Handbook for Leading a Trip to the ILAG

A companion synod relationship of the Saint Paul Area Synod, ELCA and La Iglesia Luterana Agustina de Guatemala

www.spas-elca.org/guatemala
# Table of Contents

<table>
<thead>
<tr>
<th>Welcome</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chapter 1</strong></td>
<td>Accompaniment</td>
</tr>
<tr>
<td><strong>Chapter 2</strong></td>
<td>Responsibilities of a Trip Leader</td>
</tr>
<tr>
<td></td>
<td>Pre-Trip Checklist</td>
</tr>
<tr>
<td></td>
<td>Responsibilities in Guatemala</td>
</tr>
<tr>
<td></td>
<td>Post-trip Checklist</td>
</tr>
<tr>
<td><strong>Chapter 3</strong></td>
<td>Responsibilities of a Traveler</td>
</tr>
<tr>
<td><strong>Chapter 4</strong></td>
<td>Travel Tips</td>
</tr>
<tr>
<td><strong>Chapter 5</strong></td>
<td>What to expect while in community</td>
</tr>
<tr>
<td><strong>Chapter 6</strong></td>
<td>Gift Giving</td>
</tr>
<tr>
<td><strong>Chapter 7</strong></td>
<td>Re-entry</td>
</tr>
<tr>
<td><strong>Chapter 8</strong></td>
<td>Resources, including forms, packing lists, suggested learning materials, and a brief history of the ILAG and of Guatemala</td>
</tr>
</tbody>
</table>
Welcome / Bienvenidos

¡Hola! It is exciting that you have decided to lead a mission trip to Guatemala! The following information was assembled so that you would have some insights into leading a mission trip, some practical information that is necessary as trip leader and some inspiration so that you recognize how God is calling you to serve. If you have any questions about the information we have provided, please do not hesitate to contact the Guatemala Committee of the Saint Paul Area Synod at ilagcompanions@gmail.com. May God, who has given you the call to serve as a trip leader, guide your next few months and bless your visit to Guatemala. ¡Gracias a Dios!

Chapter 1: Accompaniment

Philosophy of the Companion Synods Program

From the “Companion Synods Handbook” by the Rev. Rafael Malpica-Padilla, Executive Director, ELCA Global Mission

The ELCA Companion Synods Program recognizes that we are all gifted by God to do God’s work. Through companionship in the global Lutheran community, we exchange gifts of time, hospitality, patience, and understanding that are vital for God’s mission. As we practice discerning and appreciating one another’s gifts, we come to understand our mutuality and interdependence. Companion Synod relationships, at their best, recognize that we are one body, gathered, called and sent to proclaim God’s creative, redeeming and sanctifying activity in the world. They are a strong vehicle for the ELCA’s engagement in global mission.

Accompaniment

From “Global Mission in the Twenty-First Century,” page 5

We understand *accompaniment* as walking together in a solidarity that practices interdependence and mutuality. The basis for this accompaniment is found in the God-human relationship in which God accompanies us in Jesus Christ through the Holy Spirit.

A primary reality of accompaniment is the mutual respect of the companions. The conversation is no longer between a giver and a receiver but between two churches, each of which has gifts to give and to receive. The difference in types of gifts is not prioritized. Mutual respect also applies to regions. In accompaniment, each church has the primary responsibility for mission in its area. In conversations between the churches, each will describe its gifts for outreach in its own country. A fruitful outcome of the conversation is the discovery of the outside church’s gifts that may assist in mission in a church’s own country.
Chapter 2: Responsibilities of a Trip Leader

Groups traveling to visit their companions in Guatemala are encouraged to elect a “trip leader.” The trip leader is someone who can be entrusted with detailed work. They are not only responsible for gathering the team, but also for making sure that the team is educated about their roles as travelers, are familiar with the ILAG’s story and mission, and understand the ELCA model of accompaniment. The trip leader will make the necessary arrangements such as airfare, communication with the ILAG, and overseeing the budget. Flexibility, patience, and remembering that you are doing God’s work are essential for any trip leader! How the trip leader handles oneself and the situations that you will encounter in Guatemala sets the tone for the entire team.

Pre-Trip Planning Checklist for Trip Leader

12 months before the trip
___ Select potential dates for your trip. Fill out the Initial Contact Form. Someone will then confirm that your dates work with the ILAG’s calendar. Inform your church leaders of your travel dates.

9 months before the trip
___ Promote the trip through church bulletins, verbal announcements, newsletters, etc.
___ Prepare an informational sheet for potential travelers. Include travel dates, payment schedule, where you will visit, cost of trip, minimum age, physical requirements, maximum number of travelers, deadline for deposit, and your contact information. Attach the Guatemala Individual Travel Form, asking that it be returned to you along with the $100 deposit.

At least 6 months before the trip
___ Begin holding 4-6 team building meetings to become acquainted with each other, discuss accompaniment, learn about the history of Guatemala and the ILAG, plan activities for your visit, and, in general, prepare your travelers. Prepare a written agenda for each meeting (see Chapter 8 for sample agendas). Remind travelers of meeting times, payment deadlines, and any tasks for which they volunteered.
___ Print out the Responsibilities for Individual Travelers Checklist and distribute a copy to each delegation member.
___ Collect the $100 deposit from each traveler and submit this payment to the Saint Paul Area Synod, attn: Greg Triplett, 105 W. University Ave., St. Paul, MN  55103. You must clearly label that the check is “Travel Deposit Fee”. Make sure to include your church’s name.
___ Collect the Individual Travel Form from each traveler, placing all documents in a notebook to carry with you during the trip.
___ Contact a travel agent if you plan to use one.

At least 3 months before the trip
___ Book your airline tickets. It is highly recommended that you purchase travel insurance.
___ Complete Group Reservation Travel Form; forward one copy each to iladeguatemala@yahoo.com and to ILAGcompanions@gmail.com.
___ Ask a health professional to prepare a small medical kit (to be carried in a backpack).
___ Send a list of the travelers to the ILAG, using their full names as printed on their passports, and indicate each traveler’s gender.
___ Collect the remaining payments from the travelers. You can request a budget estimate from the ILAG any time during your planning, but you will receive a final budget when the itinerary is complete. Submit the amount requested (or the full amount collected) to the Saint Paul Area Synod, attn: Greg Triplet, 105 W. University Ave., St. Paul, MN 55103. You must clearly label that the check is travel money. Make sure to include your church’s name.
___ If you carry the extra group money, make certain that all bills are at least $20 or bigger and have no nicks on the edges. Also carry a few clean $5 bills to tip airport porters.
___ Remind travelers to bring their own funds for airport food, snacks on the road, and souvenirs.
___ Reserve $100 for a tip for your driver. You may tip the driver in U.S. dollars or in quetzales. Bring along a stationery card that everyone can sign to thank him.
___ Communicate directly with the ILAG’s Delegation Coordinator, Diego Gil Castillo, (iladeguatemala@yahoo.com) several times before traveling.
___ As a group, decide who will lead various tasks during the trip such as children’s education activities, adult Bible study in community, and social media or blog posts during the trip.

Communication with ILAG
Once you have filled out the Initial Contact Form and your dates have been established, communicate directly with the ILAG (iladeguatemala@yahoo.com) about your plans. In turn, they will send you a budget and an itinerary for your travels. Also ask the ILAG for suggestions for a gift for the church(es) you will visit. The Lutheran Center may also have a wish list. If you plan to bring school supplies or health supplies, ask the ILAG for a list of what is most needed. Try not to overwhelm the ILAG with questions about minor travel details, but rather direct those questions to Saint Paul Area Synod Guatemala Committee at ILAGcompanions@gmail.com.
Itinerary
Work together with the ILAG's travel coordinator to determine your itinerary. Depending on the location of your partner congregation or the ministry in Guatemala that you are supporting, your itinerary will include travel days and days spent at the Lutheran Center in Guatemala City. The pastoral team will provide you with a tentative itinerary and will offer suggestions for cultural activities that may interest the group. Often groups will visit Tikal, Antigua, or head to Lake Atitlan for a day or two to enjoy the beauty that Guatemala has to offer. Please note that the itinerary is a plan, but plans sometimes need to change due to weather, political, or safety conditions. For a sample itinerary, see Chapter 8.

Team Building
Form your travelers into a team through regular meetings and shared leadership. A team that is comfortable with each other and understands their role as travelers is a blessing for this partnership. Please arrange for the members of the group to meet often (once a month is recommended) to get to know each other. Sharing leadership with the group members will also foster a sense of “team” that is necessary for the trip to be successful. Encourage each traveler to have a responsibility for the trip, from writing articles for the church newsletter to arranging for donations. There is plenty of work to be done, and sharing the tasks also increases ownership in the mission trip.

Finances
- **Costs:** The cost of each group visit varies. Costs are dependent on airfare and the group’s choice of cultural activities while in country. The ILAG pastoral team will set the budget for all in-country expenses, which will cover all meals, lodging, and transportation – everything except personal spending money, which we recommend at $100-$200 per person for gifts or souvenirs. If you begin with a rough estimate of $2,000 per person, you will be covered. If you have fewer than six travelers, the in-country costs will be higher, and you may need to estimate $2,100 per person.
- **Payments:** Break the trip costs into payments, and collect each payment at a team meeting:
  - The first payment should be a $100 deposit. This deposit, along with the Guatemala Individual Travel Form, requires prospective travelers to make an initial commitment, which is helpful to you, the leader. This deposit is refundable, up until such time as airfare or other expenses are incurred. This $100 is an administrative fee that remains in the Saint Paul Area Synod Guatemala Committee account, used for such things as the purchase of airfare for the ILAG pastoral team to visit our synod.
  - The second payment should cover the cost of airfare. Working with a travel agent helps to get a good rate and to get group seats on the same flight. If you would like recommendations for travel agents who specialize in mission trips, the Committee has some names. Airfare to Guatemala City can cost as much as $1100 or as low as $650, but typically runs in the $800-1000 range. It is best to plan your arrival in Guatemala City and your departures during daylight hours for safety reasons. The ILAG staff will arrange for your transportation to and from the airport.
  - The next payments will cover the expenses while in Guatemala. You will need to (1) collect all payments from your travelers, (2) submit them to your home church, and (3) then forward one check to the Saint Paul Area Synod earmarked for your trip. Clearly label this
check, "Traveler Funds for _____ Lutheran Church." It is essential to have money in to the synod office at least six weeks prior to your trip. Send them to: Saint Paul Area Synod, attn: Greg Triplett, 105 W. University Ave., St. Paul, MN 55103. If you are late in submitting your funds to the synod office, it will require a special wire transfer.

- **Expenses in Guatemala**
  - ILAG will determine and send you a budget for in-country meals, lodging, and transportation.
  - **End-of-trip offering:** Please note that unspent money will be refunded by the ILAG team. Often that refund is used as the basis for an end-of-trip offering, to be designated as the group wishes. Please discuss with your travelers that they may also bring an offering, whether in crisp American bills or in the form of a check. This can be placed in the Lutheran Center’s safe while traveling through the country and will be returned when you arrive back in Guatemala City.
  - **Tip for Driver:** It is suggested that you tip your driver $100 (per group) at the end of the trip.
  - **Gift for ILAG Staff:** You will be accompanied by 2-3 members of the ILAG pastoral team. Your team will be responsible to cover their costs, such as food and lodging, and this is all figured into the budget. But it is also a nice gesture to make an offering to those individuals at the end of the trip. See Chapter 6 for ideas.
  - **Extra Funds:** As the trip leader, you may find it easier to hold back the tip for the driver and the gift for the ILAG staff, instead of sending it to the synod office. You must wire to the ILAG the amount stated in the budget sent to you, but you have the option of carrying additional expense costs with you in cash.
  - **Currency:** The Guatemalan currency is the quetzal and it is typically exchanged at around 7.0-7.5 Q per $1 US. ATMs are accessible in Guatemala, although there is a small charge for using them.

- **Taxes:** Some mission trip expenses may be tax deductible. Participants are encouraged to contact their tax preparers for more information.

**Keeping Your Home Congregation Updated**

You want your congregation to know who is traveling as the delegation in Guatemala. Use newsletters, websites, temple talks, and adult forums to inform the congregation and keep them engaged with the delegation. Ask for prayers from the congregation during the trip. Use social media, blogs, or the church website to share stories and photos during the trip. On your return, make certain that you have congregational events arranged so that your group can share with others what they experienced and learned.
Responsibilities in Guatemala Checklist for Trip Leader

___ Once you arrive at the Lutheran Center in Guatemala City, collect the passports of your travelers. Put them in an envelope and give it to the pastoral team to put in the safe at the Lutheran Center outside of Guatemala City. Travelers should have a photocopy in their luggage, and you should have a copy in your notebook. Travelers may also store cash, ID cards, credit cards, or any other valuables that they do not need to carry with them to the rural area.

___ Each day have a check-in, perhaps at breakfast or after devotions in the evening. Monitor the physical and emotional well-being of your group.

___ If you sense tension within the group, address it. If you witness cultural insensitivity, address it. If your group is not listening when being addressed by the pastoral team, address it. If individuals are not dressing appropriately, address it. This is part of your responsibility as leader.

___ Make sure that your travelers feel safe and comfortable if they are staying with a family. If there are any problems, speak with the pastoral team members who are accompanying you. Relatively minor problems, such as spiders living in the corner of the room, can be handled easily. Sometimes issues of privacy make the visitors uncomfortable, and these issues can be handled best by the pastoral team.

___ Remind the group often that they need to take care of themselves by staying hydrated, sitting out of activities when they need to rest, washing hands often (best with soap and water, or use hand sanitizer), and being careful to not overheat. At the first sign of stomach problems or diarrhea, recommend Pepto Bismol or Azithromycin (a very strong antibiotic). It is not a good idea to take anti-diarrheal medications unless you are traveling soon on a long bus trip.

___ Stay flexible and remind others to do the same.

___ Encourage each member of the group to provide spontaneous prayers, perhaps before a meal, before traveling, or before bedtime. Short prayers, long prayers, sung prayers, poetic prayers – it doesn’t matter. Everybody gets a turn.

___ Do devotions as a delegation every day. Everybody should get a turn at leading devotions. Put someone else in charge of making a calendar, then that person reminds folks when it is their turn.

___ Be prepared to participate in the worship services in some way: sing a 4-part hymn in English, sing a praise song in English, read the lesson in English, etc. The pastoral team will provide you with a bilingual guide for worship, so you can follow along and participate.

___ While traveling in the van, encourage all to show kindness to the driver.
Encourage your travelers to use Spanish whenever they can. Even simple courtesy phrases and greetings are appreciated. Make sure that each traveler is able to thank his/her host family, even if he/she doesn’t speak Spanish. Arrange for a translator to meet with them so that the traveler can truly express gratitude.

Manage gift-giving with the help of the ILAG pastoral team and discourage random gift-giving while visiting a community. Remind your delegation that it’s not about stuff, it’s about relationships.

A gift for the church is wonderful and encouraged.

If your delegation stays overnight with a host family, it is a lovely gesture to bring a photo to leave with the family. It can be one’s own family or a solo photograph, but take care not to display your wealth in the photo. Some visitors will bring a small photo booklet to leave with their host family, showing photos of pets, snow, extended family, etc.

If anything is left over, give it to the pastoral team, as they may know how best to use it. (Sometimes travelers will want to leave behind some of their clothing, thinking that they won’t wear it in the U.S. It is not a good idea to do this, as it creates jealousies in the community.)

At the end of your trip, give your driver an envelope with his tip in it.

When you return to the Lutheran Center, there will be a time for evaluation. Encourage each member of the group to speak and to reflect honestly on his/her experiences.

Pay final expenses: You will receive a report on the final expenses before you leave Guatemala. Hopefully, there will be money left over that you can use as an offering. Ask your travelers if they would like to add to this offering. Choose how you would like your offering to be used.

After the Trip Checklist for Trip Leader

Plan a reunion meeting to share pictures and stories. It is so important to stay connected.

Have an event or educational hour at your church to help others learn about the trip.

How will you encourage your group to continue to build relationships?
Chapter 3: Responsibilities of the Individual Traveler

While a trip leader has overall responsibility for the group and details of planning, travelers have a responsibility to themselves and to each other. A traveler’s role, above all, is to be flexible, as schedules and itineraries will change. If, for example, a meeting with the partner church council is delayed, a flexible visitor will grab the soccer ball and suddenly a fun (and relationship-building) game is underway with young and old alike. Be open to all experiences of the trip, and willingly and actively contribute to the group through sharing, helping, listening, and reflecting.

Pre-Trip Checklist for Travelers

___ Fill out and submit all forms to trip leader.
    ___ Guatemala Individual Travel Form
    ___ Authorization and Release and Waiver
    ___ Parental Authorization (if applicable)
___ Obtain a passport. A current passport that expires within six months of the trip should be renewed.
___ Make 3 copies of your passport: two for yourself and one for your trip leader.
___ See your doctor about medications needed and fill those prescription(s).
___ Check medical insurance coverage for international travel.
___ Make payments on time.
    $100 deposit ______   payment #1 ______   payment #2 ______   payment #3 ______
___ Which ATM/credit cards will I carry? ________________________________
___ Contact bank with travel dates.
___ Plan for an offering at end of trip by bringing crisp bills or a blank check.
___ Learn about Guatemala through books, articles, videos, or podcasts.
    #1 ________________________________
          #2 ________________________________
          #3 ________________________________
___ Start a journal. Enter in your initial thoughts.
___ Study Spanish. How will I do this?
    __________________________________________
___ Tasks I have volunteered to do: __________________________________________
Fill out all required forms and submit them to your trip leader.

Make sure your passport is current, or apply for a passport if you don’t have one. If your current passport expires within six months of the trip, you should renew it before leaving. It takes about 6 weeks to process. Make a laminated copy of the main page of your passport. When traveling within the country, you will keep this with you, and your original passport will be stored at the Lutheran Center. Make two more copies of your passport, submitting one to your trip leader, and packing one in a different place than your original passport.

See your doctor. As soon as you know you are going to travel outside of the United States, make an appointment to see your doctor. Explain where you are going and make sure you have the necessary immunizations. Typical ones needed for travel to Guatemala include Hepatitis A and B, tetanus, and malaria. You should also check to make sure you are current with booster doses for tetanus, diphtheria, and measles. If you take certain medications, make sure you discuss with your doctor how altitude, jet lag, dehydration, climate, or food might affect any chronic diseases you have. Also ask your doctor for a prescription for Azithromycin, an antibiotic that works against intestinal issues, the most common health concern. It is not available once you are in Guatemala. Consider bringing Pepto Bismol as a preventative to take before meals. You will need to bring any prescription medicines in their original bottles. Make sure you have extra supplies. All prescription drugs should be in your carry-on.

Check your medical insurance. Talk with your provider to find out what you would do in case of an emergency. Bring a copy of your medical card in your luggage, though any expenses you might have in an emergency would need to be paid by you in Guatemala. You would then contact your insurance company on your return for reimbursement. It is highly recommended that you purchase travel insurance.

Plan for expenses. Submit your payments for airfare and trip expenses to your leader (or to your home church), according to the schedule you are given. It is important that you make your payments on time. Your leader or a travel agent will purchase your plane tickets. The rest of the fee will be sent to the Saint Paul Area Synod by the trip leader, and all but $100 will be wired to Guatemala. This $100 is an administrative fee that remains in the Guatemala Committee account, for such things as the purchase of airfare for the ILAG pastoral team for visits to our synod.

Once in Guatemala, you will need to have the Guatemalan currency, quetzales. The easiest way to get this currency is to use an ATM card. There is a small service charge each time you use your card. When shopping in stores (rather than in markets), you can use a credit card, though there may be a service charge. Let your bank(s) know ahead of time that you will be using your card(s) outside of the country. Plan to leave an offering at the end of the trip. Bring crisp bills or a blank check so that you are prepared for this opportunity. If others ask how they can support your trip, ask them if they would like to help you provide an offering for the ILAG at the end of your trip.

Learn about Guatemala and its culture. Take advantage of the resources provided by your trip leader, and do your own reading and research on the Internet or at your local library. Talk to others who have been there and ask them to share their experience. It is important to know about the rich Mayan history (with 22 different indigenous groups), the Spanish conquest, the imbalance of wealth...
distribution, and the repression leading to the civil war (1960-1996). Many of the church members who are a part of the ILAG suffered during this period of violence, some fleeing to refugee camps in Mexico, others living in the mountains for years. The church is a part of their journey of rebuilding their lives. See Chapter 8 for a list of books, articles, and podcasts to help you learn more about Guatemala and its culture.

**Start a journal.** Travelers have many questions and will learn and see many things as part of the trip. Begin your journal before you go and record your questions, concerns, hopes, and expectations. As you get to know the other travelers in your group, jot down details about them that will be helpful to know or remember while you are traveling together.

**Study the language.** The experience of traveling in another country where you will have many opportunities to interact with host families and community members is enriched when you can exchange a greeting, say something about yourself, and ask a question or two. There are many resources available for learning Spanish, such as community education classes, CDs, or apps for your phone such as Duolingo. However, you do not have to know Spanish in order to travel to the ILAG, as the pastoral team will translate.

**During the Trip**

**Be on time.** This is critical, as you will truly inconvenience the other travelers by being late.

**Keep a journal.** This is a great way to record your questions, observations, and memorable experiences. Carry your journal with you throughout the day so you can jot down something as it occurs. It also helps to set aside time each day – often just before bed or first thing in the morning – to reflect on what you did, saw, felt, and wondered.

**Stay healthy.** Wash your hands thoroughly and often, using an alcohol-based hand sanitizer if soap and water aren’t available. Drink only boiled or bottled water and canned or bottled beverages. Do not drink tap water or use ice cubes (except in very nice restaurants). Eat only food that has been cooked thoroughly, or fruit that you peel (like a banana). Do not consume food served by street vendors.

**Be an active group member.** Enjoy the diversity of your group and be willing to share with and listen to others. You will be living in community with them; be respectful of personal needs, space, and differences.

**When in Rome…** Consider behaviors that may be fine in the U.S. but are inappropriate in Guatemala. Local women and girls, especially in the rural areas, wear skirts or long pants, and they dress modestly. Women in the delegation may wear capri pants but not shorts, except in the tourist areas. For church services, women should wear modest-length skirts. Local men wear long pants most of the time, even when it’s hot. Long shorts (Bermuda style) are acceptable for men in the delegation, as well. Make sure your attire reflects your respect for the culture you are visiting. When in doubt about certain behaviors, check with your trip leader.

Do not take photos of strangers. Once you are in the church community, you are encouraged to take photos, especially if you are willing to send copies of those photos back with the next team. Always
remember you are a guest in another country, and that you are representing the ELCA, your synod, and your congregation.

**Take time out.** It’s easy to become overwhelmed by all the sights, sounds, and smells of a new culture. Allow yourself time to read a book, listen to music, or simply take a break from the daily activities if you are feeling overloaded emotionally. Make sure to let your leader know if you are feeling this way.

**After You Return**

**Be aware of the emotions of re-entry.** Visiting companions in the global church is an opportunity to grow, change, and see the world differently. As part of that process, you will feel a range of emotions. You may cry, grieve, and feel overwhelmed, excited, or eager to do something. This range of emotions is normal. Find a way to share your emotions. Continue writing in your journal to record the questions, the joy, the angst you are experiencing. Talk to your travel companions and support one another. Find a friend or family member who is willing to listen.

**Share your story.** What will you say when people ask you about your trip? Consider what you feel are the important things that touched you, even changed you, and make sure to include them. People will ask, "What did you **DO** on your trip?" The answer is, "I **built relationships.**" Be prepared to share how you connected with people. Find ways to share your story with your family and friends. At church, consider doing an adult forum or leading a small group discussion about your trip and the experiences you had.

**Stay in touch.** Your new friends from the ILAG have shared their food, lives, and culture with you. Keep a notebook to jot down names of the people you meet. As cell phones are now common everywhere, including rural villages, please do not exchange phone numbers with members of the ILAG churches. You may communicate with church members by email addressed to the ILAG. A note of thanks to your host family, the church leaders, and the pastoral team is very appropriate. Send all such correspondence to the ILAG leadership at iladeguatemala@yahoo.com.

You have developed relationships with your group through deep conversations and shared life-changing experiences, so plan a reunion with your travel group to share memories, stories, and photos. Talk about your re-entry experience. Create a closed Facebook group where you can post comments, pictures, and stories.

**Live differently.** Think about what’s different now that you’re home. Do you appreciate fresh water more than ever? Do you want to adjust what and how much you eat? Are there issues you want to understand better? Whatever change you’ve undergone, live it! Incorporate these changes into your life so that the experience will continue to enrich you and cause you to grow.

**Get rid of guilt.** Discard any feelings of guilt about your relative wealth, and instead use your gifts and talents to sustain the ILAG and your partner church.
Chapter 4: Travel Tips

Age
It is recommended that participants should be at least 16 years old, unless accompanied by a parent. However, each trip leader should consult with his/her pastor or global mission committee to establish a minimum age. Participants of any ages must be mature enough to deal with discomforts (illness, sleeping conditions, latrine conditions, insects, heat, etc.) without complaint.

Overall Fitness
Travel to the ILAG typically involves visiting the community where a partner church is. Sometimes these communities are several hours from the Lutheran Center and may require multiple modes of transport, including walking. Travelers need to be in reasonably good shape. They should be able to carry their luggage up a flight of stairs and 100 yards without assistance. Travelers are responsible for their own baggage.

The climate changes throughout Guatemala, and temperatures will vary depending on the region you are visiting. For example, while evening temperatures in Guatemala City can dip into the 50s, daytime temperatures in rural lowlands may reach 95 or 100°F. You should try to acclimate to the varying conditions before you arrive. Of course, be attentive to hydration and to the signs of overheating (hyperthermia). All travelers should be aware of their personal limitations. If one has physical limitations, such as susceptibility to heat and high humidity, that traveler must decide if he/she will be able to make a visit to one of the rural communities. Heat stroke and other heat-related illnesses can be very serious. Rides to villages may be over winding roads for one full day or more. Travelers who are prone to motion sickness should take medication before traveling. If your team plans to visit Antigua, be aware that the streets are cobblestone and the curbs very high. There is no law in Guatemala to make accommodations for people with a physical disability.

Whether your visit is solely in the capital or in a remote community, it is helpful to condition yourself before the trip. If you know that you will be wearing a frame backpack, load it up and practice walking with it for long stretches.

Language
Command of Spanish is not required, as ILAG personnel will be interpreters. However, the ability to speak Spanish is very helpful. It is recommended that travelers be conversational in Spanish, particularly if there will be a family stay. A community education course or a course designed specifically for your team, covering basic greetings, family words, and basic questions would be helpful. Try using as much of the language as you know.

Orientation
The pastoral team provides an orientation for every team that visits the ILAG. In this orientation, they review or present the history of the ILAG, the philosophy of accompaniment, as well as the context, cultures, and norms of being in Guatemala. They will go over basic do’s and don’ts of both the city and, if applicable, rural areas.
Accommodations
Housing conditions will vary, depending on your destination. In Guatemala City, you will lodge at the Lutheran Center Guest House. There are four rooms, each with four sets of bunk beds. In addition, there are two smaller rooms with two beds in each one. Each room is equipped with its own bathroom, complete with a shower. These rooms are very comfortable. The kitchen/dining hall is next door, where you will take turns preparing food for yourselves. There is a beautiful patio and lawn area for relaxing with a book or throwing a Frisbee, as well as a fire pit and a small basketball court.

In the rural communities, some teams will be housed together in a communal guest house, while others will stay with individual families. In either case, travelers will likely sleep on wooden planks covered with blankets. Bring a light sleeping bag and pad, or a sheet and light blanket. If you know that you will be in a communal guest house, earplugs are recommended, as snoring is almost a certainty, as well as noise from chickens, roosters, and dogs!

In most rural communities, there is danger of malaria, so the ILAG will provide you with a bed net that can be hung above your bed. The community hosts will help delegates hang the nets. Even in areas without high risk of malaria, some folks sleep better under a bed net, knowing that spiders and other insects cannot reach them. Please consult your doctor about preventive medication.

Latrines are common in most rural communities. They are often dry latrines, which means that the stool is divided, with the urine passing from the stool, through a hose into a container below. The feces are often covered up with lime or ashes, minimizing the smell and speeding up the composting process. Travelers may want to carry toilet paper with them at all times in case the local restroom or latrine is without.

Bucket bathing is the norm in rural communities. The ILAG pastoral team will request a private area (sometimes an area enclosed by a plastic tarp) for bathing. Even so, travelers may want to wear a swimsuit and swim shoes when they bathe.

Food
Common foods in Guatemala include corn tortillas, black beans, rice, plantains, and eggs. Fresh fruits abound: mangos, bananas, melons, papayas, etc. Common vegetables include tomatoes, avocados, potatoes, carrots, and summer squash.

This is a typical bed in the communities. It is wood planks elevated off of the dirt floor.
While at the Lutheran Center, the delegation will be responsible for creating their own meals. When the group arrives, there will be some groceries available in the kitchen for you. You will be instructed on how to soak the fresh fruits and vegetables to avoid intestinal illnesses. If you would like to plan other meals and need groceries, speak with the ILAG delegation coordinator. You will also be responsible with cleaning the kitchen.

In the rural communities, local women will usually cook for the delegation. They have been instructed on food safety issues and will take great care to prepare good, healthful food. If someone cannot finish the food given, simply leave it on the table. The leftovers are often used. The community will boil all water used in juices and coffee they serve to teams. The pastoral team purchases food items, on behalf of the team, to carry into the rural communities so that preparing food is not a financial burden.

However, hospitality is so generous that families will often donate a chicken to be used in a delicious chicken soup, accompanied by vegetables. The gift of preparing food and offering local ingredients is part of the mutual sharing that is involved in accompaniment.

It is a good idea to avoid purchasing food from street vendors in the cities, as sanitation is not carefully controlled. If anyone begins to suffer from intestinal illness, be sure to consult the pastoral team and use medications as necessary.

**Safety**
Guatemala is a country where travelers need to follow strict safety precautions. The pastoral team will give directions concerning safety, and travelers are expected to follow their instructions. Delegations are rarely out in the city or on the highway at night. In instances when they are (to see a religious procession in the capital, for example), the delegation is always accompanied by members of the pastoral team.

In crowded public areas, such as marketplaces, travelers need to be in pairs or groups and need to be cautious. Take care with purses, billfolds, and backpacks. Do not take out large amounts of money in public. When using an ATM, put away money quickly before leaving the shelter of the ATM.

While staying at the Lutheran Center, travelers are not allowed to leave the campus without permission of the pastoral team.

Before leaving for the rural communities, it is a good idea to leave most of one’s personal spending money and passport in the safe at the Lutheran Center. Each person should carry a copy of his/her passport, and the trip leader should carry copies in the group notebook. Once in the village, whether staying in a communal house or private home, close up suitcases when leaving the house. Do not leave food in your suitcase unless enclosed in a plastic bag, with the suitcase zipped up.

**Cultural Awareness**
During trip preparation meetings, it is wise to talk about past trips when travelers have observed the “Ugly American.” How can we avoid being such a person? How can we represent our churches and our country in a positive light? What are general courtesies that are universal?
• Use courtesy words, such as *por favor, gracias, and de nada.*
• When leaving the table, most people will say, “Muchas gracias,” and the response is, “Buen provecho.” One gives thanks for the meal, with the response being loosely translated to mean, “Hope you enjoyed it.” Sometimes you will hear “buen provecho” at the beginning of the meal.
• When one thinks of Latin Americans greeting one another, it is assumed that hugs and kisses are the norm. This is not true in Guatemala. Handshakes (sometimes limp) are more common at first. The hugs may come later.
• If your team takes a public bus, please be aware of courtesies for women, particularly mothers with children and older folks. It is polite to offer your seat when the bus is full.
• Try not to be loud and boisterous in public. If you are staying in a private home, realize that your voice carries through or over the walls of the home, and sometimes over to the neighbor’s home.
• Remember that when speaking in a foreign language, speaking loudly and extremely slowly does not usually aid comprehension. However, actions can often help to make your language understood.
• When using a translator, make eye contact with the original speaker, not the interpreter.
• Do not take pictures of strangers, particularly of children, unless you have received permission.
• During prayers and in worship services, Guatemalans usually make the sign of the cross. If travelers are not comfortable making the sign, they can choose not to make it. In worship, it will be easier to hear the translator if the team sits together. Someone should be sure to bring an English Bible to worship, as you may be asked to read the lessons or the Gospel in English. The pastoral team often gives teams a bilingual copy of the worship service, which allows you to follow along. During the Creed and the Lord’s Prayer, you may try to read the Spanish or you may say them in English.

There will be many times when cultural questions arise. Always consult the pastoral team when you have a doubt. Be intentional about “living under the culture.” Remember that the way of life in a foreign country is always different from your own. When visiting our Guatemalan brothers and sisters, we must remember that we enter their communities, their churches, and their lives with the heart of a servant. We must remain nonjudgmental and affirming. We come to serve them, not to change them—though by serving, we are often the ones who are changed.
Chapter 5: In Community

Depending on your itinerary, and the partnerships your group represents, you may spend time in rural communities, urban communities, or both. In either place, you are considered an honored guest and will be warmly welcomed.

Visiting a Rural Community
The distances to the communities are great, mostly due to the mountains and road conditions closer to the communities. Most are accessible by car, bus, or truck. Some communities require entering by foot, especially if they have received a lot of rain. When visiting rural communities, especially in rainy season, we recommend rubber boots. The Lutheran Center has a good supply available. Trip leaders should make a list of shoe sizes and send the list in advance so the pastoral staff can be sure there will be boots available for everyone. If you do not want to wear rubber boots, bring a good pair of very waterproof boots of your choice, but rubber boots are best unless you need extra foot support. Also, please know that if a delegation would like to bring rubber boots and leave them, the ILAG can always use them.

A visit to a rural community often involves an overnight stay. Refer to page 15 (‘Accommodations’) for more information about sleeping arrangements.

You will eat with your host family, or communally, depending on the arrangements. Because one or more members of the pastoral team will accompany your group, your visit will likely include a worship service, which may last a couple of hours.

When visiting a rural congregation, there are many things that you can plan on doing.

- Meals: Be prepared to help with the meals, perhaps even bringing at least one “American” style meal that you can prepare for everyone. In the past teams have made hot dogs and s’mores, cooked Spam hot dish, or made spaghetti. Men and women alike should help to prepare meals and clean up.
- VBS/Sunday School: Come prepared to lead a lesson and craft for the children. But have enough supplies so the adults can participate, too. ILAG can provide you with an approximate number to expect. Simple crafts from Oriental Trading that come with all supplies needed are good options. Beads, sock puppets, crosses, mobiles, and projects that can be done by demonstration and help encourage learning about Jesus are great.

When visiting rural areas, boots are a must!
- **Puppets/music:** Puppet shows and songs are generally well received. If you have talented members who can offer these types of activities, let them! It is especially fun to plan for involving the local congregation members to pitch in or let them lead something, too.
- **Bring jump ropes, beach balls, soccer balls, or small travel games.** Do not give these items to individuals, but ask the advice of your ILAG companion. Often it is appropriate to leave sporting equipment to the school or for the church.
- **Making simple tic tac toe games and then using them in community is fun, too.** Plus, if you make enough so there is one per family you can leave them as a gift.
- **Come prepared to teach games to the children.** Aroostasha, baby shark, duck, duck, gray duck, or other silly song games with actions are a lot of fun. But don’t forget to ask your partners to teach you their games, too!
- **Plan on visiting the farm land, livestock, or homes of your partner congregation members.**
- **Be prepared for “down time”,** when you may be waiting for worship to begin or for a meal to be prepared. Use this time to enjoy conversations with community members and your own delegation.

Because many of the rural communities have no electricity, your day will end early. This is a good time to settle in to your accommodations and write in your journal, reflecting on the day.

**Visiting an Urban Community**

If you are visiting an urban community (in Guatemala City), you will likely arrive by bus or van for a specific period of time. You will not stay there overnight. It is important to follow instructions from the pastoral team about the neighborhood, about taking pictures, and about interacting with people other than the companions you are going to see.

Again, the primary activity may be to meet members of the community, learn about their history, and attend a worship service. Before or after the service, your group will have an opportunity to lead the children in one or more activities, so plan ahead to bring a coloring sheet, a craft, or songs you want to teach them. Often the community will prepare a delicious meal for you while you are there.

If the urban community you are visiting is one your group has a partnership with, there will often be a time when that partnership is acknowledged formally. That is a good time to present the partner congregation with a gift (see Chapter 6).
Chapter 6: Gifts

The purpose of your team’s visit is to build relationships with your family in Christ in Guatemala. You are giving a priceless gift in coming and listening to news about the work of the church, the needs of the people and their lives. It is true that the churches of the ILAG and the members have very real needs.

Gifts for the host church or your partner congregation
If you are considering bringing a gift, please inform the ILAG pastoral team. They will advise you as to whether the gift is appropriate and will be beneficial to the community. They will find the appropriate time, people, and location to present the gift to the community. Any material support needs to be given in an informed manner so that it builds up the body of Christ rather than causes division.

If your delegation does desire to bring a gift for the host church in Guatemala or for your partner congregation, here are some ideas: musical equipment (guitars); school supplies for the children (ask how many youth there are); health & hygiene supplies (ask how many children or families there are); first aid kits (see Chapter 8 for a list, or Global Health Ministries in Fridley, MN, will provide first aid kits for a donation); Sunday school material; sporting equipment (soccer balls, Frisbees); Bibles (ask the pastoral team about the version and language, or they can buy them for you in Guatemala).

As mentioned above, before you go to Guatemala, please ask the ILAG pastoral team about what would be most appropriate for your host church or partner congregation.

Gifts for host families
Travelers may bring a small gift to leave with the family hosting them. This would be something small, useful, and that would not distinguish that family from the rest of the community or create jealousy. Some examples are: 2-3 kitchen towels, a pocket knife, hard candies, a small collection of hand tools, and hand lotions and soaps. We ask that you do not bring decks of cards. We would be happy to offer other ideas.

Gifts to the ILAG
At the end of your visit, the group may have money left over, either from their trip expenses or from their personal money for souvenirs. Often those extra funds become an offering to the ILAG, but that should be a group decision.

Gifts to individuals and congregations
There may be times when group members are asked by individuals to “sponsor” someone or be a godparent (padrino/padrina) of a young person in Guatemala. You may also discover a need in a congregation that you would like to support. Again, as stated above, it is important to consult with the ILAG pastoral team before making any commitments or promises. The team can advise you as to the most helpful way to support the individuals and congregations of the ILAG.
Chapter 7: Re-Entry

Sharing with the congregation
Upon returning home, it is encouraged that delegations host a gathering, education hour, or similar event for the congregation. Sharing videos and photo slideshows of the journey, the delegation can talk about accompanying the ILAG, experiences or anecdotes from traveling, and the impact that this relationship has had on their faith or understanding of themselves and the world.

Hosting a “Guatemala Dinner” for the entire congregation is a great way to share what you have experienced with the rest of your congregation. Scrambled eggs, black beans and tortillas are inexpensive and authentic.

Sharing as a delegation
Before leaving Guatemala, set a date (within the first 2-3 weeks of your return) for a debriefing gathering. When you meet:

- Share photos and a special memory.
- Share frustrations after returning home. Encourage members of the delegation to let go of any guilt they may have in realizing that they have more material wealth than others. Dismiss guilt but make it a positive – how can I use my material wealth to do God’s work on this earth?
- Approach the travelers like a pastor approaches Stewardship Sunday:
  - What are your talents? How can you use them to serve God and your brothers and sisters?
  - How do you use your time to serve others?
  - How can you serve locally? How can you continue to serve in Guatemala, whether you ever visit again or not? (Some seeds will be planted that will encourage people to look at the social ministries already in place through their churches or through their community agencies.)
  - How do you use your financial gifts to serve others? Are you willing to make an offering (one-time, monthly, yearly) to support the work of the ILAG? Give travelers a Simply Giving form to encourage them in making a regular offering.

Exchange phone, email information, etc., that will allow new friendships among the travelers to flourish. Encourage the travelers to keep in touch with each other.

Sharing with the synod
Travelers are also encouraged to stay connected to their companions through resources offered by the Saint Paul Area Synod. In addition to learning events and the annual Guatemala Gala, the synod also sends out the Caminando Juntos (Walking Together) newsletter. The newsletter is intended to keep companions connected to their partners in the ILAG through reflections, news, and prayer. You can subscribe to receive Caminando Juntos in your inbox at bit.ly/caminandonews.
Chapter 8: Resources

This chapter contains a number of resources that will make trip planning easier. Feel free to copy, modify, and reproduce any or all of these forms for your use.

**Traveler Forms**

**Guatemala Individual Travel Form**

**Authorization and Release and Waiver**

All travelers must complete these forms, which provide trip leaders all personal information, including health issues and contact information. Leaders should carry these with them while traveling.

**Guatemala Group Reservation Travel Form**

Trip leaders will complete and submit this form after all the travelers have turned in their forms and initial payment. Please save the form to your computer, naming your saved file with the date of the start of your trip and the name of your congregation, for example: yyyy mm dd name (2014 08 23 Augustana).

**Waiver for Minors**

Any traveler under age 18 needs to complete this form with his or her parent or guardian. It must be signed in the presence of a Notary Public.

**Samples**

**Trip Evaluation**

Bring copies of the trip evaluation with you to Guatemala and ask your group to fill out the evaluation the last day or evening. Encourage honest feedback so that you can make adjustments for the next trip you lead, if necessary.

**Sample Itinerary – Guatemala City**

**Sample Itinerary – Rural Communities**

Travelers appreciate a somewhat detailed itinerary. These samples list activities and meals for each day, as well as travel. Remind travelers that the itinerary is a general guide of what to expect, but to be prepared for changes, depending on weather, illness, or other circumstances.

**Application for Youth Trip**

This application form can be used with youth groups traveling to Guatemala.

**Sample Planning Meeting Agenda**

**Packing List**

**Health Ministry Forms**
Health Supplies List
In conjunction with the ILAG Health Promoters, the Health Ministry Team has put together a list of oft-needed health and hygiene supplies.

Other

Simply Giving Form
This form can be used for those who would like to make a one-time or recurring donation to the ILAG. They can also give at bit.ly/give2spas.

General Information

History of Guatemala
Distribute to all travelers and encourage them to read it. Make sure you find time to discuss the country’s history and how that history might have impacted the people you will be visiting.

www.spas-elca.org/guatemala
The synod’s website has several resources related to learning about Guatemala. See an up-to-date list of ILAG churches and their companions, learn more about the history of the ILAG, traveling to Guatemala, and more.

Suggested Reading and Learning
A list of books, podcasts, articles, and study guides to help you and your delegation dive deeper. Resources are about Guatemala, as well as accompaniment in the global church.
Read these instructions before you fill out and submit this form!

1. **Download Adobe Reader XI.** Get this free download at [get.adobe.com/reader](http://get.adobe.com/reader). Only this version will allow you to save your completed forms to your home computer. If the completed form is not saved, all your responses will be lost and you will have to fill out the form again.

2. Fill in the requested information.

3. **Save completed forms to your computer.** Remember where your forms are saved so that you can email them to your group leader and refer back to them prior to your departure.

4. Send/email completed form electronically to your group leader. Your group leader is then responsible for keeping track of all forms and submitting the administrative fee for each member to the Saint Paul Area Synod office.

5. Contact your group leader if you have any questions about completing and sending in your travel forms.

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### Medical Provider Information

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www.spas-elca.org/guatemala  October 2018
Guatemala Individual Travel Form (page 2 of 5)

Emergency Contact Information

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Required Medical Information (Please provide full and complete answers.)

1. Are you currently being treated, or have you been treated, within the past five years, for a physical or serious mental health condition, injury, or disease? If yes, please explain and include any ongoing treatment.

2. Do you have any serious allergies or medical intolerances? If yes, please explain and include any ongoing treatment required while abroad.
3. Will you be taking any medications (prescription, over-the-counter) or supplements while traveling? If yes, please explain what the medication or supplement is used for and how you plan to continue use while abroad.

4. Do you have any mobility, hearing, visual or physical activity restrictions (due to a disability, obesity, or cardiac condition, etc.) that may require reasonable accommodation to fully participate in the program itinerary? If yes, please explain so that we are aware of your needs and expectations for participation.

5. Please explain any additional information of which the ILAG or your travel group leader should be aware.
Authorization and Release and Waiver

Authorization to Seek Medical Attention on My Behalf

I authorize the travel group leader and/or ILAG to secure medical treatment, which could include special flight arrangements, within the country on my behalf in the event of a health emergency, and I accept financial responsibility for such medical treatment.

HIPAA Authorization

I authorize the travel group leader and the ILAG, to disclose my medical information to a health care provider and/or the travel insurance company for the purpose of seeking or obtaining any necessary medical treatment in the event of a health emergency or as needed to provide reasonable accommodations during my trip to Guatemala, including all associated travel. This authorization specifically includes all protected health information including that related to any diagnosis or treatment for any mental health, chemical dependency, sexually transmitted disease (such as HIV), cancer and/or genetic condition.

Release and Waiver

I understand that it is my responsibility to obtain international health insurance and/or travel cancellation insurance which includes coverage for medical emergencies, medical evacuation and repatriation and security evacuation. I further understand that the cost of this insurance is my responsibility and is not included in the advertised trip expenses.

I understand that I am responsible for obtaining all necessary immunizations and medications for my travel to Guatemala.

I understand that I am responsible for reading and asking any necessary questions to gain a full understanding of all provided written information pertaining to travel with this group (travel itinerary, providing medical information, etc.)

I understand I am responsible for requesting reasonable accommodations related to any disability or health issue. I further understand that it might not be possible to accommodate my needs (Guatemala does not have the same legal requirements as the US) and I choose to travel anyway.

I understand that if I do not disclose health or disability needs neither the Saint Paul Area Synod, the ILAG, the travel group leader, nor any affiliated congregation or organization can be held liable should an incident arise that could have potentially been avoided had the appropriate information been provided.

If, during the dates of the travel, ILAG staff or the travel group leader determine in its good faith judgment that the health, safety or welfare of myself or others is jeopardized by my continued participation, I agree to withdraw or be subject to expulsion from the trip and it will be at my expense to change flight arrangements to return to the U.S. In the case of voluntary withdrawal or expulsion,
neither the Saint Paul Area Synod, the ILAG, the travel group leader, or any affiliated or sponsoring congregation or organization will be required to refund to me any or all of the fees paid for the trip (lodging, local travel, food, etc.).

I understand that I may not purchase, possess, and/or use any illegal or unauthorized drugs or participate in any illegal or unauthorized activities during the duration of the sponsored trip, including during free time. I further understand that violation of this provision will result in expulsion from the trip and I will remain responsible for full payment of the trip fees, including the cost of a rescheduled return flight.

I understand that there are unavoidable risks in participating in this travel adventure. I acknowledge that I have been provided website information for U.S. Consular Information, as well as the Centers for Disease Control information, on travel to, in, and around the locations included in this sponsored trip; that I am aware of and understand the risks and dangers to my own health and safety, especially domestic and/or international terrorism, civil unrest, political instability, crime, violence, disease and public health conditions in Guatemala and any other countries that we might visit.

Waiver: On behalf of myself, my heirs or any other persons representing me, I release the Saint Paul Area Synod, the Augustinian Lutheran Church of Guatemala (ILAG), the travel group leader, any affiliated or sponsoring congregation or organization, and any other related entities from any and all liability whatsoever for damages, losses, or injuries (including death) that I may sustain to myself or my personal property rising out of, resulting from or occurring during my participation on this sponsored trip, except to the extent such damage, loss or injury is the result of the grossly negligent conduct of the Saint Paul Area Synod, the ILAG, the travel group leader, any affiliated or sponsoring congregation or organization or any other related entities.

I HAVE READ THIS RELEASE AND WAIVER AGREEMENT AND VOLUNTARILY ACCEPT EACH OF THE ABOVE IDENTIFIED RESPONSIBILITIES.

I HAVE READ AND VOLUNTARILY AGREE TO GRANT THE AUTHORIZATIONS SET FORTH ABOVE.

Signature __________________________________________ Date __________________________

Print Name __________________________________________

The information on this form will assist your leader and the ILAG in planning for the best experience possible. These forms will be destroyed at the conclusion of your visit.
Guatemala Group Reservation Travel Form

Read these instructions before you fill out and submit this form!

1. Download Adobe Reader XI. Get this free download at get.adobe.com/reader. Only this version will allow you to save your completed form to your computer. If the completed form is not saved, all your responses will be lost and you will have to fill out the form again.

2. Fill in the requested information.

3. Save completed form to your computer, naming your saved file with the date of the start of your trip and the name of your church, using this form: yyyy mm dd name (2014 08 23 Augustana). Remember where your form is saved so that you can email it to initiate your travel arrangements in Guatemala.

To facilitate your travel in Guatemala, please complete the information below, save it with the file name using the form described above, and send to ilagcompanions@gmail.com and to iladeguatemala@yahoo.com three months prior to travel. If you need to make changes after submitting this form, please re-submit your revised form to both of the emails provided above.

Congregation or Group Contact Information

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Flight Information

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Notes: Please include any pertinent information about your group that might be helpful for planning
Waiver for Minors
ELCA Release and Consent Form

I give permission for my child ________________________________ (name of child) to participate in the Guatemala Companion Trip _______________________________ (trip dates) sponsored by ________________________________ (name of church). I understand my child will accompany ______________________________________________________________ (names of trip leaders), and the nature of the activities has already been fully disclosed to me, and I have had the opportunity to ask questions. I believe that all necessary precautions will be taken to ensure the safety and care of my child during this event. I, on behalf of my child, and individually, hereby indemnify, release, hold harmless, covenant not to sue and forever discharge, to the fullest extent permitted by the law, ________________________________ (name of church), its related organizations, its employees, officers, directors, and all other related entities of and from any and all claims, demand, expenses, personal injury, wrongful death, causes of action, lawsuits, damages, and liabilities, of every kind and nature, whether known or unknown, in law or equity, that I or my child ever had or may have, arising from or in any way related to my child’s participation in any activities. The provisions of this Release and Consent will continue in full force and effect even after the termination of the activities conducted by, on the premises of, or for the benefit of, ________________________________ (name of church), whether by agreement, by operation of law, or otherwise.

This Release and Consent is governed by the laws of the State of Minnesota and is intended to be as broad and inclusive as is permitted by that law. If any provision of this is held invalid or unenforceable by a court of competent jurisdiction, the remaining provisions will continue to be fully effective. This Release and Consent contains the entire agreement between the parties. In the event I cannot be reached, I authorize and direct any adult activities’ sponsor or group leader representing ________________________________ (name of church) to make emergency medical decisions for my child and have completed and attached the Transportation and Medical Release Consent Form.

I am the parent or legal guardian of the above named child, and am of lawful age and legally competent to sign this Release and Consent. I understand the terms of this Release and Consent and I have willingly signed it as my own free act.

Name: ________________________________ Relationship: _______________________
Address: ___________________________________________________________________
Contact Telephone Number(s): ________________________________
Signature: ________________________________ Dated: _______________________

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30

October 2018
Trip Evaluation

Submit completed form to the Trip Leader
We ask you to fill out this evaluation to enable us to learn how to make our efforts to build relationships with the ILAG better. Obviously, there will be challenges and stresses on your trip. Please inform us of all your experiences, how you coped, enjoyed and felt things enhanced or hindered your experience to try to build a relationship with the people of the ILAG.

Name (Optional) ____________________________

Please share your name if you wish to be contacted to assist us in furthering this ministry of our church

1. What was the best experience on this trip?

2. What was the worst experience on this trip?

3. Do you have suggestions on how to improve the experience?

4. What are ways you feel this trip will help you build the Saint Paul Area Synod’s accompaniment relationship with the ILAG?

5. What other ways can the leadership prepare people for a mission trip to the ILAG?

6. How do you see yourself continuing to be involved in this companion relationship with the ILAG?
Sample Itinerary – Guatemala City

Gloria Dei Lutheran Church

Wednesday, June 14
• Arrive in Guatemala – members of the Pastoral Team will be picking you up
• Orientation by ILAG pastoral team

Thursday, June 15
• Breakfast
• Work project in the Lutheran Center – painting buildings
• Lunch
• Visit school in El Mirador and realize activities with the kids
• Back at Lutheran Center and eat dinner

Friday, June 16
• Breakfast
• Work project in the Lutheran Center – painting buildings
• Lunch
• Visit school in El Mirador and realize activities with the kids
• Back at Lutheran Center and eat dinner

Saturday, June 17
• Early morning - Leave Lutheran Center for Mayan Ruins
• Stay at a hotel in Panajachel

Sunday, June 18
• Rest of the day in Panajachel

Monday, June 19
• Project at School
• Lunch
• Visit school in El Mirador and realize activities with the kids
• Back at Lutheran Center and rest

Tuesday, June 20
• Project at School
• Lunch
• Visit school in El Mirador and realize activities with the kids
• Back at Lutheran Center and teach a health care class

Wednesday, June 21
• Breakfast
• Leave for MN
Sample Itinerary – Rural Communities

Augustana Lutheran Church and Hope Lutheran Church
Visit to Iglesia Luterana Agustina San Agustín, Iglesia Luterana Agustina San Juan Bautista

Thursday, July 30
• Arrive in Guatemala City
• Orientation
• Dinner

Friday, July 31 – TRAVEL FOR RURAL AREA
07:00 – 07:30 Breakfast
07:45 – 08:00 Load the bus
08:00 Leave the Lutheran Center
10:00 Quick stop in El Rancho (15 mins)
12:00 – 13:30 Arrive in Rio Dulce and eat lunch
13:30 Leave Rio Dulce for Poptun
15:30 Arrive in Poptun & settle into hotel
19:00 – 20:00 Dinner

Saturday, August 01 - ZACULEU
07:00 – 08:00 Breakfast
08:00 Leave hotel for Zaculeu
10:00 Arrive in Zaculeu
• Rest of the day in community

Sunday, August 02
• All day in community

Monday, August 03 – TIKAL
07:00 – 07:30 Breakfast
07:30 Leave community for Tikal
10:30 Arrive in Tikal
10:30 – 15:00 Guided tour and lunch in the Park

Tuesday, August 04 – LA ESMERALDA
07:00 – 07:30 Breakfast
07:30 Leave National Park Tikal
10:30 Arrive in Dolores
11:00 Leave Dolores for La Esmeralda
14:30 Arrive in La Esmeralda
• Rest of the day in La Esmeralda

Wednesday, August 05
• All day in the community

Thursday, August 06
• All day in the community

Friday, August 07 – BACK TO GUATEMALA CITY
05:00 Leave La Esmeralda for Dolores
07:30 Arrive in Dolores
08:00 – 09:00 Arrive in Poptun and eat breakfast
09:00 Leave hotel
11:00 Arrive in Rio Dulce and rest
11:15 Leave Rio Dulce
13:00 – 14:00 Lunch at a restaurant in Teculutan
14:00 Leave restaurant
15:00 Arrive in El Rancho
17:00 Arrive in Guatemala City
18:00 – 19:00 Dinner at a restaurant in Guatemala City

Saturday, August 08 – ANTIGUA GUATEMALA
06:00 Leave Lutheran Center for Antigua
07:00 – 08:00 Eat breakfast in Antigua
08:00 – 12:30 Free time to shop, walk around
12:30 Meet in Central Park
13:00 – 14:00 Eat lunch at a restaurant and take you to the LC
14:00 – 15:00 Last time to shop and walk around
15:00 Bus will pick you up in Central
16:30 Arrive in the Lutheran Center
17:30 – 18:30 Evaluation of your trip
18:30 – 19:30 Dinner and pack

Sunday, August 09
06:30 – 07:00 Breakfast
07:00 – 07:15 Load the bus
07:15 Leave for El Tuerto
08:00 – 09:30 Worship Service
10:00 Leave for the airport
Application for Youth Trip to Guatemala

Name___________________________________________________Age/Grade______

What does it mean to you to serve on this trip?

Why do you feel called to be a member of the delegation visiting companions in Guatemala?

What scripture verses guide you as you walk alongside others?

What gifts do you feel you have to share with the delegation?

Please share any international travel experience:

Do you speak Spanish?

Is there anything else you would like to share?
Sample Planning Meeting Agenda

ORIENTATION MEETING #3 (May 19, 2013)
Salem & Augustana Lutheran Churches
Trip to Guatemala: July 21-30, 2013

I. Opening Prayer & Introductions. Creation of a booklet (picture/3 fun facts)
II. Review: Why do we go on short term mission trips? How do we build relationships?
IV. Songs
V. Service work possibilities
   a) school supplies - 3 volunteers to help pack
   b) fleece blankets?
   c) cleaning (gloves, scrub brush, rags)
   d) building support in La Esmeralda (leather or thick cotton gloves)
   e) play with children (jacks, coloring, wiffle ball, soccer, reading)
   f) VBS - Committee of 5 needed to plan
      1) brainstorm ideas for theme
      2) ideas for craft(s)
      3) games
      4) songs
      5) snack

VI. Packing Questions
VII. Documents
VIII. Spanish phrases: greetings, how to introduce yourself
IX. Closing Prayer

Calendar for upcoming meetings
March 17 – 12:30 p.m. – Salem
April 21 – 12:30 p.m. – Augustana
May 19 – 12:30 p.m. – Salem
June 23 – 12:30 p.m. – Augustana
July 14 – 12:30 p.m. – Salem
Packing List for Guatemala

Loose-fitting, lightweight, light-colored clothing is good. Take things that can get really dirty. Jeans are fine in Guatemala City, as it is cooler (higher elevation), but they are very warm if it is hot and humid in the rural areas. Cotton breathes well. Some folks like the quick-drying shirts. Some like the zip-off pants which turn into shorts. You can find many items of clothing that will serve you well at second-hand shops.

**Women**
- 2 or 3 skirts or dresses (knee length, at least) + 1-2 pairs of long or Capri pants
- 5-7 shirts (no low-cut tank tops, no spaghetti straps, sleeveless is okay if modest)
- Feminine hygiene items
- Pastor: clerical shirt, alb, and stole

**Men**
- 3 pairs of pants (must wear long pants during the worship services)
- 1 short-sleeve shirt for worship (lightweight cotton, polo, etc.). No tie needed.
- 5-7 shirts
- Pastor: clerical shirt, alb, and stole

**All**
**Clothing**
- 1-2 pair long shorts (for Lutheran Center and tourist areas)
- 1 long-sleeve shirt or light jacket (fleece is a good option)
- 1 lightweight rain jacket or poncho (can be inexpensive “pocket” type)
- 1 pair sandals (Tevas/Chacos work well; leather sandals not good)
- 1 pair tennis shoes or hiking boots
- 1 pair flip-flops or swimming shoes
- Underwear (bring enough for whole trip—if you wash things out, hope for dry weather)
- 3 pairs socks (or more if you don’t wear sandals much or in case of rain)
- 1 swimsuit (showering in community, swimming in hotel pool)
- Pajamas (lightweight)

**All else**
- 1 towel (a really thin one, or a travel towel, so it dries)
- 1 lightweight sleeping bag, small sheet (opt.) and sleeping bag pad (like a Thermarest mattress)
- 1 sleeping bag compression sack (if needed)
- Small pillow (also handy while sleeping on the plane or in the van. May use rolled up clothing.)
- Soap, toothbrush, shampoo, deodorant, comb, etc
- Large (32-oz.?) Nalgene-type water bottle with wide mouth
- Hat, sunglasses, sunscreen
- Small backpack or bag to carry during the day
- Wet Wipes, hand sanitizer
Packing List (page two)

• Passport
• Cash and/or credit and debit cards
• DEET bug spray and itch spray/lotion
• Malaria medication & personal meds (including vitamins, if you use them)
• Journal/small notebook
• Flashlight or headlamp, extra batteries
• Snacks such as power bars, granola bars, nuts, hard candies (chocolates may melt)
• Small gift for host family (flashlight, dish towels, pocket knife, hand lotion, kitchen utensils, etc.)
• Pictures of yourself and your family to share, then leave with host family (no display of wealth)
• Bible (Check to see who has a lightweight one and share)
• Plastic bags (a few sandwich size, a few storage size, and a few shopping size)

Optional:
• Camera, extra memory card, batteries and/or your cellphone (please note: electricity for recharging not always available)
• Book, puzzles
• Guatemala travel book
• Kleenex
• Spanish-Eng. Dictionary
• Light bathrobe
• Small games (no language required)
• Small umbrella
• 1 flattened roll toilet paper (the ILAG will purchase toilet paper for the group, as well)

Group:
Duct tape
Medical bag*

* The group will carry a medical bag with Pepto Bismol, Immodium, headache meds, first aid items. Individual travelers may want to carry meds they think they will use often. Pack personal meds and other necessities in carry-on. Liquids and gels in your carry-on have to fit in one 1-qt Ziploc bag. Remember 311: 3oz or less and one 1 qt bag.

Other Packing Suggestions
Luggage: You may bring a suitcase or a backpack. You may choose to pack a duffle bag or soft backpack inside a suitcase, then leave the suitcase at the Lutheran Center while we travel to rural area. You should leave one clean outfit at the Lutheran Center for your return home. Be sure you have room in your luggage to bring home any purchases. Pack liquid items (like shampoo, suntan lotion, etc.) in plastic bags. If traveling to a rural area, pack all clothing in large plastic bags, as damp weather can create unpleasant smells in the suitcase.
Shoes/Boots: tennis/running shoes/boots and for the rural areas, rubber boots. Two pairs of footwear are recommended so if one pair is wet they can dry out. Rubber boots are available for loan at the Lutheran Center for most sizes, if you are traveling during the rainy season. NOTE: TSA does not permit Gel Shoe inserts to be part of the carry-on items. Please pack such inserts in checked luggage.

Sleeping: Mosquito nets are essential. Mosquito nets are available at the Lutheran Center for use of the team members if you do not have one. If you bring one, you may donate it at the end of the trip.

Medicines: Prescription drugs – Bring enough for at least the duration of your stay. They should be in their original bottles and be part of your carry-on luggage. Non-aerosol insect repellant – 25% or more DEET content is recommended. Insect repellant specifically for clothing can also be used.

Extra cash needed for: 1) personal spending money; 2) offering during worship services; 3) offering to the ILAG at end of trip; and 4) airport food. You may bring a debit card and use it at an ATM (service fee of $3-5).
# Health Supplies List

## For community health promoters

<table>
<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>Hand sanitizer</td>
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<tr>
<td>Gloves (typical small and medium sizes)</td>
</tr>
<tr>
<td>Alcohol, peroxide, or other sterilization products</td>
</tr>
<tr>
<td>Band aids (various sizes)</td>
</tr>
<tr>
<td>Bandages / gauze (various sizes)</td>
</tr>
<tr>
<td>Antibiotic ointments</td>
</tr>
<tr>
<td>Prenatal vitamins</td>
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<tr>
<td>Ibuprofen or Naproxen Sodium (Aleve, Naprosyn)</td>
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<tr>
<td>Tylenol/Motrin, 500mg (adult, children 80 mg chewables, and infant 160mg/5mL Liquid)</td>
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<tr>
<td>Children vitamins/liquid vitamins for babies</td>
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<tr>
<td>Lubricating eye drops (artificial tears)</td>
</tr>
<tr>
<td>Glucometer Test Stripes: Accu-Chek Performa or Freestyle Precision Neo</td>
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<tr>
<td>Suturing kits</td>
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</tbody>
</table>

## For ILAG

<table>
<thead>
<tr>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>Charts / diagrams (anatomy, food nutrition, eye charts)</td>
</tr>
<tr>
<td>Books / References: Donde Hay No Doctor (<a href="https://store.hesperian.org/ctgy/all_products.html">https://store.hesperian.org/ctgy/all_products.html</a>)</td>
</tr>
</tbody>
</table>

## For community members (check the # of families, kids, women, men)

<table>
<thead>
<tr>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flip flips (foot protection)</td>
</tr>
<tr>
<td>Sunglasses</td>
</tr>
<tr>
<td>Toothbrush (toothpaste too if able, but brushes are the important item)</td>
</tr>
<tr>
<td>Small soap bars, shampoo, and lotions (i.e. from hotels)</td>
</tr>
<tr>
<td>Hats/visors (for sun protection)</td>
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</tbody>
</table>
# Simply Giving Form

**COMPLETE ALL SECTIONS FOR ENROLLMENTS (Please Print)**

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>Middle Initial</th>
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<table>
<thead>
<tr>
<th>Mailing Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
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<tr>
<th>Home Phone #</th>
<th>Work Phone #</th>
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<table>
<thead>
<tr>
<th>Email Address</th>
<th>Home Congregation</th>
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</table>

**CHECK APPROPRIATE BOX**

- New Enrollment/Authorization
- Change in Authorized Amount
- Change in Account

**GIFT / PAYMENTS SHOULD BE TAKEN FROM:**

- Checking *(Attach voided check or facsimile)*
  - Routing #
- Savings *(Attach savings deposit slip or facsimile)*
  - Account #

**REQUIRED:** I authorize Thrivent Financial Services and Vanco Services, LLC to automatically withdraw contributions/tuition payments/donations from my account. I have attached a voided check or savings deposit slip. This authority will remain in effect until I give reasonable notification to terminate the authorization.

__________________________
Account Holder Signature

**ATTACH VOIDED CHECK OR SAVINGS DEPOSIT SLIP OR FACSIMILE THEREOF**

**DATE OF MONTHLY GIFT TRANSFER**

- Monthly on the 1\(^{st}\) 
- Monthly on the 15\(^{th}\) 
- Amount of each monthly gift *(Minimum $5.00)*

$___________.00

Date of First payment: ___________________________ Date of last payment: ___________________________

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October 2018
*If you want your gift to be given continuously until you notify us to change the amount or stop the gift, please write “CONTINUE” as the date of the last payment.

I WANT MY GIFT TO GO TO THE ACCOUNT OF:

☐ Leadership Development: Training for pastors and ministry leaders

☐ Education: Scholarships for youth and adults; support for the two ILAG schools.

☐ Women’s Ministry: Retreats for urban and rural women to develop leadership skills

☐ Health Ministry: Water storage tanks and filters to provide clean water

☐ General ILAG Support: To be used where it is needed most

General Fund includes: Community Leadership Development; Health Ministry; Elementary School and Teachers Fund; School Scholarships; Woman’s Ministry; Youth and Children’s Ministry; and Pastoral Fund. Muchas Gracias!
History of Guatemala & the ILAG

I thank my God every time I remember you, constantly praying with joy in every one of my prayers for all of you, because of your sharing in the gospel from the first day until now.

Philippians 1:3-5

Iglesia Luterana Agustina de Guatemala (ILAG)
The Iglesia Luterana Agustina de Guatemala (Augustinian Lutheran Church of Guatemala) was founded in 1991 by Padre Horacio Castillo and his family. Guatemala was suffering through a 36-year internal war. This war ended in 1996 with the signing of peace accords; Padre Horacio Castillo was part of the legal committee that wrote the peace accords.

The members of the ILAG come from the margins of Guatemalan society, people who are predominantly indigenous and live in areas with poor access to resources. The first churches of the ILAG were formed in Guatemala City among internally displaced persons who had fled into the city during the war and were living (and still are living) in the ravines of the city.

During the internal war, Padre Horacio had visited refugees in camps in Mexico. As these refugees began to return to Guatemala – in rural areas where the UN placed them – they contacted him again. Through these contacts, the ILAG grew in the rural areas of the country as well. The ILAG continues to grow each year as communities hear that the ILAG pastoral team walks with people, delivers the gospel freely to all people, and visits their communities regularly.

In 2012, the Rev. Karen Castillo was elected president of the ILAG. Since then, the ILAG has expanded their ministry to include the MILAGRO Women’s Center to provide vocational training to young women, and a Health Promoters ministry focused on increasing access to health care for those living in rural Guatemala. In 2018, the ILAG was accepted into the Lutheran World Federation, a global communion of churches within the Lutheran identity, representing over 75.5 million Christians throughout 99 countries.

Relationship Between ELCA & ILAG
The ILAG’s formal relationship with the ELCA began in 1998 with a visit to Guatemala by the Rev. Rafael Malpica Padilla, executive director of ELCA Global Mission. The Rev. Malpica made a visit to the parishes in Guatemala City and to the rural areas of Guatemala. Upon seeing the need that existed in the Iglesia Luterana Agustina de Guatemala, he decided to support the ILAG and made an offer of ELCA economic help to the ILAG for the development of the work of God.

Companion Synod Relationship
The Saint Paul Area Synod of the ELCA voted to form a Companion Synod Relationship with the Iglesia Luterana Agustina de Guatemala (ILAG) in 2005. Members of the Saint Paul Area Synod had been visiting Guatemala and the ILAG since 2001, when Augustana Lutheran member Janet Metcalfe went to Guatemala though Youth Encounter. Janet continues to be a central figure in the partnership.
The ILAG also has a Companion Synod relationship with the Southeastern Synod of the ELCA, which includes churches spanning Alabama, Georgia, Mississippi, and Tennessee. Many other congregations from across the ELCA are also in relationship with the ILAG.

**Lutheran Mission Work in Central America Begins**

About 60 years ago, Lutherans in North America identified Central America as a place for doing mission work. The first known Lutheran in the region, Pastor Robert Gussick of the Missouri Synod, established himself in El Salvador in 1947. Initially, Lutherans focused their efforts on evangelism and starting new churches there. The ELCA now has missionaries in each of the Central American countries. These missionaries have worked more specifically with communities on relief efforts, various social projects, the establishment of churches, and the development of leaders.

To be Lutheran in Central America means to make an intentional commitment to being the church of the poor. The ELCA's Companion Synod Program started in 1989. It's a way for individual churches to build a relationship with Lutherans in another country, and to form partnerships with another congregation. All 65 ELCA synods are in a companion relationship, and 17 synods are in relationship with more than one church. The Saint Paul Area Synod has had a companion relationship with the Iringa Diocese in Tanzania since 1987 and with the ILAG in Guatemala since 2005.

**Guatemala’s History following Spain’s Arrival**

When Pedro de Alvarado of Spain arrived in Guatemala in 1542, 32 years after Columbus had discovered America, the region was highly populated by the descendants of the Maya. In the years 300 until 900 A.D., the Maya people had developed a very sophisticated culture. Many scientists believe that an ecological catastrophe destroyed the former flourishing Mayan metropolises that afterwards were overgrown by the rain forest. At the time of the Spanish invasion, the Mayan descendants lived in very simple communities, farmed, and were in close contact with nature.

Within 50 years of Spain’s arrival, the indigenous populations were reduced by nearly 90%. Indigenous people were either killed or died from the diseases Europeans introduced. Spain seized much of the land and introduced Catholicism. After three centuries of domination, the five Central American countries (Guatemala, El Salvador, Nicaragua, Costa Rica, and Honduras) share 9/15/1821 as their independence from Spanish rule.

Guatemala became a republic in 1839. From 1898 to 1920, dictator Manuel Estrada Cabrera ran the country, and from 1931 to 1944, Gen. Jorge Ubico Castaneda served as strongman.

After Ubico’s overthrow in 1944 by the October Revolutionaries, a group of left-leaning students and professionals, liberal-democratic coalitions led by Juan Jose Arevalo and Jacobo Arbenz Guzman instituted social and political reforms that strengthened the peasantry and urban workers at the expense of the military and big landowners, like the U.S.-owned United Fruit Company.

With covert U.S. backing, Col. Carlos Castillo Armas led a coup in 1954, and Arbenz took refuge in Mexico. A series of repressive regimes followed, and by 1960 the country was plunged into a civil war between military governments, right-wing vigilante groups, and leftist rebels that would last 36 years, the longest civil war in Latin American history. Death squads murdered an estimated 50,000 leftists and political opponents during the 1970s. In 1977, the U.S. cut off military aid to the country because of its
egregious human rights abuses. The indigenous Mayan Indians were singled out for special brutality by the right-wing death squads. By the end of the war, 200,000 citizens were dead.

The civil war forced large numbers of Guatemalans to flee to Mexico, where they lived in refugee camps for as long as 10 years. Since the 1996 peace accords, thousands have returned, but the government has been slow to grant them their rights to land. Many are indigenous, and they are the poorest of the poor. There are also the Internally Displaced Persons (IDPs), who fled to Guatemala City and now live in the slums on the fringes of the city.

About 60% of the people in Guatemala are Catholic. Evangelicals and Pentecostals make up the next largest and growing group, at about 35%. Protestants (including Lutherans), make up less than 5% of the population.

In Guatemala, as in most of its neighboring countries, wealth is unevenly distributed. About 70% of the people live in poverty, and about 20% live in extreme poverty. A handful of wealthy families, mostly Ladinos (of European descent) own as much as three-fourths of the arable land. This imbalance makes it much more difficult for people who are poor to improve their circumstances.

Because of the decades of political unrest, violence, corruption, and debt load, little has been invested in the country’s infrastructure. Hospitals are poorly equipped; the public school system cannot serve all the children, and those who do attend rarely go beyond sixth grade; the roads are poor; there is significant corruption in the government; and drug trafficking is on the rise.

Guatemala and the entire region are prone to natural disasters. A 40-mile chain of volcanoes, the longest in world, runs through Central America, and many are still active. Hurricanes and heavy rains cause mudslides that can erase entire villages and destroy a season’s crop, many people’s sole source of food.
Suggested Reading & Learning

Overview

Guatemala in Focus: A Guide to the People, Politics and Culture by Trish O’Kane
Interlink Books

The Time of Violence

Bitter Fruit: The Story of the American Coup in Guatemala
by Stephen Schlesinger and Stephen Kinzer
Harvard University Press

The Blindfold’s Eyes: My Journey from Torture to Truth by Sister Dianna Ortiz
Orbis Books

Bridge of Courage: Life Stories of the Guatemalan Compañeros and Compañeras
by Jennifer Harbury
Common Courage Press

The Certainty of Spring: Poems by a Guatemalan in Exile by Julia Esquivel
EPICA (The Ecumenical Program on Central America and the Caribbean)

Death of a Guatemalan Village by Victor Montejo
Curbstone Press

Guatemala: Eternal Spring – Eternal Tyranny by Jean-Marie Simon
W.W. Norton & Co.

Conclusions and Recommendations
CEH (Commission for Historical Clarification, established through the Accord of Oslo)

Guatemala: Never Again by the Archdiocese of Guatemala
Orbis Books

Fear as a Way of Life: Mayan Widows in Rural Guatemala by Linda Green
Columbia University Press

I, Rigoberta Menchú: An Indian Woman in Guatemala
Verso

Return of Guatemala’s Refugees: Reweaving the Torn by Clark Taylor
Temple University Press

Silence on the Mountain: Stories of Terror, Betrayal, and Forgetting in Guatemala
by Daniel Wilkinson
In 1982, the Guatemalan military massacred the villagers of Dos Erres, killing more than 200 people. Thirty years later, a Guatemalan living in the US got a phone call from a woman who told him that two boys had been abducted during the massacre — and he was one of them.

**Accompaniment**

- **Global Mission in the Twenty-First Century: A Vision of Evangelical Faithfulness in God’s Mission**
  The foundational document prepared by ELCA Global Mission that outlines the biblical and practical foundations for the accompaniment model of relationships.

- **Toxic Charity: How Churches and Charities Hurt Those They Help (And How to Reverse It)**
  by Robert D. Lupton
  Harper Collins, 2011
  Lupton uses the language of community development to describe how traditional approaches to charity perpetuate unjust power relationships and prevent the poor from developing their gifts, both in a global and domestic context.

- **Accompaniment Devotion Guide**
  The Guatemala Task Force and the Iringa Committee of the Saint Paul Area Synod assembled a devotional study guide for global mission groups to use as an exercise on the values of accompaniment. This study guide helps groups look at living through accompaniment at home and around the world.