



 mission
Guatemala

LETTER OF WELCOME

i Saludos y Bienvenidos!

I am so excited that you have decided to be a part of the great work God is doing through Mission Guatemala. I stand in awe and amazement every day as I continue to see how God radically blesses the work of our staff and volunteers.

Mission Guatemala began in September of 2010. Our initial goal was to open a small medical clinic to serve the people in San Andrés and surrounding communities. Today, that clinic serves hundreds of patients each month. Today Mission Guatemala also:

- Operates a Dental Clinic
- Provides a preschool for the community in partnership with another nonprofit organization
- Runs two feeding programs providing approximately 45,000 meals a year
- Initiated a stove project and water filter project
- Hosts over 20 volunteer teams each year to work in communities
- Works in partnership with 18 communities to help them realize their dreams

Each day, many of the people we serve struggle to provide for their families and get ahead. We simply try to love them and care for them the best that we can. That is your mission for the week that lies ahead!

Thank you for being a part of our team! I pray that you have an exciting week working among some of the most loving and caring people on earth. I also pray that God surprises you in the week ahead and that your heart is forever changed as you work in ministry with us!

Do all the good you can,



Tom Heaton
Executive Director/Founder
Mission Guatemala



TOM HEATON

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THE STRUGGLES OF GUATEMALA ¹

Spanish Guatemala

In 1523 Pedro de Alvarado was sent with a force of Spaniards to Guatemala. The Spaniards had a great technological advantage over the indigenous people and by 1540 they ruled the entire area.

The Spaniards then became the ruling class. Meanwhile the indigenous people were converted to Christianity (although they actually kept many of their old beliefs) and the church became very rich and powerful in Guatemala. Meanwhile society in Guatemala was divided with those people born in Spain at the top. People of Spanish descent born in Guatemala were second in rank. Next came those of mixed race. At the bottom were indigenous people.

Independent Guatemala

Guatemala became independent of Spain in 1821. It was annexed by Mexico for a short time but in 1823 Guatemala became part of the United Provinces of Central America with Nicaragua, El Salvador, Costa Rica and Honduras. However the union was short lived. It broke up completely in 1840.

In the 1830s a liberal regime ruled Guatemala but in 1839 an uprising took place and a man named Rafael Carrera came to power. The changes introduced by the liberal regime were swept away.

However the liberals took power in Guatemala again in 1871 and in 1872 Rufino Barrios became president. He soon began to rule Guatemala as a dictator. Barrios restricted the power of the church. He also greatly increased coffee production. He created coffee plantations in Guatemala, which were owned by a small elite and were worked by the indigenous people. However Barrios died in 1885.

Guatemala in the 20th Century

The next ruler of note in Guatemala was Estrada Cabera who ruled from 1898 to 1920. During his time, the American

United Fruit Company began operations in Guatemala and by the 1930s they were growing huge amounts of bananas in the country. Meanwhile in 1931 Jorge Ubico was elected president. He remained in power until 1944 when he was forced into exile.

In 1945 Juan Jose Areval was elected president. He introduced many reforms. He also spent money on education and hospitals. However there were many attempts to overthrow him.

In 1951 Jacobo Arbenz succeeded him. In 1952 Arbenz introduced a law that land lying unused (including that belonging to the United Fruit Company) would be redistributed to the poor. The company would be compensated but the amount of compensation would be based on the value of the land they had given for tax purposes (which was a fraction of its real value). So the CIA orchestrated an invasion of Guatemala led by two Guatemalan officers. Arbenz was forced to step down.

Castillo Armas became the next president of Guatemala. He undid all the reforms. Furthermore anyone who could not read and write (most of the population) was deprived of the right to vote. Effectively the poor majority were disenfranchised.

During the 1960s and 1970s industry in Guatemala developed but dire poverty remained. A series of repressive regimes ruled but left wing guerrillas began fighting and thousands died in political violence in Guatemala. The violence reached a peak in the early 1980s however civilian rule returned in 1986 when Vinicio Cerezo was elected president. The bloodshed in Guatemala diminished but it did not end entirely. The killing finally ended in 1996 when peace accords were signed. The civil war in Guatemala cost over 200,000 lives.

Guatemala in the 21st Century

Today Guatemala is still a very poor country and the economy relies on agriculture. Guatemala is also a very unequal society. Although poverty remains at least rates of literacy have improved. Guatemala is steadily developing. Still Guatemala has great potential for tourism. Today the population of Guatemala is 14 million.

¹This information is based on the research of Tim Lambert and used by permission.

Guatemala Facts

Population: 15,806,675

Capitol: Guatemala City

Area: 42,042 sq mi

Currency: Quetzal

Religion: Roman Catholic, Protestant, indigenous Mayan beliefs

Time Zone: CST

Government: Unitary presidential constitutional republic

Main Exports: Coffee, sugar, petroleum, apparel, fruits and vegetables

Life Expectancy: 66



SPONSOR A CHILD

CHILD SPONSORSHIP FAQs:

How much is a sponsorship & what does it cover?

- \$28 a month - Less than \$1 a day!
- Every student receives:
 - vitamins, a nutritious lunch five days a week, medical and dental care, and needed school supplies

Who benefits from the sponsorship?

- **A Child.** Sponsorships help us to meet the basic needs of these children. They enable better access to education, nutrition and health care, increasing a child's chances of escaping poverty.

- **A Community.** Every student in the school benefits from this program. We feed over 100 children each day. Mothers from the community help prepare the meals, ensuring that the families of each student are engaged in this process.

- **You.** You can develop a personal relationship with a child through email communication, photos, & even a visit!

GET STARTED TODAY!

1. Click the "Child Sponsor" tab at missionguatemala.com to see a child's profile & select someone to sponsor.
2. Set up a sponsor log-in and profile.
3. Set up monthly payments online with a credit card or let us know what works best for you at:

sponsorships@missionguatemala.com

*Mission Guatemala is a 501(c)(3) U.S. charity. All donations are tax deductible.

BASIC PHRASES

yes: sí (see)

no: no (noh)

hello: hola (oh-la)

goodbye: adios (ah-dee-ohs)

thank you: gracias grah-see-us)

excuse me: perdone (pehr-doh-neh)

where?: donde? (dohn-deh)

what?: que? (keh)

when?: cuando? (kwan-doh)

yesterday: ayer (ah-yehr)

today: hoy (oy)

tomorrow: mañana (mahn-ya-nah)

SHOPPING PHRASES

Do you have: Tienen (tee-yeh-nehn)

I would like: Me gustaria (meh goo-stah-ree-ah)

this one: este (eh-steh)

that one: ese (eh-seh)

expensive: caro (kah-roh)

How much does this cost?: Cuanto cuesta esto? (kwan-toh kwes-tah ehstoh)

EATING PHRASES

breakfast: el desayuno (ehl deh-sah-yoo-noh)

lunch: el almuerzo (ehl ahl-mwehr-zoh)

dinner: la cena (lah see-nah)

coffee: el café (ehl kah-feh)

ice cream: el helado (ehl heh-lah-doh)

egg: el huevo (ehl oo-eh-voh)

milk: la leche (lah leh-cheh)

cake: el pastel (ehl pahs-tehl)

chicken: el pollo (ehl poh-yoh)

KEY SPANISH PHRASES

SPANISH NUMBERS

zero: cero (seh-roh)

one: uno (oo-noh)

two: dos (dohs)

three: tres (trehs)

four: cuatro (kwah-troh)

five: cinco (seen-koh)

six: seis (says)

seven: siete (see-eh-teh)

eight: ocho (oh-choh)

nine: nueve (nweh-veh)

ten: diez (dee-ez)

twenty: veinte (beh-eeen-teh)

thirty: treinta (treh-eeen-tah)

forty: cuarenta (kwa-rehn-tah)

fifty: cincuenta (seen-kwehn-tah)

sixty: sesenta (seh-sehn-tah)

seventh: setenta (seh-tehn-tah)

eighty: ochenta (oh-chen-tah)

ninety: noventa (noh-vehn-tah)

one hundred: cien (see-ehh)



- Guatemala ranks 4th in the world for child malnutrition

- Only 4% of Guatemalan children will complete high school & go to college.

CONTACT US

missionguatemala.com or
sponsorships@missionguatemala.com

DAY 1

Bishop Michael J. Coyner,
Indiana
Conference of the
United Methodist
Church

KNOWN BY OUR LOVE

In our culture, we throw around the word "love" very lightly. We say, "I loved the game last night" or "I love your outfit" or to a loved one we say "I love you." We use that word "love" for a variety of feelings, actions, and events — often with little regard to the depth and power of the word as Jesus used it.

In the old comic strip Peanuts, there was one episode in which Lucy declared, "I love humanity, it's just some people I can't stand!" Perhaps we, too, abstract our "love" into a rather meaningless concept without a real connection to people.

The Bible is clear that Jesus used the word "love" as a verb, and especially as a verb about the way we treat one another. His followers are urged, told, and even commanded to be the kind of individuals and group who are "known by our love."

Being on a mission trip is a wonderful opportunity to show our love — not in the abstract as in "I love humanity" but in the real and concrete expressions. Our love is demonstrated in the most simple and basic ways we relate to others: a smile, a "thank you," and a gracious acceptance of hospitality offered to us. Those seemingly small things are a powerful way for us to demonstrate our love for one another and for those we encounter.

Several years ago I was on a mission trip in Brazil, and one woman we encountered asked me, "Why did you come to Brazil?"

I was not sure how to respond, so I said simply, "To meet you." Her face beamed with joy!

Afterwards our missionary guide said to me, "That is the best compliment you can pay to someone here — to acknowledge and affirm that they are a person worth meeting."

Each day of a mission trip is an opportunity to demonstrate our love by the simple act of acknowledging the value of the persons we encounter.

- Why did you come to Guatemala?
- How can you acknowledge and affirm the worth of the people you encounter this week?

DAILY REFLECTIONS

Lord,
Let me be an instrument of Your love. In every little and large thought and action this week, let my interactions with others on my team and those I meet be living proof of my love of God and God's love for them.
In Jesus' name,
Amen.

SCRIPTURE

"By this everyone will know that you are my disciples, if you have love for one another."

John 13:35 CEB



DAY 2

Rev. Todd Outcalt,
Calvary United
Methodist Church

THREE SIMPLE RULES

So often, we travel into another culture with the intent to provide our answers, or our methods.

Serving with an open mind and an open heart is important to serving well. Listening and learning is often more important than speaking and teaching in another culture.

John Wesley, the founder of the Methodist Movement, created three simple rules for the Christian life that can help unite us in our work this week:

- Do no harm
- Do Good
- Stay in Love with God

By learning to live out these rules we can begin to see God at work in our lives. When we choose to live by these three simple rules our lives are changed.

We can begin to see the answers that are already available to the people we have come to serve.

We can become partners instead of experts.

We can become the body of Christ as it already exists in this place.

We can learn how to be disciples by serving rather than doing.

- How might John Wesley's three simple rules impact our work this week?
- What can you learn/receive this week from the people you will meet?
- What can you learn/receive this week from your fellow travelers?

DAILY REFLECTIONS

SCRIPTURE

Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads.

Deuteronomy 6:4-8 CEB



DAY 3

Rev. Rodney Frieden
Hagerstown First United
Methodist Church

LIFE'S DISTRACTION

While working here with Mission Guatemala, we eat together, we work together, and we have fun together. Life is a bit simpler while here in Guatemala because there just aren't that many distractions. As a result, remaining focused on the task at hand is easy and doing all the good we can while loving one another is even easier!

Our problem is that when we return home it will once again be easy to be distracted. Our distracted lives at home make it easy for us to focus on the negative, the insufficiencies, and the weaknesses in others. There are easy to find when we take the time to look for them because everyone has them. Keeping a more focused life will cause us to see the worth of all people.

Distractions make it easy for us to get frustrated when the checkout line moves too slowly. It's also why we end up snapping at our friends. The distractions of life lead us to think only of what others can do for us. A more focused life will allow you to consider how others need love and will drive you to act on that need.

Time is one of life's biggest distractions. Perhaps because there isn't enough time for everything. When you don't know what your focus is, you won't have enough time for anything. When your focus is on being a person who loves God and loves others, your purpose that day is not to get everything done or to make everybody happy or to do everything perfectly. Your focus is simply to love God and love others. A more focused life will allow you to see each day as an opportunity to share God's love.

You were made to love God and as a result love others. We could change the world if we first discovered a heart that will love God. Until then, the rest of life will continue to distract us from our primary task – loving God and others.

- Why is it easier to be loving towards others in this place?
- What distracts you from showing God's love to others?
- What distracts you from accepting God's love for you?

DAILY REFLECTIONS

SCRIPTURE

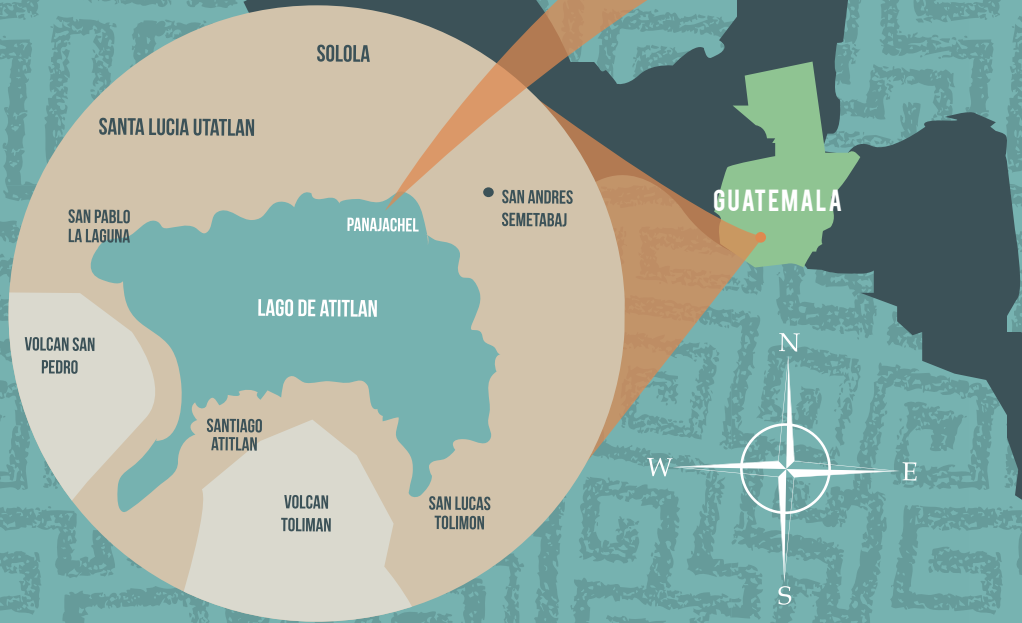
When the Pharisees heard that Jesus had left the Sadducees speechless, they met together. One of them, a legal expert, tested him. "Teacher, what is the greatest commandment in the Law?"

He replied, "You must love the Lord your God with all your heart, with all your being, and with all your mind. This is the first and greatest commandment. And the second is like it: You must love your neighbor as you love yourself. All the Law and the Prophets depend on these two commands."

Matthew 22:34-40 CEB



GUATEMALA



- 1. Reserva natural (marisposario)
- 2. Escuela de espanol
- 3. Centro de salud
- 4. Iglesia San Francisco
- 5. Mercado municipal
- 6. Policia Nacional Civil
- 7. Museo y Galeria Raul Vasquez
- 8. Casa de la Cultura
- 9. Galeria
- 10. Correos
- 11. Embarcaderos
- 12. Politur
- 13. Banos publicos
- 14. Museo Lacustre Atitlan
- 15. Taxis rotativos
- 16. Parade de bus publico
- 17. Gasolineras
- 18. El Puente Ubico
- 19. Casa del Rio
- 20. Main Market Area

- Centro de informacion INGUAT
- Telefonos Publicos
- Buses
- Gasolineras
- Policia
- Bancos
- Museos y Centros Culturales
- Correo
- Taxis
- Escuelas de Espanol
- Acampar
- Bomberos

MAPKEY



LAGO DE ATITLAN PANAJACHEL

DAY 4

Rev. Matt Lipan
Castleton United
Methodist Church

DO NO HARM

I can remember the excitement I had surrounding my first experience working with Mission Guatemala. I have always had a passion for Latin America and its people, culture, geography, and traditions.

Having the opportunity to combine this passion with the possibility of 'doing good' seemed like the perfect fit. I was so excited about doing good that the thought of doing no harm never really came to mind.

Hopefully you're here because of your willingness to serve. Hopefully you're here to be the hands and feet of Christ as you engage the Guatemalan people and their culture. Hopefully the last thing you want to do during your time here is cause harm.

You were called to be free and to use your freedom to serve the other. To 'Do No Harm' means to avoid committing acts that cause harm. Determine now to cause no harm this week and in that, find the freedom to serve those different than you and enjoy the space created for conversations and opportunities to learn something new. May this become your prayer as our work continues:

Lord, I am asking and expecting you to use me this week. Guide my actions and my words so that I might not cause harm to those I encounter and interact with. Remind me of the joy and freedom to be found in serving others, just as you came to serve and not be served. Amen.

- How does this rule 'Do No Harm' apply as you work this week?
- Which actions might cause harm this week?
- Why do you think this rule is first?

SCRIPTURE

You were called to freedom, brothers and sisters; only don't let this freedom be an opportunity to indulge your selfish impulses, but serve each other through love. All the Law has been fulfilled in a single statement: Love your neighbor as yourself. But if you bite and devour each other, be careful that you don't get eaten up by each other!

I say be guided by the Spirit and you won't carry out your selfish desires. A person's selfish desires are set against the Spirit, and the Spirit is set against one's selfish desires. They are opposed to each other, so you shouldn't do whatever you want to do.

Galatians 5:13-17 CEB

DAILY REFLECTIONS



DAY 5

Rev. Bob Land,
Trinity United
Methodist Church

IDENTIFICATION PLEASE?

There have been many times during this mission trip when you've had to produce some sort of identification. Producing some sort of identification has become just a part of daily life. We have to produce ID.

This is true not only of our day-to-day lives, it's true when traveling as well. When flying, we have to produce some sort of picture ID. For those traveling overseas, such as to Guatemala, this is especially true, but then a driver's license isn't even enough. We have to have a passport, and we must produce it many times when exiting the U.S. and then again when entering Guatemala.

Beyond this, many groups that travel for mission work even wear matching shirts. Not only does this help them identify each other in crowded airports, it can also serve as a visual reminder of the importance of the work they undertake.

But, all of these forms of identification, whether passports, driver's licenses or even t-shirts will one day pass away. Passports and driver's licenses will one day become obsolete, and t-shirts will end-up in the rag bag or appear at a garage sale. Yes, these worldly identifications will pass away, but there is one identification that is timeless - that is eternal, and it will never pass away. That is the identification we share when living out God's love for us and for the world. It has no expiration date. It will never become obsolete.

Jesus goes as far as saying that the identifying mark of His followers will be their love for one another.

- What acts of love have you performed this week?
- When were you most identified as a follower of Christ by the way you loved?
- Based on your experience this week, how can you be better at showing God's love to a world in need?

SCRIPTURE

"I give you a new commandment: Love each other. Just as I have loved you, so you also must love each other. This is how everyone will know that you are my disciples, when you love each other."

John 13:34-35 CEB

DAILY REFLECTIONS



DAY 6

Rev. Rodney Frieden,
Hagerstown First United
Methodist Church

LOVING OTHERS

When Jesus was asked, "What is the most important thing we can do?" He did not say, "Eradicate the world of poverty." Instead Jesus said "The most important thing is to love God with all your heart, and love your neighbor in same manner." When we get that right it will lead us to do all kinds of world changing things, things you never thought you would do like travel to Guatemala to work with the impoverished Mayan people.

When Jesus announced his ministry, he said it was good news for the poor. He said that when we take care of the poor, we are serving Him. If we follow Jesus' example, we will see that Jesus was touching, and feeding, and healing the poor. Everything about Jesus says if we are not working with and loving those who are less fortunate than us, then we are totally missing the point of what it means to follow Jesus.

In fact, Jesus even said, "The poor you will always have with you" (Matthew 26:11).

This week you have worked amongst the truly poor. You have been given a glimpse of what poverty looks like, but did you notice something? The people you have served are happy and joyful. Perhaps that is the case because everyone is in the relatively same condition of poverty. Perhaps because what we view as lacking in resources they view as abundant – having all they need.

Maybe the reason the poor will always be with us is because of our need to view others as having less than us, so that we might be able to consider ourselves as abundantly rich.

- In what ways have your views of poverty changed this week?
- In what ways have your views of abundance, or wealth changed this week
- How will these changes in your views affect your actions when you return home?

SCRIPTURE

One of the legal experts heard their dispute and saw how well Jesus answered them. He came over and asked him, "Which commandment is the most important of all?"

Jesus replied, "The most important one is Israel, listen! Our God is the one Lord, and you must love the Lord your God with all your heart, with all your being, with all your mind, and with all your strength. The second is this, You will love your neighbor as yourself. No other commandment is greater than these."

Mark 12:28-31 CEB

DAILY REFLECTIONS



DAY 7

Rev. Matt Lipan,
Castleton United
Methodist Church

COUNTING THE COST

Following Jesus is not easy. The experiences of this past week have challenged you, stretched you, encouraged you, and hopefully strengthened your relationship with God. You have been challenged this week to 'Do No Harm, Do Good, and Love God,' I hope that you were able to accomplish all three.

Don't forget that while you worked, you experienced foods, places, and people that changed your life. As you think about all that your team has done, do not forget to consider the cost associated with your work - travel expenses, cost of materials, and of course the giving of time - even vacation time from work for some.

Reality is that 'doing good' will most often cost us something. There is always a cost to discipleship that must be weighed. Part of that cost is learning to 'Do No Harm' through our actions. I am hopeful that your interactions with the Guatemalan people and their culture have challenged you to think about what it means to do no harm in the context of your everyday-life.

However, we can also cause harm when we fail to act. Every action and inaction must be weighed as part of the cost of discipleship. While 'Do No Harm, Do Good, and Love God' may appear to be simple rules, they will only be kept in our lives at a cost. Are you ready to count that cost?

- As a rule of life, what does 'Do No Harm' now mean to you as you prepare to return home?
- How will the experiences of this week in Guatemala impact the ways in which you act towards others in the future?
- What new actions will you consider taking as a result of your work with Mission Guatemala?

SCRIPTURE

Large crowds were traveling with Jesus. Turning to them, he said, "Whoever comes to me and doesn't hate father and mother, spouse and children, and brothers and sisters—yes, even one's own life—cannot be my disciple. Whoever doesn't carry their own cross and follow me cannot be my disciple.

"If one of you wanted to build a tower, wouldn't you first sit down and calculate the cost, to determine whether you have enough money to complete it? Otherwise, when you have laid the foundation but couldn't finish the tower, all who see it will begin to belittle you. They will say, 'Here's the person who began construction and couldn't complete it!' Or what king would go to war against another king without first sitting down to consider whether his ten thousand soldiers could go up against the twenty thousand coming against him? And if he didn't think he could win, he would send a representative to discuss terms of peace while his enemy was still a long way off. In the same way, none of you who are unwilling to give up all of your possessions can be my disciple.

Luke 14:25-33 CEB

DAILY REFLECTIONS



FINAL DAY

Rev. Matt Landry,
Winamac United
Methodist Church

GIVING THANKS

As you prepare to leave, the reality of the separation between you and the people you have connected with so much this week has arrived. It may be some time until you return to this mission and these people. Paul and the early apostles experienced separation, yet through their common prayers and partnership in the gospel, Paul knew they could remain connected through the spirit of Jesus.

In *Love in a Fearful Land: A Guatemala Story* Henri Nouwen writes about the connection we can have through prayer:

The opposite of an escape from the bitter realities of an oppressed people, prayer is the way to both the heart of God and the heart of the world – precisely because they have been joined through the suffering of Jesus Christ. He (Fr. John Vesey ¹) knew that those who pray cry out with the suffering Christ to the God who has created the world out of love and yearns to see the world return to that love. He (Fr. John) knew that those who are poor, homeless, hungry, and in agony are not just individuals hopelessly scattered over the face of the earth, but men, women, and children intimately loved by a Father who works for their liberation and waits with tears in his eyes for them to come home. He (Fr. John) knew that praying is letting one's own heart become the place where the tears of God and the tears of God's children can merge and become tears of hope.

As we have connected and served with people who live in dire conditions, we may remain connected through the power of the Spirit. Through prayer, our desire to stay connected can merge with God's desire for justice, where we continue to work for change at home, in Guatemala and around the world. May we continue to serve God's people wherever we find ourselves while also remaining connected with the people of Guatemala through our prayerful intercession on their behalf and on behalf of a world in need of a little more love, service, and kindness.

- How can I serve the poor where I live?
- How can I remember the people I have met through prayer?
- What is my lasting memory that I thank God for and will remember?

SCRIPTURE

I thank my God every time I mention you in my prayers. I'm thankful for all of you every time I pray, and it's always a prayer full of joy. I'm glad because of the way you have been my partners in the ministry of the gospel from the time you first believed it until now. I'm sure about this: the one who started a good work in you will stay with you to complete the job by the day of Christ Jesus.

Philippians 1: 3-6 CEB

DAILY REFLECTIONS

1 Fr. John Vesey was a faithful servant of God. He became a Catholic missionary who served as priest of Santiago, across the lake from Panajachel following the murder of Fr. Stan Rother, who was a missionary who served the Guatemalan people until his death in 1980. Stan, John, and Henri knew the power of prayer for the people of God. Stan gave his life for the people of Guatemala and now remains connected through the spirit.



DEPARTING PRAYER

Rev. Matt Landry,
Winamac United
Methodist Church

Living, Loving, and Creating God, You are our Creator, the One who created us, who loves us, and who calls us to serve others. We now respond by offering to you our thanks and praise for this week of service and for all that we have experienced in Guatemala:

For the mountains and volcanos that you have created, the beauty of the lake and flowers, and the land and corn that sustain us:

Response: Lord, we love you and we give you thanks.

For the people we have met this week, the families, the children, their smiles, hospitality and love, and all the workers we have served with:

Response: Lord, we love you and we give you thanks.

For the work of the people of Mission Guatemala, the mouths they feed, babies that are nourished, the minds that are taught, and the bodies that are healed and for all those people and churches that support this mission:

Response: Lord, we love you and we give you thanks.

For the ways we served this week, the work that was accomplished and the work yet to be done all in the service of Jesus our Lord, and for the relationships formed and fostered this week:

Response: Lord, we love you and we give you thanks.

For the prayers we can continue to offer for the people and mission of Guatemala, for the unity in Jesus Christ that binds us all:

Response: Lord, we love you and we give you thanks.

God, we are thankful most of all for your love and grace in Jesus Christ our Lord. We lift up to you these prayers of thanksgiving in the name of Jesus the Christ, who taught us to pray by saying:

Response: Lord, we love you and we give you thanks.

Our Father, who art in heaven, hallowed be Thy Name; Thy kingdom come; Thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those that trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power, and the glory, forever.

Amen.

**“DO ALL THE GOOD YOU CAN,
BY ALL THE MEANS YOU CAN,
IN ALL THE WAYS YOU CAN,
IN ALL THE PLACES YOU CAN,
AT ALL THE TIMES YOU CAN,
TO ALL THE PEOPLE YOU CAN,
AS LONG AS EVER YOU CAN.”**

JOHN WESLEY
1703-1791
FOUNDER OF METHODISM

