

ecunador

I N C A L I N K P A C K



COUNTRY-MINISTRIES-DEVOTIONALS
ACTIVITIES-CRAFTS-RECIPES



intro

Welcome to Ecuador! Well, virtually at least. We are so excited to share the Ecuadorian culture with you as well as have you participate in some activities to help you do missions from home!

This document includes a variety of crafts, family activities, devotionals, as well as information about one of the countries where we do missions work. These activities can be done in any order (unless otherwise specified), but we recommend you complete one devotional per week so you can put them into practice during the week and apply them as you do some of the activities!

We hope you enjoy it!

We would love to see how some of your projects turn out, so if you send pictures or videos of the crafts to Luke Schriefer at lschriefer@incalink.org, we will send you a free bracelet!

If you post your crafts on social media, please be sure to tag our page on Facebook at [@incalinkinternational](https://www.facebook.com/incalinkinternational) and [@incalinkecuador](https://www.facebook.com/incalinkecuador), and on Instagram or Twitter at [@inca_link](https://www.instagram.com/inca_link).



I N C A
L I N K
P A C K

Family Study

1

on "The Great Commandment"



This study was prepared by the Lamca family. The Lamcas serve in Quito, Ecuador as missionaries. As a family, their favorite things to do are play together, paint, cook and explore. What they love most about Ecuador is their wonderful friends and ministries.

Title: LOVE GOD by the way you SPEAK



passage of the day

Psalm 34:1-3

Devotional Passage

John 4



prayer:

*Dear Lord,
Help our family to love you by the way we speak. May we bless you Lord at all times. Help praise to be continually in our mouths.
Amen*

There was once a woman who had messed up. In fact, she had to go to the city well to get water when there were no other women there because otherwise they'd snicker at her and say nasty things. One day, Jesus met her at the well. He told her about what it looks like to worship God, for real. He told her how she could be forgiven from what she'd done. She was thrilled!

Someone took time to talk to her, and to care for her, and to love her, and to think she was worthwhile. Do you know what she did because she loved Jesus back? She went back to her town and told EVERYONE that this Jesus knows everything bad she's ever done, and HE is the way that people can be saved. No matter what they thought, or had been taught, they could love Jesus too.

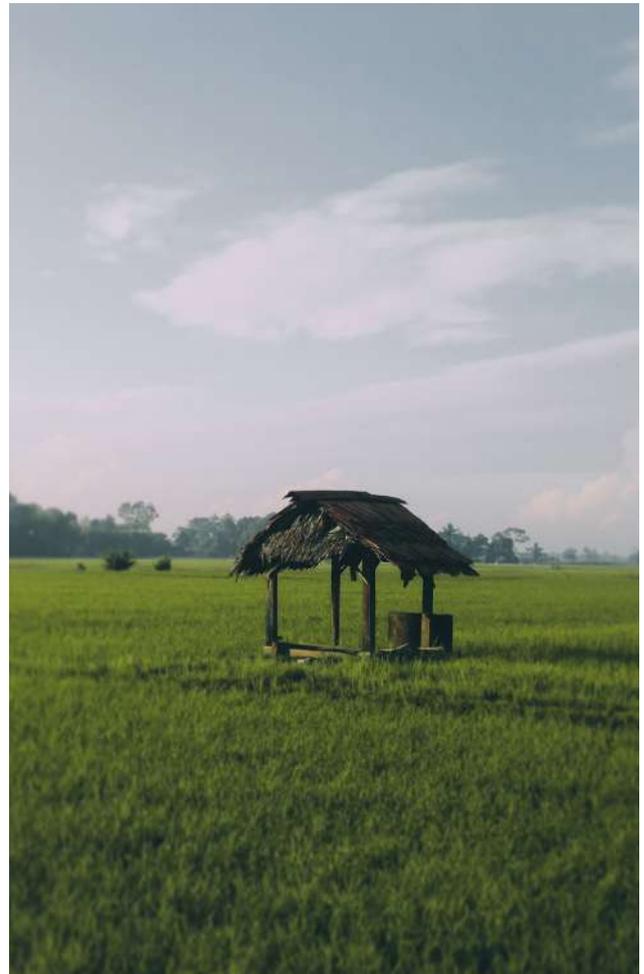


Photo by Qang Jaka on Unsplash



Questions

1. Why did this woman decide to love Jesus? How did she use her words to show her love for Him?
2. How does our love for God change our thinking about ourselves and what people think about us?
3. What can you praise God for today?
4. What would change in your life if every single word that came out of your mouth glorified God and built others up?



FAMILY Challenge Activity

For the next week, as soon as everyone in the family is awake, get together and have each person tell God why he is great. Choose an attitude of praise.



FAMILY Game Activity

Taboo! This is a board game you can buy or make on your own.

Directions: Write out a word or phrase you want the other players to guess, under that word pick three Taboo words. When the player is trying to describe their word, they are not

allowed to use the taboo words. If they do they do not get points for their word.

Example:

Word: Moon
Taboo words: Night, Neil Armstrong, Lunar



on "The Great Commandment"



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Title: **LOVE GOD** by the way you **LISTEN**



passage of the day

James 1:19



prayer:

Dear Lord,
Thank you for giving us two ears and one mouth. Help us learn to listen twice as much as we speak. Help us to listen with the intention of understanding so that when we do speak, it will be with grace and love.
Amen

Down a dusty dirt road in the middle of the Peruvian desert, there was a tiny little church with old wooden benches and a dirt floor. A young woman saw a line of people in front of the church and decided to walk in. The hot sun beat down on her head, and a tear rolled down her eye. She needed someone to talk to. She sat down and a gringa mom sat down beside her. The mom smiled at her and gave her a hug.

The gringa lady then asked, "How are you?"

In Spanish, the young Peruvian woman started to share what was happening.

The gringa lady smiled at her. The young woman shared more. She cried more.

The gringa lady kept listening. She listened, and listened, and listened.

The young Peruvian woman began to smile. Peace filled up her heart. The gringa mom sat with her and listened as she poured out her story.

Then a pastor came over and asked the gringa lady what the Peruvian woman had been sharing. "I'm not sure. My Spanish isn't that good. I just listened."

Sometimes we don't need to say a thing. We don't need to give advice or give someone a great idea. Sometimes God calls us just to sit with someone who is sad, and to listen.

**For another great story about how Daniel honors God through listening, read Genesis 40



Photo by Miha Rekar on Unsplash



Questions

1. How would that story have turned out differently if the gringa mama didn't try to listen because she didn't understand Spanish?

2. What makes it hard for you to listen in a way that honors God? How can you practice listening to get better?

3. What does it mean to be a good listener?

4. How does really listening to someone change the way you respond to them? How does it show God's love?

5. Who do you know that is a really good listener?

6. How do you feel when people listen to you?



FAMILY Challenge Activity

H O L D S P A C E - C L A R I F Y - C H A L L E N G E

- **Hold space:** Actively listen to the person talking, and when they are done, without saying anything, give them 5 seconds to add any more information. Holding space is allowing the SPACE for someone to continue talking and not jumping in right away with a response.
- **Clarify:** Repeat what you heard by saying, "What I heard you say is..." Give them a chance to agree or add to your clarification. You can also ask questions to understand or learn more of the story.
- **Challenge:** Find one friend or family member that looks like they need someone to LISTEN; practice holding space and clarifying. Share your experience with your family. Share how it made you feel, and share how your friend responded. Pray for that friend or family member together.



FAMILY Game Activity

Play a game of telephone to show how sometimes the things we hear are not the thing that was said. Discuss how you can ask clarifying questions to make sure you understand what someone is saying!

Directions: Sit in a line. The first person whispers a

sentence (only once) in the ear of the person next to them. That person whispers whatever they heard in the ear of the next person sitting next to them. This continues until every person has heard the phrase. See how it changes as it gets passed along.



Photo by Diogo Brandao on Unsplash

Family Study

3

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Title: LOVE GOD by the way you ACT



passage of the day

Micah 6:8

Devotional Passage

Luke 10:25-37



prayer:

Dear Lord,
Please help us to be kind, seek justice and respond humbly to those around us. Make us sensitive to your guidance in our interactions with others.
Amen

There was once a man who was part of God's super special chosen people. He was an Israelite. For the story, we'll call him Izzy. One day Izzy was traveling and he got beat up and thrown in a ditch on the side of the road. Two super important churchy people came along the road, looked at him, said, "Oh that's too bad!" and went on their way. They left him there.

Then another guy, we'll call him Sam Haritan, came along. Now, Sam Haritan's family hated the super special people of God. The super special people of God hated Sam Haritan's family too. For years and years, Sam and Izzy's parents, and uncles, and grandparents, and great grandparents, and superduper great grandparents just didn't like one another.

But Sam Haritan loved God. He knew how God wanted him to treat other people. So he picked up Izzy and put him on his donkey. Sam Haritan took Izzy to a hotel where he could help him get cleaned up. He called him a doctor, and got him some food to eat. Then Sam told the guy at the front desk that he would pay for any more bills that Izzy had.

Sam knew that the way he treated other people, even people he didn't like, was a powerful way to show his love for God.

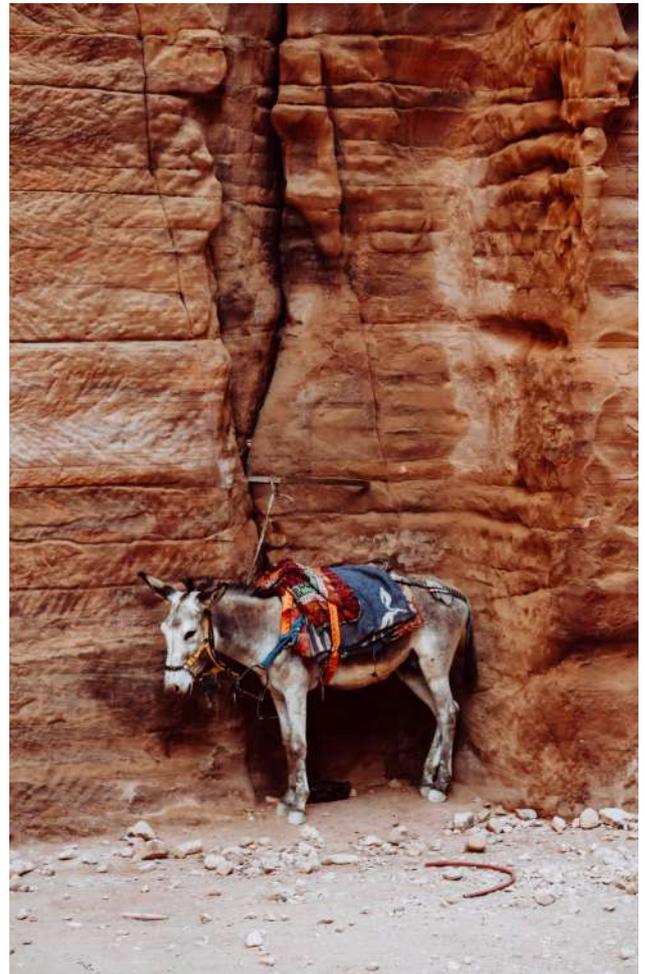


Photo by Theme Inn on Unsplash



Questions

1. How can we love people with how we act? How does that also show how we love God?

2. Who are some people that you have a hard time loving?

3. What are some ways that you can love people in your neighborhood?

4. Who do you need God to help you love better?



FAMILY Challenge Activity

It is not hard to find people who are lost and need the love of Jesus. Look in your community and see where there is need.

Maybe there are people with signs asking for money on the side of the road. Go shopping as a family to get some necessities (snacks, water, toothbrushes, toothpaste, socks, etc.) Make up bags to pass out as you drive and see people in need. Include your favorite verse as a family and some resources provided by your local churches (meals, shelter, job resources, etc).



Photo by Yi Liu on Unsplash

Family Study

4

on "The Great Commandment"



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Title: LOVE GOD by the way you SERVE



passage of the day

1 Peter 4:10



prayer:

Dear Jesus, Thank you for giving me special talents and gifts that I can use to serve you. Help me to be wise in using my gifts to honour and love others. Amen

There was once a man named Bert. God called him to go to South America to serve people in the jungles of Peru. In those days, people in the Amazon had no way to get to the doctor and very simple things could make people very sick and even kill them. Even a toothache could get infected and be very dangerous.

God called Bert to serve these people. He never went to school to be a doctor, and he had not helped as a nurse in the war that had just ended a few years prior, but he knew what he was supposed to do. He went to a hardware store and bought a pair of pliers.

He and his friends would go up and down the river in a canoe, stopping at villages and offering to pull the teeth of people that needed it. This simple act saved many people's lives and gave Bert an opportunity to show people the one man that could end the sickness in their hearts.

There was nothing extraordinary about his obedience, but he obeyed God day after day, eventually serving in Peru for over 60 years!

For a story from the Bible about someone serving God, read about Mary in Luke chapter 1, who served God by being a mom to Jesus, even though it was very difficult.





Questions

1. How is the way that we serve people connected to how we love God?
2. What special gifts or talents has God given you that you can use to love and serve him?
3. Who do you know that serves and loves God really well?

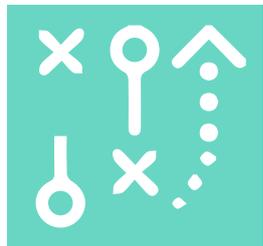


F A M I L Y Challenge Activity

What is a way that your family can serve other people during this time? Maybe you can grocery shop for someone who can't leave their home, or write letters to someone who is alone.

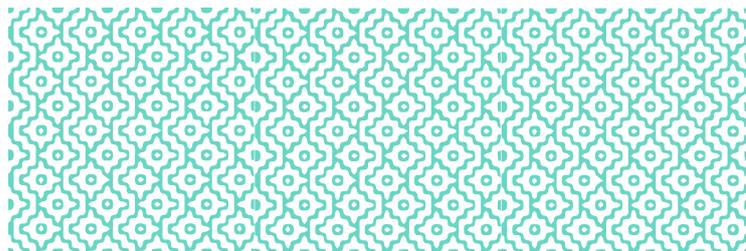


Photo by Maria Lin Kim on Unsplash



CHALLENGES

FAMILY ACTIVITIES



1



Start a mail chain - Draw a partially done picture and mail it to a friend to add his/her own part to the drawing. Encourage the friend to keep the chain going by sending the picture to other friends to add their part!

2



Spend time this morning praying for your neighbors. If you do not know your neighbors, you can still pray for them! Ask God to open opportunities for you to connect.

3



Choose a family serve day. As a team, decide on a nonprofit you want to serve. It is extra sweet if you get the chance to befriend a staff member and invite them to join you at church!

4

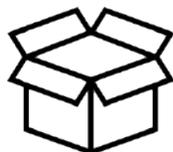


Read James 1:27, "Religion that God our Father accepts as pure and faultless is this: to look after the orphans and widows in their distress and to keep oneself from being polluted by the world."

Do you know a widow or is there a widow in your church? If so, show her kindness by making a gift for her. If you would like an idea of what to make, try this hand scrub:

Mix: 1 Cup of Sugar, ½ Cup of Olive Oil, 15 drops of Essential Oils or Extracts like Lavender, Orange, Peppermint, or Vanilla. Store in a jar and tie with a ribbon.

5



Practice generosity - Take some time to look through your clothes, toys, and belongings. Are there any items that could be a blessing to someone else? Choose a few items in good condition to gift or pass along to someone else.

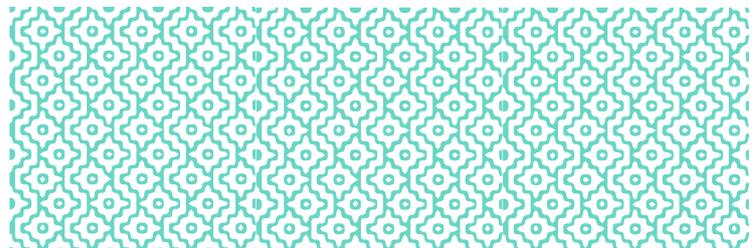
6



For one week, pray daily for a family you know who has at least one family member who is not a Christian. Invite the whole family over for a fun movie night at the end of the week.



MEMORY VERSE FAMILY ACTIVITY



Matthew 22:37

(I C B)

Jesús respondió:—“Amarás al Señor tu Dios con todo tu corazón, con toda tu alma y con toda tu mente”. Este es el primero y el más importante de los mandamientos. El segundo es similar: “Amarás a tu prójimo con el mismo amor con que te amas a ti mismo”.

Jesus answered, “Love the Lord your God with all your heart, soul and mind.’ This is the first and most important command. And the second command is like the first: ‘Love your neighbor as you love yourself.”

Mateo 22:37

(N B V)



To listen to this verse read in Spanish, visit our website at incalink.org/packets, or visit our YouTube channel [@IncaLinkIntl](https://www.youtube.com/@IncaLinkIntl) and you will find it in our Missions & Cultural Discovery Videos playlist.

Send a recording of your family reciting this verse from memory in Spanish to Ischriefer@incalink.org to receive Inca Link bracelets for the whole family!



ecuador
MINISTRIES

INTRODUCTION

Located on the Pacific coast of South America and bordered by Peru and Colombia, Ecuador is rich in tradition and diverse cultures. Most of the Ecuadorian people are Mestizo (65%), a combination of European (Spaniards) and indigenous Quichua Indians. The Quichua make up roughly 25% of the population and the remainder represent a variety of ethnic groups.

Their complex history is deeply ingrained in Ecuadorian philosophy, from family structure to religion, with Catholicism as the dominant religion.

HISTORY

Ecuador was once part of the Inca Empire. It was colonized by the Spanish and became part of a territory called Gran Colombia, which included Colombia, Ecuador, Venezuela, Peru, Brazil, Panama and Guyana. Ecuador became an independent country in 1831.

C o u n t r y O v e r v i e w

Capital:	Quito
Area:	109,483 sq.miles (283,560 sq km)
Pop:	approx. 16.5 Million
Government:	Republic
Religion:	95% Roman Catholic, 4% Protestant, 1% other
Language:	Spanish, Quechua (Kichwa) and Shuar are the primary languages.

CLIMATE & GEOGRAPHY

Ecuador is located in between the southern and northern hemispheres and is bisected by the equator. Ecuador has 3 main climate regions: the coast (Costa), the mountains (Sierra) and the eastern tropical lowlands (Oriente). The coastal region is hot and dry, the mountains cooler with snow-capped mountains in the higher altitudes, and the eastern region includes the Amazon Rainforest. The Galapagos Islands are also part of Ecuador, featuring unique wildlife and geological features on land and in the sea.

1533 Gran Colombia established (Colombia, Ecuador, Venezuela) 1822 Peace treaty signed between Gran Colombia and Peru 1831 First Presidential Elections

Spanish Conquered
Inca Empire



1819



(Gran Colombia) Ecuador
wins Independence from Spain



1829



Gran Colombia dissolved
& Ecuador becomes independent



1979



inca link ECUADOR



<https://www.incalink.org/ecuador/>

Inca Link Ecuador (ILE) is located in four locations across Ecuador - Quito (the capital city), Huaticocha (in the jungle), Manta and Portoviejo (on the coast). Each location is specifically designed to minister to the needs that are in the community. All the ministries of Ecuador seek to share the love of Christ and to see the Gospel expand throughout the country.

E625 ECUADOR

E 625 Ecuador is part of a movement that is sweeping across the continent. We have done training for next generational leaders where all denominations, churches and organizations have participated from every province in Ecuador. E625 is the biggest, most influential Christian editors for Latin America. Several of our Inca Link staff have written books that are dispersed to all countries through this program.



Inca Link Ecuador gives the legal and financial coverage to E625 and provides the service teams for the training conferences.



<https://e625.com/>



NINAWACHI

Ninawachi is a missionary training institute that is in the jungle. The goal of Ninawachi is to train up missionaries from the local indigenous communities to return to their communities to share the Gospel with their people.



Ninawachi works with and serves largely unreached people groups, including Quichua, Waorani, Cofán and Shuar tribes.



<https://www.incalink.org/ministries/ninawachi/>



BONSAI



PORTOVIEJO 7.8

Bonsai is a daycare program that meets five days a week. Bonsai carries out their ministry in a holistic approach that focuses on the emotional, physical, and spiritual health of their students.

Portoviejo 7.8 is a daycare program that meets three days a week and works with the children who live near the garbage dump in Portoviejo.



The staff engages with the local schools, churches, and families to provide the best possible support to the students.

P7.8 teaches their kids about the love of Christ, shares a meal together, and participates in artful expression through crafts and worship.

It only takes \$40 per month to sponsor a child at our daycare programs. This provides the child with healthy meals, educational resources, and in some cases transportation to and from the ministry. To sponsor a child from one of these ministries, please visit our website.



<https://bonsai-ecuador.org/>



<https://www.incalink.org/ministries/ministriesportoviejo78/>

QUINTA CASA BLANCA

Casa Blanca is ILE's lodging center in Quito. For years, this ministry has been a place where travelers from all over the world have come to share what Christ has been doing in their lives.



Casa Blanca also provides opportunities for its guests to join in and partner with ministries around Quito. If you ever come down on a missions trip to Quito with us, this is where you will stay.



<https://www.incalink.org/casablanca>

CASA ELIZABETH

Casa Elizabeth serves as a housing center for pregnant teens and for their babies after birth. It was started when we discovered that 16 percent of teenage girls in Ecuador get pregnant, the highest pregnancy rate in Latin America.



Many of the girls are transferred to our housing center by the Ecuadorian government because they come from abusive homes. Our heart is to provide a safe place where they can see and feel the love of Jesus and receive the support that they need during this crisis.



<https://www.incalink.org/ministries/casa-elizabeth/>

CASA DEPORTIVA CUMBRE ALTA

Cumbre Alta serves youth and children through soccer and, in the future, other sports. The coaches, who are all Christians, use soccer to disciple their players, most of whom are not yet Christians. In 2019, the men's team was only one goal away from going professional.



Many players on that team gave the glory to God when they made it that far, setting an example for the other teams in the tournament. The women's team has seen significant growth in 2019 and has over 30 women training weekly.



<https://www.incalink.org/ministries/cumbre-alta/>

EL HORMIGUERO (The Anthill)

El Hormiguero is a social help program where families in vulnerable situations such as poverty, catastrophic illnesses and migration, can exchange plastic bottles for a food basket of non-perishables.



El Hormiguero also offers an after-school club for young people to learn entrepreneurship in a fun and practical way.



<https://www.incalink.org/hormiguero/>



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REFLECTIONS

Did You Know?

The Ecuadorian Amazon is

amazing!



How many birds
can you identify?

How many plants
can you name?

There are almost
20,000 species of plants
and 1,500 different types
of birds in the Ecuadorian
Amazon!

How many people
do you know in
your community
who speak a
different language
than you?

How many people
do you know from
a culture different
than yours?

The Ecuadorian Amazon has 10 different indigenous nationalities with their own languages and cultures:

Secoya, Siona, A'i, Waorani (Huaorani), Taromenani, Kichwa (Quichua), Zapara, Achuar, Shuar, Shiwiar

What does it mean if someone is not a Christian?

How many people in your life are not Christians?

Approximately 2% of the indigenous populations in the Ecuadorian Amazon are evangelical Christians.



How would you share the story?

Do you think it would be difficult or easy? Why?

What if you had to travel many hours by canoe and then walk many miles to get to one person who would be willing to hear your story? **Would you go?**

What if this story you want to share would change this person's life and show them how to have a relationship with God? **Would you go?**

think about trying to share a story with someone who speaks a different language than you and is from a different culture.

Do you think the person you are sharing with would be able to fully understand the story you are sharing?

What if you do not know if anyone will listen to your story? **Would you still go?**

What would be better about sharing this important story with someone who could share with others in their own language and cultural context?



Someone who can speak the same language and is from the same cultural context is able to share the story in a way that is going to be understood by the people. If we said "Jesus died on the cross," someone in another culture may not know what a cross is! Also, many communities are unsure of outsiders. The people might be more likely to welcome someone who can speak the same language and is from the same cultural context to share.

Courageous Story Tellers!

Ninawachi Missions Institute is located in the Ecuadorian Amazon in the small town of Huaticocha. Ninawachi means "House of Fire" in Quichua.

Ninawachi trains indigenous youth to be missionaries to their own communities and other communities within the Amazon region.



Many of these communities are only reachable by canoe or small airplane. Inca Link missionaries, professors and students from the institute reach out to jungle communities with the love of Christ and share the most important story - The Gospel.

At the institute, students and staff meet for daily morning prayer and worship, attend classes, and contribute to the self-sufficiency of the institute by gardening, caring for the animals, cooking, cleaning, and building.



How
can
you
pray



That God would prepare the hearts and minds of people in all communities to hear the Gospel and respond with giving their lives to Christ.

That people would reach out and help connect those at N i n a w a c h i Missions Institute to new communities.

For financial provision for students and those who have graduated and become missionaries. To pray for them by name, visit:

<https://www.incalink.org/ministries/ninawachi-graduate-missionaries/>

Indigenous communities in the Ecuadorian Amazon face many struggles daily that we do not normally think about: clean drinking water, deadly snake bites, access to medical care and discrimination by medical clinics, to name a few. Pray that they will be able to overcome these struggles.

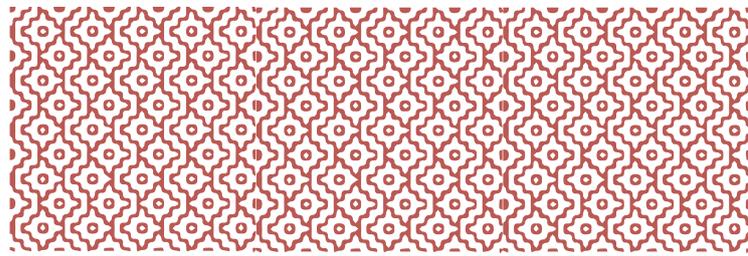


ARTS & CRAFTS PROJECTS

ecuador



MIGAJON CLAY ART PROJECT



Migajón (pronounced “mee-gah-hone) clay is a traditional material that artisans use to make a variety of intricate sculptures. You will find Migajón art at weddings, baptisms, special occasions, and especially around the holidays. Most commonly seen to make nativity scenes, these cute and collectible sculptures can be found at any artisan craft market in Ecuador.

What you need:

White Bread
White Glue
Acrylic Paint
Paint Brushes
Baking Tray
Parchment
Paper
Bowl for Mixing



INSTRUCTIONS:

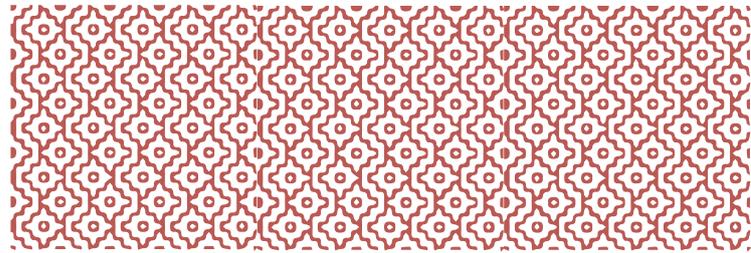
- 1** Cut off the crust of the bread and grind bread into very small pieces. It is important to make the bread crumbs as small as possible. Using a blender or food processor makes it easy, but you can do it by putting the bread into a bag and allowing the kids to smash it up.
- 2** Mix the bread crumbs and glue together in a bowl or cup. It requires 1-2 tablespoons of glue for 8 pieces of bread. Mix until the glue and bread crumbs create a clay-like consistency. It will be a little sticky.
- 3** Build whatever shape or structure you want. Migajón works a lot like clay or playdough. Have fun and be creative.
- 4** Once built, bake the Migajón in the oven at 200 degrees for 1.5 hours or until dry. You can also allow the sculptures to air dry, but it will take a few days.
- 5** Once the Migajón has dried and cooled, you can use acrylic paints to decorate your sculptures. Traditional Migajón sculptures have a lot of details, but yours can be as simple or complex as you like.



have fun and enjoy being creative



FOOSBALL ART PROJECT



Soccer (or fútbol) is the most popular sport in Ecuador, and it can be played almost all year round! But sometimes playing soccer may be limited due to weather. However, just because you can't play outside doesn't mean the fun has to stop! Instead of going out to enjoy an intense game of soccer, you can bring the soccer game to your home. Here's how to make your own homemade foosball table!

Tools:

X-acto knife

Ruler

Glue or tape



What you need:

Shoebbox

Green paper

4 dowels

10 clothespins
(Divided evenly
into 2 different
colors)

Ping pong ball

10 photos of
your favorite
soccer players
(optional)

INSTRUCTIONS:

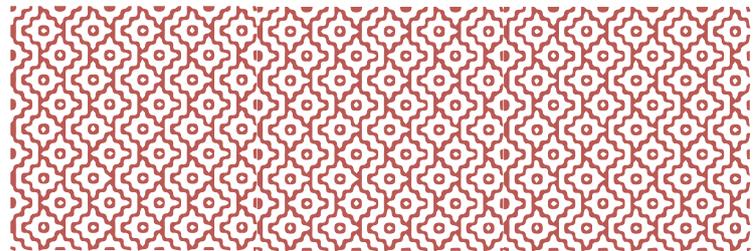


- 1 Create the soccer field by gluing green paper to the bottom of the shoe box.
- 2 Use the X-acto knife to cut out goals from each end of the shoebox. Be sure that the goals are the same size and big enough for the ping pong ball to enter.
- 3 Install the four rods near the top of the shoebox by punching holes on the sides of the shoebox. Use the ruler to evenly space out the dowels. The clothespins when clipped to the dowel should not hit the bottom of the shoebox.
- 4 Clip the clothespins to the dowels starting with 2 clothespins near the goal and 3 clothespins in the middle. Make sure to alternate the colors.
- 5 Glue pictures of your favorite soccer players to the clothespins (optional).
- 6 Challenge a friend, put on your best game face, and drop the ball in the middle of the playing field.



ECUADORIAN TRADITION

NEW YEAR



All around Ecuador just before New Year's, you will see Manigotes or effigies of national and international politicians, celebrities, and cartoon characters. These Manigotes are made from paper-mache and stuffed with paper, and are sold on street corners all around Ecuador right up until the end of the year.

Today the sometimes life-sized Manigotes represent the Año Viejo (the old year). Every year at the stroke of midnight on New Year's Eve, the dolls are set on fire, representing the passing of the bad things of the previous year and welcoming in the new year with a clean slate.



Once the dolls are aflame, the people jump over the doll multiple times before the flames burn out.

The more times they jump over the fire successfully, the more luck they will have in the new year.

YOUR PROJECT:

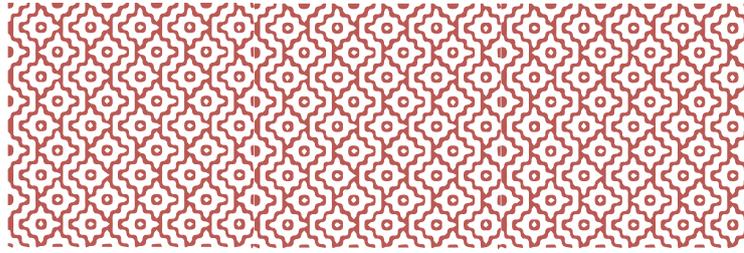
The traditions originated in 1895 when a yellow fever epidemic hit Guayaquil, devastating the port city. Family members stuffed coffins with the clothes of the dead and set them on fire, symbolizing purification from the disease and new beginnings.



As a family, create your own Año Viejo. You can make any character or shape you like. Then on strips of paper, write out all the things from the last year that didn't go so well, and stuff them in the character. Once finished, make a bonfire as a family using the character. While it is burning, share with each other the things you're looking forward to for next year.

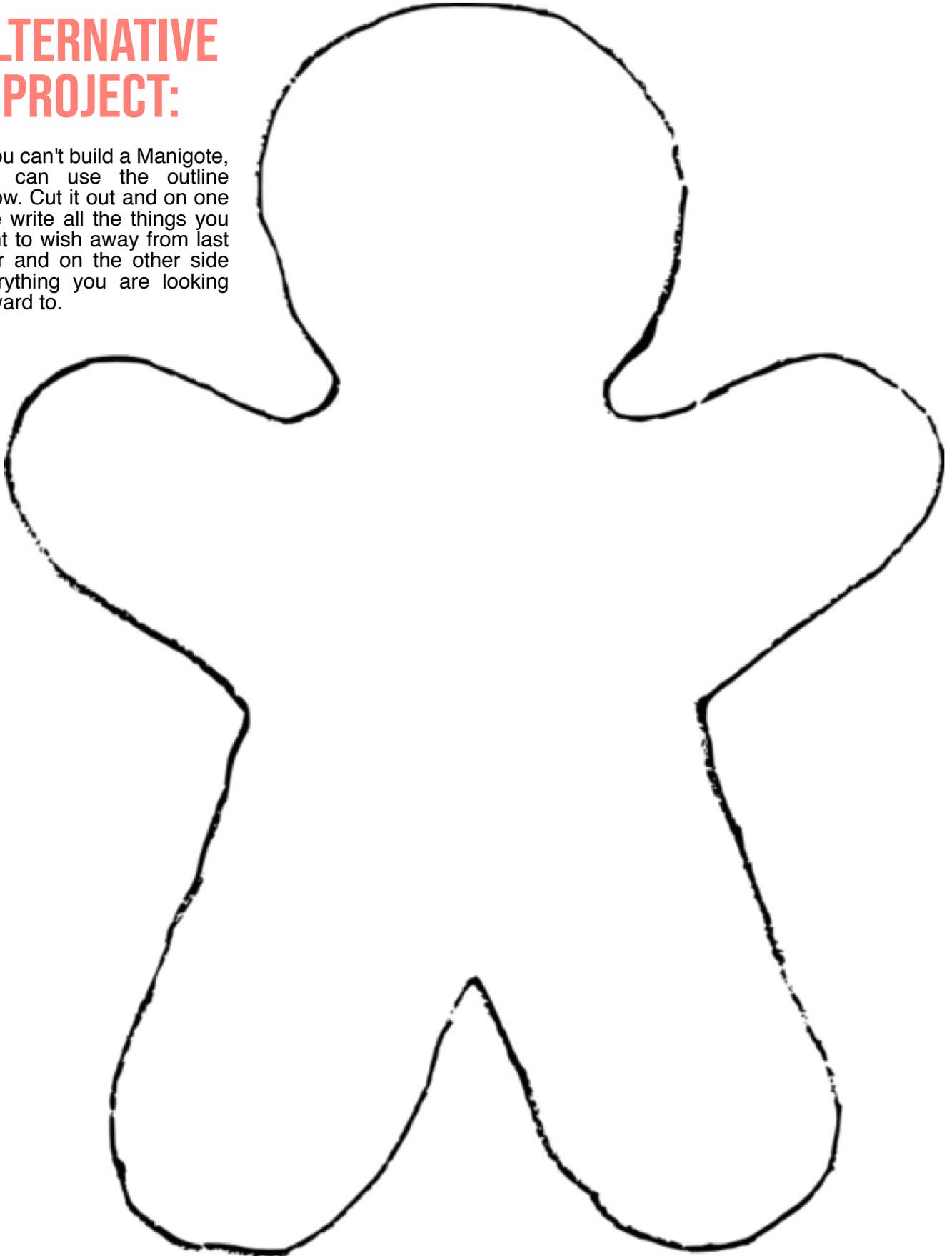
ECUADORIAN TRADITION

NEW YEAR



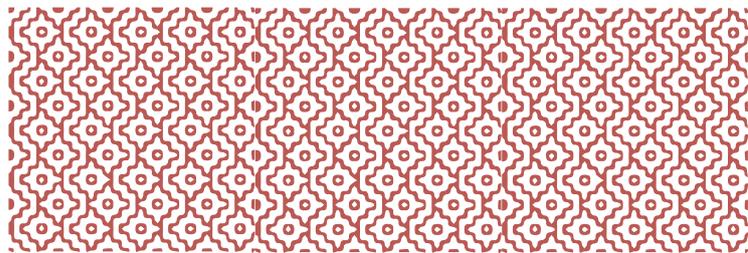
ALTERNATIVE PROJECT:

If you can't build a Manigote, you can use the outline below. Cut it out and on one side write all the things you want to wish away from last year and on the other side everything you are looking forward to.





BONSAI VIDEO SONG



BONSAI song



Will Eason, the director of our Bonsai ministry on the coast of Ecuador, and Anna, one of our missionaries to Bonsai, teach you a popular worship song in Spanish! To watch the video, visit <https://youtu.be/sYgK0OuwGAM> or visit our YouTube channel @IncaLinkIntl and you will find it in our Missions & Cultural Discovery Videos playlist, or visit our website at incalink.org/packets.



Ecuador

**COOKING
PROJECTS**



Barley Flour Soup

COOKING PROJECT



INGREDIENTS

8 cups	cold water	3 tsp	cilantro finely chopped
2 lbs	pig rib	2 tbsp	annatto oil (achiote oil)
1 cup	white onion chopped	2 cups	leaves of cabbage cut in little squares
5	garlic cloves finely chopped	2 cups	diced medium potatoes
1 tbsp	salt	9 oz	machica (barley flour)
3 tsp	cumin		

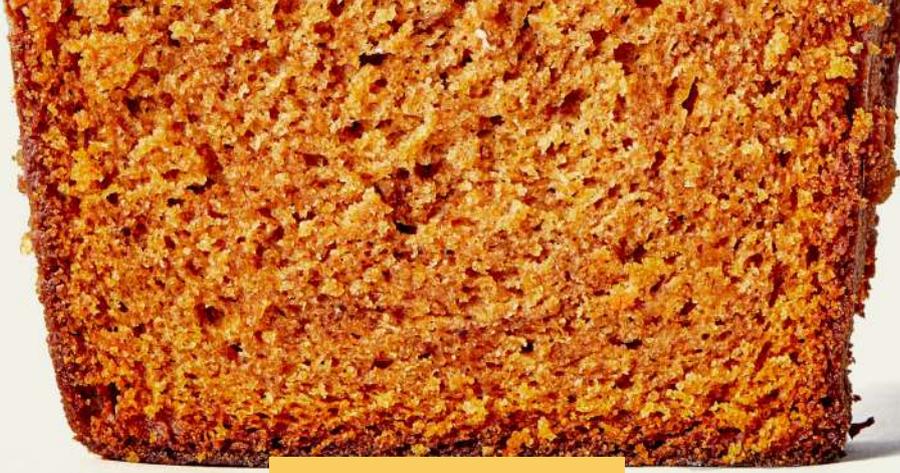
INSTRUCTIONS:

- Sauté the onion, half of the cilantro, garlic, salt and cumin in the oil.
- In a pressure cooker, add water and the well-washed rib to the sautéed mix and let it boil for 45 minutes.
- Dissolve the machica in 3 cups of water (and if necessary add one more cup).
- Sift the machica and add it to the broth along with the cabbage and boil for 15 minutes on medium heat and stir continually with a wooden spoon.
- Add the potato and let it boil for 1 minute until it's cooked.
- Add the rest of the cilantro.
- Taste the soup and balance the flavors if necessary.
- Serve with toasted corn.



Sweet Potato Cake

COOKING PROJECT



INGREDIENTS

1 cup	butter	1 tbsp	baking powder
1 cup	sugar	2 tbsp	vanilla extract
2 cups	flour	3	eggs
3	medium sweet potatoes	1 cup	water

INSTRUCTIONS:

- Cook the sweet potatoes in water until soft.
- Once the sweet potato is cooked, peel and crush them well.
- Mix the butter with the sugar until the sugar is melted and forms a creamy texture.
- Add the flour, baking powder, eggs and vanilla extract to the creamy mixture and stir continuously until the dough is soft.
- Add the sweet potato and mix until it's uniform.
- Preheat the oven to 430 degrees.
- Grease a medium size mold and add flour to it. Add the cake dough to the mold.
- Bake for 35 - 40 minutes.



Locro de Papas

COOKING PROJECT



INGREDIENTS

2 lbs	peeled potatoes medium diced	1 cup	milk
6 cups	water	2 tsp	salt
1 tbsp	oil	2 tsp	pepper
2 tbsp	green onion finely chopped	2 tsp	cumin
4	garlic cloves	3 tsp	cilantro finely chopped
1 tsp	annatto oil (achiote oil)		

INSTRUCTIONS:

- Cook the potatoes in the water and half of the salt until soft.
- Sauté the green onion, garlic, salt, pepper and cumin in the oils until the onion is clear.
- Add the milk, stir well and add to the potato broth.
- Add the cilantro and balance the flavors if necessary.
- Serve with pieces of fresh cheese.



Ceviche

COOKING PROJECT



INGREDIENTS

2 lbs	fresh unshelled shrimp	juice of 2 lemons
1 ½ tsp	salt	juice of 10 oranges
3 tbsp	milk	¾ cup ketchup
1	peeled carrot	½ tsp olive oil
1	celery stalk	1 tsp hot sauce
1	red onion	½ tbsp fresh chopped parsley
		salt and pepper to taste

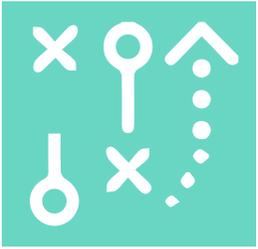
INSTRUCTIONS:

- Peel, devein and wash shrimp well.
- Place shrimp in a pan of boiling water with salt, milk, carrot and celery. Cook for 5 minutes.
- Drain and set aside. Slice the onion very thin, then pour fresh boiling water over the onion and drain.
- Place onion slices and lemon juice together to soak for about 10 minutes. Set aside.
- Combine orange juice, ketchup, oil, hot sauce, parsley, salt and pepper.
- About 1 hour before serving, add prepared onion and shrimp. Refrigerate.
- Serve with salted unbuttered popcorn.



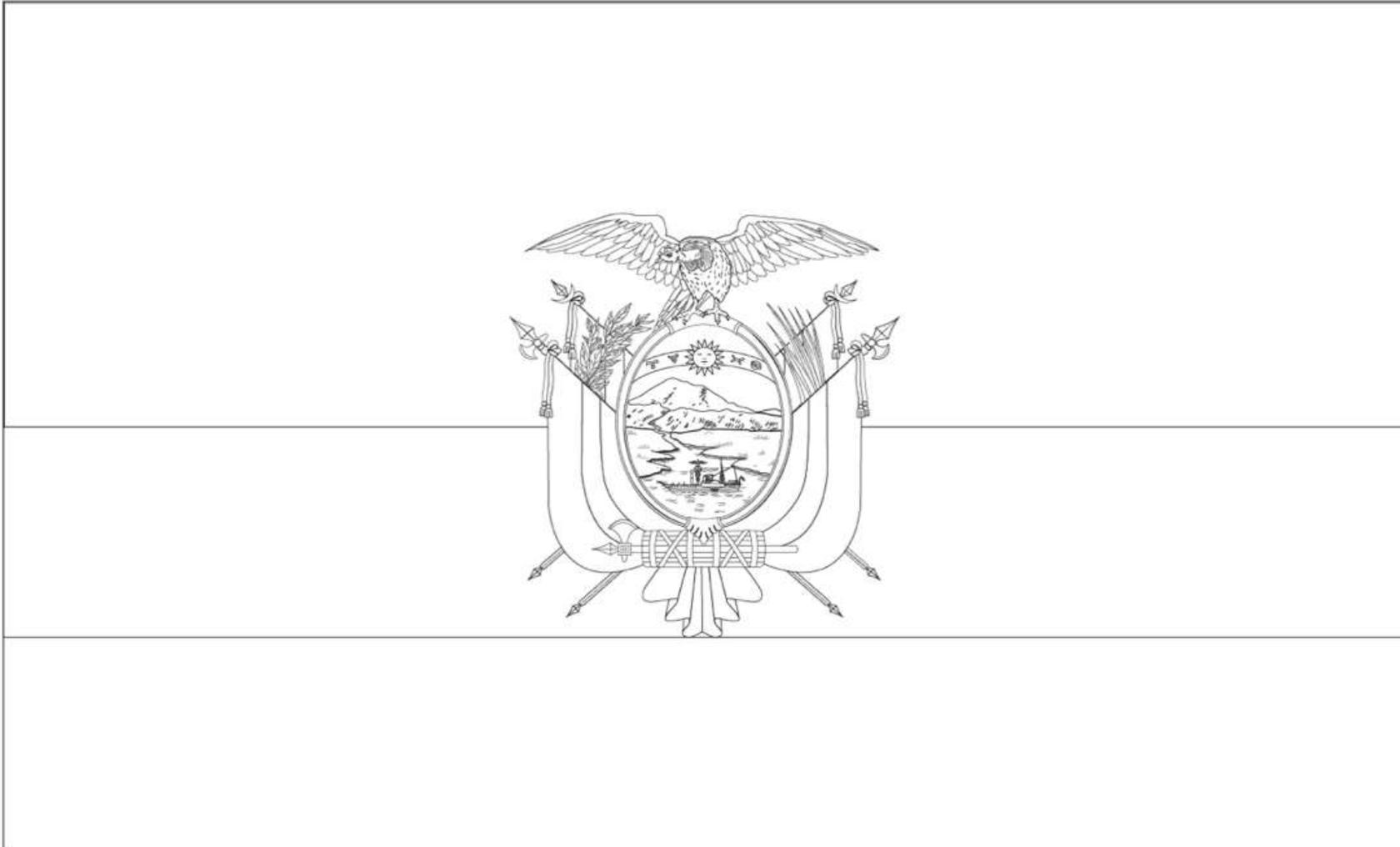
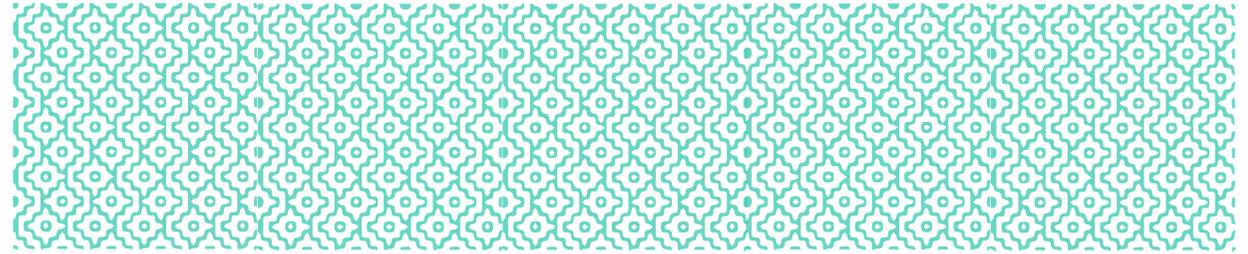
ecuador

ACTIVITY
PROJECTS



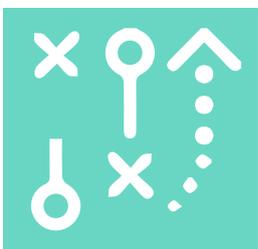
Inca Link Ecuador

TRICOLOR FLAG



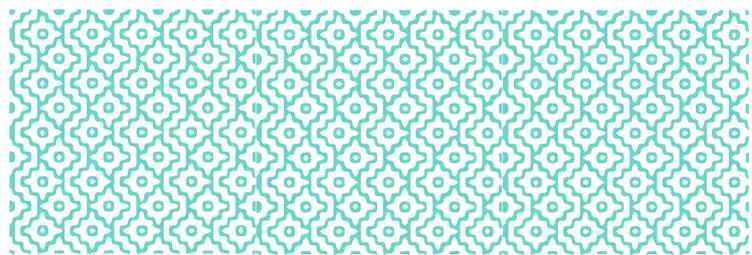
LA TRICOLOR

- First adopted on 1835 and later on September 26, 1860.
- The flag derived from the flag of Gran Colombia.
- The red in the Ecuador flag represent the blood shed by the soldiers and martyrs in the battles for independence.
- The color blue stands for the color of the sea and sky.
- The yellow symbolizes the abundance and fertility of the nation's crops and land.



Inca Link Ecuador

WORD SEARCH



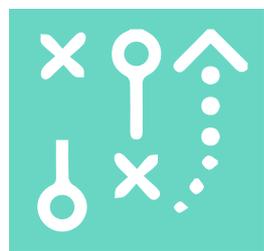
M J B X N U G A U N Z E A Y C X M O F Z Q I Y Y H H U P D Z
W C B Z W N Y F M X N L Z D O L J L E H W M L Q P U H U B Z
M U O H L I N U L A H M U M O S I L Q Q U P C D Q B N K T E
N K S K S N K I D U Z W R I E G L I U L M Y T K A B Z X O I
E U Z D B A M S U C D O Z M I A Y B A X L M C E E R C B J Y
B L Y N S W T G B C A H N X M U L Y T M A K S R M L R O A Z
O R S V J A B J I G Y S A A U J S O O N K T M D B K A G Z K
N M P P F C G B D Z P Y A O C I S L R E C U A D O R S H S O
S C M S W H Z G I H C W C B N H O Q Z W B W F O F P O X D Y
A W M D V I M R H Q Q L H C L Q I U O Z I Q O C U X P N B T
I T G D R T P V H P E N O O E A S M U B O U A S P Q E B U L
C U M B R E A L T A E Y P F Y E N R B H F I K Y D H F V C C
F F Y D E L D L L O I L P á F H A C Q O G T B H L Q P O N P
A B F L E N M K B H S L T N A N Y D A M R O E H S R Q T K E
F W V Z X C Q E C A S A E L I Z A B E T H A L M I M W C T P
U C I G D A F D G E E K L Y C L L M M X T U Z U H C S Q R R
L Z N S V B E K K L F P W I T B Z N Z N J B G O Q F O V C V
V O V H Y F V G P H M Q U E R A M F H A E Q A L Z C U R X O
W F L U S W Z Y G O Q U D W M V V D Y Y D Q L D K X Y Y L X
M P S A O L S V J R U I B C K F N C E F R S A H G U K C Q L
U S T R X Z C X C M I C F C G M Z S G P V P P Q W K I I H X

Casa
Casablanca
Ninawachi
Worani
Shuar

Elizabeth
Chimborazo
Ecuador
Cofán
Quito

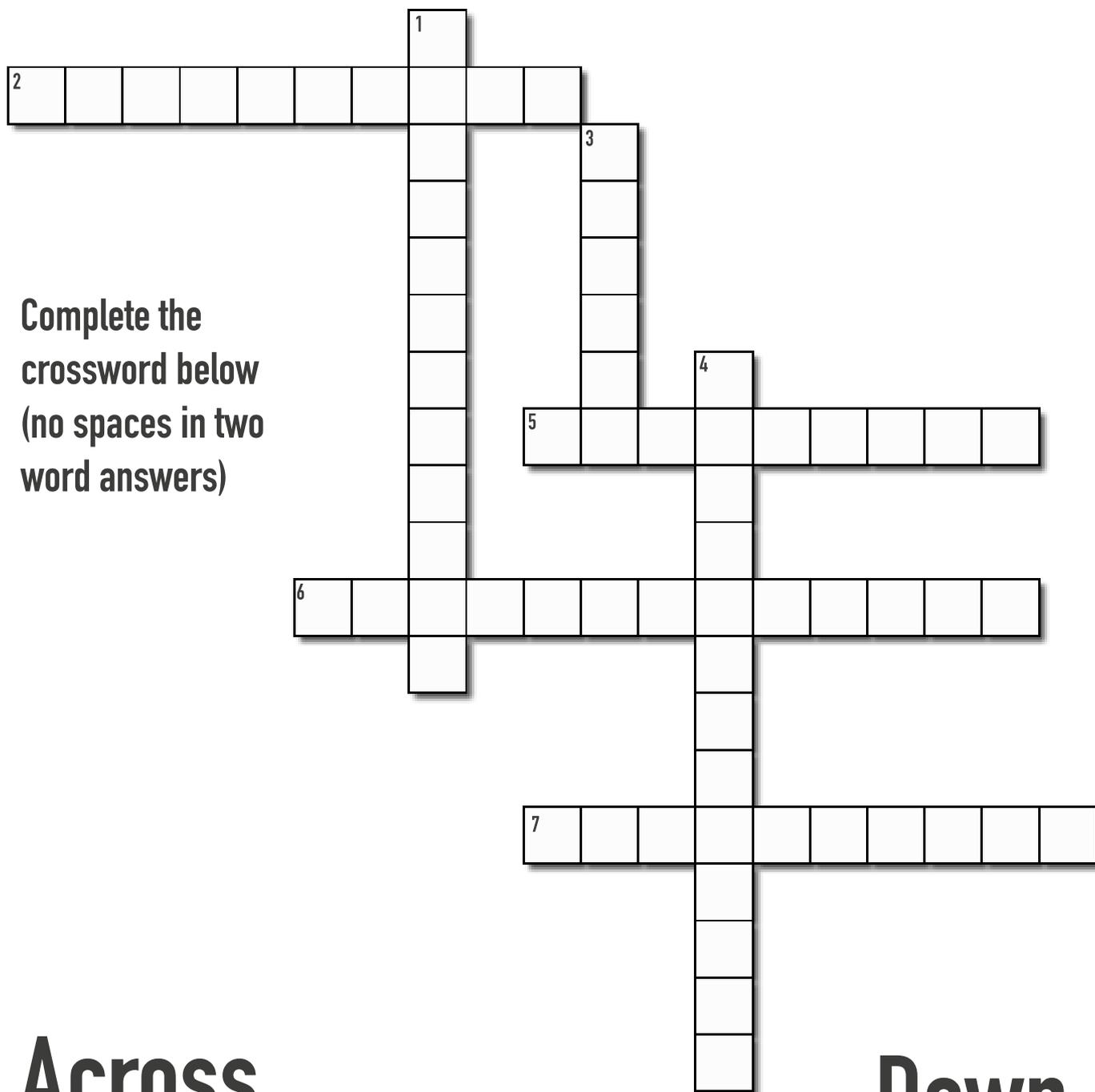
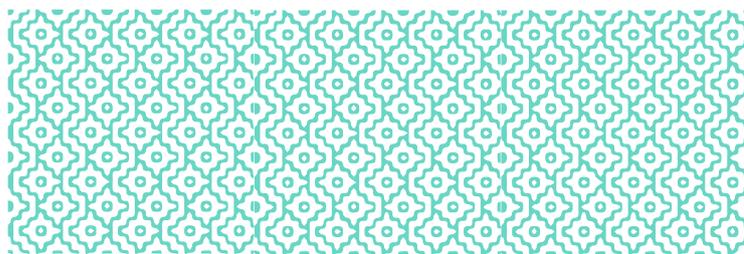
El Hormiguero
Cumbre Alta
Quichua
Amazon

Portoviejo
Galapagos
Equator
Bonsai



Inca Link Ecuador

CROSSWORD



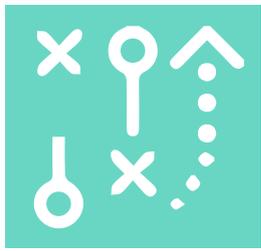
Complete the crossword below (no spaces in two word answers)

Across

- 2. A soccer ministry, using sport to disciple players.
- 5. A missionary training institute that is in the jungle.
- 6. Works with the children who live near the garbage dump in Portoviejo.

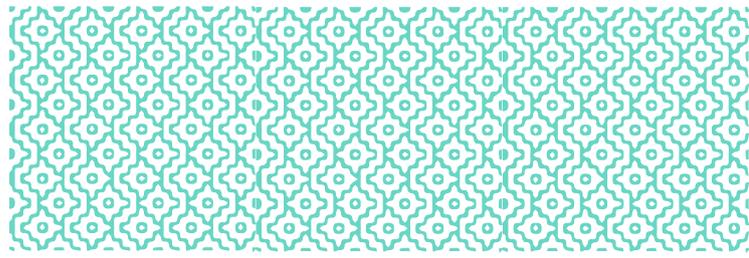
Down

- 1. An exchange program where venerable people can trade plastic bottles for a food basket of non-perishables.
- 3. A daycare program that uses a holistic approach to love and care for their students.
- 4. A housing center for pregnant teens and for their babies after birth where they are safe and feel the love of Jesus.

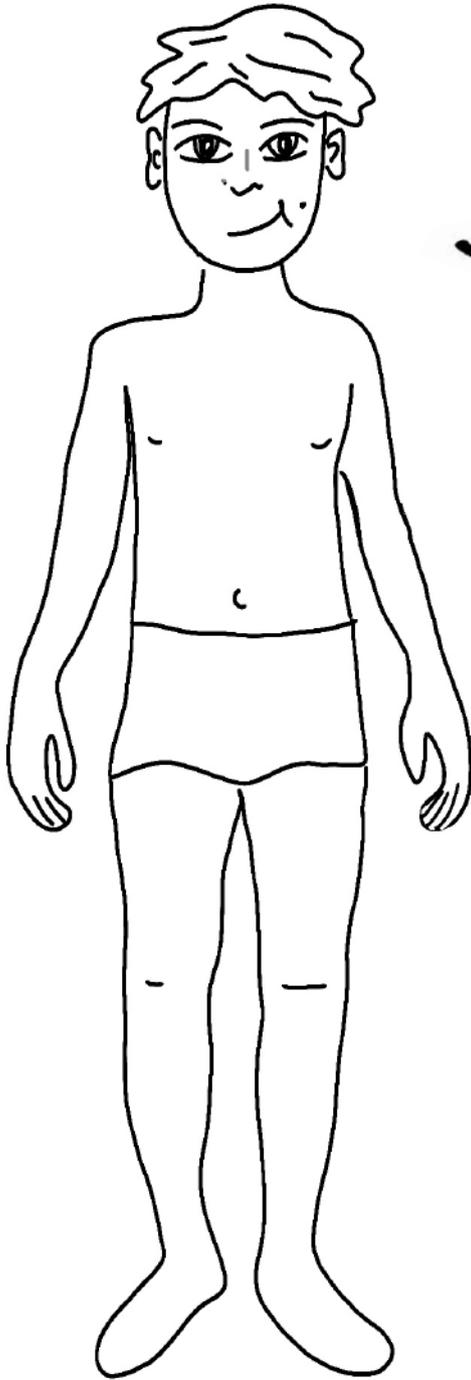


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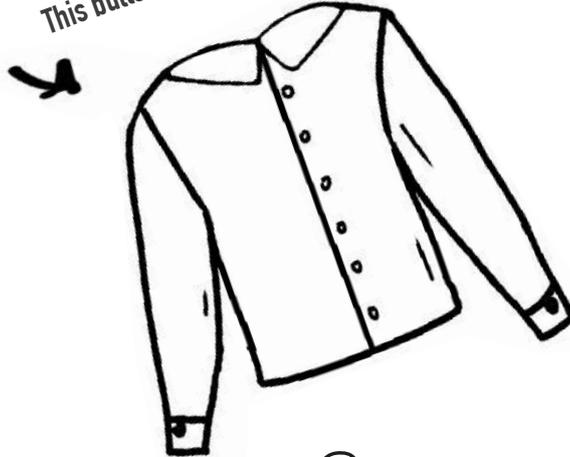
PAPER DOLL BOY



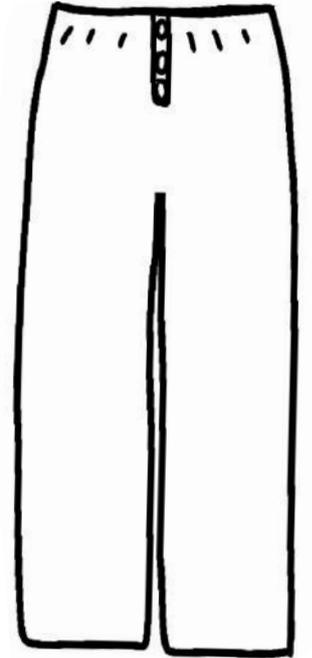
CHICO



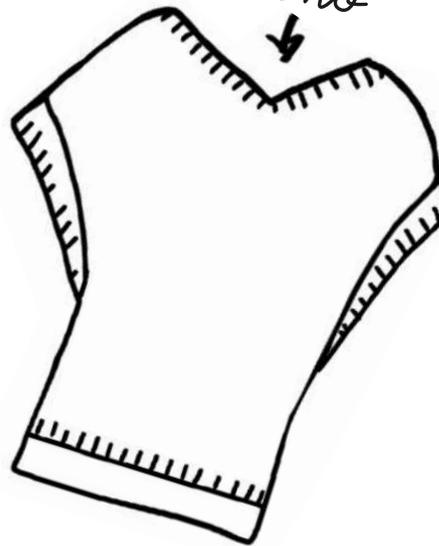
Camisa de Algodon
This button down shirt is worn under the poncho.



Pantalones



Poncho



Alpargatas

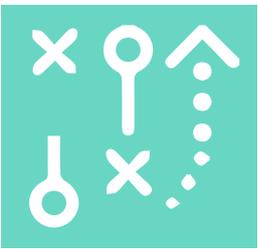


Sombrero



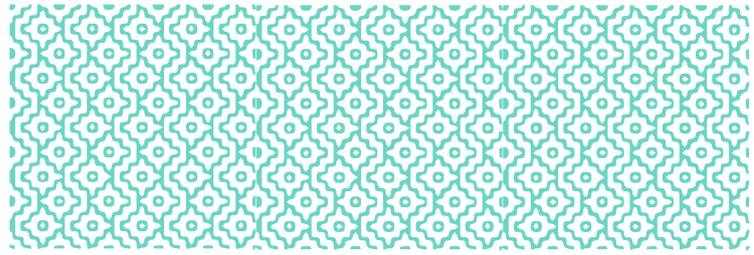
This type of hat helps keep the head warm.

Made out of cactus fiber, these are the sandals both women and men in this region wear.



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PAPER DOLL GIRL

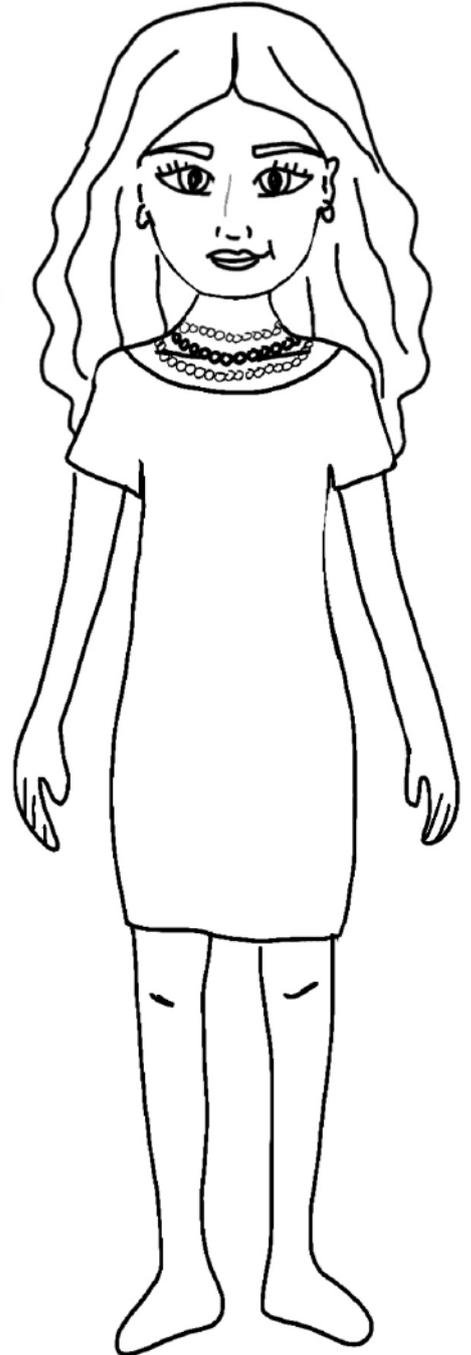


Blusa

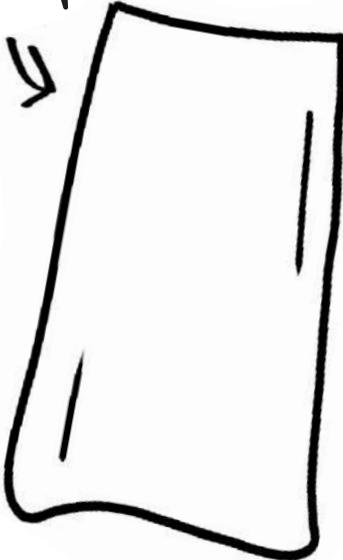


Lots of embroidery, floral design, and details make the blouses beautiful and unique!

Chica



falda



Chal



This wraps around over top of the blouse to stay warm

Cinturon

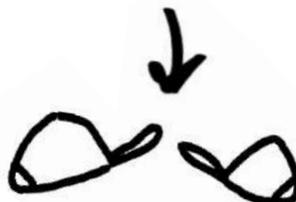


Pulseras



Women wear lots of bracelets and jewelry.

Alpargatas

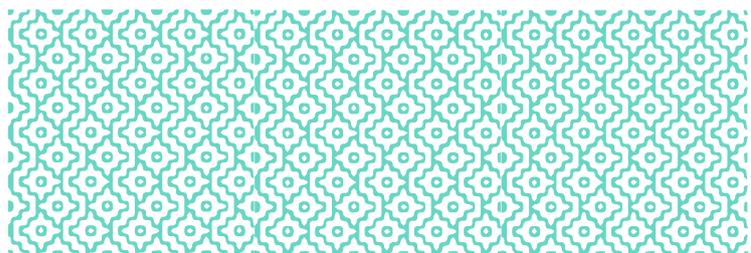


Made out of cactus fiber, these are the sandals both women and men in this region wear.

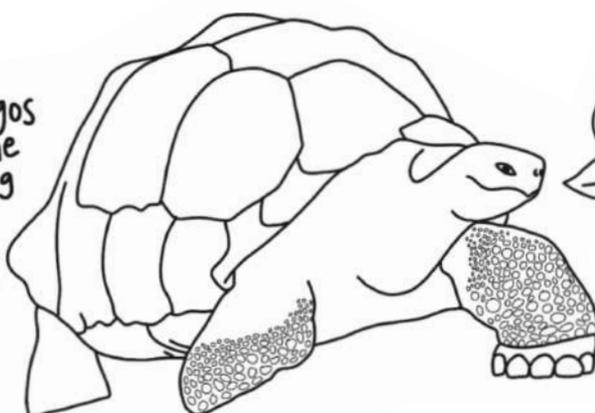


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COLORING PAGE



The Galapagos Tortoise is the largest-growing and longest-living tortoise in the world. Most grow to be around 5 feet long and live over 100 years.



Cocoa beans are what chocolate is made from. Ecuador has been producing chocolate products for over 5,000 years. Ecuador is famous for producing the best quality cocoa beans.



Ecuadorian roses are the largest and best smelling roses in the world. Ecuador is the largest exporter of roses in the world. The rose is the national flower of Ecuador.

Andean Condor is the national bird of Ecuador and has a wing span of over ten feet.

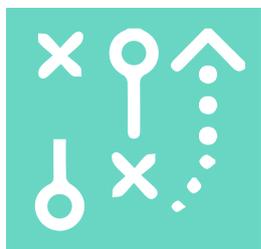


The Blue Footed Booby is a famous bird of the Galapagos. Their blue feet come from their diet of fresh fish. Its name comes from the Spanish word 'Bobo' meaning 'stupid fellow' because of how the birds stare at you.



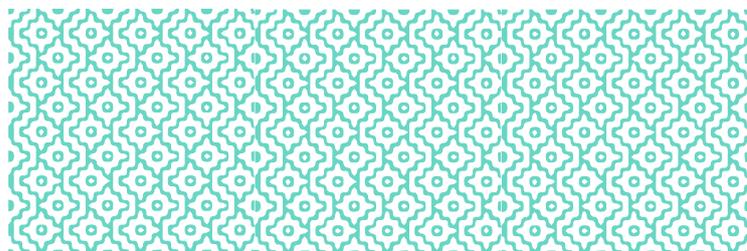
Cotopaxi is the world's tallest active volcano. The last time it erupted was August 2015. It is 19,347 feet to the top.





Inca Link Ecuador

SPANISH LESSON



ENGLISH	SPANISH	PRONUNCIATION
How are you?	¿Cómo estás?	KOH-moh ehs-TAHS
My name is ____.	Mi nombre es ____.	Mee nohm-breh ehs ____.
Potato	Papa	Pah-pah
Shrimp	Camarón	Kah-mah-ROHN
Kitchen	Cocina	Koh-see-nah
The Great Commandment	El Gran Mandamiento	Elle Grahn Mahn-dah-mee-in-toh
Bible	Bíblia	BIB-lee-ah
Amazon	Amazonia	Ah-mah-zoh-ni-uh
Bird	Ave	Ah-veh
People	Gente	Hen-teh