



IMAGINE...

Imagine someone willing to share what little they have with you and asking for nothing in return...

Imagine genuine smiles of folks who are simply happy you took the time to visit them...

Imagine a child who may only eat once that day...

Imagine a little girl, about 5 or 6 but so tiny she looked like 3 or 4, asking for agua while walking home from the center about the same time we left in the van...

Imagine seeing this same little girl almost an hour later in her neighborhood, but not close to her home, with that same bottle of agua...

Imagine a young women just home from surgery, lying on a bed in a hot room, needing pain medicine that the local hospital did not have to give...

Imagine needing gauze to keep the wound cleaned daily, but having none...

Until this trip, I could not **imagine...**

These are some reflections from Patricia Chambers upon returning from a short-term mission trip in April. Patricia went to La Ceiba, Honduras as part of a Total Health short-term mission sponsored in partnership with Christian Assembly in Columbus, Ohio. The Christian Assembly team spent the week alongside the kids in the children program working out in the community to serve those in need.



Patricia Chambers with the children of La Ceiba

“Imagine all the people, sharing all the world...”

John Lennon

It was in a post-trip meeting with the team that I heard Patricia's reflections. She was preparing to present her experiences to the church. I have thought about these reflections since that day.

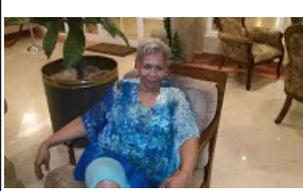
Why is it so difficult for us to imagine such a lifestyle? Imagination is a tricky thing. We think of imagination as envisioning things that do not exist, things that are fictional. Yet in order to imagine something, we must have had some basis for perceiving the thing as a

reality. I can imagine walking on the moon only because I have seen the moon walk on TV and I know how to walk.

But many of us have not been exposed to the type of daily poverty living experienced in Central America. We may see it on the news from our comfortable homes, but it does not become real. For many of us, poverty does not live in our neighborhoods. Yet it exists, often just around the corner. We really do not have to go far to experience poverty if we choose to leave our comfort zone.

I remember my first trip to Central America. Like Patricia, I could not imagine that there were people in the world faced with the daily burden of a life of poverty. But I can now, not because I am imagining fiction, but because it is a reality.

Reflections From My First Mission Trip



Patricia Chambers

As you saw on page 1, Patricia Chambers went on her first international mission in April as part of a team from Christian Assembly. Patricia shared some of her reflections from her week spent in La Ceiba, Honduras.

I have wanted to be involved in Missions (outside the United States) for quite a few years now. The thought of working with people from other countries has always intrigued me however I knew I should start at home first and then venture abroad.

Last fall, I noticed in our church bulletin we were having an informational session for those who may

be interested in traveling to Honduras for our church's first missions trip there. Total Health's Dr. Jay Martin shared information about the program, telling the attendees **we all** have something to give whether it be the gift of speaking, teaching, medical knowledge, a trade or just a love for people. No matter what our skills, God can utilize us. So, I decided to fill out the paperwork and see what God would have me do, if anything. **It was time to put my faith in action and step out of my comfort zone.**

On the third day one of our teens, a young lady, wanted to share her story with me, which she did and then she hugged me. I was floored as my eyes filled up with tears, as on the first day she was one of those who ignored me and gave me the "eye."

The people we served, whether to plant bushes or deliver food, were warm and kind. They welcomed us no matter if their floor was made of dirt or concrete. They genuinely smiled, no matter if they had an actual door or a piece of cloth serving as a door. Most had so little, but were willing to share that little bit with us AND their neighbors.



I thought I was going to go to Honduras and make changes in peoples' lives. Maybe I did. All I know now is this... I will never be the same. My life is forever changed!

by: Patricia Chambers



Christian Assembly Team

I want to thank Patricia for taking time to provide us with her reflections of her trip. Total Health is currently putting together the 2016 short-term mission schedule. If you would like join a team please contact me at jflinn@totalhealth.org to get the process going. I can promise you that you will not regret making the trip.

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