



**Cacao plant. The white pulp around the seeds is like sweet, hard candy, but soft. The seeds are dried and we can make chocolate!**

## CULTURE CORNER

While in Jarabacoa, I saw many different fruits and vegetables. I had never seen some of these growing and others were completely new to me.

- **Yuca**- similar to a potato; people will mash it or steam it; casabe is made from yuca
- **Batata**- similar to a sweet potato
- **Tayota**- fruit similar to squash and cucumber; grows on vines and never touches the ground
- **Cacao**- see caption above
- **Chinola**- passionfruit
- **Limon dulce**- I would call this a cross between a lemon and an orange
- **Papaya**
- **Starfruit**
- **Macadamia nuts**

I even saw coffee beans growing!



To be added to or removed from this mailing list, or switch from USPS delivery to email, send an email message to [kathryn.phillips@lcms.org](mailto:kathryn.phillips@lcms.org) with the word ADD or REMOVE in the subject line.

[kathryn.phillips@lcms.org](mailto:kathryn.phillips@lcms.org)

## Always Learning

I spent the third week of October in Jarabacoa, a mountain town about an hour from Santiago. Three of us new missionaries (Cindy, Courtney, and myself) were there for Spanish language and culture immersion. The views while driving through the mountains were spectacular! It was good to be away from Santiago for five days and see another part of my new country.

We spent the week going to the markets and cooking with a Dominican family, and they took us around to some of the different pueblos where we could see the industry of this region. Due to the slightly cooler climate in the mountains, the Jarabacoa region is home to many different types of agriculture. Some of the excursion highlights of the week included visiting a small pueblo where women make casabe, a chocolate factory, and a stop to learn how men make bamboo furniture. One of our hosts, Lilian, showed us how she makes her own coffee and chocolate straight from the plants.

Each day, we cooked lunch with the family after shopping in the markets for ingredients. Lunch is the largest meal of the day. We spent about two hours preparing 5-10 dishes together each day. I have many new recipes to try, which makes me happy because I love to cook! Food is something that crosses all cultures. It was a wonderful experience to gather as a group of women from different cultures talking about life and food. I learned a lot throughout the week and was able to experience first hand much of what has been covered in my Spanish and culture classes. I now feel more prepared to begin visitations in members' homes.



**Above: Cooking with Doña Antonia in her house. Bottom Left: A woman making casaba (a flat bread/tortilla like food made from yuca, a root vegetable similar to a potato). Bottom Right: Lilian using a pilón to separate the café beans from their shells.**





Courtney, Me, Cindy, and Lilian at Armando Bermúdez National Park, one of the starting points to hike Pico Duarte, the tallest peak in the Caribbean.

**PLEASE PRAY FOR:**

- Continued health while acclimating to new new foods and culture
- Continued success in speaking and understanding Spanish
- The confirmation students at our congregations around the Dominican Republic

**GIVE THANKS FOR:**

- All the people who are teaching me about life in the Dominican Republic
- Safe and productive week of immersion in Jarabacoa
- You, all the wonderful people who continue to support me both through prayer and financially

There are many opportunities to serve as short-term or GEO missionaries. Check out the current list and download an application at [lcms.org/service](http://lcms.org/service). Click on "Service Opportunities."

# Women Gathering in Licey



Playing the "Get to Know You" game at the Women's Group in Licey.

On October 19, we had the first monthly women's gathering at the congregation in Licey- Cordero de Dios (Lamb of God). We started with an activity to get to know each other where each woman shared about her life and family. After each woman spoke, she tossed string to the woman across from her until we formed a web, all connected to one another. We un-made the web by sharing about our dreams for the future. This was an easy way for us to open up to one another, strengthening bonds and building relationships. After this activity, Pastor Fritzler led us in a few songs and a Bible Study on Mary and Martha. Each month, we will be learning about women from the Bible.

*Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. -Hebrews 12:1-2*

As we recently observed All Saint's Day (Nov 1), we remember all the faithful saints who have gone before us. We thank God for their lives and learn from their examples of faithfully following Him. More importantly, we look to Jesus, the one who suffered in our place through His death on the cross, taking upon our sins that weigh us down so that we can freely live in this forgiveness.

Joyfully Serving in Christ, Kate Phillips  
Deaconess Intern



To support the LCMS through the work of Kate Phillips, you may send a tax-deductible gift to:

The Lutheran Church—Missouri Synod  
PO Box 66861  
St. Louis, MO 63166-6861

-or through-  
Mission Central  
40718 Hwy E16  
Mapleton, IA 51034

Gifts can also be given securely online:  
[lcms.org/phillips](http://lcms.org/phillips)  
-or-  
[missioncentral.us/phillips](http://missioncentral.us/phillips)

Please include "Phillips-Dominican Republic Support" on the memo line of your check.