

10 Things To Expect On A Rice + Beans Mission Trip



rabmin.org | contactus@rabmin.org

Introduction

Rice and Beans Ministries (RABMIN) is a faith-based 501(c)(3) nonprofit organization. We exist to serve communities in need in Costa Rica, Brazil, and the United States. Our mission is “Go Live Love”, and there is no greater joy than to help volunteers experience this through short-term missions.

Our flagship programs include Feeding Families, Educating Children, and Rebuild & Repair.

Feeding Families - The communities we serve experience food insecurity on a routine basis. Providing food bags and prayer to families is a powerful way to build long-term relationships throughout the community.

Educating Children - Economic instability keeps many children from staying in school beyond the 6th or 7th grade in our communities. As you can imagine, decreased levels of education further perpetuate the cycles of poor economic outcomes. Helping children continue their education is a priceless gift for the child, their families, and the future of their community!

Rebuild & Repair - Improving living conditions for many migrant families in our service areas is an effective way to meet immediate needs. Through local church partnerships and home repair efforts, many of the families we serve come to know Jesus.

Let's Go Live Love Together!

RABMIN primarily focuses its efforts on missions in Costa Rica. However, we do have short-term mission trip opportunities in Brazil and the United States, too.



01

A Warm Welcome

From the moment you arrive, you'll be enveloped in the welcoming spirit that defines our mission locations. In Costa Rica, expect to hear the friendly greeting "pura vida!" In Brazil, prepare for open hearts and contagious warmth. Local staff, host families, and the people you'll meet in the community will make you feel like part of their extended family. This genuine connection creates a beautiful foundation for your entire trip experience.



02

Meaningful Work

Rice & Beans Ministries is all about hands-on impact. Whether you're assembling food bags for families without food, sorting and distributing school supplies, or engaging in home repair projects, you'll witness firsthand how your efforts create ripples of hope far beyond your time here. The tasks may seem simple, but the smiles on the faces of those you serve will be your greatest reward, confirming you are truly making a tangible difference for families in need.





03

Build Meaningful Relationships

Beyond the tasks you'll accomplish, authentic human connection is priceless. You'll have opportunities to interact with children overflowing with energy, share stories with resilient families, and learn from the wisdom of those who lack material possessions but exude an abundance of joy and spirit. Language barriers may exist, but laughter, kindness, and a shared sense of humanity can bridge any gap. These connections will leave a lasting mark on your heart and broaden your understanding of serving those in need.

04

Safety & Comfortable Accommodations

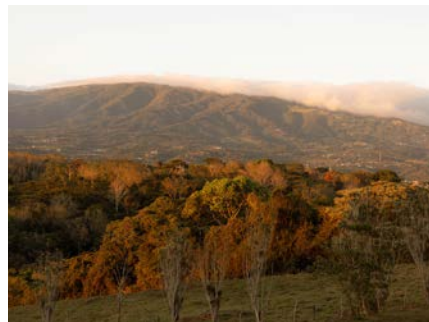
After a full day of service, you deserve a place to unwind and get a good night's rest. You won't be camping or staying in rustic conditions. Our accommodations prioritize cleanliness, comfort, and a touch of local charm. Expect cozy beds, refreshing showers, and spaces where you can relax and refuel for the next day's adventures. Additionally, your safety is a top priority for RABMIN. Though we serve communities in great need, our service areas are very safe.



05

Time for Exploration

A RABMIN mission trip isn't all work and no play! We understand the importance of balance and set aside time for you to experience the beauty and culture surrounding you. Whether you're soaring through lush rainforests on a zipline adventure, feeling the sand between your toes on stunning beaches, or exploring vibrant local markets, you'll gain a deeper appreciation for these remarkable countries. These excursions are a chance to bond with your team, recharge, and create unforgettable memories.



06

Supportive Team Members & Staff

Our seasoned team leaders are here to support you throughout the trip! They handle the logistics, ensuring everything runs smoothly so you can focus on making a difference. They are also your cultural guides, sharing insights about local customs and traditions. If you have a question, need encouragement, or simply want to chat, our team leaders are always here to support you.



07

Delicious Food

Prepare your palate for delectable flavors! You'll experience the vibrant culinary scene of the local community, sampling traditional dishes prepared with fresh local ingredients. Expect flavorful rice and beans (of course!), exotic fruits, perhaps a strong cup of local coffee, and treats that will delight your tastebuds. Meals are often a time to share stories, laughter, and connect deeper with your mission trip team.



08

Opportunities for Growth

Mission trips have a way of pushing us out of our comfort zones and opening us up to personal growth. You may discover hidden strengths, develop leadership skills, or confront your own biases. As you navigate a new environment and interact with people from different backgrounds, you'll gain a broader perspective on the world and your purpose within it.





09

Unexpected Joy

Amidst the challenges and hard work, joy has a way of finding its way to the surface. It might be the infectious giggles of a child receiving a backpack, the grateful tears of a parent receiving food for their family, or the breathtaking beauty of a sunset over a lush rainforest. These moments of pure joy will recharge your spirit and serve as a reminder of the inherent goodness of God for you, the team you are serving with, and the individuals in our community, too.

10

A Changed Perspective

When you return home, you'll realize you're not the same person who left. You'll carry the memories, the friendships forged, and the lessons learned deep within your heart. Your compassion will be expanded, your sense of gratitude deepened, and your desire to create positive change in your own community ignited. **A Rice & Beans mission trip plants a seed within you, and its impact will continue to grow long after you return.**



Conclusion

The long and short of it is that Rice and Beans Ministries exists to serve families in need in a tangible, authentic way. We care for others in our communities by providing food, education, and improved housing conditions with the greater mission of introducing our brothers and sisters to Christ.

Here's how you can join RABMIN and Go Live Love:

- Plan a Mission Trip
- Donate to RABMIN
- Become a RABMIN Ambassador

Thank you for taking the time to learn more about Rice and Beans Ministries! We certainly hope we get to have you as a guest on an upcoming mission trip. If you have any questions, please contact our team here.

