

Mission Jamaica March 6-13, 2010

My journey with Mission Jamaica was an experience I will not forget, and a journey I would take again and again. Words can not fully express what I saw through my own eyes. I went on this journey openly and with no expectations of what I may experience. I knew that God would be guiding me along the way. I was able to experience and see a small part of what God has created.

The time I spent at Westhaven was so fulfilling. The children living there are all unique and amazing. The love of God shines on them and through them. One can easily see His love through each child's eyes.

On Sunday, we took some of the children with us to church. They expressed so much joy when we arrived to take them up the hill to the church. They were clapping their hands and making joyful noises. One could easily see how eager and happy they were to enter God's house and praise his name. The whole congregation, from young children to the elders, freely and joyfully praised Jesus throughout the service.

I looked forward to the days we went back to Westhaven to help out. All the staff members are dedicated to their work and caring for the children. The patience and love they show the children on a daily basis is never ending.

I spent a lot of my time in Cottage 4 with some of the smaller children. I would help feed them and take them for walks in their wheelchairs around the compound. The children always were happy to go for walks. They enjoyed the company and being outside.

On the first day we went to Westhaven, a teenage boy, Kevin, took my hand and led me to the swing set to push him on the swings. When I asked him if he had enough, he always shook his head no and wanted to keep swinging. He really liked to swing and I'm sure he would swing all day long if he was able to. So, every day we went to the swings and I would push Kevin and anyone else that wanted to swing.

I felt very much at ease when I was with the children. I knew this was where I was meant to be, helping those that were in need. The simplest

things brought so much pleasure to each child. I joined in their enthusiasm for life no matter what they were doing. Whether it was swinging, blowing bubbles, coloring with crayons, or going for walks. It was always hard to say goodbye at the end of each day. But, I knew I would be back the next day.

After each long day on the mountain we shared our experiences during our daily devotions. I had a good feeling being a part of the group that had a purpose to praise God and share the word of God with others. We then were free to relax the rest of the evening.

Our last day at Westhaven was joyous and bittersweet at the same time. The children knew it was our last day with them and parts of the day were a little difficult for everyone. We had a party that day. The children were so excited for the party and enjoyed themselves a lot.

We live in a fast paced world. At times we are too busy to help others in need. We sometimes forget to enjoy the simple things in life and the world that God has created. Like the smile and laughter of a child and the beauty of a flower, or a vanishing sun in a sunset. This joy and beauty is found everywhere among the well to do and the poor. There is so much to be thankful for no matter where we live in God's world.

I want to continue to help as I am able with Mission Jamaica in the future. I would also like to thank those that kept us in their prayers on our journey. I am also looking forward to sharing my experiences in Jamaica and its people.

The Lord will keep his promises, with Love he takes care of all he has made.

Deb Sohn