

LITTLE SISTERS OF ASSUMPTION FAMILY IN MISSION

OUTREACH TO MEXICO August 23rd to 28th, 2019



Yolanda Otero, Sr. Deysi Martinez, Nina Kirschner

Two years ago as Yolanda was leaving on one of her trips to Mexico, we joked that Nina and myself would go too! It was just an idea then, and now two years later, that idea is a reality! Yolanda is convinced that our spirituality and charism is valid for all those who wish to open their hearts and become aware of the situation of how impoverished people live and experience life today. Two years ago Yolanda spoke to her family and her community in her small town about the Little Sisters Family in Mission.

Nina, a volunteer at our LSA Family Health Service Parent Child Development Program in East Harlem, will join us. Nina is a tiny woman with a heart bigger than her, very approachable and simple responding to families, always willing to collaborate with and encourage the parents. She is also very generous supporting some of our activities. And she has a ten year history of being a faithful volunteer in Parent Child Development where Yolanda and I are part of the staff.

We began to plan our trip for August this past March. Sr. Susanne encouraged me in this planning to make it real! I spoke with Sr. Annette who confirmed my planning, advising me that this was a positive, small mission effort to make known the Congregation and Charism and the manner in which we live together as LSA Family in Mission in our U.S. Territory. This effort to reach out will hopefully leave the mark of our spirituality and love of LSA in Santa Ana, Puebla, Mexico, for the future in God's plan which can be very exciting!

OVERALL OBJECTIVE:

To awaken and develop in people the Spirit of God who lives in each one of them and who is of justice, solidarity and equality to build an open community willing to freely exchange support between them and the most disadvantaged.

SPECIFIC OBJECTIVES:

Introduce who we are as LSA Family in Mission.

Share the six core values that sustain our life, and which are valid today.

- ✚ **COMMITMENT:** We are one family, bonded together and sent to change conditions that breed poverty, injustice, discrimination and marginalization.
- ✚ **CARE:** We care for one another. Caring gives birth to covenant relationships —empathy, friendship, tenderness, compassion, mercy, unconditional love and deep respect.

- ✚ **MUTUALITY:** The power of growth is in relationship where in every encounter we are both giver and receiver. We value 'power with' vs 'power over'
- ✚ **HOPE:** Belief in the capacity to rise beyond one's struggles.
- ✚ **TRANSFORMATION:** Our Spirituality leads to personal transformation and transformation of the world.
- ✚ **BELIEVE:** We live what we believe that we are sent to those who have neither voice nor influence in this world.

How to live in a battered world and create a Common Home and Family.

METHODOLOGY (to be done in 6 sessions)

Presentations, discuss in small and larger groups, group dynamic.

Activities:

Day 23: Presentation of a video of the Congregation and mission of the Little Sisters in the USA. Shared conversation and answer questions that arise. Final prayer.

Day 24: Work in small groups and discuss the five values. Then discuss in the larger group. and clarify why each of them is important. Final prayer

Day 25: Quality of life leads to a healthy life Nutrition: & Practice. Final Prayer

Day 26: Presentation of how to prevent diabetes and cholesterol. Final Prayer

Day 27: Presentation of a video: Dangers of alcoholism in our lives. Final Prayer

Day 28: Free sharing, final evaluation, food, music, etc.

Materials

Paper, black, red, green thick markers.

Recipes for nutrition preparation

Sr. Deysi Martinez, LSA