

MAMA News

Winter 2014



Surrounded by the family's belongings, these brothers are very happy because today the MAMA Mission Team is visiting and tonight they will enjoy their new cement floor!

Photo Credit: Kristen Kidd Photography

MAMA Project
 Mujeres Amigas-Miles Apart
 (Women Friends-Miles Apart)
 Nutritional Rehabilitation
 Medical & Dental Brigades
 Work Teams
 Preschools
 Cross Cultural Training
 Deworming & Vitamin A
 Campaigns
 Donating Medical & Dental
 Equipment & Supplies
 Community Development
 Scholarships
 Child Survival Training

MAMA News is a quarterly newsletter that provides updates about MAMA Project, Inc.'s programs and service to rural, poor communities in Honduras and Haiti.

The *MAMA News* is available for free to anyone who would like to receive it.

To add, remove or change your address on our mailing list, contact:

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All photos were taken by MAMA Project Staff or Service Team Members.



A Community Prospers With the Help of MAMA!

As you travel the dirt roads in the mountainous regions of Honduras, you pass through small, quaint villages. You may pass by groups of people relaxing in a hammock beside the road, men returning from their days of tending their crops in the fields, women washing their laundry in the river. It looks beautiful all around you. However, there is much that you do not see. You do not see the children that have died from sicknesses that can easily be prevented. You do not see the homes with very little food to provide for their families. You do not see the worry in the parents as they desire to provide the best for their families but do not have the means to do so.

It's communities like these where MAMA Project works. MAMA provides help to about 80 villages around the Nutrition Center in the



Lomas Pelonas is a beautiful community of Honduras.

departments of Yoro, Comoyagua, Cortes, and Santa Barbara. Many times a leader from the community will hear about MAMA and the work that we do and contact our office to set up a visit.

The community leaders represent the needs of the community and find help for them when they are able. The community leaders that work with MAMA participate in the Child Survival Training, learning how to care for their community and encourage good hygiene and health.

For the last three years, MAMA has been working in a community named Lomas Pelonas in Yoro, Honduras. This community is about two and a half hours from the Nutrition Center. The distance to the village prevents MAMA teams from going more than once a year. The leader in Lomas Pelonas is named Aleyda Reyes. Aleyda lives with her husband, Jose, and her four children, ages 18, 12, 9, and 2. Aleyda was born and raised in the community and then moved elsewhere to find work in a factory for about 12 years before returning in 1999. Upon returning to Lomas Pelonas, Aleyda became a volunteer at a health clinic in Santa Lucia and continued that work for 7 years.

Aleyda saw the need for her community to get better health care. The nearest health center (where she volunteered in Santa Lucia) was 13 kilometers from the village. Villagers go there to receive their prenatal care and any other health care needed. While Aleyda volunteered

Aleyda with her husband and two of her children.



in Santa Lucia, she would take the knowledge that she learned, and share it with her community.

Aleyda prayed that someone would find her community and come help them, knowing that her community was far away from the main towns. In 2009 Aleyda was talking with a woman at her church and she began sharing about how MAMA Project had come to help provide medical care to her community.

In 2011, MAMA brought the first mission team to Lomas Pelonas. The community, although small, needed help, as Aleyda had witnessed. The overall health of the community was poor. Every year MAMA has been able to send a team back to Lomas Pelonas to continue helping the people.

Aleyda says that since MAMA has been involved, her community has improved in health understanding and overall health. For example, before, most of the people in the community had parasites and the deworming program that MAMA provides has helped their burden with intestinal parasites a lot. Aleyda said that MAMA has been an answer to prayers and she is very thankful, happy and proud of what MAMA has done for her people.

With help from MAMA's supporters like you, we can continue working in villages like Loma Pelonas, where we can provide medical care and education for the people to improve their health.



In Lomas Pelonas, a volunteer hands out vitamins.



Below children are weighed and measured to determine if they are malnourished.

While talking with Aleyda about her community and the work that she does for the people, she often quoted from Psalm 91.

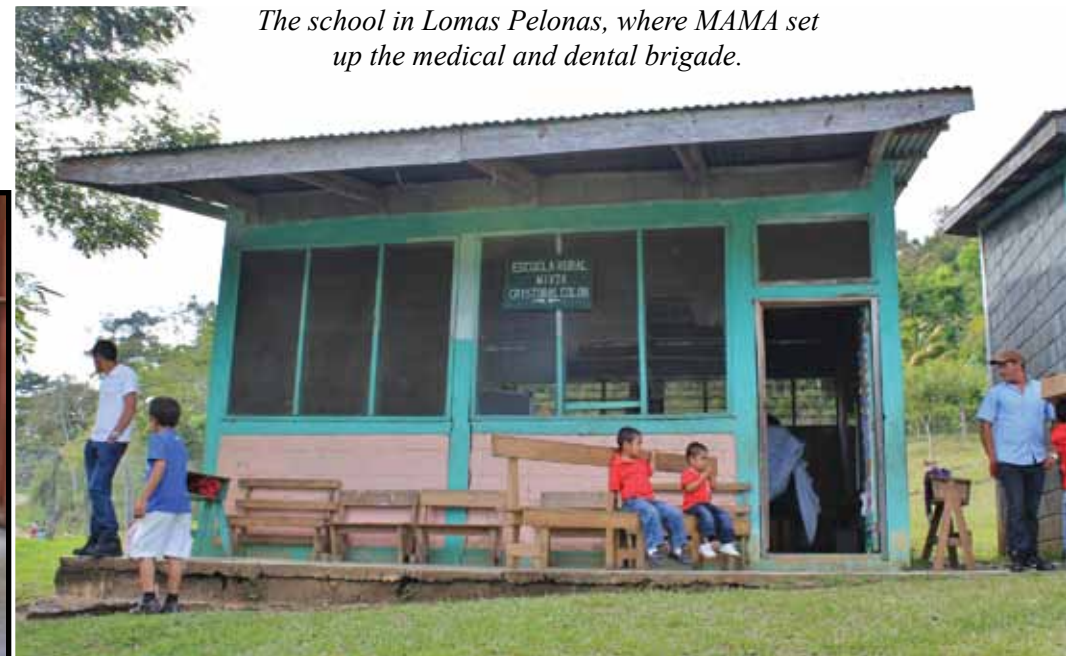
“I will say of the Lord, ‘He is my refuge and my fortress, my God, in whom I trust.’

***If you say, ‘The Lord is my refuge,’
and you make the Most High your dwelling,
no harm will overtake you,
no disaster will come near your tent.
For he will command his angels concerning you
to guard you in all your ways;
they will lift you up in their hands,
so that you will not strike your foot against a stone.***

***‘Because he loves me,’ says the Lord, ‘I will rescue him;
I will protect him, for he acknowledges my name.
He will call on me, and I will answer him;
I will be with him in trouble,
I will deliver him and honor him.
With long life I will satisfy him and show him my
salvation.’”***

Portions of Psalm 91 (NIV)

The school in Lomas Pelonas, where MAMA set up the medical and dental brigade.



Sending Gifts to Those in Need

We have been collecting donations for the last year and are ready to send them to Honduras. We look forward to being able to share the many gifts with the families at the MAMA Nutrition Center and the families that come to our community brigades.

On Friday, March 7th, we will be packing the container to be shipped to Honduras. If you are available to help move boxes and equipment that morning, please contact Herman at herman@mamaproject.org or 215-679-4338. We are allotted 2 hours to pack a 40 foot container!

We are still looking for a few sponsors for our warehouse. Please consider sponsoring one month of our warehouse (\$350/month) so that we can continue having the space to collect donations for future containers.



Consider donating any of the items listed below to help the families in Honduras:

School Kits:

4 notebooks, 4 pencils, 1 ruler, box of crayons, eraser, colored pencils.

Please include \$5/kit to cover shipping costs.

Health Kits:

hand towel, washcloth, comb, nail clipper, toothbrush, toothpaste, band-aids.

Please include \$5/kit to cover shipping costs.

Other: children's clothes & shoes, small toys (stuffed animals, cars/trucks or dolls), reading glasses, hair-ties/headbands, work gloves, baseball caps

Please include \$20/box to cover shipping costs.

Volleyball Tournament

On February 1st, women's teams came to play a morning of volleyball and support MAMA Project's work. They raised over \$5,000 to help MAMA's Child Survival Programs.

Thank you to all that came out to play and those that supported our players!

We're already planning next year's event that will include a women's tournament as well as a co-ed tournament. Mark your calendars for February 7, 2015 and plan on joining us that day!



Deep Run East (above left) was the winning team. Bally Mennonite (above right) was the top fundraising team.

Opportunities for Showing Support to MAMA

March 7, 2014: Container Shipment packing day. Details on opposite page.

March 15, 2014: Team Orientation at Perkiomenville Mennonite Church. Let us know you are attending by contacting the MAMA Office.

March 21-22, 2014: Child Survival Training. Details on next page.

June 6, 2014: Golf Outing at Butter Valley Golf Port. 7:30am shot-gun start. Mark your calendars to join us for this event. Details coming soon!

June 14, 2014: Team Orientation at Perkiomenville Mennonite Church.

August & September: Mission Teams during these two months are looking for more team members. If you interested in joining a team, contact our Office at 215-679-4338 or info@mamaproject.org

November 8, 2014: Annual Banquet & Silent Auction at Quakertown Christian School. We are now collecting items or gift certificates for the Silent Auction.



CHILD SURVIVAL TRAINING

Join us for our next Child Survival Training! It's a great opportunity to learn more about deworming, determining malnutrition levels through helpful tools, micronutrients, and working with community leaders to improve the health of their community.

WHEN: March 21st 6-9PM and March 22nd 9AM - 4PM

WHERE: Perkiomenville Mennonite Church
1836 Gravel Pike, Perkiomenville, PA

WHO: Anyone interested in learning more about Child Survival programs and tools, especially those that participate in mission teams around the world.

RSVP: MAMA Project Office at 215-679-4338 or
info@mamaproject.org

OTHER: All participants will receive a CD of all of the Child Survival Materials. See www.ChildSurvivalNetwork.info for more information about the Child Survival Modules.

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www.MAMAPROject.org

Click on the Donate button.

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