

March 5-11, 2023

A Story of Hope from Honduras

“For I was thirsty and you gave me drink.” (Matthew 25:35)



The first country the students learn in Lent is Honduras. It is a country slightly larger than Tennessee, and has one of the highest levels of economic inequality in Latin America. Catholic Relief Services has worked in Honduras for more than 60 years and is helping communities become safer and increase their access to income and education.

Honduras shares a border with Guatemala, El Salvador and Nicaragua. It has coasts on the Pacific and Atlantic oceans. CRS has been providing humanitarian assistance in Guatemala since 1963, supporting food security, nutrition, health, agriculture, education, disaster risk reduction and emergency response programs.

In 2020, Honduras was hit by hurricanes Eta and Iota. Thousands of people lost their homes, and crops were damaged or destroyed. When the country faces a natural disaster, the magnitude of its impact is greater because of climate change and erosion.

Through the story of Rony, students understand the **Catholic social teaching of Caring for God's Creation & how we can take care of our planet and global community.**



View video of Honduras by clicking
www.youtube.com/watch?v=m2-RFXyickI

Try this Honduras Bean Soup with Summer Squash and Rice

Start to Finish: 30 minutes

Serves: 4 - 6

- 1 onion diced
- 1 red bell pepper, diced
- 2 garlic cloves, minced
- 2 tablespoon olive oil
- 3 15 oz. can red beans drained and rinsed
- 2 cups water
- 1 veg. bouillon cube
- 1 yellow chili minced
- 1 jalapeno minced
- 1 15 oz can diced tomatoes with liquid
- Juice of 1 lime
- 2 summer squashes
- 4 cups cooked rice

Directions:

Sauté onion, bell pepper and garlic in oil until translucent. Add beans, water and bouillon, and heat thoroughly. Add yellow chili, jalapeño, tomatoes, lime juice and chayote, and simmer on low for about an hour. Add cilantro and serve