

After mass, we will get a chance to meet and visit with the students and their parents that we support through our scholarships. It is amazing to hear their perspective and exchange information on their lives and concerns. The Holy Spirit is truly at work! At about noon, we depart Xecoxol and begin our journey to Antigua. Antigua is closer to Guatemala City and a tourist town that is beautiful and filled with culture. There is plenty of time to shop, see the sites, and get ready to head back home in the morning.

Monday (22nd) – Depart Antigua for Guatemala City and return home to Kansas City.

ITEMS TO BRING

- Passport
- Copy of Passport
- Emergency number list
- Insurance ID
- Cash (will probably wind up exchanging \$300-\$400 USD)
- Camera
- Money belt
- Flashlight
- Travel alarm
- Sunglasses
- Snacks (granola bars and nuts)
- Large plastic bag
- Comfortable walking shoes
- Skirts/pants for masses
- Personal journal
- Jackets, sweaters and sweatshirts (at night, it can drop into the 40s, even in the summer)
- Warm sleeping clothes and socks
- Backpack to take to projects
- Inexpensive watch

TOILETRIES TO BRING

- Toothpaste
- Deodorant
- Hand sanitizer and hand wipes
- First aid items
- Pain killers
- Antacids
- Antidiarrheals
- Eye drops/nasal spray
- Shampoo
- Sunscreen/hat
- Tissues
- Prescription medicines
- Eye glasses

IMMUNIZATIONS NEEDED

- Hepatitis A
- Typhoid
- Booster shots of all routine immunizations including tetanus, measles, mumps-rubella, and polio.
- Optional immunizations that you may wish to get include Hepatitis B (especially if you are working in the health clinic), Rabies, and the Flu.

What do I need to join the mission team to Guatemala in 2015?

- Attend an International Mission team meeting at Ascension parish
- Watch Father Greg Schaffer's DVD for more information
- Have a United States Passport with at least six months remaining from our departure date
- Commit to the mission by purchasing airfare – See below

Total Cost for the trip is estimated at \$1,300, and subject to change. \$700 for airfare, \$400 for spending money, \$200 for two nights lodging (Antigua and Tecpan). The church will cover the other days of lodging and board.

Attend an International Mission team meeting at Ascension parish

Meets 2nd Monday of each Month at 7:30 p.m. in upper conference room.
Special Guatemala informational session on January 13th, 2015.

Guatemala Mission Trip 2015

Come with us on a journey to Guatemala
to learn, help, and spread our faith!



After a successful 2014 trip, we have an even better trip planned for June of 2015! We will travel to San Lucas Toliman (Central Guatemala) first and help with a variety of projects organized by the Friends of San Lucas. Then, we will travel to our sister parish in Xecoxol. In Xecoxol, we will attend mass and with the students Ascension supports financially through our parish. After that, we travel to Antigua for a night of fun and relaxation and then we return home.

Learn more about the itinerary and the amazing experience
of a mission trip to Guatemala inside!

SAMPLE PROJECTS WE MIGHT WORK ON

Coffee Processing – Local farmers with the help of the parish can grow their own coffee beans and use the parish to process and sell the coffee. The profits from this endeavor go directly back to the local farmers and help support their families. We help sort beans, run the equipment, or package the beans.



Reforestation Project – With over 80 inches of rainfall per year, Guatemala depends on its trees to keep soil stable and prevent avalanches. Unfortunately, many trees are logged for lumber. The nursery produces 40,000 to 50,000 trees per year for sale to private individuals for erosion control, lumber, ornamentals, and fire wood. The project also educates the local youth on the value of their forests. We help with various aspects of the reforestation project including planting and making recyclables.

Health Clinic (Non-skilled) - Reflecting the overall situation of poverty within indigenous communities in Guatemala, the health problems in San Lucas and surrounding communities are largely the result of inadequate access to housing, food, sanitation, and potable water. More than one in every 25 infants dies before their first birthday. The 32-bed facility serves as the primary source of direct health care services for San Lucas and surrounding communities. It is focused on providing high quality outpatient services and emergency care for urgent health problems. Approximately 50-100 patients a day are treated at the clinic. The only health facility open 24 hours per day, 7 days a week, the Clinic serves a large role in providing access to healthcare. We help by making any physical improvements to the clinic that are necessary and staffing for non-medical work.

Stove Project – Most Guatemalan families cook over an open flame using large amounts of wood in an indoor environment. Respiratory problems are common as families constantly inhale large quantities of smoke. In addition, families spend an inordinate amount of time getting lumber to heat the stove and often times, children are burned from cooking on an open flame. We help by building stoves that require less wood that are enclosed and most importantly, are vented through the chimney. We mix our own cement, lay bricks and mortar, and build the stove over a one or two day period.



Opportunities for Health Professionals – The clinic at San Lucas has a dental clinic, eye clinic with lots of professional equipment, and general health evaluations. If you are a professional, we may be able to arrange for you to provide services to the population using the equipment in the clinic. It is our hope that we might be able to transport some of the Xecoxol residents to the clinic during the time that we are there for basic dental and vision services.

ITINERARY

Tuesday, June 16th – We depart from Kansas City early and arrive in Guatemala City in the early afternoon. Then, we begin the 3 hour journey to San Lucas Toliman. The journey takes you through breathtaking scenery. Guatemala, which means land of trees, is a heavily forested and mountainous nation with volcanoes. Upon arrival, we will settle into our accommodations and head to the mission in San Lucas for our first meal and orientation.



Wednesday (17th), through Friday (19th) – Each morning we will have breakfast in the San Lucas mission dining hall. After breakfast we will learn what project we will be helping with on that day. The San Lucas Toliman mission has been helping the local community for 40 plus years based on the inspiration of the late Father Greg Schaffer.

Saturday (20th) – We leave San Lucas to visit our sister parish, Xecoxol, but first spend the night in Tecpan, a town about 30 minutes from Xecoxol because there are no lodging accommodations in Xecoxol. Tecpan is a couple of hours drive from San Lucas. We may visit the market in Tecpan and have dinner in a local restaurant.

Sunday (21st) – We leave Tecpan early in the morning to attend mass at our sister parish in Xecoxol. Winding through the mountains, our sister parish Santa Maria de Guadalupe, is located near the top of a mountain in a small village. Most of the villagers walk several miles to mass on Sunday.

