

## What to Bring to Kingston

In order to assure that your stay will be as safe and comfortable as possible, it is recommended that you bring the following with you:

- Bottled water (small bottles)
- Bug spray (non-aerosol)
- Earplugs (nights can be noisy!)
- Sunscreen
- Rubber gloves and masks (5-10 pair)
- Bible, reading material, journal, etc.
- Flashlight
- Hand sanitizers
- Approximately \$100 for donation for food/lodging
- Sneakers (all leather preferable)
- Snack foods, protein bars, etc.
- PASSPORT

## Contact Info for Family

Missionaries of the Poor

3 North St.

Kingston, CSO

Jamaica, West Indies

876-922-2676; 876-922-2218

E-mail: mopja@cwjamaica.com

Website: www.missionariesofthepoor.org

## Reflections on Working with the M.O.P.

"I can never look at another of God's children in the same way as I did before this humbling experience. These suffering human beings [those infected with HIV/AIDS, crippled and twisted bodies, mentally impaired, children with unspeakable deformities] had only smiles and hugs filled with love for those of us who gave so little and received so much in return. My life is forever changed. Praise God." Ethel Simmons

"It was at the same time both the worst and best experience of my life." Ernie Pastor

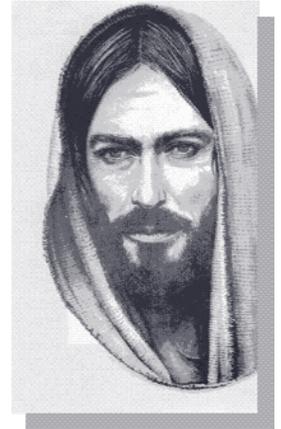
"After our trip to Kingston we could no longer be deaf to the cries of the poor, having experienced the great need firsthand. It was no longer enough to just pray for the poor, but it has become our mission to raise awareness of, and raise funds for, the Missionaries of the Poor." Sarah Ryan and Teresita Calderon

"At the end of the day, I thought back how just about every man rubbed their face after their shave in appreciation for that clean feeling. But it was I who was able to feel cleaner because I was having my sins of pride and selfishness forgiven with every stroke of the blade. But like those beards and that stubble those sins come back and reappear and need constant shaving. That's why I guess I return to Kingston each year... They had their faces cleansed and shaved by me, but I had my soul cleansed and my sins washed away by the Christ who I first wanted to turn my back to." Msgr. Richard Figliozzi

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Working With the Missionaries of the  
Poor  
In Kingston, Jamaica

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The Missionaries of the Poor is an international religious institute of priests and brothers in the Catholic Church, founded in 1981 by Father Richard Ho Lung in Kingston, Jamaica. This relatively young community was elevated to the status of religious institute by Pope John Paul II - the first and only male religious community founded in the English-speaking Caribbean to attain this distinction. Father Ho Lung, accompanied by only one other brother, began his ministry by working tirelessly in the most dehumanizing slums in Kingston, Jamaica. Eventually, the Missionaries of the Poor opened additional shelters for the homeless, AIDS patients and social outcasts in Haiti, the Philippine Islands, India, Kenya and Uganda.

Since 1996, Msgr. Richard Figliozzi and M.O.P. Lay Associate Annette Ferrarella have been bringing people down to Kingston, usually during Lent, to work with the Missionaries of the Poor. The trips normally run for five days, culminating with Mass on Sunday with the residents and the brothers. There are five different apostolates to work in: *Faith Centre* and *Good Shepherd*, which each house homeless and handicapped men and older boys; *Lord's Place*, with women, some children and AIDS patients; *Jacob's Well*, which also

houses women and girls; and *Bethlehem Home*, for abandoned and sick infants and children.

The brothers live a simple life which visitors have the opportunity to share when they stay in one of the three monasteries: *Prince of Peace*, *Sacred Heart*, or *Corpus Christi*. Their daily life is a joyful routine of prayer, work and worship. Visitors are permitted to enter into that life in part and asked only to observe some basic rules of the Community such as a dress code (see below) and periods of silence. Mass and morning prayer are at 5:45 a.m. (weekends and holidays at 6:45 a.m.). Evening prayer is at 5:00 p.m., and night prayer at 9:00 p.m. They generally observe "a spirit of recollection and silence" within their living quarters, and ask that recreation and discussions take place in designated areas. If space does not permit a stay at a monastery, accommodations are made at a local convent.



Travel arrangements and accommodations for the trip are handled by this office. A passport is now required to travel to Jamaica, and it is advisable to bring another form of ID (e.g., driver's license) as well. All travelers should check with their own physicians regarding any necessary immunizations.

Working and worshipping with the Missionaries of the Poor is a life-changing experience. There is a visible, tangible joy present in the lives of the brothers as they give themselves totally to God and His Kingdom. To join in their service to others, their "Joyful Service to Christ on the Cross", is to have a small taste of Heaven on earth. It is here that we witness the Beatitudes come to life: Blessed are the poor in spirit, blessed are they who mourn, blessed are the meek, blessed are the merciful..."

#### Dress Code

To ensure religious decorum, the following dress code must be observed by all visitors to the homes of the Missionaries of the Poor:

- Men — All shirts must have short or long sleeves - no tank tops. Shorts (just above the knee) or long pants only.
- Women — MODEST blouses or T-shirts (again, no tank tops). Walking shorts (just above the knee), long pants or longer skirts and dresses are acceptable.
- For liturgical activities in the Chapel, modest shirts with short or long sleeves, long pants and longer skirts and dresses are appropriate. No shorts for men or women are allowed during worship.
- Mid-thigh shorts or mini-skirts are never allowed anytime during your visit with the Missionaries of the Poor.
- There is no smoking or alcohol permitted anywhere on the premises.