

**Tablón Centro and Tablón Cerna Food Relief Delivery Report
June 20-23, 2025**

Heartland’s International Mission Committee sent funds raised for our brothers and sisters here in Tablón Centro and Tablón Cerna for food relief ‘baskets’ a couple of months ago. The Pastoral Team – a group of women and men – all Salvadoran – are the ones who facilitate any work or project within the communities that Heartland approves. Not only us, but the work and projects of 11 other churches and NGOs who have partnerships within the Our Sister Parish mission (www.oursisterparish.org). Knowing that a Heartland delegation would be coming to visit, they held off giving the food bags to the families so WE could all be a part of the process. The Pastoral Team feels it is important for the donors to see the happy faces of all the recipients. I agree.

Thanks to many members of Heartland, in addition to a food relief bag, we were able to put together a humble medical kit for everyone. We had acetaminophen, antacids, toothpaste, toothbrushes, anti-itch cream, antibiotic cream, and band-aids for each of the 56 families we visited. We visited each family at their homes. At every home, we were greeted warmly and welcomed with smiles and hugs. Some families had plastic chairs that they would arrange for us to sit in. Some families literally had nothing for anyone to sit on. Imagine that! We asked some basic questions. We asked about their farming: how much land, how far, if rented or owned. Everyone plants corn and beans with hopes that they will harvest enough to last them all year with a little leftover to sell for things they cannot grow like cooking oil, salt, laundry soaps, etc. The last two years have been difficult because they suffered extreme storms which wiped out most of their crops about a month prior to the harvest. We asked about their overall health. Some said they have good days and bad days. Several have chronic issues like diabetes and kidney failure. We asked about their children’s studies. If they had water collection tanks. If they had electricity. We also asked about some of their monthly expenses to have an idea of their struggles. These visits are both joyful and heart breaking.

Below are some photos to enjoy. I also included the list of items in their food bags. These items are chosen by the Pastoral Team. They know best what would serve the families well. They also are very good stewards of the money all the churches send and they shop wisely. They take advantage of random sales to get the most for the church’s bucks.

I invite all my Heartlander friends to join a delegation to get to know our beautiful families here in both Tablóns. Your hearts will be filled! Talk to our recent delegates if you have any questions.



Enjoy the photos!

And THANK YOU so much for your love, compassion, and generosity for our dear friends here in El Salvador!

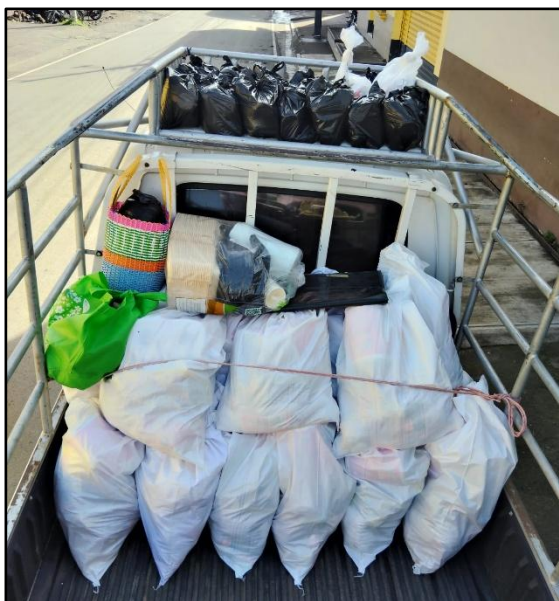
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|------------------|----------------|-------------|---|--------------|-----------|
| 5 pkgs soup base | 6# rice | 7# sugar | 2 bags cooking oil | 1 bag coffee | 1 pkg. TP |
| 4 pkgs spaghetti | 5# salt | 1 pkg candy | 2 cans of sardines | 4 pkgs Ramen | |
| 1 pkg cookies | 3 pkgs matches | | 5 bags of Lye (for processing corn for tortillas) | | |

In a separate bag:

- | | | |
|-------------------------|-------------------------|-------------------------|
| 1 bag of laundry powder | 3 balls of laundry soap | 10 small bags of bleach |
|-------------------------|-------------------------|-------------------------|

In a separate bag:

Acetaminophen, antacids, toothpaste, toothbrushes, Hydrocortisone cream, antibiotic cream, band-aids.



The KIA truck is loaded with the bags for our day's delivery

The delegation loads in the KIA. Some of the Directiva (community leadership) accompanies us. They lead us to the homes and help carry the heavy food bags! And they are great fun to talk to!



The idea was to get a photo of just the delegation in front of this amazing welcome poster that Tablón Cerna made for us, but Crúz wanted to join in. So, she is now an honorary Heartlander!

Just a few of our families!



Glenda Leonor and her two girls: Paola & Verónica

José Fernando was very teary-eyed and spoke his gratitude with sincerity.



We received many gifts: mangos, 3 chickens, avocados, papayas, nances, and a couple varieties of 'mystery fruit'!



The hospitality and generosity of the families was in abundance.

Expressions of love and gratitude abounded.

Many hugs and blessings were shared by all.

Everyone took turns presenting our gifts. We were in two groups to be able to visit all 56 families. Oscar (in the orange) translated for one group and I (Kathy) translated for the other. Everyone was so grateful for our visit.



Flossie felt the need to carry a bag. I notice she didn't carry it on her head the way most women carry things here!

Below: Dad: José Ricardo, Ángel Noel (12),
Xiomara Noemi (16), Carolina Yamileth (18), and
Mom: Yanira Marisol



Mary enjoyed a conversation with Margo. Her son Cristian Ronaldo is in the background is 15. He does not go to school because he is deaf.

There are no resources in Berlín and most towns for students with special needs. None.

Members of the Directiva (elected community leadership) accompanied us and lead us to people's homes. And they kindly carried those heavy bags for us!





Luann presented this gift.

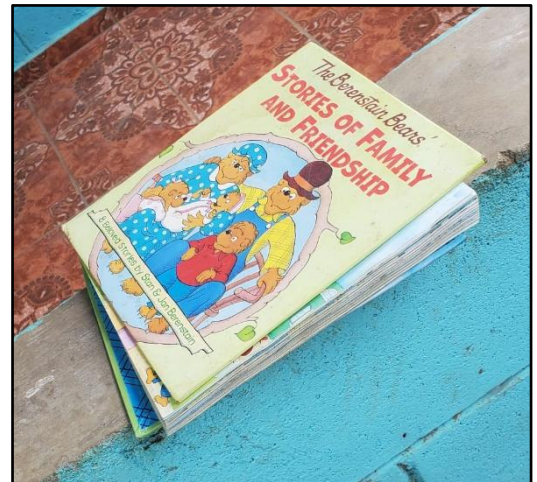
Natalia is looking on.
His name is Mauricio Ernesto. He actually has a job in Berlín as a mechanic! He is one of VERY few who have a permanent job.

We didn't ask, but a daily wage would be between \$5-8 per DAY.

A shrine/altar inside Rosa Irma's home.



Rosa Irma



The ONLY book I saw in the community. The little girl liked to look at the pictures and make up stories. She was only 5. That activity takes a bit of intelligence!



A random, small, very cheap, plastic toy.