



As Mission Honduras and Then Feed Just One directors, we try to live up to the very values that guide these programs - values that you may also hold: *Collaboration* and *Partnership* with the Honduran people; *Compassion*, *Kindness*, and *Love*, in serving our fellow brothers and sisters in Honduras; *Integrity* and *Excellence*, as we manage these programs to the highest possible quality, no matter the challenges; *Accountability* and *Honesty* in how we manage your supporting dollars, and lastly; *Respect* and *Humility* for all of God's children worldwide.



water project in La Ceiba



Only half of Honduran households have access to clean water, free from E. Coli.



Love and kindness are never wasted. They always make a difference.
~ Marian Rogers

Purchased blankets for prisoners

Today 4,900 children worldwide will die from diarrhea caused by unsafe water and sanitation.

50% of medical facilities in rural areas of the world do not have access to piped-in running water; 39% lack soap for hand washing.

In the past hour, 60 children died from a water-related disease.



Thousands have lived without love, not one without water.

~ W. H. Auden



Donated medical materials, like Butterfly ultrasounds, laryngoscopes, defibrillators, syringes, tegaderm, prostheses, wheelchairs, catheters, CPR mannequins, knitted hats, and much more, are making a huge difference in Honduran medical care.



CPR training



donations graciously accepted on our website

Mission Honduras LeMars

No act of kindness, no matter how small, is ever wasted.

~ Aesop



MHL reps visit the NICU of Hospital Escuela



Franci's new orthosis



Cristobal's wheelchair



child in Torax, the burn hospital



feeding tube



knitted hats



50% of rural households are affected by extreme poverty.



Donated toys bring smiles to little patients.



delivering medical equipment to Montaña de la Flor

Malnutrition is the underlying contributing factor in nearly half the deaths of children under 5.

- \$.93 on medical care, projects, food
- \$.05 on administrative costs
- \$.02 on fundraising



How did we spend each dollar you donated?



loading food for immigrants at the Texas border

Overcoming poverty is not a gesture of charity. It is an act of justice. It is the protection of a fundamental human right, the right to dignity and a decent life.

~ Nelson Mandela



TFJO food prepared for children in Haiti

250,000 TFJO meals shipped by United Christian International to Haiti



The Tolupan pick up & distribute food to Montaña de la Flor.



distributing TFJO food in Honduras



food being loaded for the shipment to Sudan



Ojojona

Malnutrition kills more people than wars, and we must act to end this violence.



Then Feed Just One

If you can't feed
a hundred people,
then feed just one.
- Mother Teresa

Consecutive years of drought in Central America's Dry Corridor - a region that encompasses much of Honduras - have exacerbated food security among poor households. Like many in the world, the poor of Honduras struggle on a daily basis to provide even the bare essentials. With your help we can assist those who struggle the most to provide the basic needs for their children.



Honduras rep, Marta Sosa, packed food with Gehlen students.

3 million children will die each
year from malnutrition - 100%
of them are preventable.
~ Navyn Salem, Edesia founder



23 packing events
have been held
since our last
newsletter

TFJO fed 1,040,688 children from
October 2022 to August 2023



A person
shows what
he is by what
he does with
what he has.



One of the greatest
feelings in the world is
knowing that we as
individuals can make a
difference. Ending hunger is
a goal that is literally within
our grasp.

~ Jeff Bridges



In children under 5, stunting levels
are at 23%. In some areas of the
country, it is closer to 40%.



TFJO has shipped 78.48
tons of food into
Honduras this past year.



Wherever people are
suffering, make it your
task to serve them.

~ Pope John Paul II



www.thenfeedjustone.org

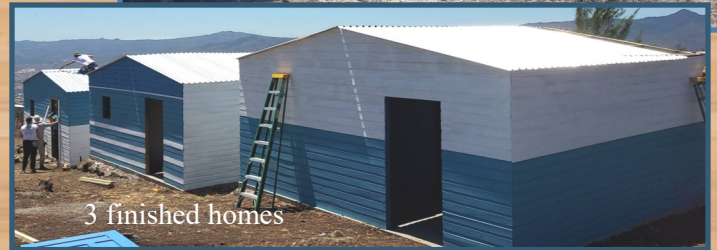
Gehlen Catholic Mission Honduras 2023

The 32-member team built 3 homes & 32 beds; distributed 3,136 pounds of donated materials; gave the children homemade jump ropes; handed out several hand-sewn skirts; taught women to knit infants' stocking hats. They also created life-changing memories for the Hondurans, and, most especially, for themselves.



mother & son
await their home

2023 team & new home owners



cross blessing
for the new
home



**The poor are easy
to ignore before
you know their
names - see their
faces - hold them
in your arms. Once
you do, everything
changes.**



*When we love others, we're living
the truth of God out loud.*



delivering gift
bags to families



girls show off their new
hand sewn skirts



teaching how to knit hats



using jump ropes
made of t-shirts



**Every action of our
lives touches on some
chord that will vibrate
in eternity.**

~ Edwin Hubbel Chapin

Respiratory problems,
parasitic diseases, and
diarrhea decrease if a
child does not sleep
on a dirt floor.

