



His Hands for Honduras

God's hands and feet for His children in Honduras



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Dear Honduras Sponsors and Donors,



It certainly has been a different year and I hope that you are doing well! Usually my husband Don and I go to Honduras with a small team to update the information for the children/seniors in the sponsorship program each summer, but we were not able to do that this year, due to the pandemic. We were, however, able to have the pastors and their teams do the interviews, take photos and send them to us. We hope that you enjoy the updates.

We did go to Honduras a couple of weeks before the pandemic and were able to visit each of the four Cristo Centro churches that His Hands for Honduras is partnering with, but we did not do the updates.



Cristo Centro in La Lima is a new church that we have started partnering with and we are excited to be working with them. A very generous donor has donated, so that Pastor Jorge from La Lima can give food to the community during this challenging time, since his church does not yet have sponsors who are helping. The other three churches of Zolano, Penasquitos and Rio Blanco have support from sponsors, so that food



can be sent home with families each month.

Each church uses a different-colored background to help sponsors find children from the church they are looking for. Seniors have the name of their church after their names. To view photos and information for some of the Iglesia Cristo Centro children and seniors being supported through His Hands for Honduras, please go to the appropriate link(s) below:

<http://www.hishandssupportministries.org/honduras/children-in-need-landing>

SPONSORSHIP PROGRAMS	SPONSORED	NOT SPONSORED	TOTAL
PENASQUITOS			
Children	100	37	137
Seniors	24	6	30
ZOLANO			
Children	49	28	77
Seniors	5	3	8
RIO BLANCO			
Seniors	17	9	26
LA LIMA			
Children	0	37	37
Seniors	0	28	28
TOTAL	195	148	343

#Ho(numbers) are being added to first names on the webpages for Children and Seniors in Need. Also, you will see that only the birth year is included with the child's/senior's photo. The reason for these changes is to protect the privacy of those who are available to sponsor on the website. If you decide to sponsor a child or senior, the full name will be on the information sheet.



Each of the pastors uses the sponsorship money to buy food for the families. The items included in the bags are more or less of the following: 4.5 lbs of rice, 4.5 lbs of beans, 2 lbs of sugar, 2.2 lbs of shortening, 2 lbs of sugar, 1 lb of spaghetti, 1 lb of salt, 2 lbs of corn flour, 2 lbs of flour, 4 bags of coffee, 1 container of tomato paste, 1 lb of cheese, 1 lb of sour cream, 2.2 lb chicken, 6 eggs, 1 lb of onion.



Part of updating each child's information is getting the height and weight for sponsors. From that information, a clothing size can be obtained. It was noticed that there were many children whose clothing sizes were a few sizes larger than their ages. The CDC website, reports that "in Honduras, 46% of all people 15 years and over are either overweight or obese. Overweight and obesity, for both children and adults, are largely due to rapid urbanization, adoption of modern Western diets high in refined carbohydrates, saturated fats, and sugars, and increasingly sedentary lifestyles."

To see more photos and information, go to the following webpage:

<http://www.hishandssupportministries.org/honduras/trip-photos/category/july-2020>

Many blessings and thanks,

Lori Hughes

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