

CEDEPCA-USA

Medical Missions in Guatemala

CEDEPCA has been a great resource in the planning and implementation of short-term medical mission trips in Guatemala. They have been instrumental in providing logistical support, procuring certain medications and providing translators.

For several years I have been taking medical groups through CEDEPCA to Guatemala. Through trial and error (and sometimes mostly error), I have arrived at some basic tenants that result in a greater chance of being a help

rather than a “medical tourist”.

1. **Understand the concept of “Standing with”.** Be a partner and a friend rather than the fixer.
2. **Acknowledge the culture, needs, and resources of a community.** I once heard a doctor tell villagers to use ice on injuries when they didn't have electricity, much less refrigeration.
3. **Focus on education** by providing talks on hygiene, pregnancy issues, self-examinations, etc.
4. **Enlist Guatemalans to**

participate in your efforts. We have involved a Guatemalan dentist and psychologist.

5. **Provide follow-up care.** We use a local official with whom we entrust funds to provide transportation and follow up care in regional clinics.

If you are considering planning or participating in a medical mission trip or have questions regarding such endeavors, please feel free to contact me at vanfleetta@upmc.edu.

-- Tim VanFleet, M.D., Chief of
Emergency Medicine at Magee-Womens
Hospital

CEDEPCA Responds to Famine in Guatemala

Our brothers and sisters at CEDEPCA are part of an effort to respond to a food crisis in Guatemala. Many rural Guatemalan agricultural communities depend on the corn and beans they plant as their primary source of food. At least 40,000 of these families suffered from a severe drought in 2009 and lost most of their harvest, and hence have run out of food until the next harvest in September 2010. They have very few other income-generating options, creating a critical situation of famine. Please help our response efforts, which

include food distribution and activities to help a community be better prepared for a future drought.

\$20 = corn for one family for one month

\$350 = food for one family for one month

\$1000 = water tank and irrigation system for one family to have access to stored water

Donations can be made at www.cedepca.us

--Judith Castañeda, Director

Testimony from a participant in the Women's Ministry:

My husband had me under lock and key, and I couldn't leave for a year. I escaped and hid for a month. I didn't get to see my children. Then I took CEDEPCA's course "It's Marvelous to Be a Woman" and was transformed. I will see my family restored because of God.

A gift of \$25 pays for the cost of one woman to participate in a life-changing class, and \$100 covers her cost for a year of classes.

CEDEPCA's Impact on North America

Since 1992, I have brought people to meet with CEDEPCA and have learned what brilliant and committed people they are. In some ways, CEDEPCA is ahead of the people there- and not in a condescending way but rather than provide "aid," they keep nudging through actions and theology in new ways that provides freedom and self worth to the people. This experience has 'rearranged' who I am.

Going to Central America was the first time I looked at our country and how what we do greatly influences Central America. I have changed the way I eat, dress, and how I make purchases. At home in Texas, each Saturday morning I stand in solidarity with the undocumented workers waiting in line for jobs across the street from my church. On the other side of the street stand those in opposition of undocumented men getting work.

Sharyl Davis, Houston, TX.

2009 CEDEPCA Facts

1. Women's Program in 2009 served 2,718 people through classes and events, surpassing their goals.
2. Theological Program in 2009 had 90 students attend classes (44 men, 46 women), with 20 receiving certificates for having completed 15 courses at a university level.
3. The PCUSA has appointed a new Mission Co-worker to be part of the Intercultural Exchange program. He will be introduced in future issues of this newsletter.
4. Intercultural Program in 2009 had 258 participants among 20 delegations – two seminaries, ten churches, six universities, and two presbyteries. There are 16 confirmed groups for 2010, and CEDEPCA hopes to run two workshops on interpreting for groups.

Women's Cooperatives: Changing Lives and Working Towards Ending Violence



Simulation Game "In Her Shoes"

A major emphasis of CEDEPCA's women's ministry is combating domestic violence. This year will mark the tenth year in which a group from the Washington state area has traveled to Guatemala to cooperate with CEDEPCA's domestic violence program. These women have provided workshops, puppet shows, and role-playing activities. In addition, the visitors have learned first-hand how women are working towards ending domestic violence in their communities through small business development, education and activism. This year's trip will be August 25-September 2, 2010. If interested in joining the group, contact Sandi Thompson-Royer at sandit@hotmail.com or call 509-863-7005.

CEDEPCA-USA is a 501(c)(3) organization that raises money to support CEDEPCA's programs. For more information on those programs or on how you can help, please visit our website at: www.cedepca.us. Donations made be made online or by sending a check to CEDPCA-USA at 3101 West Franklin Street, Richmond, VA 23221.