

GALAPAGOS

KENYA

JAMAICA



*Happy Thanksgiving to you and yours!
 We are so grateful to be journeying
 together through IC this year. We are
 wishing you a safe and restful holiday.
 If this is a tough time of year for you,
 please know that we are holding space
 for you this weekend.*

*With so much gratitude,
 Allie & Haley*

★ A PRAYER FOR THANKSGIVING ★

[This Land Belongs to No One - By Hila Ratzabi](#)

“The earth is God’s, and all its fullness;
 The world and those who dwell upon it.”

—Psalm 24

This land belongs to no one
 but God. The Earth was here
 before us and will endure
 after we are gone.

Let us walk gently
 upon this precious earth,
 taking only what we need,
 leaving little waste,
 nurturing the soil,
 revitalizing the land
 to sustain future generations.

This land we dwell upon today
 is the ancestral land of [insert name of local
 Native people].

We acknowledge their historical roots
 in this place, the many generations
 who were stewards of this land.

We hear the echoes of their prayers
 to the Great Mother Earth
 and seek to learn from their wisdom.

We acknowledge the history of pain,
 disease, and bloodshed
 the Native peoples’ endured
 when they were colonized.

Though we can’t reverse the course of history,
 let us not ignore it.

Let us look history in the eye

and accept its painful truth.

Let us honor the memory of those who died on
 this land,

who lost their sovereignty.

Let us honor the Native people who, to this day,
 keep their sacred traditions and culture alive
 and seek to reclaim, reassert, and revive their
 sovereignty

Our ancestors came to this country
 from [names of countries],
 often enduring hardship
 that laid the foundation for our freedom.
 We acknowledge their sacrifices
 so that we could enjoy better lives.

We are grateful for the bounty we enjoy today,
 the abundant variety of foods this earth provides.

We acknowledge those who cooked this meal,
 [name the cooks!]

and set this beautiful table.

We acknowledge those who planted
 and harvested this food,

many of whom are immigrants.

We send them blessings for safety and freedom.

We commit to sustaining this earth
 so it will continue to sustain us,
 our children and grandchildren.

We commit to give more and take less
 from this fragile earth.

Thank you, God, for the land that sustains us, for
 our family and friends, and this sacred moment
 we are privileged to enjoy.

MEET YOUR SL ✨



Why IC? IC is an amazing opportunity that has not only given me the opportunity to explore to amazing places around the world, but also to connect with others through community. This experience is unique because while we do help our community partners through acts of service, we have the chance to learn about the cultures of others and the needs of their community in hopes to be more informed individuals who seek to advocate for others as we return home. It is amazing how much I learned in just one week on an IC trip, and I am so grateful to have the opportunity to expand my perspective and share my love to a new community of people this winter in Kenya.

What encounter/immersion trips have you been on before? Jamaica 2024

Who is someone you encountered on your trip, how has their story transformed you? One person I had the chance to encounter during IC Jamaica is Paul. Paul, though he was not able to communicate with me verbally, showed me tremendous expressions of love that has truly left an impression on my heart. During my time with Paul, he grabbed my hand, we walked around the apostolate together, and played games. Upon leaving, Paul walked with me to our bus, tried to get onto the bus with me, and waited outside the bus as we departed the site. What stands out most from this encounter was not just the love I was shown, but what I learned from this experience. This experience taught me the true meaning of service. While service can consist of actions, at the heart of service is love. It is our expressions of love towards others that is able to ignite that same love inside of someone else.

Which unconventional animal do you wish you could have as a pet?: An unconventional pet I would love to have is a pet goat. I find goats to be some of the cutest animals and entertaining to watch. I can most definitely foresee myself having a pet goat, and maybe some pigs and cows, in the future. :)

✨ UPCOMING EVENTS!! ✨

Search Retreat

Join Campus Ministry from **February 14-16th** as we get away from campus to reflect on who we are! It offers a chance to explore topics like identity, faith, forgiveness, and relationships while experiencing God's unconditional love. No matter where you are in your faith journey, come as you are and discover more. If interested scan QR code for Registration Form!!



LGBTQIA + Retreat

Join Campus Ministry & LGBTSS for a retreat for the LGBTQIA+ community from **January 17-19th**. Space is limited, please email Diana Hadjiyane for more information (diana.hadjiyane@lmu.edu)

Post-Grad Service

Apply to be a **Jesuit Volunteer** 2025-2026!! Ignited by a faith that does justice, JVC volunteers take on some of the world's most uncomfortable challenges, permanently transforming themselves and the communities they serve. As a Jesuit Volunteer, you'll live in community and serve alongside those in need to build a more hopeful and equitable world. Scan QR code and/or email Alex Salonga for more information (asalonga@jvcnorthwest.org)



RECIPE CORNER

Get ready for your trip by eating from your host cultures

JAMAICAN JERK CHICKEN

Ingredients: Peppers (Scotch Bonnet or Habanero), Red Onion, Garlic, Scallions, Soy Sauce, White or Apple Cider Vinegar, Olive Oil, Lime Juice, Fresh Ginger, Brown Sugar, Nutmeg, All Spice Berries, Cinnamon, Dried Thyme, Salt, Pepper, & Chicken or Vegetarian Chicken Supplement (Seitan, Tofu, Jack Fruit)

- Blend spices together
- Marinate chicken
- Cook to your liking



UGALI – KENYAN CORNMEAL

Ingredients: 2 cups water, 1 ½ cups white cornmeal (white is traditional, but yellow works fine)

What to Serve with Ugali

- Sukuma Wiki
- Kenyan Beef Curry
- Nyama Choma



ARROZ MARINERO

Ingredients:

For the rice: 2 tbs oil, 2 tbs finely chopped white onion, 1 garlic clove minced, 2 cups uncooked long grain rice, 2 ¼ cups seafood stock or seafood broth
For the seafood rice: 3 tbs oil – sunflower peanut or light olive oil are good options, 1 ½ cup finely chopped white onion, 2 garlic heads peeled and crushed, 1 bell pepper diced, ½ tbs cumin, 1 tsp achiote powder, 1 bunch of cilantro finely chopped, ~4 lbs assorted seafood: shrimp calamari, scallops, mussels, clams, Salt and pepper to taste



FAITH SEEKING GLOBAL JUSTICE

ENCOUNTER REFLECT RESPOND



GALAPAGOS
CARE FOR CREATION



JAMAICA
FAITH IN ACTION



KENYA
RECONCILIATION AND JUSTICE

LOYOLA MARYMOUNT UNIVERSITY
IGNACIO COMPANIONS GLOBAL ENCOUNTERS

TSHIRT REVEAL!!



ASK HALEY & ALLIE

What's your best advice for IC trips?

Stay open-minded! IC is full of surprises, so flexibility is key.

Embrace the unexpected, trust the process, and dive into every moment.



What do I do if I get sick on Encounter?

There will be a fully stocked medkit on each Encounter in case you need any over the counter medicines or first aid

We also have LMU emergency insurance through ISOS, which will help with any medical/hospital needs



What should I not pack?

Any technology or valuables that would be devastating if they got lost or were stolen



What should I pack?

Bring the basics: shampoo, soap, menstrual products, a hat, comfy clothes you don't mind getting dirty, and a journal to capture your thoughts



ANY OTHER QUESTIONS? EMAIL US AT IGNACIOCOMPANIONS@LMU.EDU

ASK HALEY & ALLIE

How will I survive without my phone?

It might feel daunting at first, but being away from your phone is freeing.

For me, being phone-free helped me focus on the present and build meaningful relationships

—it was one of the best parts of IC!



What if my family needs to get ahold of me?

Each mentor will have a phone on the trip and a working phone plan that can be used for emergencies

They will also periodically send email updates with pictures to your Emergency Contacts :)

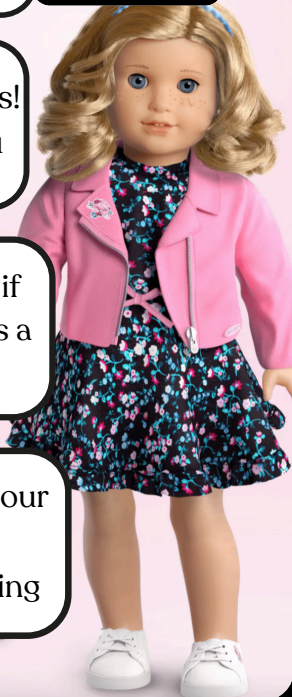


What do I do if I have a problem on Encounter?

Talk to your student leaders! They are there to help you

Get your mentor involved if you feel like the issue needs a different perspective

Trust in the goodness of your small group and the relationships you're building



I'm worried about the restroom situation—what if I get an upset stomach?

Embrace the uncomfortable! It's completely normal to have "poop issues" on IC everyone goes through it!!

Be prepared to "poopie" and to "not poopie," and laugh about it. It's all part of the adventure!



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