



**SHARE** El Salvador

La Fundación SHARE



CONGREGATION OF THE  
SISTERS OF MERCY

## People of Faith Root Causes Pilgrimage to Honduras March 18-25, 2019

### Welcome!

Thank you for the commitment and sacrifices you are making to take this journey with us! This will be a sacred journey and an opportunity to honor the land, people and migrants of Honduras, and to connect our stories with theirs.

Our hopes and goals for this interfaith delegation are to :

- 1. Listen and meet with grassroots and religious partners in Honduras to more deeply understand the regional root causes of migration (e.g. economic, drug, military, border and immigration policy).*
- 1. Hear the recommendations and root solutions coming out of Central American partners.*
- 2. Shift the narrative by engaging in advocacy and education in the US and Canada, calling for addressing the root causes of Central American migration and the protection of migrants.*

In this packet, you will find a detailed description of the delegation experience, guidelines, resources to read in preparation, health and safety information and other information to help prepare you for this trip and your return. If you have any questions, please call us at (415) 558-8634, or email: [jose@share-elsalvador.org](mailto:jose@share-elsalvador.org).

Looking forward to journeying with you.



**BERTA CACERES AND LENCA DEFENDERS OF MOTHER EARTH.**

—Root Causes Team Leaders, Deborah Lee Jose Artiga, Jean Stokan





## Table of Contents

Welcome and goals	1
Table of Contents	2
Interfaith Movement for Human Integrity	3
Our Philosophy & Commitment to a Transformative Experience	4-5
Framework of Pilgrimage	6
Four Stages of Pilgrimage	7
Principles for our traveling community	8
Solidarity Readings	9-11
Itinerary/Schedule	12
Trip Details and Frequently Asked Questions	13-19
Packing Guide and General Advice	20-21
Resources & Reading Materials	22-24
Fundraising Ideas	25-26
Talking Points for Pilgrimage	27

Post-Pilgrimage, we will send out a resource packet to support you upon return, including:

- Resources for Education and Advocacy in Your Community
- Media and advocacy tips

*We wish to express gratitude to the many volunteers who produced this manual and to SHARE ([www.share-elsalvador.org](http://www.share-elsalvador.org)) and Interfaith PeaceBuilders ([www.ifpb.org](http://www.ifpb.org)) for many of the ideas in this manual.*



The **Interfaith Movement for Human Integrity** promotes the oneness of humanity and the wholeness of every human person. We believe that *all persons are sacred across all borders* - whether racial, economic or geographic. We are a network of faith leaders and congregations, that advances tenets of social and economic equity expressed in diverse faith traditions to change attitudes and policies to promote greater immigrant integration, economic and racial equity in California. We do this through faith-rooted grassroots organizing, leadership development, and advocacy. Our main program areas are Immigrant Justice and Justice not Jails.

Our Immigration program area, was born in 1993 at a time of intense anti-immigrant sentiment seeking to bring a human face to the immigration debate in America through prayer, action, and advocacy. Today, we continue to actively engage and organize the faith community to promote the rights, fair treatment, and dignity of all immigrants, regardless of immigration status. Bringing forth the unique voice and gifts of the faith community, we transform hearts, organize for an end to the detentions and deportations, seek fair treatment for immigrant workers, accompany recently arrived migrant children and families, and raise awareness across diverse ethnic and religious communities about our need for a compassionate immigration system and end to policies of criminalization. #justicenotJails #compassionnotwalls #opportunitieswithoutbarriers

Our Principles for Immigration Justice: Migration is Sacred

- *Recognition, racial equity and respect for the human rights of all migrants.*
- *Migration should be a choice and not an act of desperation and survival.*
- *Honor the right to stay, the right to move, the right to develop, the right to equity, right to dream—for ALL people.*
- *Immigration law should serve people and the well-being and unity of families not profit or corporate interests.*
- *All peoples should have equal treatment under the laws of the land.*
- *Separate the criminal justice system and immigration system.*
- *Demilitarize border communities.*
- *Address the root causes of survival migration: global inequality, militarism, discrimination, climate change, economic and political policies which displace and impoverish.*

## Our Philosophy & Commitment to Fostering a Transformative Experience

The Interfaith Movement for Human Integrity works hard to organize an experience that meets the goals of the delegation and the participants. Here are some of the commitments we make to you:

- 1. Empowering Individuals to Make a Difference:** The Root Causes Pilgrimage sets the expectation of post-delegation education and advocacy work and supports delegate efforts to share the experience. We provide resources to assist you with presentations to inform and engage local communities, resources for congressional engagement; and support for grass- roots activism. We also will provide a reflection booklet to help give emotional support after an intense seven days.
- 2. Pre-Sessions:** We have 3 pre-sessions planned via video conference call (Zoom): This orientation is a chance for delegates to get acquainted with one another and the delegation leaders, learn and discuss background on the countries and clarify delegation goals and their personal and group goals for the delegation. Planning media and other roles during and after the delegation is also a part of the orientation. These pre-sessions are key parts of the experience. We are committed to clear communication with delegates as an integral part of pre-trip preparation.
- 3. Commitment to Safety:** Safety of the participants something that we take seriously. We are in regular conversation with our Honduran hosts to ensure that delegations will be as safe as possible.
- 4. Prepared Itinerary for the Delegation:** We have planned a special itinerary for this delegation to meet the learning goals of the delegation, focused on migrant and deportation issues, root causes impacting indigenous communities and farmers impacting their ability to stay home, and the Honduran social movement. We prioritize meetings with Hondurans working for human rights and justice, and with faith communities working for a better future.
- 5. Supporting and Learning from the Local People:** We will listen and meet with grassroots and religious partners on the ground, to more deeply understand the



**MOTHERS OF DISAPPEARED HONDURAN MIGRANTS.**

root causes of migration in the Central America Region and the impact of the US promoted solutions to the problem. We will hear recommendations and proposals coming out of Central America for addressing the root causes of migration, unaccompanied children, poverty and violence.

6. **Skilled Leaders:** The Root Causes Delegation is led by three experienced leaders from the US, Jose Artiga, Rev. Deborah Lee, Jean Stokan. We will be guided by Radio Progreso who will direct the experience in Honduras. They were selected for their knowledge of the region, understanding of the social context and connections on the ground to facilitate our meetings. We will share in the leadership to facilitate our group reflections and it will be a team effort involving the skills of the delegates. Our Root Causes Delegation leaders will facilitate coordination and support you in education and advocacy.
7. **Faith Reflection Time:** During the delegation we will set aside time almost every day for a period of critical faith reflection to reflect on what we are learning and experiencing. This is an essential part of the delegation: it affords emotional support and meaning during an intense experience, allows people from different backgrounds to interact with each other and the experience, and provides an opportunity to discuss and process the information they are receiving. We are an interfaith group, and we respect the religious tradition that each person brings. We will be visiting and worshiping with several faith communities and witnessing the power of faith in community to sustain hope in the struggle. We will invite those of you on the delegation to help lead and facilitate these sections based on your own spiritual practices. We look forward to learning from each other.
8. **Evaluating our Work & the Impact of the Pilgrimage:** We will ask you to help us in evaluating the experience so you can help us improve our Root Causes program.
9. **The Ultimate Goal: Movement-Building:** Our long-term vision is to contribute to an international movement for migrant justice and a faithful response to the root causes of migration. We will help delegates to connect to each other, other allied organizations, locally and national and to advocate for a change in policy. In the US, the Honduras Solidarity Network is a key font of information and advocacy coordinating advocacy efforts for Honduras. ↓

## Pilgrimage as a Framework for our Journey

*(from Dr. Joane Doj, M.M. & Rev. Deborah Lee - PANA Pilgrimages to Manzanar and the Sacramento River Delta)*



### **What is the intent of Pilgrimage? Pilgrimage vs. Tourism**

Pilgrimage is about reconnection with each other, with our ancestors, with mystery and the depth of life. It is not an escape like tourism but a returning to the center of pivotal events, embedded in the land itself. (For example, Berta & many of the other martyrs of Honduras whose spirits are in the land and the rivers.)

It is also not a viewing of an “other” people, but regaining awareness of our deep connections and “common context of struggle.” The postcolonial pilgrim’s journey seeks restoration towards a regained wholeness by a re-centering, re-entering and recovery of history; it is a rediscovery that we are part of a living and vital collective memory. We

remember in order to heal, to recover memory, to decolonize ourselves, to restore our deeper souls. Pilgrimage is a collective experience. We journey together, experiencing together more than we could alone.

We use pilgrimage to describe the way we will journey as a community and how we come to Honduras. It’s different than a tour, but is grounded in a spiritual practice that enables us to **encounter the sacred in places of suffering**. It encourages us to consider our own spiritual journey to heal and to learn and discover how we connect our stories with stories of the people we meet.

Pilgrimage is an ancient spiritual practice in many traditions, and pilgrimages have evolved into modern journeys that evoke layers of meaning, collective memory, healing and ongoing commitment for reconciliation, justice and compassionate service.

Gandhi called pilgrimage a journey “that frees the pilgrim from all that prevents heart-unity with others.”

We will find on our journey that we will have great impulse to quickly react and find out what to do. We invite you to take time to just stop, listen, allow for holy presence; compassion in the lament, suffering and ongoing struggle to hope and struggle for peace.

↓

## 4 Stages of Pilgrimage to Guide our Reflection

**MOTIVATION & LONGING** (*Now in these weeks prior to our departure.*)

- What is calling you to go? What do you seek to learn?
- What do you seek to heal or to love? What or who are you carrying with you?
- How is your life story connected to the history and the people of Honduras and those on the migrant trail?

**PREPARATION AND DEPARTURE** (*Our arrival to Honduras*)

- Shedding. Openness to the new. We cross a threshold and enter an unknown landscape. We often rely on a guide, teachers who have been there before.
- We rely on each other, for it is always a new journey.

**JOURNEY - THE WAY** (*While we are there*)

- All the senses.
- The Encounter.
- Communion with the land and the people.
- Communion with the ancestors. *Communitas*.

**RETURN AND PROMISE** We are changed.

- How are we changed?
- What do we bring back to our community?
- What new commitments or promises do we make so that the experience lives on?

*Peregrino no hay camino se el camino se hace al andar.*

*Caminante son tus huellas  
El camino, y nada mas  
Caminante no hay camino  
Se hace camino al andar  
Al andar se hace camino  
Y al volver la vista atrás  
Se ve la senda que nunca  
Se ha de volver a pisar  
Caminante, no hay camino  
Solo estelas en la mar*

*Pilgrim, there is no road, the road is made as we go.*

*The road you march, lonely wanderer  
It's just your tracks, nothing much.  
There is no road, lonely wanderer.  
The road is made as you march.  
As you move on paths appear.  
And upon glancing behind,  
You contemplate lanes and byways.  
Where you shall never go back.  
There is no road, lonely wanderer.  
Just wakes at sea, only that.*

*Antonio Marchardo (Spanish poet), "Proverbios y cantares" in Campos de Castilla. 1912 †*

## ACCORDS—PRINCIPLES

Practices by which we seek to live by while we're together.

- **Step up, Step aside:** If you tend to be someone who is quieter in a group, **step up** -- we want to hear what you have to say. If you tend to be someone who talks a lot in a group, **step aside** to create space for others to talk. It's okay for there to be silence -- we don't need to fill the space.
- **Right to pass:** We will use **mutual invitation** for our sharing, you always have the right to pass if you're not ready to share or don't feel comfortable sharing. We can come back to you and check in after others have finished sharing to see if you'd like to share then. If not, that's fine too. The Right to Pass does not mean the Right to Not Participate. There are many ways to participate in a group, like listening quietly.
- **Mutual Respect:** The "spect" part means to see or to look, as in the word spectacle or spectator. "Re-" means to do something again. So Respect means to look again. You may think you know somebody or their views because you've known them for some time, but people change and grow, including ourselves. So **look again** at people, places, ideas-- they may have changed since you last looked. You may have changed, too. The mutual part means that -- we do this for each other.
- **No capping :** No put downs. Putting others down is a form of verbal violence and we want to create a space where everyone feels safe sharing, so please don't put each other down even jokingly while we're together.
- **Amnesty:** If you have a disagreement with someone, set it aside for the time that we're together as a group -- give them temporary forgiveness. Just because you're mad at someone doesn't mean that they don't have something meaningful or valuable to say in the group.
- **Take your own inventory, not someone else's :** Keep the focus on yourself as opposed to evaluating or judging what other people have in their inventory. There's no need to say whether you do or don't agree with someone's viewpoint -- that's placing a value judgment on it. Just state your own viewpoint and it will be apparent if it's similar to or different than someone else's. Say "I" not "We." Own it!
- **Confidentiality:** The root of this word is "confide" or "confidence." When someone shares something with you or the group, they are putting their confidence, trust, and faith in you that you will treat what they say with respect. Treat their sharing as a gift. Check in with people if there is something they've shared that you'd like to share with others.

These come from educator, Michael James. <http://mjcriticalteaching.blogspot.com>.

↓

## SOLIDARITY READINGS



Solidarity: From French: *solidaire*: interdependent, complete, From Latin *solidus*: firm, whole, undivided, entire From French: *solidarite'* : communion of interests and responsibilities, mutual responsibility

Accompaniment: Companionship: From Latin: (*com*) -to be together , (*pan*) - eating bread ; (*panis*) -face to face.

### **Jewish Nonviolence & Solidarity**

As injured people struggle for elemental change in the institutional patterns of society that harm them and keep them in subjugated and subordinated positions, those who enjoy the privileges that emanate from status quo conditions face a choice: either continue an alignment with the status quo or disengage from intentional or unintentional collusion with the status quo. Business as usual is, indeed, a choice to support the status quo. Neither can those who represent the status quo drive the justice agenda, nor decide what actions are good for injured parties. Change work requires solidarity not charity. Solidarity is a system of ethical accountability to honor the wisdom, experience and beautiful resistance strategies of people suffering the daily impact of systemic violence. It is my personal choice to remain committed to the Torah of Nonviolence in pursuit of solidarity and as the core of my daily spiritual practice. "Not by military might, and not by force of arms; by My Spirit alone." What is that spirit? The spirit of nonviolence.

*-Rabbi Lynn Gottlieb, Trail Guide to the Torah of Nonviolence*

*In the Talmud, Ethics of the Elders 1:14 Rabbi Hillel said: "If I am not for myself, who will be? If I am only for myself, what am I? And if not now, then when?"*

Solidarity is that when we engage with problems and causes of our own, that we also join with the efforts of others who are situated differently than we are. We ourselves are ultimately responsible for dealing with our own problems. But Hillel asks us to consider that we cannot limit ourselves to address just our own challenges, we must also be there for each other. Perhaps you might think that your own issues are more important and that you address these before supporting others, but Hillel's third question, "If not now, then when?" reinforces that our own challenges and those of the other are of equal priority.

*-Rabbi David J. Cooper, Kehilla Community Synagogue, Piedmont, California*

### **Social Solidarity in Islam**

In the Egyptian Revolution, we have seen Muslims protecting Christians while they were performing the Sunday Mass. Christians were protecting Muslims while they were performing their prayers. An eye witness reported that a Christian woman was helping a Muslim man to do the ablution. He commented that "the revolution has succeeded." Neighbors are our partners in society. In Islam, neighbors are to be taken care of, and they should help each other in ordering good and forbidding evil.

Aisha, the Prophet's beloved wife, reported that Prophet Muhammad (peace be upon him) said: "Jibril (Gabriel) kept on recommending that I treat neighbors well until I thought that he would order me to treat them as my heirs." (Al-Bukhari, [6015](#))

This is the kind of care and concern that Islam asks Muslims to follow with their neighbors, and this helps establish one of the best forms of social solidarity.

- Mohsen Hareedy, writer, Egypt

## Christian Tradition & Solidarity

Solidarity is a word that is not always welcomed; I would say that sometimes we have transformed it into a bad word, it cannot be said. However, it is a word that means much more than some acts of sporadic generosity. It is to think and to act in terms of community, of the priority of the life of all over the appropriation of goods by a few. It is also to fight against the structural causes of poverty, inequality, lack of work, land and housing, the denial of social and labor rights. It is to confront the destructive effects of the empire of money: forced displacements, painful emigrations, the traffic of persons, drugs, war, violence and all those realities that many of you suffer and that we are all called to transform. Solidarity, understood in its deepest sense, is a way of making history.

-Pope Francis, (10/28/14)

Dr. Vincent Harding, elder, historian of the African American freedom movement, speech writer and confidante of Dr. Martin Luther King, Jr., recalls the Mississippi Summer of 1964. It was important then, he says, for the volunteers who were coming from the north to realize that they were coming with a very real burden of white, class and academic superiority. They were coming to the black community of Mississippi which was by and large working class. They had to find out how to recognize what they were bringing with them -which was an attitude of how much they'd be able to offer and give and do -and then they had to find a way to transpose that into a spirit of coming and giving thanks for the gift they were going to receive. Dr. Harding says the fundamental model for the social change work we all do together now looks like listening more than speaking. Partnering instead of helping. People, holding onto and being held by people. Singing together. Being absolutely befuddled together. All of these actions are what grows out of us simply being on the path together - walking hand in hand.

-Lynd, Staughton. 2012. *Companioning: Pathways to Social Change*.

-Todd, Julie. 2012. *Evaluating Violence and (Non)violence: A Critical, Practical Theology of Social Change*.

Deep Solidarity requires a new sensibility, a new conversion, he (Dr. Joerg Rieger, author of *Religion, Theology and Class: Fresh Engagement after a Long Silence*) said. In fact, Rev. Sekou in his video...talks about Rev. Renita Lampkin who was injured by a rubber bullet shot by the Ferguson police. Rev. Sekou says when black people said thank you to her because she, a white person was engaging in the black people's struggle, she replied, no. It is her struggle as well, she said. She recognized that her own salvation as a white person is caught up in the salvation of African American persons, including that of Michael Brown. Deep Solidarity requires the middle class persons to understand that their salvation is linked to those who are homeless than to those who are in the 1% whom they may seek to emulate. Deep solidarity

requires those of us who live in this great nation to realize that our salvation is linked with those who are here without documents, that they are indeed fellow travelers to be welcomed with hospitality and honor rather than be reviled and deported. Deep solidarity brings us to the understanding that those who are protesting, those who are struggling without jobs, without food and shelter and caught up in the prison industrial complex are our sisters and brothers, that our salvation is linked with their's. Deep solidarity is the Theology of the Other on steroids. We need nothing less today. Solidarity is no longer a matter of the privileged helping the underprivileged. It is about understanding what we have in common and how we all need to work together to organize and to embrace a different power.”

*Rev. Dr. Shanta Premawardhana, In the Context of Ferguson, a Theology of Deep Solidarity*

<https://www.scupe.org/in-the-context-of-ferguson-a-theology-of-deep-solidarity/>

### **Pope Francis Address to US Congress: September 24, 2015**

Our world is facing a refugee crisis of a magnitude not seen since the Second World War. This presents us with great challenges and many hard decisions. On this continent, too, thousands of persons are led to travel north in search of a better life for themselves and for their loved ones, in search of greater opportunities. Is this not what we want for our own children? We must not be taken aback by their numbers, but rather view them as persons, seeing their faces and listening to their stories, trying to respond as best we can to their situation. To respond in a way which is always humane, just and fraternal.



**DEPORTED MEN DEPLANING FROM THE US BACK TO HONDURAS.**

We need to avoid a common temptation nowadays: to discard whatever proves troublesome. Let us remember the Golden Rule: “Do unto others as you would have them do unto you” (Mt 7:12). This Rule points us in a clear direction. Let us treat others with the same passion and compassion with which we want to be treated. Let us seek for others the same possibilities which we seek for ourselves. Let us help others to grow, as we would like to be helped ourselves.

In a word, if we want security, let us give security; if we want life, let us give life; if we want opportunities, let us provide opportunities. The yardstick we use for others will be the yardstick which time will use for us. The Golden Rule also reminds us of our responsibility to protect and defend human life at every stage of its development.

↓

## Proposed Itinerary for Root Causes Pilgrimage



LA ESPERANZA, INTIBUCA: BERTA CACERES'  
FUNERAL



FR. MELO, RADIO PROGRESO, OUR HOST!

REMINDER: *This is a TENTATIVE itinerary and subject to further changes!*

**Monday, March 18**— Arrival, Rest & Opening Orientation

**Tuesday, March 19** - Three groups travel to various sites. Groups 1 and 2 will sleep several hours away from Progreso on Tuesday and Wednesday nights, and return Thursday. Group 3 will be in San Pedro Sula, but sleep in the same retreat center in Progreso.

- Group 1 - The Impacts of Mining and Tourism - Bajo Aguan
- Group 2 - The Impacts of Hydroelectric Projects and Environmental threats - Santa Barbara
- Group 3 - The Human Rights of Women and Children - San Pedro Sula

**Thursday, March 21** - Groups reunite to debrief and meet with local migration groups and organizations in San Pedro Sula

**Friday, March 22** - More meetings and visits addressing migration in San Pedro Sula

**Saturday, March 23** - Theological forum on the teachings of Archbishop Romero for Honduras today; Organizing our next steps when we return

**Sunday, March 24**— Interfaith Public faith service: Work on next steps, Evaluation, and Closing with Radio Progreso.

**Monday, March 25** - Departure

## Trip Details and Information - FAQs



### 1. What is the cost of the delegation?

950: Trip Payment paid to “SHARE FOUNDATION” (Covers food, lodging, ground transportation, program costs/honoraria to our hosts groups in Honduras ) Airfare NOT INCLUDED: Please fly into San Pedro Sula, Honduras arriving between 10am and 2pm.

#### Payment Schedule:

1. Deposit of \$100 is due by Feb. 1st to confirm your participation.
2. Feb. 28th - \$400 due or pay in full.
3. March 15th -\$400 remainder due.

Make Checks out to “SHARE FOUNDATION” (put Honduras 2019 & your name in memo line) and send to **SHARE Foundation, 2425 College Avenue, Berkeley, CA 94704.**

You can also pay Online on our website- [www.share-elsalvador.org](http://www.share-elsalvador.org)—but note a 2.9% fee is taken by paypal, so if you can add an additional amount that would be helpful.

### 2. Who will be our guides for the pilgrimage?

**Rev. Deborah Lee** is the Executive Director of the Interfaith Movement for Human Integrity. She has played a key role in the Immigrant Justice program which engages dozens of faith and immigrant communities in sanctuary, organizing, advocacy and accompaniment in Northern California. Rev. Lee is a seasoned educator and group facilitator, and has led numerous social justice pilgrimages to contemporary sites of memory and struggle.

**Jose Artiga** is the Director of SHARE El Salvador which supports the empowerment and sustainability of marginalized Salvadoran communities. Jose himself left El Salvador for the United States in 1980 after narrowly escaping a government death squad which left 4 others dead and he became a key leader in the 1980’s Sanctuary Movement. In his leadership at SHARE El Salvador, he has led international delegations for thirty plus

years and cultivated lasting relationships of solidarity and peace, democracy and human rights across communities. He is also the Salvadoran Ambassador of Education in the United States.

**Jean Stokan**, is Director of the Justice Team of the Sisters of Mercy of the Americas in Washington, DC. She has worked on human rights in Latin America, immigration reform, and federal budget priorities to ensure support for vulnerable communities. Her work includes direct advocacy on Capitol Hill, public witness activities, and engaging grassroots faith constituencies on these issues. Previously, she served on the national staff of Pax Christi USA, promoting nonviolent alternatives to war, and served as Policy Director for the SHARE Foundation, leading delegations to El Salvador and fostering people-to-people solidarity.

**Fr. Melo, Father Ismael Moreno Coto, SJ and the outstanding staff of Radio Progreso and ERIC-SJ** (El Equipo de Reflexión, Investigación y Comunicación ERIC-SJ in Progreso, Yoro, Honduras will be our guides in Honduras. Radio Progreso is an independent and progressive media outlet that lifts up the voice of the movements for social justice in Honduras. During the 2009 coup, Radio Progreso's offices were shut down by the military and have been occupied several times since. ERIC-SJ, is the center for social justice, analysis and communication in Honduras focused on research, media, empowerment, and community organizing on social justice and migrant issues. Our delegation is timed so that we can participate in special programs and events for commemorating Saint Oscar Romero.

### **3. Is it safe to travel to Honduras with the level of high crime and violence?**

We are committed to safety on our delegations. Our delegation is directed by Radio Progreso staff who know the political and social situation in the country and who will be handling our logistics, lodging and itinerary. They have hosted and led delegations like ours in the past and make safety a top priority. Although they can never make 100% guarantees as unpredictable things happen, our hosts in Honduras feel that there is no reason for participants to be afraid to come.

The US State Department has posted travel warnings for Honduras, principally due to a high level of street crime. We do recognize that there is a high level of violence in Honduras, and so we have very strict guidelines of safety we ask you all to abide by:

- **Do not walk alone or even in a group outside, without first consulting with a team leader who will check with our host.**
- **Please always stay attentive and make sure you are sticking with the group and do not wander off or drop behind.**
- **Always wear your name badge—that will identify you as an International Delegate.**
- **Please do not forecast the group's itinerary in detail on your social media**

Here are other practices we will follow to ensure security and safety:

- The delegation will not contract with police or any security force. We plan to travel as much as possible only during the daytime.

- We will travel with Honduran facilitators plus a professional driver.
- We will use buses that are maintained in good condition, from a trusted company. We use only known routes and principal highways, and we avoid making last-minute changes that are not pre-approved by our Honduran facilitators. We do not share a group's itinerary publicly; Even the bus driver doesn't receive specific information until the day of travel.

In our prep call sessions, we will talk about any fear or trepidation one might be feeling about the trip. This often can help people to be more supportive of one another.

#### 4. Passports and Money

- Keep your passport and travel agenda/tickets on your person at all times.
- Make two copies of page 1 of your passport and one copy of your travel agenda/tickets to keep elsewhere.
- Please give a copy of your passport to Jose Artiga upon arrival in Honduras.

**MONEY EXCHANGE :** Bring cash for medicines, personal purchases and souvenirs. (\$100-\$250). U.S. cash to be exchanged **MUST** be new or in excellent condition: NO stains, etc. No traveler's checks. It is not feasible to take a group into a bank for money exchange. The best and easiest place to exchange your cash into Honduran Lempira will be at a bank before you leave, or at your international departure airport in the US, or at the Honduran airport. Ask for small bills. A money belt is highly recommended.

There are safety risks involved in using ATMs and credit cards so don't plan to use one in an emergency. Accept no help from strangers. You will need to know your PIN, even for a credit card. Notify your bank or credit card company **BEFORE TRAVELING** if you need to use your credit card. Otherwise, the fraud prevention mechanisms may freeze use of your card.

#### 5. What about Health Issues & Vaccinations? What if I get sick?

According to our Travel Agent no vaccinations are **required**. Many people travel there without getting any extra vaccinations.

The CDC has some recommendations for Hepatitis A & Typhoid. Please read: <http://wwwnc.cdc.gov/travel/destinations/traveler/none/honduras>

Good hygienic procedures are the best way to avoid the disease, especially washing hands several times a day.

**Zika** is of primary concern for women who are pregnant or whom might become pregnant within 3 months of travel. ***It is strongly recommended that participants use insect repellent day and night to prevent Zika and other mosquito-borne illness.***

You may also want to bring antibiotic spray, such as bactine, and acetaminophen or

ibuprofen. These items can be quite expensive to obtain in Central America.

To keep healthy, wash your hands frequently, only eat fruits and vegetables that are peeled or cooked; drink lots of safe/bottled water. Note, too, the suggestions listed in the packing list. If you suffer from minor cases of diarrhea or nausea caused by bacteria to which your body is not accustomed,

Pepto-Bismol or Acidophilus are recommended. Medications such as Imodium, Lomotil and preventive antibiotics might be used in severe cases.

Most often, digestive issues can be solved with rest and re-hydration. If you do not feel well, it is important that you inform

your group leader. In case medical attention is needed the organizers, our Honduran hosts will help our delegation coordinate appropriate care. In case of severe illness for whatever reason, excellent medical care, including safe blood supply, is available. If doctor or hospital visits are necessary, the individual will be expected to cover the cost of the visit. Medical care is much less expensive than in the USA.

Participants may want to check to see that their health insurance policies still cover them while traveling outside the USA. You might want to investigate

travel insurance with your current health provider or separate student health insurance coverage may be provided. Doctor and/or hospital visits are not typical, although a little stomach upset isn't abnormal.

Other factors which may affect you: heat and high humidity, possible strain from culture shock, and an intense schedule. **See self-care instructions below.**



## 6. What happens at the airport?

- Immigration (passport check) - Get in the line for foreigners (Extranjeros).
- Pick up checked baggage (BE SURE you have your baggage claim tickets. Keep track of your own luggage, especially as you exit the airport. If you want a porter to help with your bags, stay close and keep your eyes on your bags.
- Pass customs inspectors: “State that you are visiting to learn about root causes of migration. We are faith leaders invited by Father Melo.”
- Exit door and look for Country Host. They will have a sign that says—**Root Causes 2019**.
- Change personal spending money if you have not done so. Ask for some small bills.
- Restroom and get a snack if you are hungry!

Our Country Hosts will be waiting for you at the airport with a sign. If you have any questions or run into any problems (like lost baggage), the host will be able to help.

#### 7. How do I stay in contact with family and/or friends while I am in Honduras?

**Time zones:** Honduras observes Central Standard Time all year- (no daylight savings.)

Due to the nature of the delegation and communication issues, it may be difficult for you to make contact with family/friends in the USA. It will be expensive to use your US cell phone there. There will be very limited and slow access to WiFi. We will try to have a phone in each group that can make calls to the US. Bringing fancy or expensive electronics is risky. Do so at your own risk.

If you have an emergency situation, the delegation leaders will contact your emergency contacts in the USA who will then contact in others you specify. Remember this is for emergencies. It will be very difficult for you to receive calls during the delegation. But when we have wifi, your family can message you by email, facebook, etc.

#### 8. In the case of an EMERGENCY

If there is an emergency, and your family needs to reach our group leaders, contact

***David McKinley, Staff***

***SHARE***

***Cell (702) 902-7515***

***david@share-elsavador.org***

***Miriam Noriega, Staff***

***Interfaith Movement for Human Integrity***

***Cell (510) 948-7899***

***[mnoriega@im4humanintegrity.org](mailto:mnoriega@im4humanintegrity.org)***

They will communicate messages to us in Honduras.

#### 9. Where will we be staying in Honduras ?

Our home base will be in two nearby retreat centers in El Progreso: Here is the address for our host organization in El Progreso :

On the plane, you will be given a migration form. The following information should be used to fill it out:

***Centro de Retiro Notre Dame***

***Boulevard Canaan, Barrio San Jose***

***El Progreso, Yoro, Honduras,***

***Phone: 504-2647-2252***

#### 10. Physical and emotional fitness

Participants should be in good health and able to withstand warm, humid weather conditions. At times we have to walk for 15 minutes or so and endure long days of travel. The subject of our trip is emotionally intense. We ask you to be sure that you

are in a good emotional space to be able to be present, resilient and part of a group.

**Practice self-care.** You know the signals in your body that tell you to take time out and take care. If you feel too overwhelmed or not well, you can skip a session after informing the delegation leaders so we know where you are. Debriefing with someone in the delegation and participating in the nightly reflections can be helpful. We have several participants who have offered themselves for one on one pastoral/chaplaincy support as well.

**11. Do I need to speak Spanish to attend?**

No, Spanish is not a requirement. Any amount of Spanish is helpful, and we ask those who are bilingual help with interpretation.

**12. How are the accommodations?**

Accommodations will be clean and simple, ranging from a simple home or retreat center to a modest hotel. Linens are generally provided, but you may want to bring a Towel and extra light sheet or blanket. Laundry services are occasionally available. You can wash by hand or obtain that service.

**13. What if I want to bring gifts to give to people we visit?**

In keeping with the spirit of solidarity, we discourage delegates from bringing large or expensive gifts or small gifts for children. Gift-giving can create problems for those who receive a gift as well as for those who do not. Here is our recommendation:

- a) We have checked with some of the organizations for specific things needed in the communities. Here are the items that have been requested: backpacks, infant clothes, laptop computers, smart phones. We will gather these up and deliver to the requesting organization so that they can distribute to the people who need them.
- b) We would like to give honorariums to each of the organizations we are visiting. We will have an envelop and you can add cash donations to contribute while we are there. (dollars or lempiras is fine)
- c) Beautiful thanks you cards we can use to thanks the communities we are visiting.
- d) Radio Progreso: You can help us provide a gift to Radio Progreso Team.They have made a list of equipment needs for their operations out in the field. Donations to support purchase of this equipment can be made by sending check or donating online to SHARe.
- e) The Staff of Radio Progreso: They are amazing, and our last night there, we'd like to have a raffle so that each of the 60+ staff member can get a little gift of appreciation. If each of us brings something - they will each get to take something home.

What will be expected of me while I am on the Root Causes Delegation in Honduras?

- **Participate in the three pre-travel conference calls** to become acquainted with the other delegates, logistics and key issues in preparation so we are ready to .
- It is very important to **adhere to accords** (pg. 8) and **expected behavior** as a

member of the delegation. This implies some basic expectations such as listening and following the instruction and requests of the delegation leaders and the in-country organizers. Be mindful of the rest of the delegation regarding being on time and staying with the group during activities. Be prepared to graciously handle experiences and realities very different from your own. Be courteous and generous with one another, with the leaders/ organizers and with the Honduran people.

- **Be mindful of the Pilgrimage Accompaniment philosophy** as you interact with the people. Participants should abide by the laws of the country. This includes, but is not limited to laws regarding consumption of alcohol and drugs.
- **Do not be shy!** Try out your Spanish, initiate conversations, ask questions and express yourself. The people appreciate your efforts to communicate, no matter how imperfect your Spanish may be.
- **Communication is important!** It is vital that you communicate your needs - dietary, physical or emotional on the application form, as well as talking to the leaders of the delegation about any needs/issues that arise that need their attention.

#### 15. How can I prepare for this trip?

- Share your upcoming trip with your friends, family, congregations and groups. Ask them to pray for our trip and support you in other ways. This is an your opportunity to expand your experience, to be a teacher as well as a student. Talking with family and friends pre- trip will help you to share your experiences and stories with people when you return.

Talking points are shared below.

- Do some background reading and research to help you understand the issues better and enable you to ask better questions and have deeper interactions with the people you meet. There are recommended resources at the end of this guide.
- Reach out to Central Americans and Hondurans living in your area. Listen to their stories. This connection may help upon your return.
- Come with a calm and open mind, ready to experience and journey—with others. A positive attitude is key to having a life-changing experience.

### PACKING GUIDE

As bags can be lost in route, pack two changes of clothes, medicine, toiletries, and your camera in a carry-on bag.

PACK LIGHTLY!

You have to be able to handle your own bags. Two smaller bags are better than one big one. Often bags are put on the TOP of the bus. The best idea is to bring only



PROTEST AGAINST CORRUPTION AND IMPUNITY, SAN PEDRO SULA.

carry-on luggage. Days are warm or hot and nights cool or chilly so plan to layer your clothes. Carry your passport, money and cellphone/ camera on you. Maybe use a small pouch on your chest and another on your stomach. Multi-functional clothing is best.

Please bring the medications you need to keep healthy in an unfamiliar environment. If you have a delicate stomach, bring extra of what you need. If you are lactose intolerant, please bring your medication. We prefer not to take delegation time to shop for what you can bring.

A valid passport is needed in Central America. If you already have a passport, be sure it is valid for at least 6 months beyond your travel dates. If you do not have a passport, you should apply for one as soon as possible. It can take 6-8 weeks to receive your passport.

**IMPORTANT DOCUMENTS**

- Passport - valid for at least 6 months beyond travel dates
- Photocopy of the first page of passport, kept separately
- Photocopy of first page of passport for IM4HI staff
- Copy of medication list with generic names for all medication

<http://travel.state.gov/content/passports/english/passports/apply.html>

Be sure to SIGN IT your new passport at the appropriate place. Make a photocopy of the first page of your passport. Bring this copy with you, carried separately from your passport. Should your passport be lost or stolen, having a copy facilitates application for a new passport.

For U.S. citizens, visas are not required. The only legal document needed is a validated passport. For non-US visitors, check the requirements with a Guatemalan or Honduran Consulate or a local travel agency.

***The group leaders need a photocopy of each person's passport, and the basic health information of each participant, such as blood type and any regular medications. Please bring, in writing, the generic name of the regular medicine. (If medicine gets lost or stolen this facilitates replacing the medications.)***



## **GENERAL ADVICE**

What NOT to Bring: It is risky to bring expensive electronic devices as stated above but never show them in public while walking or traveling. We **STRONGLY ADVISE LEAVING FANCY AND EXPENSIVE JEWELRY AT HOME.**

## **CLOTHING**

Weather will be hot and humid (80s) in some parts, but could be cool in the mountains. This should be the end of the rainy season. Bring 1 or 2 layers: a sweatshirt or light jacket and long-sleeved shirt for mountain area, chilly evenings, and plane travel.

- Lightweight skirts, pants, shirts, knee length shorts.
- Change of underclothes for each day
- Jeans are fine but hot
- 2 Long sleeved shirt/light jacket/ sweatshirt—layer for cool mountain area
- One nice outfit
- Sleepwear (Bathrooms may be dormitory style)
- Plastic bag for dirty clothes
- Flip flops (bedtime, shower)
- Sunglasses and sun hat
- Comfortable walking shoes (sneakers are OK)
- Sturdy sandals
- Rain gear (light poncho, raincoat, umbrella)

## **EQUIPMENT AND TOILETRIES**

- Small backpack for day trip
- Comb, brush, small mirror, etc.
- Aspirin/Tylenol - preferred headache med.
- Pepto Bismol tablets or Acidophilus
- Cortisone cream, Band aids/first aid, Dramamine for motion sickness
- Mosquito repellent with Deet \*\*
- Prescription drugs in original container or with prescription
- Towel and washcloth
- A few snacks, energy food
- Lip balm (with sunscreen)
- Comfortable shoulder bag or small backpack
- Spanish dictionary or phrase sheet
- Leisure reading
- Camera (bring spare batteries, battery pack or charger)
- Roll of toilet paper (pack of tissue)
- 3 ziplock bags various sizes (storing)
- Personal hygiene products: (tooth paste, brush, soap, shampoo, Feminine hygiene products )
- Small size hand sanitizer/hand wipes
- Light blanket if tend to be cold at night
- Water bottle with name on container
- Sun screen
- Pens and pencils
- Contact lens: solution and extra pair of contacts and/or glasses
- Notebook/ journal
- Images of home - picture of family, community/church group
- Ear plugs
- Text or items for Spiritual practice

## Reading Materials



**PASTOR MAX VILLATORO AND FAMILY IN IOWA CITY BEFORE HE WAS DEPORTED BACK TO HONDURAS, MARCH 2015.**

Below are websites, videos, articles and book recommendations that provide background information and resources relevant to our trip to Honduras. The websites range from general to specific and reflect that delegates have a range of depth and experience in the subject matter. At the end, is a link to a much larger document and list of resources that we will be continually updating. We start with a list of six resources that we would like everyone to take a look at and then provide more resources for further exploration. All readings, not hyper-linked will be provided by PDF in a Google Drive Folder.

### **Required Pre-Trip Reading and other Background**

Share El Salvador and UUSC (2018), *The struggle for human rights and transformation in Honduras: Delegation report May 2018*- PDF in folder

Tanya Kerssen (2013), *Grabbing power: The new struggle for land, food and democracy in Northern Honduras*. Introduction and Part 3- PDF in folder

Rights Actions (2018), *US and Canada's role in refugees*-  
<https://mailchi.mp/rightsaction/the-us-canada-are-helping-produce-refugee-flight-from-honduras-guatemala>

Democracy Now Video (2016), *Interview with Dana Frank on coup in Honduras*- starts right after headlines. <http://www.democracynow.org/shows/2016/4/13?autostart=true>

Al Jazeera Faultlines (2016), *Berta: Honduras Blood and Water*- <http://www.aljazeera.com/programmes/faultlines/2016/09/honduras-blood-water-160920064355648.html>

Intercepted Podcast (2018), *Killing Asylum: How decades of U.S. policy ravaged Central America*- <https://theintercept.com/2018/11/28/killing-asylum-how-decades-of-u-s-policy-ravaged-central-america>

## Additional Resources on Immigration, Central America and Honduras

### Websites:

Honduras Solidarity Network- [www.hondurassolidarity.org/](http://www.hondurassolidarity.org/) (Join their listserve email vickicervantes@yahoo.com )

NACLA- North American Congress on Latin America- [www.nacla.org](http://www.nacla.org) WOLA- The Washington Office on Latin America- [www.wola.org](http://www.wola.org) Rights Action- <http://www.rightsaction.org/>

The Ignatian Solidarity Network- <http://ignatiansolidarity.net/> Cultural Survival- <https://www.culturalsurvival.org/country/honduras> Books:

*Don't Be Afraid Gringo: A Honduran Woman Speaks from the Heart* by Elvia Alvarad and Madea Benjamin

*The Long Honduran Night: Resistance, Terror, and the United States in the Aftermath of the Coup* by Dana Frank.

*Grabbing Power: The New Struggle for Land, Food and Democracy in Northern Honduras* by Tanya Kerssen.

### Videos:

Documentary- Resistencia- The Fight for the Aguan Valley-You can rent or purchase online- <http://resistenciathefilm.com/>

Vice Video- Immigrant America- Murder and Migration in Honduras- <https://www.youtube.com/watch?v=1vINx0ajcVw>

Background of specific themes that will be address on this delegation:

Radio Progreso/ERIC -SJ You can stream live from the website. Website- <http://radioprogreso.net/>

*La Voz del Pueblo- Short documentary about about issues affecting Hondurans produced by Radio Progreso- <http://ignatiansolidarity.net/la-voz-del-pueblo/>*

Rising up with Sonali- Interview with Jose Artiga- <https://kpfa.org/episode/rising-up-with-sonali-february-26-2018/>

**Berta Caceres-** Indigenous and environmental activist assassinated last year. We will visit and learn more about her work and COPINH, the organization she founded. Goldman Prize

Profile Video of Berta Caceres: 23 <http://www.goldmanprize.org/recipient/berta-caceres/>

The Intercept Article gives background on Caceres assassination: <https://theintercept.com/2016/03/11/drugs-dams-and-power-the-murder-of-honduran-activist-berta-caceres/>

### **Extractive Industries**

Earth First Statement on Honduran communities struggle against extractive industries- <http://earthfirstjournal.org/newswire/2015/10/05/honduran-communities-fighting-for-mining-free-territories/>

Global Witness Report on the killing of land defenders- Case study of Honduras with great

overview of industries, you can download PDF of report- <https://www.globalwitness.org/en/campaigns/environmental-activists/how-many-more/>

## **Tourism**

Article on the Garifuna and Tourism industries- <http://sfbayview.com/2016/12/honduras-government-supported-tourism-pushes-garifuna-maroons-off-their-land-of-200-years/>

## **Faith & Theology**

"A THEOLOGY OF MIGRATION" By Daniel Groody  
<http://americamagazine.org/issue/763/article/theology-migration>

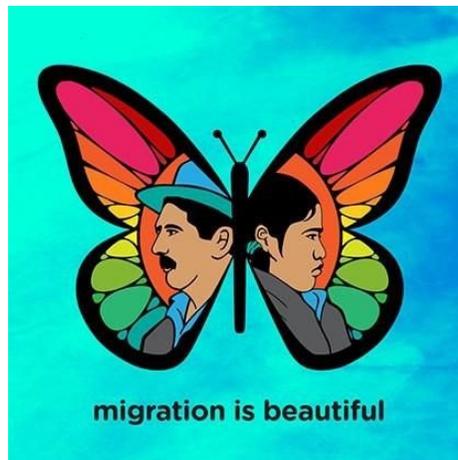
"CHILD MIGRATION PERSPECTIVES" By Kristi Van Nostran  
[http://pda.pcusa.org/site\\_media/media/uploads/pda/pdfs/child\\_migration\\_perspectives\\_by\\_kristi\\_van\\_nostran.pdf](http://pda.pcusa.org/site_media/media/uploads/pda/pdfs/child_migration_perspectives_by_kristi_van_nostran.pdf)

## **WANT MORE RESOURCES?**

Here is a link to a additional themes in greater detail, e.g. mining, etc.

[https://docs.google.com/document/d/1cZXSmKYgUf3o1F4bgxTVEtgD2Nrs\\_tlQZZXLNTAVE/edit?usp=sharing](https://docs.google.com/document/d/1cZXSmKYgUf3o1F4bgxTVEtgD2Nrs_tlQZZXLNTAVE/edit?usp=sharing)

↓



## Fundraising Ideas

We hope that every person interested in going on this trip will be able to attend and that cost will not be a barrier. We wanted to share with you several fundraising ideas. We believe people will want to sponsor and support you!

We fundraise so that those who contribute can participate in the goals of the delegation and can be in solidarity with the people of Central America, particularly immigrants. Or in other words our purpose in fundraising is to involve others in our mission. We also fund raise so that we can help raise awareness among those in the United States about the situation

### TIPS & STRATEGIES FOR FUNDRAISING

Get some donors/sponsors- Local Churches, organizations, clubs, groups of friends can support you. They become your list of official "sponsors!" In return, you commit to speaking, preaching and sharing what you experienced and learned with them upon return.

Send out a Fundraising letter- asking directly for sponsors. Below is a sample letter which you can tailor. (See page below)

You may collect the funds directly and use it towards your payments for the trip. Or if any of your donors would like to receive a tax deductible donation, they can make a donation to **Interfaith Movement for Human Integrity- "Root Causes Delegation- Your name in the memo line."** Checks can be made out to IM4HumanIntegrity, sent to 5080 North Maywood Ave., Los Angeles, CA 90041 or on the paypal link on the website: [www.tinyurl.com/interfaithdelegation](http://www.tinyurl.com/interfaithdelegation) or [www.im4humanintegrity.org](http://www.im4humanintegrity.org)

We kindly request that any money collected over and above the cost of your registration/travel, be allocated for the Root Causes Delegation Scholarship Fund, so that we can make the trip accessible to all.

- Host a Dinner Party, spaghetti fundraiser, Central American food, or coffee and dessert event. Or ask a friend to host a "house party." You could invite a speaker from Central America to tell their story.
- Host a film night. There are several links to short films which can be used to educate your friends and family about the reality you will be visiting.
- Sell things that you make or bake after service at your congregation or as part of another event.
- Have a music fund raising event with a local musician. Have a car wash.
- Ask friends and family to skip a meal in solidarity with the people of Central America and donate to the delegation.

↓

## SAMPLE FUNDRAISER LETTER

Dear (Family, Friends . . .)

I am writing with some exciting news to share! This summer, I am going to be joining an interfaith Root Causes Delegation to Honduras In 2014 over 60,000 unaccompanied children from Honduras, El Salvador and Guatemala and tens of thousands more migrant families with young children, journeyed to the USA and were taken into immigration custody along the southwest border. Many have been released and are currently fighting to win asylum in their immigration proceedings. Other families remain detained; others have been deported. Others continue to come.

This delegation is an amazing opportunity to learn about the roots causes of the migration, to create real bonds of peace and friendship, and to gain courage and tools for advocacy to bring needed changes in US policies that fail to address root causes and even negatively contribute to the Central American Exodus.

*I am asking for your support as I prepare for this important delegation.*

Our delegation will include persons from different parts of the US and Canada. We will listen to and meet with grassroots and religious partners on the ground to more deeply understand the root causes of the migration (economic and free trade policies, narco- trafficking, US drug policy ; US military aid in the region.) We will explore the paths of migration and the human rights impact of US- Mexican immigration and border enforcement policies. We will speak with people who have been deported from the US back to the region. We will visit and worship with faith communities and faith organizations who have been accompanying, serving and seeking solutions. The delegation will listen to the recommendations and proposals coming from the people of Central American.

Each of us on the delegation is committed to engage in policy advocacy and education that addresses the root causes of Central American migration and calls for the protection of migrants. I am writing to ask if you will sponsor my participation in this delegation and in turn I am committed to sharing and speaking to any group of your choosing about learnings from the experience.

This seven-day commitment will cost me approximately \$ . Each delegate will raise this amount to cover plane fare, travel, food/lodging, and speakers. The money you donate for me will support me as a delegate and what is raised above the required amount will be for used scholarships and the delegation as a whole. I would be extremely grateful for donations of ANY amount, large or small. *Your support puts you on the trip with me and helps bring needed changes in the USA.* If you want to help beyond your individual ability to give, please consider arranging a group donation from your faith, community or school organization and I will commit to giving a presentation to them upon my return.

Tax- Deductible Donations can be made to support my participation. Please send a check in my name with the memo - Root Causes Delegation-on behalf of Participant (My name). Make check out to IM4Human Integrity, Mail to: IM4HI, 5080 North Maywood Ave., Los Angeles, CA 90041 You can also pay by credit card.

Please call me (phone number) or email me (email address) to talk with you about arranging a presentation.

Signed,

## Talking Points for Why You Are Going on a Pilgrimage to Honduras

- To learn about the root causes of violence and poverty driving people away from their homes
- To learn about the US government's role in deepening the humanitarian crisis in Honduras
- To learn what the Honduran people would like Americans (and other international advocates) to do to support them in their struggle for democracy, rule of law, economic well-being, and protection of those struggling for their rights.
- To accompany our sisters and brothers in Honduras to express our love and solidarity and to commit ongoing support for them in the spirit of San Romero.
- To be able to educate your community about the real causes of the mass exodus from Honduras.
- To be able to educate your Congressional Representatives about the root causes of emigration from Honduras and urge them to support legislation and other policies to stop harming the Honduran people and adhere to US and international law regarding the treatment of asylum seekers.
- To help change the government and media narrative of border security from blaming those seeking protection to addressing the reasons why people choose the dangerous journey to the US border.