

Helping Hearts Helping Hands 16 years of changing lives!



10 days in the life of a missionary!

In February 2023, we embarked on our first mission trip post-pandemic, an incredible journey of reconnecting and doing God's amazing work! Our family of four, Juan, Amaia (5), Elliott (1) and I (Erica) spent the month of February in Honduras. We enjoyed time with our foster girls, Jazmin and Michell, visited with family, spent time with the children in our sponsorship program, and hosted a 10 day mission trip for four missionaries from the United States. What a blessed and life changing time for all!

Let's take a look at what a ten day mission trip in Honduras involves and how our teams, both from the USA and Honduras make a difference daily in the lives of those in need.



Day 1: Our missionaries traveled from Michigan, USA to Honduras, Central America in mid February 2023. In Honduras, we anxiously awaited their arrival by preparing supplies for the trip, stocking up on Honduran food to prepare traditional meals for our guests, and readying our mission home to provide a relaxing, cozy place to return to each evening. After a full day of travel, our team arrived in Comayagua and was picked up by Juan in our mission van. They went directly to one of the villages where we work to deliver monthly food packages to many of the children in our sponsorship program. Upon arriving at the mission home that evening and getting settled, our team immediately got to work sorting donations!



Day 2: An incredible day delivering to some of our sponsored children, kicking beach balls around with kids in an open field, souvenir shopping in a local village, sorting project donations for the days to come, and

eating delicious Honduran meals. Our mission van was loaded with food donations and toys, ready for us to head out early the next morning. Over 300 lives will be changed tomorrow! On this day, our team witnessed extreme poverty and toured homes/huts. They carried food packages up and down steep mountain hills, a tiring trek that we can't imagine doing several times a day, as these families do.

Day 3 & 4: We drove 3 hours and took a small boat across the Gulf of Fonseca to the island of Amapala, where there is a population of 10,000 people. The majority of the island natives live in extreme poverty and most have never left the island. While at one of the black lava sand beaches, we purchased bracelets and mangoes from these three girls, in hopes of helping them to provide for their families. During our time there, we delivered 300 trail mix bags, packages of food, and toys to these precious faces!





Day 5: Our mission home is not only a place for our missionaries to stay, but a place to truly take in the Honduran culture. We spent day five learning Honduran card games and teaching “American” card games, playing soccer, and eating homemade pupusas (a favorite for all). Our evening included filling hundreds of backpacks with school supplies, cutting holes in buckets for water filters, and mixing snacks for trail mix bags to pass out in the local villages.



Day 6: We loaded the back of the van with hundreds of pounds of food. We embarked on a journey through the mountains of our local villages to deliver food to our sponsored children. Homes in these conditions are absolutely heartbreaking and remind us why we started this mission.



Day 7: Our team loaded 21 water filters, backpacks filled with school supplies, bubbles, a craft for each child, and games into our mission van. The team drove 3 hours from our mission home, where they then transferred everything into a pickup truck that helped get everyone through the mountains to a VERY remote village. After a successful event at this school, our team was able to give several children and the teacher a ride back to their homes. They were so grateful and loved the “fun” bumpy ride home instead of their typical 1.5 hour walk!

Day 8: Another life changing day visiting a school about 2.5 hours from our mission home and delivering water filters for families in this community. Every filter provides clean drinking water for these communities for years to come, truly a life saving gift!

Our team enjoyed playing games outside with the children and taking silly pictures for the kids to look at and giggle, which is always a highlight for them.



Day 9: This was the most heart wrenching day for our missionaries. Our team drove about 2 hours to the city dump, where families LIVE in the dump, eating from the trash that is delivered daily. These conditions are horrendous and the smell is almost unbearable. Can you imagine living like this? Our amazing team cooked spaghetti meals to pass out at the dump, along with food packages and toys. The evening was filled with crafts, games, snacks, and soccer at a local girls’ orphanage!



Day 10: After tearful goodbyes, our team headed home to the USA with their hearts full of love and stories to share.

Testimonials from recent missionaries:



Shelley has been traveling to Honduras with our mission team every February since 2015 and what a blessing she has been to our mission. Here is what Shelley has to say about her time in Honduras:

“It is impossible for me to put into words, the impact my mission trips have had on me and my life! They have changed the way I view others, view the world & how I view myself. My priorities have changed & my possibilities have grown. I recognize the need for faith, empathy and compassion in this world and the difference a touch, a smile or a prayer can have on another. Love has no color, language or social class. Love has no boundaries. Love is contagious! If you are waiting for the right time to go...just go! There will never be the “right time”. Remember that God doesn’t call the equipped, He equips the called!”

Jadyn traveled to Honduras with us this past February, age 17. It was wonderful to watch her bond with our foster daughters and we feel blessed by her amazing involvement in our mission. Here is what Jadyn has to say about her trip:

“During my last mission trip I was definitely blessed way more than I was a blessing to the people there. I think we often think, ok, I’m going to go on this trip to help people, make a difference, or be a blessing. But in reality, you come home and realize the people you were trying to help were the ones who blessed you. That is how I felt especially when we went to the orphanage. I was amazed at how much all that those girls wanted was attention, when I have all the attention I need! When God says go, you have to go! Praying “Here I am LORD, send me” is a HARD prayer! But it is so worth it!”



After 16 years of mission work in Honduras and 13 years of taking missionaries from the USA to Honduras, I have witnessed so many life changing moments. Several of our missionaries have had the opportunity to meet their sponsored child or children and spend quality time with them. The bonds built between our team from the USA, our foster daughters, our Honduran mission team, and those that we work with, are cherished by all!

As we plan for our upcoming February 2024 mission trip, we are thrilled and excited to be taking a large group, some returning and several new travelers. Please keep our team in your prayers as we embark on another life changing journey!

From the bottom of my heart, thank you for your involvement, love, prayers, and generous donations to our mission. I pray that each of you knows what your support means to our mission. As our projects in Honduras continue to grow and our fundraisers in the USA evolve, we thank you and look forward to many more years of doing God’s amazing work, by your side.

With love and blessings always,

Erica (Cale) Maldonado, Founder & CEO



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