



Tláhuac Home for Girls

Satisfying hunger in an empty community

— Mexico City, Mexico —



Why are you cast down, O my soul, and why are you disquieted within me?
Hope in God; for I shall again praise him, my help and my God.

PSALM 42: 5-6



We are a Catholic ministry

that mobilizes the global Catholic Church to transform the poor and their communities materially and spiritually for the glory of Jesus Christ.

Rather than create new institutions to distribute aid, we support existing ministries and churches already serving the poor. In addition to being the most cost-effective way of helping the poor, empowering these ministries allows us to support the Church's spiritual mission and its important position of leadership in poor communities.

We consider every gift we receive as a precious resource from God. We direct every donation to its intended project, provide honest and accurate reports to our donors, and keep overhead costs to an industry low. We handle funds with utmost integrity and hold our ministry partners in the field to the same high standards by asking them to document costs and the impact of their outreach.

We invite you to join with us as we seek to transform the lives of the poor materially and spiritually — ways that please the Father and glorify him in Heaven and on earth.



Project Synopsis

Description

This project will provide three nutritious meals and two snacks a day for underprivileged students at Tláhuac Home for Girls.

Purpose

Provide 65 impoverished little girls, aged 6–12, with adequate daily nutrition and a safe space to learn and grow.

Our Partner

Tláhuac Home for Girls.

Location

The Tláhuac borough in Mexico City's southeast corridor.

Cost

\$21,600 will cover the costs of three nutritious meals and two snacks a day for an entire school year, as well as the salaries of the cook, part of the salaries for the nutritionist, cooking assistant and another staff member who oversees the food program.

Highlights

- Life in Mexico City's Tláhuac borough is difficult for many young girls — particularly those living in extreme poverty. Some come from very dysfunctional family situations, and a tragic number have suffered abuse.
- Tláhuac Home for Girls provides a safe, loving home to the young girls as well as Catholic instruction via the primary school on the grounds.
- This year, the school would like to provide three nutritious meals a day and two snacks to nurture the girls with very poor diets and related health issues.
- Girls aged 6—12 typically live at the boarding school either full time (receiving three meals a day, two snacks, attending class and living at the home) or part time (receiving breakfast and lunch, one snack, and attending classes) Monday to Friday. They return home on the weekends to try and repair family ties and to allow the sisters at the school to delegate some of the responsibilities to the parents.
- Cross Catholic Outreach wants to commit to funding the costs of food for these poor girls and the staff members, your support will make this gift possible.



COVID-19 Update

The Tláhuac Home for Girls has developed a social distancing plan so that it can reopen for face-to-face learning this academic year. In the event that Mexican authorities deny its request, the Tláhuac Home for Girls will provide online classes and online psychological care and will distribute food supplies to the girls two or three times a month.



The Problem: The Dark Streets of Mexico City

Mexico City is filled with traffic, tourists and historic buildings. These things may give the place a cultural mystique, but those who know the area well are also aware there is a dark side to the city and its surrounding communities. Some of these neighborhoods are dangerous and marred by extreme poverty. Often, these enclaves of the poor are “out of sight, out of mind,” and as a result, their problems, hardships and suffering go unaddressed.

The borough of Tláhuac is one of those places.

Tláhuac is located in the city’s southeastern corridor and its neighborhoods have become known for problems with violent crime, domestic abuse, drug activity and disintegrating family structures. For an innocent young girl with big dreams, these terrible hardships are understandably overwhelming. In fact, before her 10th birthday, a young girl can easily have experienced more abandonment, abuse, molestation and poverty than most U.S. citizens would face in a lifetime. Who among us wouldn’t have our faith and hope devoured by such trials?

Tragically, “home” isn’t the safe haven you might expect either. Since family violence is common, homebound girls still fall prey to all kinds of problems — including malnutrition. Fried and fatty foods make for a poor diet, and a lack of fruits and vegetables can often weaken immune systems.

A girl’s educational pursuits are challenged too. Girls kept at home can become tied up with household chores full time and lose their opportunity to attend school. It is easy to see how this can create a sense of isolation and crush a young woman’s spirit, leading her to fall into the same cycle of poverty that plagued her mother and grandmother before her.



It is clear that without proper nutrition and a quality education, the precious girls in Tláhuac are at risk, facing a life of poverty at least, and at worst, ending up in the hands of people who don’t have their best interests at heart.

Fortunately, the Church has a mandate to seek out and bless the poor, and Christ offers hope even where situations seem bleakest. We believe the Lord wants to be a light shining in the dark streets of Tláhuac and that the Tláhuac Home for Girls can be his instrument to bring mercy, love and hope.

You can help make this rescue and restoration of the poor a reality by supporting Cross Catholic Outreach’s plan to empower the Missionaries of Christ the King and St. Mary of Guadalupe who run the Tláhuac Home for Girls. Your contribution will allow the sisters to minister more effectively to poverty-stricken girls, providing them with a sound Catholic education and a safe and loving place to learn and grow.

Please — stand with these valiant sisters! Show them you share their mission to serve the poor and give generously to provide nutritious meals and snacks to the at-risk girls they serve. We can only empower them in this mission with your help.



Ministry Description



From the moment the girls arrive at the Tláhuac Home, the sisters there strive to establish a consistent daily routine in their lives. This provides a stability many of them have craved. Each child is also offered psychological counseling to aid in their recovery from any traumatic situations they may have experienced earlier in life. Because all of the girls come from extremely poor households, many haven't enjoyed regular nutritious meals, so the sisters make offering that provision a priority.

As the girls at Tláhuac experience these blessings, they begin to feel safe, supported and hopeful. Through the sisters' efforts, the light of the Lord

eventually turns away their darkness and reveals a path to a brighter future. Since financial support is needed to accomplish these things, benevolent Catholics are essential to their success.

Addressing Serious Nutritional Needs

Girls typically arrive at Tláhuac underweight, overweight and malnourished. To address their needs, the school wants to provide daily nutritious meals and snacks for the girls. This well-balanced diet, combined with exercise, will help the sisters nurse the worst cases back to health.

To ensure the help provided produces long-term benefits, the home also works with the girls' parents and guardians to provide education on healthy menu preparation as part of the larger topic of healthy living. Hardworking sisters and staff monitor their success by measuring each student's height, weight and glucose levels throughout the year. They will track the girls' and guardians' progress to make sure their relationships are improving and the girls are getting what they need.

The sisters know physical malnutrition isn't the only risk the girls face. Many also arrive with a deep spiritual hunger. Few come into the program knowing much about God, so the sisters intentionally teach them about the Lord's unconditional love. Through prayer and spiritual formation classes, each child learns she is a treasured daughter of our Heavenly father. They learn to worship the Lord daily and know that no matter how challenging their circumstances are, they can take their problems to the cross and fully rely on God.

Empowerment Through Education

Providing a solid academic education is also an important part of the sisters' outreach, and their staff works hard to prepare the girls for the future. Through their programs, each student is equipped physically, spiritually and intellectually to break free from the bondage of poverty.

The first - sixth-grade girls who live part time at the boarding school come from a variety of difficult situations, but all share the burden of extreme poverty. The girls live at the school Sunday through Friday and go home during the weekend to try and mend dysfunctional relationships with their families, who are given specific parental responsibilities by the sisters.



Be a shining light in the darkness!

Today, on the outskirts of Mexico City, vulnerable young women face hope-stealing poverty and the extraordinary challenges those conditions create. With your support, they could have a better life — a future shaped by Tláhuac Home for Girls. Please — give them that opportunity. Support the mission and its outreach to their communities.

In the Gospel of Matthew, Jesus tells his followers, “let your light shine before others, so that they may see your good works and give glory to your Father in heaven” (Matthew 5:16). In some of Mexico City’s harshest neighborhoods, where darkness reigns, there is a desperate need for that light of hope, and you can provide it by helping the Tláhuac Home change the lives of precious at-risk girls.

Your support of this Cross Catholic Outreach project will provide the funding needed to feed 65 girls at Tláhuac Home for Girls for an entire year, helping them earn the education they need to break free from the cycle of poverty.

Use this opportunity to reveal the love of God to those who need hope most. Nourish their physical bodies and satisfy the spiritual longing in weary souls. Through your loving support and compassion, you will be shining the light of Christ!



The Lord will guide you continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters never fail.

ISAIAH 58:11

Our Promise to You!

Donations from this campaign will be used to cover any expenditures for this project incurred through June 30, 2022, the close of our ministry’s fiscal year. In the event that more funds are raised than needed to fully fund the project, the excess funds, if any, will be used to meet the most urgent needs of the ministry.

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