

EL HORMIGUERO

LAS HORMIGAS COMUNIDAD EN DESARROLLO A.C. BULLETIN

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Our bulletin kicks off!

Las Hormigas issues for the first time in this medium to let you know about our work.

On the eve of our fourth anniversary providing our services in our own premises (March 19, 2008), we are delighted to see the first issue of El Hormiguero, an electronic bulletin which will keep us in touch and through which you will be informed about the work we do, thanks to your generous and solidary

support.

In this first issue we share some of our activities, as well as news and Projects we are about to begin.

The idea is publishing this Bulletin in addition to the previous things, some therapeutic issues or reflections on life and living.

We look forward to see your comments and feedback.

We especially thank Sociedad Mexicana Pro Derechos de la Mujer A.C. (SEMILLAS) who have been our teachers and friends in consolidating our Organization, besides supporting us with funds to make this Bulletin.

Greetings with our best wishes for each and every one of you.

**Elvia Villescas Sanchez
Linabel Sarlat Flores**

*Founders of "Las Hormigas"
Comunidad en Desarrollo A.C.*

Welcome, new donors, to the ant network:

- Rosamaría González Romero
- Blanca Rodríguez Herrera
- Celina Sarlat Flores
- Miriam Salazar
- Anna Helszajn
- Ma. del Carmen Morales
- Ana Ma. Savina

- Jaime Ruiz
- Jesús Herrera
- Ursula Comejo
- Edith Caarranza
- Rosa Ma. Rodríguez Herrera
- Gabriela Rodríguez
- Roberto Rodríguez
- Bambi Azano

- Isidoro Herrera
- Rosy Corral
- David y Verónica Ruiz Zárate
- Elvia Chávez de Zárate
- Emilio Zárate Chávez
- Thomas Turner

•Thank's to



Fundacion Telefonica Movistar, Colegio Teresiano de Ciudad Juarez and Mr. Thomas Turnes for his generous donation. We also thank Casa Anunciacion in El Paso Texas on its solidary work to build a wall for the Children's House.



A restaurant for a purpose.

Thanks to the support by Organizacion Semillas A.C. we are about to open a small restaurant which will be operated and organized by some women from our community, within the project "Women neighbors supporting women neighbors". This project seeks economic autonomy for women and their organization.

The premises are being remodeled and conditioned thanks to the solidary support by Pedro Urban and the Santa Fe, Nuevo Mexico team, the "World Hands Project" with Alfred Von Bachmayer, Dafid Rawlings, and dean Coil:

Thanks friends!



Visit to Paquime

A significant visit to the Paquime ruins, the seat of a millenarian culture.

On November 7, 2007, we were granted the wonderful experience of going to the Paquime ruins, the seat of a millennial culture located near Casas Grandes in the state of Chihuahua.

The most significant part of this tour was that we took 20 boys and girls from the "Smiles in the Desert" project to have a therapeutic experience with their cultural and historical roots. The adventure started the night before since we had to leave at 5 o'clock in the morning, and some parents preferred their children to spend the night at Las Hormigas.

The tour in Paquime had a therapeutic line laid out by PhD and Doctor in Philosophy in Gestalt Psychotherapy Roberto Dansie and Professor Lama Suhita (former advisor for mother Teresa of Calcuta and current advisor for Dalai Lama). With meditation and some exercises the soul of the children was being touched, arising the eagle inside them, the warrior, the Atlas, their natural elements (water,

earth, wind, and fire) and their deepest dreams. This last exercise consisted of inviting the children to dream about what they wanted to become as they became adults. Upon stating so, their head was wet with rose water and they were invited to share their dream with their parents or the adults with them.

It was a wonderful, enriching trip for the children and the adults with them

"This trip to Paquime meant meeting myself in another time. It was a wonderful experience and I really liked the therapy work made with children", says Lucy Hernandez, from the Las Hormigas Team.

Jessica, a 10 year old girl who comes to the "Smiles in the Desert" Project says: "I really liked the pyramids, the tour we made, the Mayans who were here. At the squirrel house, I liked being able to see one. In the exercise about dreaming what we wanted to become as grown-ups I said I wanted to be a lawyer to help people with their problems".



A message from Las Hormigas



A home for boys and girls.

Close to starting a new project of great help to the community.

A project we are about to start is a House for girls and boys. The goal is to support women who are alone, who work, and who don't have a safe place to leave their boys and girls.

This project was born upon seeing and becoming aware that girls were being abused by the caretakers their mothers left them with while they went to work.

Thanks to a donor (Pedro Urban) we were able to buy the property which had a few already-built rooms and make some fittings to adjust the same.

In the next Bulletin we will give you more news about this House which is already a hope of life and health for the communities in Anpra and Lomas del Poleo.

Only through solidarity and after getting rid of our emotional "blockages" can our community become a healthy, dignified place where violence and pain will disappear and give room to harmony, thus becoming truly human.

Welcome Cecy

On October 15 Cecilia Hernandez, Montessori Guide, joined the team managing and coordinating the "Smiles in the Desert" project, supported by Assistant Lorenza Agüero. Patricia Perales, who used to coordinate the Project, temporarily left the Organization to devote herself to her education.

We are currently seeing 32 girls and boys during the week, all of them with a wonderful growth potential and the challenge that the work we do enables them to join their respective schools with more tools.

Thanks, Paty. Welcome, Cecy.



Sexuality course

Sexuality workshops addressed to adult women

On January 23 2008 we started a sexuality course in workshops addressed to adult women, which we called "Let us place sex where it belongs".

This Course responds to the urgent need we found while doing psychotherapy work for women to discover, value, and be able to enjoy their bodies, for them to know their great dignity as women and to be able to rid themselves of the mistaken ideas of guilt and pain they have had one generation after another.

19 women are attending the course, "placing sex where it belongs" full of joy and wonder. These workshops are being supported by the El Paso Texas foundation, the Paso del Norte Health Foundation.

Upon completion of the first stage of these workshops we will share some of their testimonies.



Bach flowers

Women from Las Hormigas get training in flower therapy.

On August and early September last year, four women who collaborated with Las Hormigas took a course on flower therapy called "Bach Flowers", the name of which comes from the creator of this therapy who found that most illnesses in human beings are related to blocked emotional energy.

The goal of this course was becoming able to diagnose some illnesses in the body and being able to mobilize energy with flower essences.

Consulting began in October with excellent results.