



## Mission Team Member Handbook

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## ¡Bienvenidos a los Ministerios Nuestras Pequeñas Rosas!

Thank you for your “yes” to this mission to Our Little Roses Ministries! Let us be the first to say...*welcome to Honduras!* We are delighted that you will be joining us as our guests. To prepare for your trip we ask that you read this booklet carefully and discuss any concerns with your Mission Team Leader. Also, keep it with you while you’re in Honduras as it has helpful information.

### Who We are...History, Mission, Vision, and more

Our Little Roses Ministries is celebrating its 35th year of ministry! Despite roadblocks and unfavorable odds at times, we have been able to rescue abandoned and abused girls from the streets and shape them into successful Honduran women. With uncompromised focus and vision, along with the tireless efforts of those supporting us from distant shores, we know that we continue to make a difference in this world. Those who have grown up at Our Little Roses now hold in their hands a future blessed with choices, not despair. ***They have been set free from the cycle of abuse and poverty.***

**Mission Statement:** Our Little Roses Ministries is a non-Governmental Organization dedicated to transforming the lives of girls from the OLR Home and children of the community by providing spiritual formation, education and health care to be successful members of society.

**Vision Statement:** To be a model Ministry that offers children; love, faith, justice and equality in an integral family atmosphere.

### Objectives

1. Form young girls into successful women by stressing moral and spiritual values.
2. Provide a family atmosphere of unity and solidarity where everybody feels part of the ministry.
3. Motivate and help develop an awareness of the ministries by means of spiritual retreats, workshops, and training programs that support working together.

### Core Values

***Faith ~ Love ~ Justice ~ Equality***

### Before You Go!

As you prepare for your mission time there are different ways to prepare. There are the logistical preparations; how will you get there, how much will it cost, what should you pack in your suitcase.

There is also a different type of preparation – preparation of your heart and soul. *What will you need to pack so that you are prepared to be present to the moment? What will you need to leave behind that might distract you from being fully present to the moment, to the girls, to the Holy Spirit, to new experiences?*

Before we get into the nitty gritty of the does and don'ts for your trip, we invite you to take a moment and reflect on this interior part of your preparation.

### Pre-flection:

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## Safety and Cultural Considerations

Travel abroad is exciting, yet not risk-free. Remember that you will be entering a very different culture in Honduras. Honduran culture is beautiful and rich with history but can be very different from what you are used to.

Our number one priority is to make sure that everyone who travels to visit us is safe. We have 30 years' experience so please respect our knowledge of the area & our experience with group visits.

### Please keep the following in mind:

- We recommend that you visit the [Center for Disease Control and Prevention's](#) website for vaccination recommendations and lots of other useful information.
- ***Make a copy of your passport to keep in a separate location from your original.***
- You and your belongings are safe on the Our Little Roses compound, *but we cannot assume responsibility for you or your belongings if you venture off the property.*
- A money belt or other safe way of carrying cash and credit cards can be useful
- Armed guards are a part of our culture that you may not be used to and are not cause for alarm. When we go on excursions we are usually accompanied by one of our guards.
- **A note on photography:** While we welcome your interest in the girls, please be respectful of their privacy. This is their home and they may have moments when they do not want to be photographed. Please be considerate of their needs. ***To build relationships with the girls, you may need to put your camera away at times.***
- ***It is prohibited to upload individual pictures of the girls to any social media pages such as Facebook, Instagram or anywhere on the Internet.***

## Money Matters

**Money:** The national currency is the [Honduran Lempira](#). While you may be able to use U.S. dollars in many places, it is a good idea to have Lempiras for souvenir shopping and other activities off campus ***Our office staff can exchange money for you at the bank rate from Monday to Friday. It is not safe to exchange money at the airport.***

**Tipping:** While we encourage tipping local baggage handlers and our staff, your group should designate one person to this task.

## Airport Pick-up and Drop-off

A member of our staff will greet your team at the airport after you have passed through immigration and customs and transport you to our campus.

- Even if you are familiar with San Pedro Sula please - **do not leave the arrival hall on your own. Do not go outside.** Stay with your group.
- Do not exchange U.S. Dollars for Honduran Lempira at the airport (see below).
- We will bring your group to the airport on your departure day.

## Emergency Contact Information

**Please keep this information with you (you will need it to complete your customs forms) and leave a copy at home with your point of contact for this trip.**

**Mayra Arguelles:** (504) 2552-7687, (504) 2552-4473 **Cell:** (504) 9922-2994

**Katy Kawas:**

If you are calling from the apartment, just dial 101. *\*When calling within Honduras, you do not need the 504 area code.*

Tip: Download “WhatsApp” to your cell phone and have your U.S. contact do the same. Phone calls and texts are free cell to cell with internet connection.

**WiFi:** Internet connection is available on campus. Either Mayra or Katy will help you set it up. The password for **WiFi** is confidential – **please do not share this password with the girls.**

**Our Little Roses Address:** Ministerios Nuestras Pequeñas Rosas – Colonia Villa Florencia, 9 Ave., 19 y 20 Calle, N.E., San Pedro Sula, Honduras.  
(Entrada Principal Colonia Villa Florencia, contiguo al campo de futbol).

*We recommend that you try to “unplug” as much as possible while on mission & only call or text to reassure or for an emergency. This is a special time, so allow yourself the chance to experience Honduras fully.*

## Girls Ages

As of April 2022, the following breakdown by age makes up our family.

**2 Infant girls under 1 year**                      **6 girls from 2 to 4 years old**                      **10 Girls from 5 to 9 years’ old**  
**27 girls from 10 to 15 years’ old**                      **9 girls from 16 to 20 years’ old**  
**8 Girls over 20 (7 of these are in our REST College Living/Learning Community)**

**We recommend you print out our Gallery of Roses. before you leave so you have all the girls' names, ages, photos and relations. Your Team Leader will fill you in on how to obtain this before you leave.**

## Packing Suggestions

**!! YOU MUST HAVE A PASSPORT VALID SIX MONTHS AFTER YOUR TRAVEL DATE!!**

### TRAVEL NECESSITIES

- Airline Tickets
- Credit Card
- Medical insurance information/emergency form/Covid-19 Vaccination Card
- Passport **valid for SIX months after your travel** and 1-2 copies stored separately
- Cash
- If flying on Spirit, \$40 departure tax (must be cash) to exit San Pedro Sula.
- Book to read
- While no vaccinations are necessary to enter Honduras from the United States, it is a good idea to be up to date on tetanus. A malaria vaccination is not necessary but some people choose to be on a course of malaria medication. Check with your doctor. ([CDC Website Link](#))

### CLOTHING – *remember that you will sweat a lot here!*

- Prescription Glasses
- Sunglasses
- Light waterproof jacket/windbreaker
- Women: ≥3 or so pants/conservative skirt/shorts
- Men: ≥3 pants/shorts
- ≥7 or so Tops/Shirts  
*(Re: clothes: bring something to work in and work gloves...they might get ruined)*
- Undergarments and socks – bring enough to sweat through!
- Sandals/flip flops
- Working/walking close-toed shoes and socks.
- Swimsuit in case you go swimming
- Sun hat/baseball cap
- Pajamas/Sleepwear
- Appropriate dress for church.**
- Flash light

**Important Note:** Pack a change of clothes, toothbrush, toothpaste and any medicine you need in your carry-on luggage in case your luggage is delayed.

### TOILETRIES (3 oz. or less per bottle if not checking luggage)

- Sunscreen
- Bug repellent (with DEET)
- Comb and/or Hairbrush
- Toothbrush & Toothpaste
- Deodorant
- Soap
- Feminine Items
- Shampoo/conditioner
- Medicines (Prescription & Over-The-Counter)

### MISCELLANEOUS

- Camera
- Optional - twin sheets and a towel to use at OLR (and leave behind?)
- Supplies for a craft; gifts for girls – **to be given to OLR staff, not the girls themselves.**
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## Important Rules and Code of Conduct

1. **Never** leave the OLR campus without an OLR Staff Member and with permission from your Mission Team Leader.
2. **Girls are never allowed inside the Bed and Breakfast, in the guest apartment,** or any other area where volunteers, visitors or missionaries stay.
2. While you are here, ***Nuestra casa es su casa*** (our home is your home)! Please help us take care of our home by cleaning up after all activities. We are a small staff taking care of many girls and so we appreciate your consideration.
3. **Never** play the role of maternal or paternal figure for a girl of OLR. Most of OLR girls *have* parents, some of them play important roles in their lives. Volunteers, godparents and visitors are considered the girls' extended family.
4. **No one is ever allowed into the girls' bedrooms alone.** The ONLY instances when visitors are allowed in the girls' bedrooms are for pre-arranged circumstances such as when working on maintenance of furniture or walls or for special evening group activities such as aerobics or good night book reading. ***In all cases special permission is needed from OLR staff.***
5. **NEVER** give the girls money, gifts, cell phones, or any other gift in-kind, without consultation and permission of OLR staff. All gifts and donations need to be registered by the OLR administration for accounting reasons. ***NO EXCEPTIONS!***
6. ***It is NEVER appropriate to be alone with a girl in any area or room, without close supervision by OLR staff.***
7. **ALWAYS** show responsible and appropriate behavior, especially in front of the girls. Follow *all* directions of the OLR staff. Use common sense.
8. Our Little Roses is a Smoke-Free Environment. Smoking in sight of the girls is not allowed, nor is open consumption of alcohol.
9. Parents with children visiting OLR are always responsible for the behavior and caretaking of their children.
10. All projects and activities undertaken by volunteers and visitors MUST have prior authorization by OLR staff member in charge.
11. Remember, this is our girls' home! Volunteers & visitors must respect the work schedules, study time, and regularly scheduled activities that are part of the day to day life at Our Little Roses.
12. **Our Psychologist wants male visitors to pay attention to physical contact with the girls. It is inappropriate to allow older girls to sit on laps, to embrace or to drape arms around them, or use any other behavior that may be considered inappropriate.**
13. Please dress appropriately for church and outings with the girls. For church long pants and modest tops are required. No shorts and revealing tops please.

## Holy Family Chapel

The chapel is a sacred space and we are teaching the girls that when they are in the chapel they have to treat this sacred space with respect and reverence. We ask all our missionaries to help set a good example of reverence while in the chapel. We hope you will utilize this space for reflection and prayer during your visit.

### Mandatory Training for all Adult Mission Team Members

We would like to very strongly encourage all team members to complete the “Safeguarding God’s Children” training before arriving at Our Little Roses Ministries. You can complete the training online, just [click here](#) and you’ll be where you need to be or visit <http://www.safeguardingonline.org/>.

If you are a member of the Episcopal Church, you can find out where you can comply by contacting your parish. If you are not a member, you can still take the training, just call a local church or the Episcopal Diocesan office in your area. Please email us at [Admin@ourlittleroses.org](mailto:Admin@ourlittleroses.org) if need any help with t



**CHURCH PENSION GROUP**  
Serving the Episcopal Church and Its People

**Welcome to Safeguarding Online™!**

The Church Pension Group and its affiliate companies are proud to offer online training to supplement and broaden the child abuse awareness and prevention education provided by *Safeguarding God's Children*.

*Safeguarding Online* has been developed in response to the requests from Episcopal Church clergy and lay leaders for more flexible, easy-to-access, and cost effective training.

*Safeguarding Online* provides training in short, focused courses that can normally be completed in 30-45 minutes. These courses can be taken from any location where a high speed Internet connection is available.

Our partner in this effort is Praesidium, a recognized leader in abuse risk management.



**“Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.”**

The Buddha



*“Love is an exchange of gifts.” St. Ignatius*

*Reflection*

We invite you to use this space for notes, reflections, thoughts, prayers, whatever will help you to remember your time at Out Our Little Roses.

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