



Gratitude

November 2023

From The Friends of Esquipulas

GratITUDE. We hear that word often this time of year, and Friends of Esquipulas is happy to forward a message of gratitude from our partners in the Nicaraguan Highlands.



"San Guillermo Clinic is flourishing.."

There continue to be major challenges for the people of Esquipulas—repressive government actions, closure of hundreds of charitable organizations, restrictions on free speech and right of assembly. Criticism of these actions yielded a 26 year prison term for the bishop of their diocese.

Yet the tone of our monthly Zoom sessions shows the committee in Esquipulas to be upbeat and focused on the mission of helping their needy brothers and sisters. We wanted to share with you their profound gratitude for your support, and why they report their town is the envy of its neighbors.

Your gift supports a health clinic and pharmacy, one of two health care facilities in town. The San Guillermo Clinic is flourishing. Patient volumes have increased 30% in recent

months; the full time physician enjoys great rapport with clients. The associated pharmacy provides free or reduced price medications. By contrast, the public clinic is only able to write prescriptions which many people can't afford to fill.

The clinic also helps meet nutrition and clean water needs. There is no public water supply and water borne disease is a major health issue in the town and surrounding rural areas. With your funds, 50 water filters have recently been distributed; each will be shared with two or three neighboring families allowing



"With your funds, 50 water filters now serve 150 families who have experienced 'amazing improvement' in their health."



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each filter to benefit 15 people. The committee there is delighted with the “amazing improvement” in health outcomes for filter recipients.

Despite government closure of the program to help impoverished moms with young children create kitchen gardens, the clinic has been discretely providing seeds and using a network of women gardeners to continue this vital work. With fresh vegetables available, children avoid the lifelong effects of vitamin deficiency.

And our partners report another initiative begun several years ago, micro savings banks, is flourishing. Small groups of women received training and supplies to begin savings circles. Women were empowered to manage their own money and accumulate resources to meet their family’s needs, while building solidarity with their neighbors. As the deposits have grown, participants are able to get small loans (\$50) for such things as school uniforms, medications and staple foods. They have also begun setting aside small amounts that are given to community members in particular need.

Despite the odds, good things are happening in Esquipulas, made possible by our donors. This only happens with ongoing financial support. In addition to funding current operations,

Friends of Esquipulas anticipates need for increased funding, possibly to support the addition of a nurse for the clinic, and changes to the clinic’s location. We join our partners in Esquipulas in feeling deeply grateful for our contributors!



“Despite the odds, good things are happening in Esquipulas...”

How to donate: Simply make your check payable to Friends of Esquipulas and mail to:
FE c/o St. William, 1226 W. Oak Street
Louisville, KY, 40210

Donate with Paypal on our website:
friendsofesquipulas.org

Register your Kroger Plus card to help us earn Kroger rewards! Instructions to register on our website or krogercommunityrewards.com



The Friends of Esquipulas Board provides funding for internal administrative costs (including this newsletter) so that 100% of donations go directly to benefit the projects in Nicaragua!