



# Summary Document Mission of Healing 2020 29 January – 11 February



**Wednesday, 29 Jan:** Bob and Deb Adams and Diane Koss arrived in San Salvador to join Tim and Linda Muth, who were already there. We checked in at Hotel Villa Real and stored the suitcases in the small salon there, then went to dinner at Doña Rosy. Went to bed early, as we had been up since 3AM.

**Thursday, 30 Jan:** Bob, Deb, Linda and Diane went shopping for supplies for the Family Wellness Fairs. Lunch was at Skilletts at the Las Cascadas Mall. In the afternoon we worked on organizing supplies: completing Days for Girls kits with soap & brochures, dividing toothpaste & acetaminophen, unpacking supply suitcases. We walked to Metro Centro for dinner at San Martin, one of our favorite spots.



**Friday, 31 Jan:** We worked on organizing supplies all morning. At 11:30 we went to Casa Concordia for lunch. The Casa has been completely remodeled, including the kitchen, bedrooms and bathrooms. It's very nice! The kitchen is newly opened to the public for lunch, and we had one of our favorites, relleno de guisquil. In the afternoon we visited the Botanical Gardens and then spent a little time at the Guzman Anthropology Museum. There was a very interesting, moving exhibition about migration, especially r/t women. We had dinner at El Arco and enjoyed the gardens and parrots returning to their nighttime roosts. There was more sorting and bagging of supplies after dinner.



Lunch



With Bishop Medardo Gómez



One of the new bathrooms at Casa



*Sights at the Botanical Gardens in San Salvador*

**Saturday, 1 Feb:** Bob, Deb and Diane did more sorting, rearranging and organizing at the hotel while Linda went to the airport to meet the other team members except for Ann who arrived in the evening. We walked to Metro Centro for batteries and a few other supplies and lunch. After the new arrivals (Carol, Nola, Jenny, Saige and Marcy) were settled at the hotel, we visited the newly renovated Parque Cuscutlán, San Salvador's central park. We returned to the hotel for more MOH work and dinner. Early bed for some who had risen very early.



*Wall of Memory and Truth honoring the civilians who died or disappeared during the Civil War*



*Splash pad and one of several paintings in the park*



**Sunday, 2 Feb:** We departed early for church at Héroes en la Fe where there were 3 confirmations/1<sup>st</sup> communions. The honored children were Ulises, Angela and Marcela. Deb, Bob, Linda and Tim were god parents to these children, so it was very special that this was celebrated when we were there to participate. Pastor Santiago said that starting on this occasion God will begin work to change the lives of these 3 and their families. After the service, we exchanged Amigo Secreto (secret friend) gifts in celebration of Valentine's Day. In El Salvador this is el Mes de Amor y Amistad (the month of love and friendship). Names had been drawn for us the Sunday before, so we were prepared with gifts for our secret friends. There were special cakes to celebrate the day. Lunch of chicken and rice followed the dessert of cake and was served by women of the church. We walked to the Community Center as a show of solidarity with the community where people cannot walk around freely due to gang boundaries. Then we returned to the hotel to finish getting ready for the Family Wellness Fairs. The focus this year was on respiratory health, so there were some charlas we hadn't done before. A list of planned charlas is at the end of this document.



*Confirmands/1st Communion*



*Cakes for the special occasion*

*Deb with Secret Friend Julia - the first person we met in Los Héroes 20 years ago*



*Many hours were spent counting, bagging, sorting and packing for each day of the wellness fairs!*

**Monday, 3 Feb:** Day 1 Family Wellness Fairs was at El Mesón, a women’s center in Tonacatepeque near Los Héroes. We left the hotel at 6:00AM to arrive in Tonaca and set up our stations. The women had worked hard to clean up the courtyard of the center, and most of the charlas (small teaching areas) were there. The fair was from 8 – 12:30 to avoid the hottest part of the day. 85 people signed in at the registration table, but we probably saw more than that due to people bypassing that area. It was a good first day in a shady area.



*Charla stations were set up each morning with signs, tables and chairs.*



*Deb taught about respiratory infections, viral and bacterial*



*The local health clinic provided services and consults, depending on staffing*

**Tuesday, 4 Feb:** Day 2 was at Lord of Life Lutheran Church in the community Colón. We were under a covered area outside the church and on the veranda of a church building. The process was the same each day as far as set up, but we got better at it. 95 people were registered in Colón. Daily, each person was encouraged to turn in his/her passport (registration card) at the end to be eligible for a drawing of a basket of food. We could review the cards and make sure anyone with abnormal BP or blood glucose was referred for follow up with the local health clinic.



*Each person registered and received a passport card.*



*Each day started with singing and prayer.*



*Carol Mohr, RN, teaching heart health and doing BP checks.*

**Wednesday, 5 Feb:** Day 3 at a school in El Paisnal. This was our busiest day, as all the school children attended the fair. We were under the large covered “playground” at the school. We had 298 registered. It was busy but fun to see the enthusiasm and interest of the kids.



*Saige did dental teaching and gave toothbrushes to everyone.*



*Jenny did mom and baby health and gave prenatal vitamins*



*Blood sugar and urine checks by Diane in lab*

**Thursday, 6 Feb:** Day 4 in Santa Domingo at the school. School was dismissed for the day, and none of the children came to the fair (lesson learned). The area was very nice, since we had the use of the school rooms. We had 146 people registered.



*Linda taught nutrition, a very entertaining charla*



*Tim teaching a charla related to not washing your hands*



*Bob did health for older men, especially prostate problems*



*Marcy coordinated the children's area*



*Ann's charla was about diabetes*



*Nola did a breathing and yoga charla*

After each day of wellness fairs, we had an opportunity to see a little of the community. After visiting sites in El Paisnal, we drove to the community Rutilio Grande, saw the community, heard about its history and had a dinner of pupusas with elders in the community. After the last day the fair in Santo Domingo, we visited the Artisan Market for a chance to shop for souvenirs to take home.



*With the elders at Rutilio Grande. Photo by Linda Muth*



*Serious shopping at the artisan market*

**Friday, 7 Jan:** A day to visit some historical sites in San Salvador. We visited Divine Providencia, the location of the home where Msr. Oscar Romero lived and the chapel where he was assassinated in 1980. There is also a hospital on the grounds – the only inpatient hospice in Central America. From there we visited El Rosario (church of the rosary), the People's Plaza, Romero's crypt below the cathedral and the central plaza around which the cathedral and government buildings were built. Lunch was at La Cabuda 503 to support a small business in the Central City. Work at sorting and reorganizing supplies and dinner were at the hotel.



*On this altar Msr. Oscar A. Romero gave his life to God for his people*



*El Rosario Catholic Church - a rainbow of color*



*Tomb of St. Oscar Romero*

**Saturday, 8 Feb:** Tourist day. Our first stop about 1.5 hours from the hotel was Cerro Verde National Volcano Park. The entrance, vendors and parking are on the top of the extinct volcano Cerro Verde (green hill). We had coffee at Los Volcanes with a great view of the Izalco Volcano and saw partial views of Santa Ana, the tallest volcano, which was often covered by clouds. It was very cool, and we enjoyed a guided walk through the woods on Cerro Verde.



*Coffee with a view*



*Izalco Volcano*



*Flowers in the fog and the side of Cerro Verde with Santa Ana in the clouds in the distance*

Lunch was at Vista Lago with great views of Lake Coatepeque below us and very good food. We then went to the city Santa Ana to see the cathedral and tour the renovated theater there as well.



*Lake Coatepeque*



For dinner we were invited to the home of Fernando and his mom Maritza. We had delicious cheese and bean pupusas. It was very special to be invited to someone's home!

**Sunday, 9 Feb:** Carol, Nola, Ann, Jenny & Saige left early for home, and Marcy left for time at the beach. (We had all been awakened by an earthquake at 2:30AM.) The rest of us attended church at Resurrección where we greeted many people from Los Héroes who cannot attend church at Héroes en la Fe due to gang boundaries in the community. Bishop Gómez' sermon was on the Gospel for the day, Matthew 5:13-20, about being salt and light. He mentioned the crisis in the government and said the church doesn't take sides but calls for dialog.



*Pastors Yvon and Arisbe with Bishop Gómez at the altar*



*The Subversive Cross*



*Presentation of a new baby*

There was a lot of police presence in the streets due to a government crisis, so we took photos out the van windows on the way to lunch at Asados La Fogata – great atmosphere with a playground for kids and good food. We returned to the hotel and did more organizing of supplies as well as typing reports. We walked to Metro Centro for dinner at Sanborns, which was very good. Did more organizing after dinner.

**Monday, 10 Feb:** We attended the Devotional at Resurrección, which was led by Pastor Santiago. He listed 4 key things for the success of our 20 years of healing missions: prayer, healing, teaching, forgiveness. We distributed kits of supplies to the pastors who helped in the Family Wellness Fairs, then walked to Casa la Esperanza homeless shelter and briefly attended a meeting of the Women's Circle. They were planning upcoming events celebrating or celebrated by women. We drove to Héroes en la Fe with Sonia and saw their new table and the totes for storing Days for Girls components. Following a pizza lunch in Tonaca, we distributed DFG kits in the school there to girls 10 and older. Sonia will go back to distribute kits to the girls who attend school in the AM.



*Component storage in Los Héroes*



*Karla and Sonia explain DFG Kit use and the girls at the school examine their kits.*



**Tuesday, 11Feb:** Our day started in Nejapa where we delivered manual breast pumps, short nursing gowns and other supplies for the Lactario, the breast milk collection site that provides milk to babies in the public hospital. Pregnancy tests are also needed, so that health promotors working in rural areas can diagnose pregnancy early.



From Nejapa we went to the clinic in Guazapa to share some extra supplies and thank them for their participation in the Wellness Fairs. Our next stop was a park Linda found on line and on the map with the help of our driver Rafael. It was Parque Chantecután, a beautiful, quiet area in Soyapongo, a not so quiet metropolis near San Salvador. The park was built on a former landfill and includes hiking trails for all levels of ability, a zip line, overlooks, picnic areas, bee hives and more. We had lunch from the small food stand there in the ranchón. We were accompanied on our walk by a guide and an armed security guard. This would be a great park for a youth excursion.



*Honeycomb to taste*



*Walk to the overlook with guide and guard*

Our last stop of the day was Metro Centro to do some last-minute shopping and have dinner at San Martin. Deb, Bob and Diane left early the next morning for Wisconsin. We distributed about 300 DFG kits and left some behind for distribution by Sonia in schools. Here are some photos of those distributions.



2020 US team members at Héroes en la Fe Lutheran Church



<u>Name</u>	<u>Home</u>	<u>Partner Church</u>
Bob and Deb Adams	Chippewa Falls, WI	Héroes en la Fe
Marcy Bidney	Milwaukee, WI	Héroes en la Fe
Jenny and Saige Buckley	Chippewa Falls, WI	Héroes en la Fe
Diane Koss	Chippewa Falls, WI	Héroes en la Fe
R. Ann Longhenry	Eau Claire, WI	Héroes en la Fe
Carol Mohr	Eau Claire, WI	Héroes en la Fe
Tim and Linda Muth	Milwaukee, WI	Héroes en la Fe
Nola Storm	Fargo, ND	Héroes en la Fe

2020 Charla List

- Welcome Table
- Prayer Station
- Stress/Trauma Attention
- Reflexology
- Migration Ministry
- Yoga
- Typhoid Prevention/Hand Washing
- Mouth Health (Dental)
- Coloring
- Toys for Kids
- Games (Checkers, Memory)
- Respiratory Infection (Virus vs. Bacteria)
- Nutrition
- Managing Diabetes
- Heart Health and Blood Pressure
- Reading Glasses Station
- Natural Medicine (Respiratory Tea)
- Menstruation
- Sex Education
- Mom and Baby Health
- Men's Health (Prostate)
- Local Health Clinic (Weight, Women's Health, Vaccinations)