

Coco's Philippines Trip

PHILIPPINES MEDICAL MISSIONS

Thank you all for the support through prayers and financially. I would not be able to go without all the loving support.

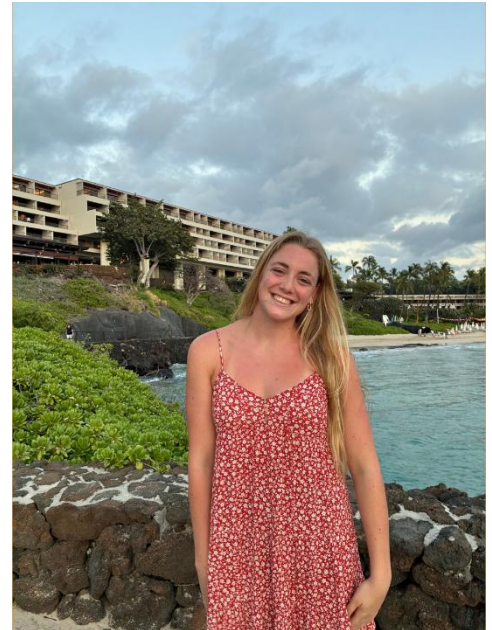
Thank you!

Dates: October 12-30

Location: Mailia, Philippines

Purpose: Grow in my compassion and learn about nursing in the community.

I have been blessed with the opportunity to serve alongside the Hope Rescue team in Manila, Philippines. We will be working alongside the team to provide medical services in outreach pop-up clinicals, hospital support, and wherever the team needs us. On weekends we will be worshiping alongside the local church integrating the love of Christ along with the medical service.



Travel Details & Prayer Requests

10/11

- Safe travels
- That I am able to grow in my relationship with Christ and learn from the community I am serving
- That we all stay healthy

10/18

- Everyone Stays Healthy!!!
- One of my team members Allie is sick
- That I am bold and able to learn and grow alongside the Hope Rescue team!

10/21

- Everyone Stays Healthy (I got a cold)!!!
- Julia to not throw up in car drives
- That we grow together in Christ and our relationships together over this weekend on our retreat

I will update every couple of days!

Trips Updates and Photos

Wednesday (10/14) the morning after our arrival we got to meet Amy and Dr. Becky. They oriented us to everything in the Philippines.

Then Amy helped us all navigate the wild west of a supermarket. After lunch we were able to meet the Hope rescue team at their headquarters (Safety Stop).

Edwin explained their mission, different outreaches and how through scuba they have been able to have many more opportunities to reach different tribes and communities.

Their outreach has changed and adapted over the last decade to serve the tribes and communities in the best way they can. For example, during covid there were very few ambulances and Edwin and the team decided that they would start driving the ambulance in order to service the community better.

Now they still operate but the government has increased their own emergency services but it is not as much as a community needs.

We were given a quick BLS refresher course by Jerry (one of the Hope Rescue team members) and were sent back to Shalom (the place we are staying) to prepare for the next day.

Thursday (10/15) we were picked up at 5:00 am for our first community outreach. The three of us piled into the back of the ambulance and started the 3 hour drive down to one of the Sama-Bajua communities that lives in Wawa. The community is very poor and lives on stilted houses near the ocean. They are considered squatters and the government will only allow non-stationary help to the community.

Most communities in the Philippines are Muslim and they do not like outsiders coming in. We went around the village doing blood pressure readings and simple assessments, mostly checking new mothers who were as young as 14 years old. During the assessment kids were running all around the community and at the end we fed the kids.

After the long day we went to 200 bar scuba and scuba dived for the first time! Thank you Kuya Larance, Jerry, and Edwin for helping show us the wonder of the underwater world. It was such an amazing and refreshing time after a long day!

Throughout my time in the Philippines, I will be getting my open water certification in scuba diving which is integrated in their ministry here at Hope Rescue! Scuba allows the team to reach the Sama-Bajua communities and others because they are very reliant communities on the water and diving. Scuba allows the team to teach them water safety along with giving them credibility to the tribes.

Friday (10/18) Kuya Jerry picked us all up at Shalom and drove to Safety Stop in order to meet the rest of the team and pray for the daily outreach.

We went to the community to do blood pressure checks and play with the children along with simple hygiene teaching. Then we set up a small blood

pressure and glucose check station outside the mosque and assessed people as they went home after prayer.

I tried my first Filipino food here with the team; I had Kara-Kara. It was delicious! Later that night we did our first night duty. In the ambulance we patrolled from upper Antipolo down to lower Antipolo looking for homeless people to hand out food to them, do a quick health assessment and pray for them. It was amazing to see how God works through us as we prayed for them and the impact it made to them even with the language barrier. Lastly that night we were initiated by all having Balut for the first time.

Saturday (10/17) was our first rest day! We went early in the morning to the Safety Stop and learned more about scuba diving and how to stay safe.

We also learn more about the Sama-Bajua tribe and how they are able to hold their breaths for a crazy long time in order to fish to provide for their tribe.

In the afternoon we went grocery shopping and to the nearby and tried Halo-Halo for a sweet dessert!

Sunday (10/18) we got to go to one of their house churches!!! We spent the morning worshipping with the neighborhood and singing about the goodness of God. We all prayed before the service and Pastor Jerad led us in the service in Romans.

After church they welcomed us all to go upstairs and eat with them. We had pancit and sinigang for lunch prepared by Ate Carol and Ate Lorraine. I was overwhelmed by their generosity and hospitality.

Monday (10/19) was so crazy amazing!! I could not believe what I was doing and where I was all day. It was such a beautiful day! Kuya Jerry drove us an hour to the Alpi Mountains to then hike and take a boat ride up the river, to hike again to the Malasya village.

We entered the middle of the village and set up a small health clinic for the local community. People came to us with all different types of illnesses and pains asking for help. We performed assessments and gave them the medication, when we could. It was such a blessing to be allowed into their community and play with the children.

After serving the community on our hike back we learned a tik tok dance led by one of our team members (Berlin) and jumped in the river!! It was a super nice cool off after the long day of work.

When we got back to the cars there was a street vendor selling chicken intestine, liver, and chicken foot. I really liked the grilled chicken feet!!

Tuesday (10/20) the bus of us and the team drove an hour to a train station then took the train down to the middle of Manila to set up a clinic at the Golden Mosque. In the Philippines people are mostly catholic or muslin. The ability to set up a clinic near the Golden Mosque as Christians is very unique.

As a team we are able to build connections to different communities and reach communities that would otherwise have not been allowed in. Through my time here I have learned that community and relationships are vital in the Hope Rescues mission to reaching people.

After the clinic and blood pressures we went to China town in Manila. We ate at a little restaurant then traveled back to Shalom on the train.

Wednesday (10/21) we went to a birthing clinic called Hope Alive. It is a Christian run ministry where they did a bible study in the morning with all the mothers then performed a medical check on them. After each medical check we prayed for them and gave them bibles if they wanted.

There was a birth at the clinic right before we got there so we got to see the new mom and help her breast feed and do all the early life checks on the baby.

It was definitely different than any other day but it was cool to see how the ministry was working with mothers. We got to talk to some of the missionaries at Hope Alive and got to see how God led them to where they are now.

I love to see how God is working through each individual person in such a unique way to spread His word. At the end of the day, we did our first in pool skills test at Faith Academy for scuba diving then ended the day with a family dinner in our shalom home together.

I have really appreciated growing to know the girls I am traveling with on a deeper level. The Ates set up christams at Shalom when we got back!!!