

# Mission Honduras Le Mars

501 c-3 not-for-profit tax exempt organization

For most people in Honduras life is a constant struggle. Harsh and unpredictable weather means families suffer without enough clean water to drink or food to eat. Healthcare is dangerously difficult to access, and in many cases, healthcare is hours from the nearest clinic or hospital. At Mission Honduras and Then Feed Just One we believe in a world in which every human life is valued, and health and human dignity are shared by all. Help us continue with this basic approach to all of God's Children in the areas of Clean Water, Medical Care, Then Feed Just One Food, and Housing Construction. It is through the values of Love, Kindness, and Compassion that we serve the people of Honduras.



Butterfly IQ in use



Doctor in Montaña de la Flor

He who has health has hope, and he who has hope has everything.

Hospital San Felipe Oncology Unit



Burnt Children's Hospital



Sr. Joan (Juanita) Polak, N.D.

Nov. 2, 1929 - April 19, 2024

We dedicate this year's newsletter to Sr. Joan, a true supporter of MHL, TFJO, and GCMH. Sr. Joan ran a sewing school and a wood carving school in Sulaco while living in Honduras. She participated on several medical and student mission trips after returning to the U.S. Unable to travel in later years, she continued supporting the missions through money and donations. Her absence will be deeply felt.



How your money changed lives:

- Water project in Los Naranjas
- Medical care for dozens of children & adults
- Migrant aid
- Prison ministry
- 4 containers of supplies
- 3 new Butterfly IQ's
- 3 houses

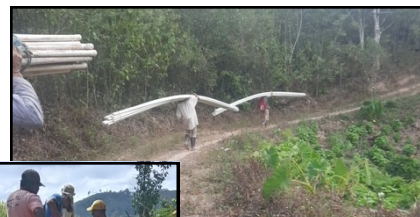


Medical Team



Hospital Escuela hallway

Over 2 billion people worldwide lack access to safe water. Low-resource rural communities are hit the hardest. But everyone needs water, so there is no choice but to make the long journey to a stream or river and carry water back to their homes.



Over 1 in 4 people worldwide lack access to safely managed drinking water, and diarrhea caused by unclean water kills 1,000,000 people each year.

Please consider a grain donation. Contact Richard Seivert.



Mission Honduras LeMars

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We strive to operate as efficiently as possible and minimize both fundraising and administrative costs. This year more than 85 cents of every dollar spent was allocated to our humanitarian programs. Maintaining this standard is extremely important to us.

**85%**

**Missions**

**12%**

**Administrative Costs**

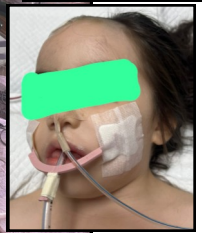
**3%**

**Fundraising Costs**

**Donated Medical Materials**



**Transpore Tape**



**Sorting Medical Donations**



**Medical Brigade Using Donated Medical Materials**



**Prison Donation**

*The world tells us to seek success, power, and money. God tells us to seek humility, service, and love.*  
~ Pope Francis



**Visiting Cristobal**



**Donated Shoes**

**Making a Difference**  
MHL & TFJO shipped 86.11 tons of food and 30.46 tons of nonfood items, totaling 116.57 tons this past year. These donated materials included syringes, tegaderm, prostheses, wheelchairs, CPR mannequins, defibrillators, syringes, medical gowns, surgical tools, notebooks & other school supplies, knitted hats for infants, and many more needed items.



**Franci showing orthotic**



**Hospital Maria Renal Unit**



**Donated Masks**



Occasionally in life there are those moments of unutterable fulfillment which cannot be completely explained by those symbols called words. Their meanings can only be articulated by the inaudible language of the heart.  
~ Martin Luther King, Jr.



**Ste. Mother Teresa's Sisters of Charity Home for Traumatized Children**



**Poverty in Honduras**



**Donated Baby Hats, Blankets, Onesies**



Children are a gift from the Lord, a child is a reward from Him.  
~ Psalm 127:3



**Donated Notebooks**

When children suffer from Acute Malnutrition, they become dangerously thin. Their face and limbs begin to swell; their immune system becomes compromised, and they are left vulnerable to developmental delays, disease, and death. 45 million children under the age of 5 suffer from malnutrition each day, and 3.5 million of those children will die this year (just under 10,000 per day). Last year TFJO food was delivered to children in Honduras, Haiti, Chad, Sudan, and on our southern border. With your help we can continue to assist those who struggle to provide the basic needs for these children.



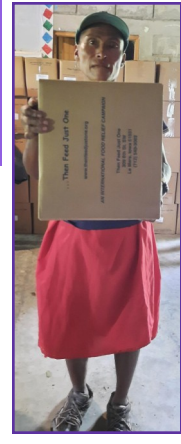
COMUNIDAD DE CEDRITOS



LAS GUARUMAS



TRIBU LA LIMA



Poverty is a very complicated issue, but feeding a child isn't.  
~ Jeff Bridges



*If you can't feed a hundred people,  
Then Feed Just One.  
One cannot think well, love well,  
sleep well, if one has not eaten.*



Then Feed Just One fed 1,326,772 children a meal this past year, all at 18.5 cents per meal. These meals benefitted not only children in Honduras, but also in Haiti, Sudan, Chad and the southern border of the U.S.



**Make us worthy,  
Lord, to serve those  
throughout the  
world who live and  
die in poverty or  
hunger. Give them,  
through our hands,  
this day their daily  
bread; and by our  
understanding love,  
give peace and joy.  
Amen.**



Migrant Relief to Southern Border

For I was hungry, and you gave me something to eat. I was thirsty, and you gave me something to drink. ...I needed clothes, and you clothed me. I was sick, and you took care of me....  
~ Matthew 25: 35-36

Packing Events



Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.  
~ Margaret Mead



Haiti



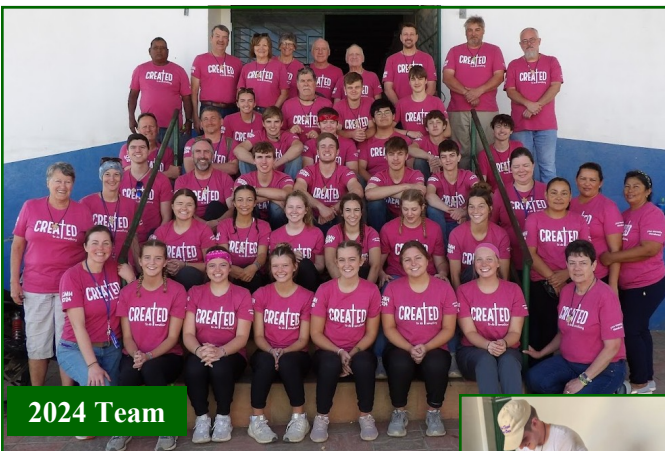
Camp Adre in Sudan

**3.5 million children  
under the age of 5  
will die from  
malnutrition this year.**

# Gehlen Catholic Mission Honduras



Family with their home



2024 Team

Gehlen Catholic Mission Honduras took a 43-member team into Honduras in March. The team completed 3 homes and 40 beds. They also distributed over 2,000 lbs. of donated materials and helped the Sisters of Charity at St. Mother Teresa's Home for Traumatized Children.



*...Jesus sees indelible dignity and inestimable worth in every person, even "the least of these."*

The capacity to care is the thing which gives life its deepest meaning and significance.  
~ Pablo Casals



Estella loves her new home



A home is the starting place of love, hope and dreams.



Skirts



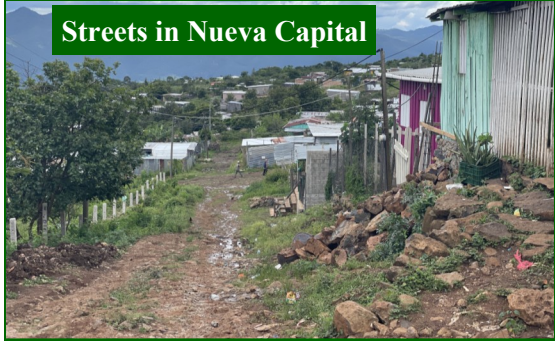
Framing Homes



Distributing gift bags



Laundry



Streets in Nueva Capital

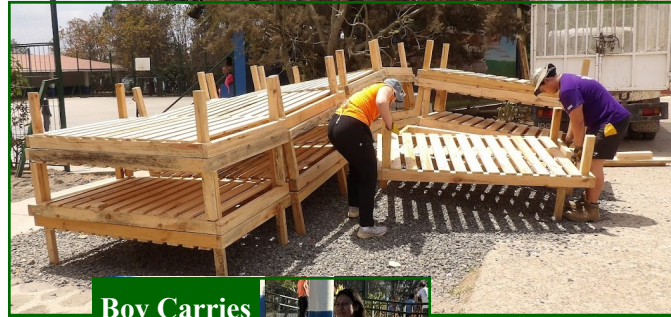
*The heart of a volunteer is never measured in size, but by the depth of the commitment to make a difference in the lives of others.*

~ DeAnn Hollis



Finished Homes

*When I get to the end of my life, and I ask one final, "What have I done?" Let my answer be: "I have done love."*



Boy Carries His Bed



Sorting Donations



Building Beds



## Mission Honduras LeMars

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We're on the web!  
[missionhonduraslemars.org](http://missionhonduraslemars.org)