

MAT-CEBU ADVISORY

Event: MIDDLE-AGE TRAINING (MATC-7), Module 3

Date: November 11-23, 2019

Venue: Meeting Hall, Church in Cebu City
135 Sikatuna St. Brgy. Zapatera, Cebu City, Philippines

Objective of the MAT-Cebu:

That the middle aged saints may be perfected and raised-up in the present age for the Lord's testimony, for the furtherance of the gospel and for the service in the building up of the Body of Christ.

Guidelines for Participation:

I. Application for Training:

- A. Middle aged saints, 30 to 65 years old (exception can be made upon elder's / coworker's recommendation); with at least six months regular church life may apply.
- B. Applicants must fully accomplish the **'Application & Qualification' form and the 'Consecration and Affirmation' form**. These shall be validated and affirmed by the coworker of the province/region or by an elder of the locality where the applicant comes from.
- C. Together with the application forms, trainees must submit **chest x-ray results. X-ray films** must be presented to the MATC medical office during check-in. **Medical records** within the last six months related to medical conditions that significantly affect the overall health (ex: heart ailments, injuries, handicaps, etc.) of a trainee must also be submitted with the application forms.
- D. The Training Donation is **P3,000** for local saints and **USD120** for saints from overseas. This will cover meals and lodging at the Meeting Hall for two weeks. The Training Donation from overseas must be given upon arrival.
- E. Luzon saints may register to Full-Time Training Center in Malabon while Mindanao saints should register by cluster and look for key person.
- F. **DEADLINE for registration is on October 28, 2019**. All registration forms must be received on-line at **matcebucity@gmail.com** or at the Meeting Hall of the Church in Cebu City.
Admission is not guaranteed for latecomers owing to the limited capacity of the accommodation.
- G. Transportation from the airport/pier to the meeting hall is the responsibility of prospective trainees. Taxis are readily available in these areas.

II. Check-in/out Time for Training:

The check-in time is at **2:00 pm** on **November 10, 2019** at the Meeting Hall of the church in Cebu City at 135 Sikatuna St., Cebu City. Trainees are advised to arrive early to register for accommodation and take sufficient rest before the start of the session. The check-out time is at **2:00pm** on **November 23, 2019**, after completing all the scheduled activities. Trainees are expected to attend all classes and activities without miss in order to get full credit for each training module.

III. Preparation for the Trainees:

- A. Trainees must prepare themselves spiritually and physically as the training routines can be strenuous.
Trainees are required to submit their latest X-ray result of the last six months and/or their doctor's recommendation in case of ailment or diseases.
- B. Be guided by the 'Things to Bring' checklist and ensure that basic necessities are made ready.
- C. The Training has a dress code during sessions:
 - 1. *For Brothers:* Dark slacks, white long-sleeve polo, necktie and dark leather closed shoes with dark long socks. Dark formal coat is recommended. No rugged jacket. No denims.
 - 2. *For Sisters:* Dark skirt, white long-sleeve blouse, bow tie, head covering and closed dark leather shoes. Dark formal vest is recommended. No mini-skirt. No ladies denims. Avoid high-heeled shoes for purposes of mobility.
 - 3. For the daily physical exercise, all trainees need to wear jogging pants, white T-shirt and rubber shoes with socks. Bring bottled water for personal consumption.
- D. Meetings are conducted mainly in English with radio translation in Cebuano. For radio translation, please bring an FM radio set or cell phone with head set.
- E. MAT activities are highly regulated. Observe the general rules and be ready to comply and cooperate.
- F. Trainees are advised to bring some cash allowance for their minor expenditures, i.e.: printed training materials, recommended books, laundry, sundries, medicine, etc.
- G. Avoid bringing valuables and large amount of cash.
- H. Plan your trip. Arrange for your transportation ahead of time.

IV. Preparation for the Training Proper:

- A. Trainees must attend all daily schedules and complete all sessions and activities.
No sit in, no part time.
- B. Cell phones and gadgets must be set to silent mode during sessions, nap time and sleeping time.
- C. Trainees must be seated in the training hall five (5) minutes before the start of every session.
- D. All Trainees are encouraged to function by praying, singing, and prophesying.
- E. All trainees must help uplift the spiritual atmosphere of the training all the time.
- F. Always bring Bible, hymn book, outline, pen and notebook, and FM Headset in the meetings.
- G. Trainees must participate in the group activities and practical services in the meeting hall.
- H. Trainees are expected to cooperate with the training arrangements and instructions that may be announced from time to time during the training period.
- I. Group pursuit, testing and gospel preaching form part of the MAT. All trainees are expected to participate and exercise their spirit for the building up of one another in harmony.
- J. Be healthy and fit for the intensive training.
- K. Exercise the mingled spirit all the time.
- L. Enjoy the Lord

THINGS TO BRING FOR THE TRAINING

For the Meeting:

1. RcV Bible (Old and New Testament)
2. Hymnal
3. Notebook, Pen, highlighter pen
4. Holy Word for Morning Revival
5. FM Radio (optional for language translation)
6. Meeting Bag (black/dark colored)

For Gospel Preaching:

1. Mystery of Human Life
2. Umbrella/Raincoat

For Accommodation:

1. Hangers, laundry bags
2. Personal Medication
3. Bath towel and hand towel
4. Toiletries: bath soap, laundry soap, toothpaste, etc.
5. 1 pair of Slippers (for room/shower)
6. Pajamas (short pants -not encouraged for sisters)
7. Light colored shirts

Morning Attire:

1. Jogging Pants, sweater, face towel, drinking jug
2. Rubber shoes, thick socks
3. White shirts

Daily Attire: (for two weeks)

Brothers::

1. Polo: long-sleeves, white/light color color
2. Necktie, tie-clip
3. Slacks: black/dark color
4. Sandos (undershirts)
5. Underwear/boxer short
6. Socks (black/dark color)
7. Leather shoes: black/dark
8. Handkerchief
9. Coat or semi-formal jacket (optional)
10. Reading glass (as needed)

Sisters:

1. Blouse w/ collar: Long/short sleeves, white/light
2. Head Covering, bow tie
3. Skirt: black/dark color
4. Sandos (undershirts), brasseries
5. Underwear, black pantylet or tight short
6. Stockings (recommended)
7. Leather shoes: black/dark, closed, low cut
8. Handkerchief
9. Coat or vest
10. Reading glass (as needed)

IMPORTANT REMINDERS:

1. **Limit the number of bags/ luggage to two (2) because of limited space at the quarters.**
2. **Laundry service is available outside for a fee.**
3. **Bring valid ID/Senior Citizen Card and Doctor's Prescription ready for reference in case of emergency.**
4. **Bring medical and chest X-ray record of the last 6mo. when coming to the MATC.**