



"Give something, however small, to the one in need. For it is not small to one who has nothing. Neither is it small to God, if we have given what we could."

-St. Gregory Nazianzen

Dates of upcoming mission: October 7-11, 2026

Overview of the mission:

Little Flower Catholic Therapy Missions is a non-profit [501(c)(3)] organization with a mission to bring therapy opportunities to people who lack access to care around the globe. Our work flows from a place of prayer. We lead short-term mission trips to accomplish our goals of building sustainable therapy programming. Our mission teams include occupational, physical, and speech therapists as well as assistive technology professionals and other people who we train to assist. We believe mission trips can be an avenue for profound spiritual growth for participants and therefore strive to bring this opportunity for service to the poor to as many people as possible.

Our vision statement is: To serve the Lord by creating sustainable therapy programming that promotes participation in healthy occupation to elevate the dignity and quality of life of those living with disabilities across the world. With St. Therese the Little Flower as our intercessor and guide, sustained by the Sacraments of the Roman Catholic Church, Little Flower Catholic Therapy Missions seeks to demonstrate the tangible love and mercy of Christ to those entrusted to our care.

Currently, we are partnering with the Missionaries of the Poor with the goal to establish therapy programming at each of their nine apostolates for the poor in Jamaica. The Missionaries of the Poor (MOP) is a Catholic religious order having received Pontifical Approval. They consist of over 550 brothers and over 30 sisters serving in nine missions around the world. They were founded in Jamaica in 1981 by Fr. Richard Ho Lung.

The Missionaries of the Poor take vows of Poverty, Chastity, and Obedience as well as a fourth vow of free service to the least of our brothers and sisters. These services include hands-on care of the destitute homeless, orphans, elderly and sick in their care centers, where they provide food and drink, clothing, shelter, and basic medical care. In addition to these works of mercy, the brothers and sisters provide spiritual care to their surrounding communities including catechesis, bible study, music, devotion to the Eucharist, to the Blessed Mother and other liturgies. They also welcome lay associates to come and stay with them, join in their prayers, and volunteer at their centers.

Nearly every resident at the MOP apostolates suffers from some sort of disability. We encounter a large range of diagnoses including: mental illness, autism, Down Syndrome, congenital abnormalities, cerebral palsy, amputations, stroke, hearing and vision loss, and more. The access to healthcare in Jamaica is very limited, so the presentation of these illnesses is often much more extreme than we are used to seeing in the United States. Often the most shocking population are those with cerebral palsy who are contorted with contractures severely limiting their ability to effectively move, eat, and breath.

Our goals are to uphold each person's dignity which is often accomplished by promoting their participation in activities of daily life including self-care, work tasks, leisure activities, social interaction, and prayer. We accomplish these goals by training local caregivers to provide the day-to-day therapy services the residents need. We sponsor these caregivers monetarily and provide the materials needed.

Logistics:

Travel: Our mission teams are often traveling from various parts of the United States. However, we try to coordinate flights into Jamaica. If a large group is traveling from one area, we may book group flights. Otherwise, each team member is responsible for purchasing their own flight. Please check with your team leader prior to booking a flight. We recommend purchasing travel insurance for this trip, specifically to assist in case of a medical emergency. This is also the responsibility of each individual team member (unless your flight was purchased as a group as mentioned previously). Travel insurance is often cheaper when purchased separately from your flight. We recommend you visit Allianztravelinsurance.com to get a quote. You will need a valid passport. It should expire no less than 6 months after the completion of the trip. Once in Jamaica, we will have a hired driver to transport us as needed throughout the trip in a private vehicle.

Lodging: Our lodging is at Immaculate Conception Hostel in Constant Springs, Jamaica. The building was a glamorous hotel in the 1930's but is now a convent for the Franciscan Sisters of Allegany who teach at the onsite school for girls. The dorm rooms are shared with up to 3 other team members. Each room has an attached bathroom. There is no air conditioning, but the onsite pool is very refreshing after a hot day of work. The grounds also host beautiful gardens, a chapel, a kitchenette, and wifi.

Food: Meals are provided and will primarily consist of traditional Jamaican cuisine. If you have specific food restrictions, please discuss this with the team leader prior to the trip.

Safety: You may notice travel advisories for Kingston due to high crime rates. We take precautions accordingly. While in Kingston, we remain in our private vehicle or on the gated grounds of the Missionaries of the Poor at all times. Our hostel is outside of Kingston but is also gated with 24/7 security. While we do try to provide experiences of Jamaican culture such as an outing to the beach and a meal at a local restaurant, we carefully choose the location of these experiences with safety in mind.

Job demands: Frequent bending, squatting, and lifting of up to 50 pounds may be required for transferring residents. Prolonged standing may also be required. Terrain is often uneven. You will be exposed to high temperatures for the extent of the trip including for sleep. There are also emotional demands with exposure to extreme poverty, physical deformities, psychological illness, and lack of access to care. *Please discuss any special medical needs or pertinent medical history with the team leader before the trip to ensure your safety and well-being throughout the trip.*

Recommended immunizations: Visit the CDC travel website for up-to-date information.

Cost: The cost of the trip is \$500 in addition to airfare. A non-refundable \$50 deposit will be required to reserve your spot on the team. The remainder of the cost will be due 30 days prior to the trip. Checks should be made out to Little Flower Catholic Therapy Missions.

Fundraising: We encourage team members to fundraise to help cover the cost of their trip.

Fundraising Tips:

Understand that fundraising money for the mission is two-fold. It gives us the needed funds to carry out the mission, and it also gives each of us the opportunity to spread the message of the mission and invite people that might never go on mission themselves to support the people and projects that we participate in. It is way more than just begging for money.

1. Take time to Pray.
 2. Draft a list of people that you would like to contact about the mission.
 3. Write a letter explaining why you are going on mission, what specific projects the team will be working on and invite your friends and family to join in the mission by supporting it through prayer and/or giving financial support. Include a response card that has a place for their personal information such as address, email and/or phone number
 4. Offer option of sending a special prayer intention that you can focus on during your mission
 5. Include a self addressed envelope for checks
 6. Keep a list of those who sign up to support you
 7. Send a thank you letter when you return and share all you have done.
- Remember that you are asking for money for those who can't ask for themselves. It is about getting the word of the mission out to as many people as possible.

Spiritual Activities: Our goal is for mission trip participants to tangibly encounter the Lord and respond through increased devotion to Him. We accomplish this goal through:

- A send-off Mass prior to departure (depending on location)
- Daily Mass while on mission
- Group rosaries
- Midday prayer with the MOP brothers
- Witness of religious life
- Encountering Christ in the poor
- Reflections from team members during nightly meetings

Sample Weekly Schedule (subject to change)

Wednesday: Travel day/Arrive/Welcome/Orientation/Settle in
Thursday-Saturday: Mass and prayer/Work at the apostolate homes for the poor
Sunday-Depart/Travel day/Arrive home

Sample Daily Schedule (subject to change)

5:30 am Wake up
6 am Depart for Mass
6:30 am Adoration/Mass
8:30 am Breakfast
9 am Work at apostolates
12 pm Midday prayer/Lunch

1 pm Continue work at apostolates
3:30 pm depart for Hostel (Pray Rosary)
4:30 pm Free time
5 pm Dinner and Team meeting
6 pm Clean up/free time

Team building:

Applications and interviews: If you are interested in joining our upcoming trip, we welcome you to fill out the application at the end of this document and email it to catholictherapymissions@gmail.com. Once we receive your application, we will reach out to schedule a time for an interview. Spots are limited and are offered on a first come, first serve basis.

Pre-trip meetings: As we prepare for the mission trip, we will have several team meetings, either virtual or in-person depending on the make-up of the team. During these meetings, we will continue to prepare you for the trip and provide more detailed information such as specific flight information, dress code, and packing list. Team members will be expected to sign a waiver form prior to the trip.

Expectations while on mission:

- Because our trips are religious in nature and our teams often include youth, we do not permit use of drugs or alcohol.
- Team members are expected to abide by the rules of the hostel which will be given upon arrival.
- Team members are not permitted to leave the hostel without permission from the team leader.
- Team members are expected to communicate any health concerns to their team leader as they arise.
- Team members are expected to attend nightly team meetings and share openly how they experienced God in their day.

Little Flower Catholic Therapy Missions Application



Thank you for your interest in volunteering with Little Flower Catholic Therapy Missions. Please fill out the application below and send it to us at catholictherapymissions@gmail.com. We will then contact you to set-up an interview, so we can determine how you can best help.

NAME:

LAST NAME FIRST MIDDLE

DATE OF BIRTH

CONTACT INFORMATION:

ADDRESS _____

PHONE NUMBER _____

E-MAIL ADDRESS _____

BACKGROUND INFORMATION

PROFESSION _____

YEARS OF EXPERIENCE IN THIS PROFESSION _____

CURRENT EMPLOYER _____

Have there been any past or current inquiries, complaints, or legal actions involving your professional therapy license?

☐ Yes ☐ No

If yes, please provide details:

PREVIOUS VOLUNTEER EXPERIENCE (INTERNATIONAL OR LOCAL)

SPECIAL SKILLS

MEDICAL BACKGROUND

The demands of daily mission trips work includes, but is not limited to, the following:

- Prolonged, extreme heat
- Lifting, up to 50lb.
- Squatting
- Kneeling
- Exposure to insects
- Potential exposure to bodily fluids(personal protective equipment provided)
- International cuisine

PLEASE DESCRIBE ANY MEDICAL CONDITIONS OR LIMITATIONS THAT MAY IMPACT YOUR ABILITY TO SAFELY PARTICIPATE IN A MISSION TRIP, INCLUDING ANY ALLERGIES

PASSPORT

Do you currently have a passport? YES or NO

Passport expiration date: _____

OTHER COMMENTS OR QUESTIONS:

How did you hear about us?

Questions or comments for us?
