



East Central Ministries 2023 Summer Newsletter

Summer Fun!

Our first **pre-school co-op** since Covid was a romping, roaring, howling success! Congratulations to the students and their moms for work well done, for accomplishments in learning, and for just being plain fun. We look forward to so much more in the fall!



Because no one but no one has the energy that Itzel does, we also had twelve creative and energetic students, ranging from kinder to sixth grade, in this year's **homework club**. The students showcased many talents—whether it was reciting their Mother's Day poems, presenting at show and tell, or dancing at graduation, our students gave it their all and made us very proud! The students also completed a second year with the Eat Smart to Play Hard program, which is sponsored by the University of New Mexico's School of Medicine. They learned about healthy eating habits, engaged in fun activities, and even received prizes for their participation in the program! Itzel also received an immensely well-deserved surprise

appreciation party from the families of our students on Día del Maestro this year. Itzel is the heart of our youth program and she continues to instill strong values of respect, tolerance, and collaboration in our students. Our program is so blessed to have her, and we are very grateful for all of our youth volunteers, students, and wonderful families! We look forward to seeing our students return in the fall and to welcoming new students for the 2023-2024 school year.



Día del Maestro (Teacher Day)



Pinata time on the ECM playground



Pre-school snack time

An Official Welcome!

We want to extend a warm welcome to Ruben Duran and Alyssa Ammerman! Ruben has been a significant part of ECM for most of his life and most recently was on our Board of Directors. We are so happy that Ruben can bring his expertise and love of community into our programming! Alyssa has volunteered with One Hope and worked with our youth program for years. A recent college graduate, she has joined our grants and administration team and will surely help us to expand our funding pool!



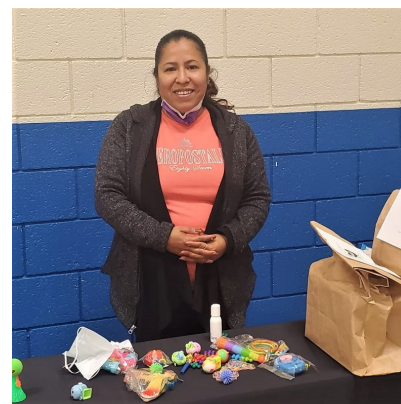
Behavioral Health

Mental health struggles are real, and we at ECM want to be a safe place where learning can happen and trust is built. This past year, with funding from Bernalillo County, we have sought to teach our community about mental health and strived to provide opportunities for socialization, exercise, and just plain fun. We collaborated with Dr. Canaca from UNM Health Sciences to teach ourselves and our community

that it is OKAY to struggle and even BETTER to ask for help. Together, we are stronger and can share each other's load. Let's work toward improved mental health for all!

Health Literacy Program

For almost two years, Alma Torres has headed our Health Literacy Program with funding from the City of Albuquerque. As part of her efforts to educate the community on Covid, Alma has attended community resource and health fairs, held classes at ECM, and generously given of her time and energy to ensure equitable access to Covid information and vaccines. Thank you, Alma, for your love of community and your commitment to health! We will miss you!



Growing Awareness Urban Farm



had a unprecedented and hard year of loss this spring. I sowed seeds, mixed soil, transplanted seedlings, and filled up our greenhouses like I have for the past 12 seasons. But this year things were off, the plants didn't grow normally— all were stunted and most damaged. After consulting with the Bernalillo County Extension Office, we determined the issue was most likely a contaminant in the purchased compost element of our potting soil. I'm a grower who cares deeply for the health, growth, and quality of the plants I sell and the people they feed, and integrity and transparency are values we try to embody at ECM in all aspects of what we do. Thus, we did not sell any seedlings this spring. It was a confusing and heartbreaking year for me, the plants, and our customers! For more details, check out our website: www.GrowingAwarenessUrbanFarm.com - Morgan



CCDA Southwest Regional Conference

Early this spring, ECM hosted the annual Southwest Regional CCDA conference for a gathering of the Christian Community Development Association's southwest border network and local Albuquerque ministries, churches, and individuals. The theme was Peace in the Storm, and it was an opportunity folks to come together and experience a time of rest, healing, and connection. A special thank you to Stephen and Ginny Bracht and Carey Franklin for their roles in organizing and pulling the conference together. We enjoyed connecting over food, sharing stories, and engaging in restorative practices like hiking, pottery, and journaling together.



Through Ginny's guidance, we worked together to create a mosaic art piece, working with the Peace in the Storm logo. It is a sort of doodling meditation; and the piece is still in progress as we add squares to complete it.



Welcome **Breaking Bad** to One Hope! Through word of mouth, a production company heard that we have a dental clinic complete with dental chairs. What better place to film a dental commercial? And why not have Gomez...er...Steven Michael Quezada act in the starring role? And, while we are at it, why not get a picture with one of New Mexico's most famous? Here's to you, Steven, for your kindness and willingness to chat with us in a very real way!

Thank you to our funders!



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Perspectives from 2 ½ feet



Who wants some goat meat? Goats! Goats! Oh, wait. They're gone. Phew. About time. What is with this place anyway? Skunks, kittens, and now goats? What does ECM stand for anyway???

Everyanimal Can Move
in? Everyanimal Come Matriculate? How about **Excepting Cats, Move away.** Huh? Yeah, I'm sure everyone else was happy, but these leaf-loving, ground-scrounging, plastic-imbibing *things* simply needed to go. Even the chickens thought so. Free

loading off of us for two months? With their baaa-ing and grunting and overall noise-making, I'm surprised some entrepreneurial carnivore didn't make their way over here and put us all in danger. But, alas, they are gone, and for the record, I hope the door DID hit them on their way out.



Visit the Website:
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