

March Outreach of the Month HONDURAS -HEALTH FOR LIFE



ULC's outreach for the month of March is *Health for Life*, a partnership between our synod (North/West Lower Michigan) and the Lutheran Church of Honduras (ICLH). In 2000 ICLH leadership had a vision for a sustainable health project, and together we established this health care program that trains volunteers who then minister to their neighbors. The beauty of *Health for Life* is that the work continues when the Synod team leaves the country. The volunteers take what they learned in workshops provided by the Michigan Team into their communities to help their neighbors.

A delegation from the synod is traveling to Honduras in April – the first trip since 2019. There is much anticipation here in Michigan and in Honduras about being together again, renewing old friendships and making new friends. It is worth noting that over the 24 years of this relationship, many changes have taken place. Now the volunteers are younger and include men. Beginning this year all eleven ICLH communities are involved in the project rather than focusing on two or three areas.

Subject matter addressed has expanded. It began with simple first aid techniques and now includes food and dental care for children, safe water discussions, HIV/Aids support, health screenings for children, screening for men and women with follow-up care when needed, and spiritual support.

You can be a part of the April trip to Honduras! The team will be taking prayer cards with a photo, name, and a simple prayer request on them to give to workshop participants. To be part of this, simply bring a photo of yourself (ones in the snow or that show off Michigan are always fun) and write a one- or two-line greeting / prayer request. **Please put the messages in the basket near the Honduras display in the narthex by Mar. 31.** The message will be translated and taken to Honduras. In Honduras the volunteers will make cards which we will bring back to you. This is a great way to connect with our partners in faith.

We try to include activities in the workshop that the volunteers can use in their communities. The prayer cards are one example. We are also planning to teach them how to make prayer squares, a project directly from ULC!

Connie Lenkowski