

Guatemala Mission Trip

ONE MORE CHILD

San Juan Sacatepéquez, Guatemala



Why go on this trip?

The childhood malnutrition rate in the country of Guatemala is over 50%. That's right, more than half the children in the country are not getting the nutrients they need to lead strong and healthy lives. God calls His people to care for the widow and the orphan, and to care for the poor and needy. In light of these truths, Orchard Hill Church partners with One More Child to support the work of their healing efforts in the San Juan Sacatepéquez, Guatemala children's malnutrition center. We seek to support these efforts through prayer, financial giving, child sponsorship, and mission team volunteers.

The malnutrition center is run similarly to an orphanage. However, the children are not actually orphans, but have been left at the center as a last resort of their parents. Many families cannot afford to feed their children, and as they see their children's health slowly slip away, they have no other place to turn. There is a unique atmosphere of mingled hope and deep sadness, as parents make the courageous decision to leave their starving children at the malnutrition center, knowing that they are giving their child their best chance, as the parents continue to work to provide for their families back home. This means a difficult time of separation—generally about 3-6 months for the child to recover.

While at the center, the children receive wonderful and loving care from the Guatemalan nannies and medical staff there. However, the nannies have many responsibilities and have many children to oversee. These children crave attention and need the love of the Lord, so we consider it a true blessing for our teams to be able to use our time and talents to support the nannies at the center, by helping tend to the children and sharing the good news of Jesus

Christ. Teams that partner here also have the opportunity to serve local day cares and adult care day-centers, serving, laughing, and proclaiming the good news of Jesus Christ there as well.

There is something truly life changing about experiencing and serving in a culture outside of your own. Yet you will quickly find that you will receive more than you will give on this adventure. The staff and children of the malnutrition center are demonstrating the love of Christ, each day! It is our prayer that through your interaction with One More Child, your eyes will be opened to what the Lord is ALREADY doing in the world, and you will come to know that you can be a part His movement in your own back yard as you bring your new experiences and understanding home to your families, your church, and your culture. Let this opportunity serve as a catalyst for deep personal change, rooted in Christ, as you continue to minister to throughout your lifetime!

What we do at the Malnutrition Center:



WORKING WITH THE KIDS: While at the center, each team member will be assigned to a specific volunteer group (day care, nursing mothers and their children, toddlers, most recent arrivals/ill children, etc.). This group will be your “home” for the week, giving you the opportunity to invest in relationships with specific children and nannies. Whilst working with the children, we will play, bath, change, teach, assist with physical rehab, feed, and more!

MAINTENANCE: If children are not your “thing,” or you are interested in working with your hands, the malnutrition center is an expansive building with large grounds. There is ALWAYS something to be done to help maintain the facility. There may be building projects, electrical work, plumbing, painting, or things of that nature to be accomplished. We need skilled hands!

WOMEN’S MINISTRY: Although we will be working with the children at the center, it is the Guatemalan women that staff the center who keep the place running smoothly. These women act as mothers to the many children of the center while staying involved in the lives of their own families at home. The nannies work six-day weeks are paid very little compared to a US salary (although it is competitive pay for their village).

We will be interacting with these wonderful women on a daily basis, as they will be the ones directing us where to go, what to do, etc., all with a language barrier! They have beautiful hearts, care for these children as their own.

In addition to our normal day in-day out interactions with the staff, we will have the opportunity to present a **Bible study** for them, each afternoon (bringing a craft to do with your study is much appreciated). During the children's nap time we will have one or two people lead the group in a Bible study/discussion time that will be translated through one of our interpreters. If you are interested in leading one of these Bible studies, please let me know.

Further, it is a nice gesture to bring a small token to give to the staff at the center. We will decide as a team if/what we will be bringing down together.

Housing/Accommodations:



The malnutrition center is located in the village of San Juan Sacatepéquez. The Center itself is at the top of a hill, inside locked gates, at the end of a long driveway. The grounds are spacious and are home to a daycare center, the dormitories we will live in, chickens coups, gardens, a chapel, and more. The center is very safe and will be guarded each evening by an armed guard.

Our housing/accommodations will be located adjacent to the malnutrition center, on the second story of a daycare center. There are two spacious rooms for our living quarters, equipped with about ten sets of bunk beds each.

Bathrooms are located in the hall next to the dormitories. These are equipped with three separate stalls, two sinks, and five curtained showers. The showers run on heat emitting from the coils located in the shower head (we will demonstrate on how to use this heating device). The bathroom schedule will alternate every day, with the men having access to the bathroom in the early morning shift/ early evening shift one day, and the later shifts the following day (vice versa for the women).

The kitchen is located at the other end of the hall, next to the dorm rooms. This is where we will eat all of our meals/snacks, have our devotions/worship/WOW time, and relax at the end of the day. We will take one morning break each to ensure that we are all drinking water and

staying healthy (we will rotate our breaks throughout the morning). Breaks will be taken in the kitchen as we encourage you to refuel with a snack while on break, but do not permit eating in front of the children.

Food and Water:

Our delicious snacks and meals for the week will be made by the generous staff of the center. You will eat well (generally American cuisine, but some Guatemalan too)!

It is not safe to drink the water in Guatemala. For this reason, we will be drinking from water bottles during our entire stay (the bottles will be provided by Orphans Heart). We will, however, be showering and washing our hands in the local water. Simply keep your mouth closed when showering and remember to rinse your toothbrush with water bottles.

Travel:



We will be flying to Guatemala and upon arrival, traveling in comfort and safety in what we refer to as “coasters.” These are large 20 some passenger vehicles that can easily navigate around the Guatemalan roads. The coasters are driven by Guatemalans who are employed by One More Child and are experienced on the unique roads.

Philosophy of mission:

We are going on this trip without agendas of our own. We will be present to serve those in the malnutrition center and to love them as Jesus Christ would! You will find that there may be a different set of cultural values in Guatemala than what you are used to. As a team, we strive to be respectful of these values and humble in our interactions as we are blessed to learn and grow in this experience. Come with a heart ready to learn and serve in the name of Jesus.

Interpreters:



We are privileged to have two wonderful women, Alejandra Burbano and Olivia Juarez, help us translate throughout the week. They will accompany us to the market place and help us with our bartering, as well as guide us through day-to-day life at the center. You will quickly come to appreciate these wonderful Guatemalan women and their love for the children and the Lord!

Excursion Day:



Our first full day in Guatemala will be spent adventuring! We will spend the night of our arrival at Hotel Solei in Antigua, Guatemala. The following morning, we will set out on our excursion day, adventuring through the city of Antigua- one of the most beautiful cities in Guatemala. We will visit a coffee plantation where you have the option of either taking a guided coffee tour, zip-lining through the mountains, or riding mules throughout the plantation. After, we will enjoy lunch in Antigua and head to the market to do some shopping and site seeing!

Cost:

This trip is all-inclusive. The price listed will cover all of your travel expenses, meals, housing, hotel stay in Antigua, coffee plantation adventures, excursion day lunch, etc. The only cost you will have to pay while in Guatemala will be for whatever souvenirs you wish to buy, or food you decide to purchase during airport travel. The total cost of the trip is dependent upon airfare prices at the time purchased. One More Child charges a standard "ground fee" of \$800 and

ticket prices can vary in price from \$500.00-\$800.00. Generally, the sooner we purchase the tickets, the less expensive they will be.

Fundraising:

Your main avenue for fundraising will come through support letters (you will be sent an example for more information). If you would like your donors to get a tax form, then checks, with your name and trip in the memo line, will be mailed from donors, directly to One More Child. One More Child will send them the needed tax information and will keep track of your funds acquired/needed (you will use your application log-in to check fund status).

Keep in mind that you always have the option of having your supporters send the money directly to you. If there is an overpayment for your trip, One More Child will allow you to use the excess for a future trip, within one year's date, or you may transfer said excess to another trip goer's account, but you will not get the money back or be able to use it for anything but the trip payment.

Both of these methods work well- it is up to you how you wish to proceed. You may also set up a donation site that allows for online donating in a safe manner (such as GoFundMe).

What to bring:

Each team member will be allowed one suitcase and one carry-on item. I suggest that you pack light. If you wish you may bring items/clothing that you intend to leave as a donation at the end of the week, but please don't leave junk. You may want to leave room in your bag for souvenirs. The following is not an exhaustive packing list, but helpful suggestions:

- You must wear closed-toed shoes while working at the center and on our excursion day
- Shower shoes and shoes to wear around the dorms at night
- **Bedding and a towel are provided** (you may want to bring an extra blanket)
- Toiletries (sunscreen for our excursion day, and any medicines you may need)
- Camera
- Bible, notebook, pen
- Any musical instrument you would like to play for our worship times together
- Clothing options are up to your discretion. Please remember that wherever we go/ whatever we do, we are representing Orchard Hill, One More Child, and the name of Christ. Please dress modestly and appropriately for active days (T-shirts, scrubs, jeans, sweat pants, or capris would be my suggestion). No shorts or yoga pants for the ladies.
- Sweatshirt and raincoat
- Pajamas

Other Details:

This is an intergenerational mission trip. Therefore, if you have friends or family members interested in attending the trip as well, please encourage them to come along!

To apply for the trip, or learn more about One More Child, visit onemorechild.org.

Sponsorship Program:



The goal of the malnutrition center is to reunite healthy children to their families and to prevent the need for re-entry into the center. Therefore, when a child has been given a physician's clearance to return home, the parents are offered food and clothing baskets in exchange for their agreement to return with their child to the center for a short doctor's checkup each month. Some families live too far away to make this feasible, and others simply refuse. However, many families take advantage of this offer and their children are monitored and assessed regularly to make sure they are healthy and well! It is a sad truth that a handful of our children will return to the center due to repeated malnourishment. One More Child offers education to parents of children from the center in order to attempt to avoid continuing the cycle of malnutrition.

For \$35 a month, you can support one of these children (whilst they reside at the center and after they go home to their families)! This will make a lasting change in a child's life and be a blessing to a family. Every cent of every dollar will be used to provide life-changing food, clothes, school supplies, medicine and educational opportunities to these children.

Included in your sponsorship, you will receive photographs and updates about your child and their community, as well as personal letters from your child. You will have the opportunity to write letters and share encouragement, and, in many cases, **even visit your sponsored child while at the malnutrition center.**

For questions, comments, or to join our team, contact Pastor Laura Dilley at laurad@orchardhill.org. Thank you!