

# honduras

INCA LINK PACK



COUNTRY-MINISTRIES-DEVOTIONALS  
ACTIVITIES-CRAFTS-RECIPES





# in two

Welcome to Honduras! Well, virtually at least. We are so excited to share the Honduran 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](mailto: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 [@incalinkhonduras](https://www.facebook.com/incalinkhonduras), and on Instagram or Twitter at [@inca\\_link](https://www.instagram.com/inca_link) and [@incalinkhonduras](https://www.instagram.com/incalinkhonduras).



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

# DEVOTIONALS





# Family Study

# I

on  
"The Great  
Commandment"



This study was prepared by the Saccsara family. The Saccsara's serve in Peru as missionaries. As a family, their favorite thing to do is going to new villages and exploring new places. What they love most about Peru is the food and culture.

## Title: Glorifying G O D 1



*passage of the day*

Acts 16:1-2,  
Acts 13:47



*prayer:*

*Dear father, help us that at all times we can behave in a way that makes you proud and to be an example to all those around us. In Jesus' name, Amen.*

## Story of the day

When I was still in school, I remember when my dad visited my classroom to talk and ask my teachers about how I was doing in my courses. When the teachers gave him good news about me, I was the happiest child on the planet because I saw my dad's happiness when he heard the report. This was one of the reasons I was trying hard because I really liked my dad hearing good things about me. In the passage, we read that Paul came to visit and heard from Timothy, a young man who, because of his good behavior, had become famous in his city. People knew about his good behavior, not only in his own city but also in other cities. A way we can glorify God is by following Timothy's example of following Jesus. He loved Jesus and followed His commands. We are also to be good disciples because we are called to be lights in the world, which means people will be looking at us. Acts 13:47 says, "For so the Lord has commanded us, saying, 'I have made you a light for the Gentiles, that you may bring salvation to the ends of the earth.'"







# Questions

1. How can you glorify God in your life?

2. What concept do others have of you, the people who know you?

3. Are you being a light to your friends and neighbors?

4. How can you be a light to those in your community?



## FAMILY Game Activity

1. Get a ball and the first family member that has the ball has to mention how they can glorify God with their actions and life and then pass it to the next family member, until everyone runs out of ideas.

2. Make a list of your friends and neighbors who are not Christians and pray for them as a family.

3. Pray for the Lord to help your family be a light and find ways to reach them.





# Family Study

## 2

on  
"The Great  
Commandment"



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## Title: Glorifying G O D 2



### passage of the day

Matthew 22:36-40  
Luke 10:25-37



### prayer:

*Father, help us to know what to do in difficult situations and how to love our neighbors during difficult times, just as you have taught us in the Bible. In Jesus' name, Amen.*

## Story of the day



Have you ever seen a landslide? We have. Where we live it doesn't usually rain, but when it does it brings landslides. If it rains several days in a row, the rivers overflow and water comes down the mountains with force, sweeping up rocks, mud, cars, houses, and everything else in its path. It even makes a loud roaring noise. It can be kind of scary!

A few years ago when this happened, many rivers overflowed with no warning. We could hear it from our home. Hundreds of families lost their homes that

day and thousands were affected for several months. Many also lost their businesses, their animals and even their pets. They were left helpless. Even people from our local church and community were affected. They had no water coming to their houses. I don't know if you have ever gone a day without water, but it is a very difficult thing to live without water for a long time. Water is very important. We use it to drink, to cook, to shower, to wash our clothes, and to water our plants. A family cannot survive very long without water, but many of our friends did not have water for 3-4 months!



Thankfully our house and mission center have big water tanks and had water to last us quite a while. During those months, our main ministry was supplying our friends, our church and neighbors with water. Sometimes we paid for water trucks to fill the water tanks at our church so that those who were from the church and lived close by could have water for their basic necessities. We also had friends come by our house that just needed a shower or to wash their clothes with our water and it gave us an opportunity to serve them in that way. Other people did have water but it came in all muddy and they couldn't use it for cooking, drinking, cleaning, etc. This gave us the opportunity to help those with dirty water to install filter buckets so that they could still use their water safely by filtering it.

During these situations, God gives us an opportunity to serve others. We were able to partner with others in gathering clothes and food to be able to help the families during this difficult time. Our boys, Gabriel and Andres, were able to participate in filling buckets and helping us take things to other families. They saw how we let others in our home that needed showers or to do laundry.

Jesus tells us to help our neighbor in times of need. He wants us to be like the Good Samaritan who helped the hurt stranger on the road when no one else wanted to. As a family, this will glorify God in our lives following what Jesus said in the great commandment of Matthew 22:36-40 - to love God with all our heart, soul and mind, and second to love our neighbor as ourselves. The Bible in John 13:35 also tells us that others will know we are Christians by our love and in this way, we can reach others for Christ and give God glory.



## Questions

1. What does it mean to glorify God?
2. How can you glorify God by helping others around you?
3. What is your family doing for others around you who are suffering?
4. If you were going through a situation like the families above, would you appreciate the help of others?
5. What will you do when you see the opportunity to help others?
6. Do you treat your neighbors and those around you kindly?



## FAMILY Game Activity

Maybe you haven't had an opportunity to serve others in your community. As Christians we are all called to love God and love our neighbor; which is the best way we can glorify Him.

- Pray with your family for things going on presently in your surrounding community (for example the COVID-19 pandemic).
- Make a list and pray for those who are suffering during hard times.

- Doing random acts of kindness to those who you are praying for will be a great way to bond with your family, teaching them to be grateful for what they have and think about the needs of others. Also as a family, partnering with your local church or other friends to build community.

- The random act of kindness can be shared with someone you know or a complete stranger. You can send encouraging notes or cards to old people's homes, hospitals, make cookies as a family for someone, make food or goodie bags for the homeless.





# Family Study

# 3

on  
"The Great  
Commandment"



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## Title: Glorifying G O D 3



passage of the day

Genesis 37:2-50:26



prayer:

*Dear Father, help me to trust you when I don't understand the path you want me to follow. I want to trust you in dark times. In Jesus' name, Amen.*

## Story of the day



Our family loves hiking in the mountains and seeing the wonderful things that God has created. In Peru, the Quechua people live in the Andes Mountains. Once after a meeting in one of the Quechua villages, one of the Christian brothers invited us to stay at his house. He told us "my house is right around the corner", so of course we accepted and started following the brother. After 15 minutes, we asked him how much further and he answered again, "it's right around the corner". We just kept walking and trusting the brother that we would eventually arrive. After 40 minutes of walking, we asked again and he said we were almost there.

The trails in the mountains are not very easy to walk on, and the paths that he led us on were rocky and in between trees. We had to be very careful of where we stepped so that we would not fall, but we walked, trusting that he would take us the best way.

As Christians, we want to follow Jesus' steps. Sometimes the paths are straight, sometimes rocky, but we should trust Jesus' guide and the plan he has for us.

We have had many experiences where our families have gone through difficult situations. We have suffered losses and have seen many Quechuas suffer. Being a Christian in the Andes was not easy for the Quechua people for many years. There were “terrorists” who wanted to stop the Gospel from growing among the Quechua people, but God used these difficult times for good. Just like Joseph’s story where the enemy meant it for evil, God meant it for good. In the end the good news of Jesus was spread even more. Through suffering, many Quechua came to the feet of Christ and this brought glory to God.

As we grow we are going to find ourselves in different situations where it seems that we are

alone. The good news is that Jesus is with us always and may have a bigger plan for us that we do not understand. Although Joseph had a very rocky start to his life and many things happened to him, God intervened in his life by giving Pharaoh a dream that only Joseph could interpret. Joseph used these situations to give God the glory for his ability to interpret those dreams. At the end of the story, even though his brothers treated him badly, Joseph forgave his brothers and gave God the glory. He said, “As for you, you meant evil against me, but God meant it for good in order to bring about this present result, to preserve many people alive. So therefore, do not be afraid; I will provide for you and your little ones.’ So he comforted them and spoke kindly to them.” (Gen. 50:20-21).



## Questions

1. How do we know if we are following Jesus’ footsteps?
2. Do you give God the glory during situations in your life? When things go well, do you give God the credit?
3. How could this scripture apply to you?
4. Do you think that reading the Bible is a good way to see our path better?

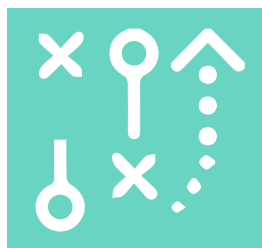


## FAMILY Game Activity

We try to have a moment of conversation with our children every night; this is a good habit and it helps them tell us things they need to discuss, or difficulties they are going through. It’s also good to remember good things that God has done for our family in the past and tell our children our testimonies. Why don’t you try to talk about 10-15 minutes before bed with your mom and dad? Tell them about the things that made you laugh during the day and any other things you would like to discuss before going to bed. We can also spend time with our family discussing staying close to God no matter what the situation, and trust that God will intervene and show his Glory.

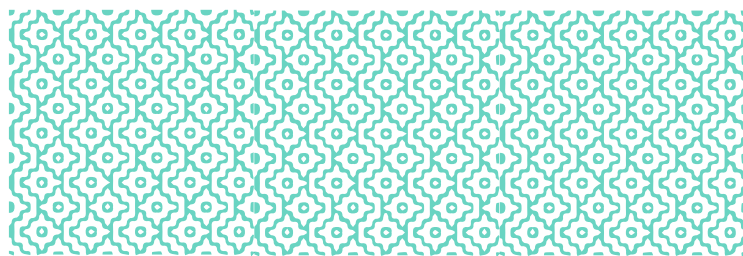




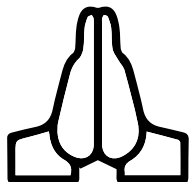


# CHALLENGES

## FAMILY ACTIVITIES



1



*Pray for a family you want to connect with to share Christ's love. Invite the family over to watch a movie. Do it up! Bring out the popcorn, favorite snacks, and blankets. Use the time before the movie to converse and invest in them.*

2



*Get out of your comfort zone! Go out as a family and while you are out, have a secret challenge to be friendly and meet new people. Each family member gains points for each positive interaction he/she initiates.*

*Waving - 1 point*

*Smiling and saying "hello" - 2 points*

*Wishing someone a good day - 2 points*

*Giving someone a compliment - 3 points*

*Starting a conversation - 5 points*

3



*Does your family have a favorite sport or outdoor activity to play together? Invite a family you want to connect with to share Christ's love to come over and play! If you don't have a favorite sport you enjoy playing together, pick up a new sport or outdoor game and enjoy the fun of learning together with friends.*

4



*Go for a walk in your neighborhood. Pray together while you walk for each house you pass. If you know the people living there, pray specifically for them. Ask for God to bless them and that their hearts would be open to God's love. Greet neighbors who are outside.*

5



*Be a connector! Set up a playdate at your house or a local park and invite families who have not met yet but would enjoy new connections and good community.*

6



*Create a set of "neighbor blessing" cards and leave them in your neighbors' mailboxes. Your neighbors can redeem the blessing cards with your family. You can include blessings like: Free Car Wash, Free Dog Walk, Free Meal, etc. Be sure to include a phone number or address for your neighbors to use when scheduling the blessing.*

7

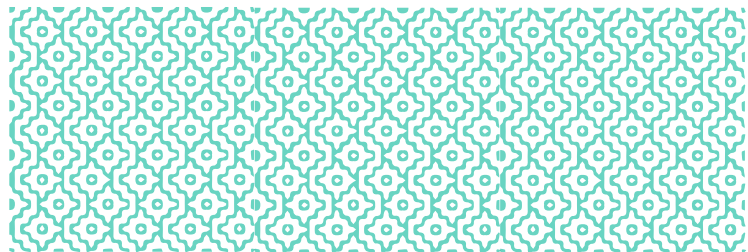


*Call a local homeless shelter and ask if they have a donation list. Gather a few items to bring to the shelter and pray for the individuals and families who receive services there.*



## MEMORY VERSE

FAMILY ACTIVITY



1 Corinthians 10:31

( I C B )

*"So if you eat, or if you drink, or if you do anything, do everything for the glory of God."*

*"En conclusión: uno debe de glorificar a Dios en todo lo que hace; hasta en lo que come y bebe."*

1 Corintios 10:31

( N B V )



To listen to this verse read in Spanish, visit our website at [incalink.org/packets](https://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](mailto:Ischriefer@incalink.org) to receive Inca Link bracelets for the whole family!



# honduras

M I N I S T R I E S





## INTRODUCTION

Bordered by El Salvador, Guatemala, and Nicaragua, Honduras is the second largest country in Central America. Honduras has a shoreline in the Caribbean Sea and access to the Pacific Ocean via the Gulf of Fonseca. Christopher Columbus named Honduras (meaning “The Depths”) when he landed there on his fourth and final journey.

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

**Capital:** Tegucigalpa  
**Area:** 112,492 square kilometers  
**Pop:** approx. 8,326,125  
**Government:** Republic  
**Religion:** Roman Catholic (97%), Mennonite, Jehovah's Witness, Lutheran & Episcopal

**Language:** Spanish is the official language, although various indigenous languages are also spoken.

## CLIMATE & GEOGRAPHY

Honduras has a tropical climate with a wet season and dry season. Temperatures vary by altitude, with the higher altitudes cooler and “spring-like”, while the coastal zones are hot and humid. The Caribbean coast of Honduras can be prone to hurricanes during the Atlantic season. The highest point in Honduras is Cerro Las Minas at 2,870 m. The Longest River in Honduras is Patuca River. Lago de Yojoa is the largest natural lake in Honduras, with an area of 110 square miles.

## HISTORY

Archeological evidence shows that people inhabited Central America beginning around 12,000 BC. Of the many tribes and civilizations inhabiting the region prior to European conquest, the Maya (2000BC-800AD) are perhaps the best known.

400-800 AD

Columbus arrives  
in Honduras

1525

Tegucigalpa was founded

1821

Federal Republic of  
Central America (FRCA)

Mayan Civilization  
of Copan

1502

Spanish take official control  
of Honduras under Hernan Cortes

1578

Honduras wins Independence  
from Spain

1823







*inca link*

# HONDURAS



<https://www.incalink.org/honduras1/>

Inca Link Honduras is one of the newest countries where Inca Link is working. Since April 2019, our missionary Daniel Ascencio began an exploratory work on how to reach the new generations through our Evangelism and Discipleship programs, Training Leaders, Connecting People and Compassion Ministries. In February 2020, Daniel was joined by his wife, Nayeli, to continue ministering to the Honduran people.

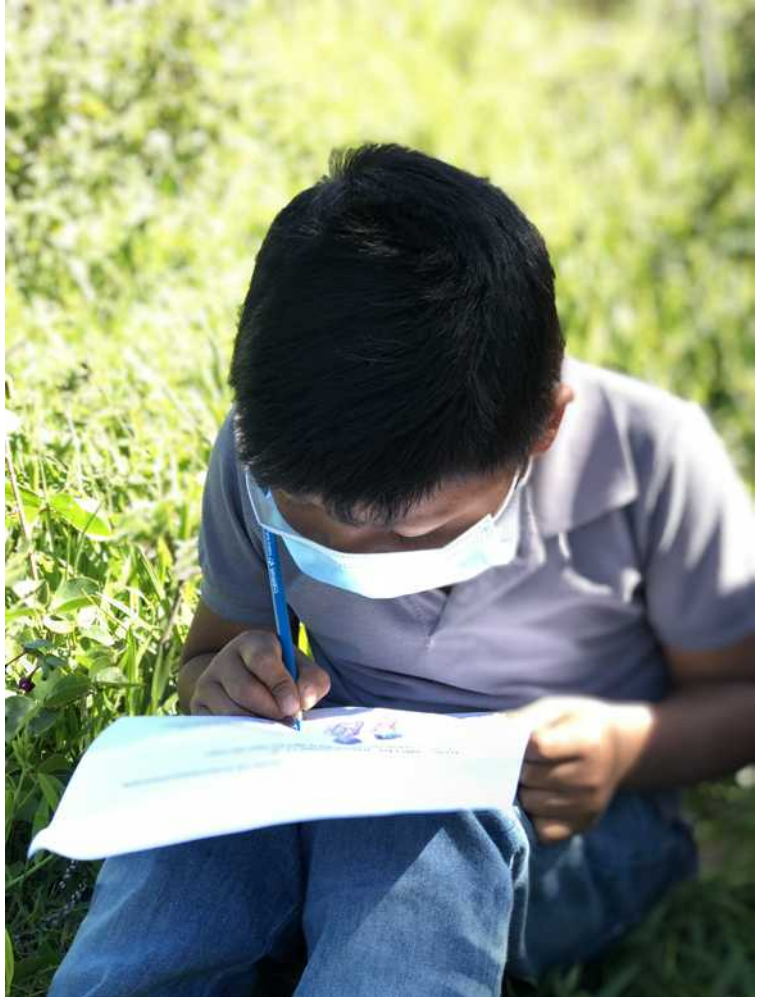


# VEROA8



We support this project remotely with resources and training their leader, Omar Ciru, who is using soccer to disciple children of the community. The problem in this area is that children aspire to study up to 6th grade at most (in the best of cases), and after that they look for a job in palm harvesting, driving motorcycle taxis or boats, etc. Because the area is mainly underdeveloped, there are some communities that are so isolated, you can only get there by boat. Omar's mission is to use soccer as a means of discipleship for men and women to show them the irresistible love of Christ and that they have an opportunity to live a better life in Him.

<https://www.incalink.org/meroa-8/>





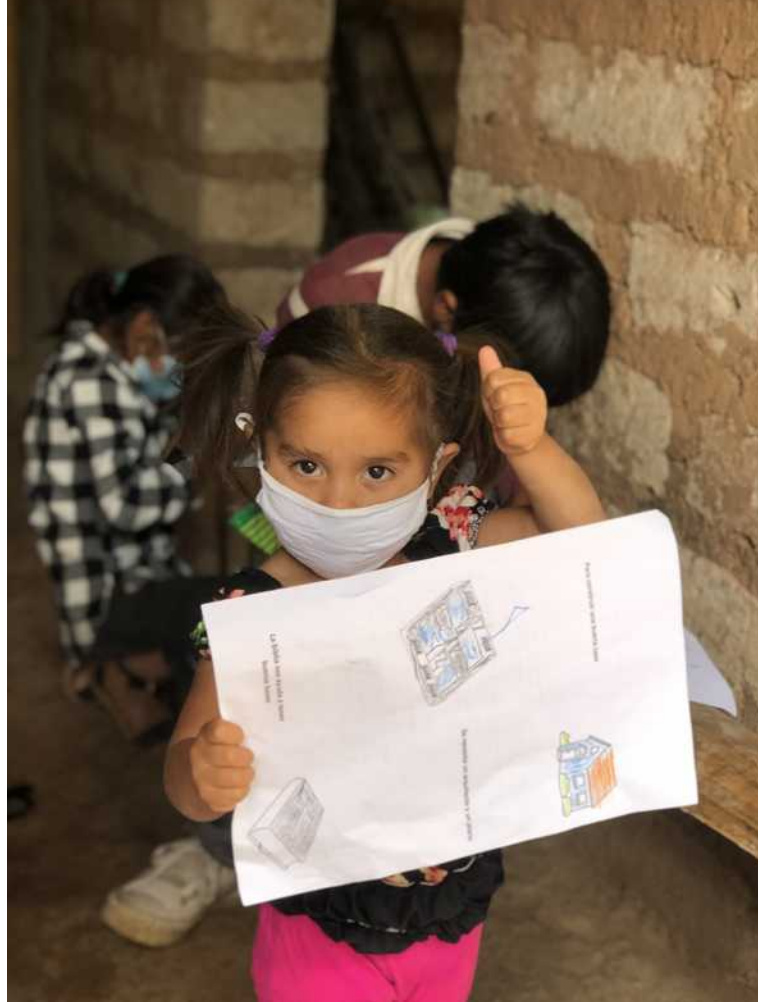
# PUEBLO VIEJO



We started doing a movie program since they don't have a nearby cinema. We just wanted them to have a distraction after their long work day in the fields with free popcorn and a drink. Through this, we tell them that they are not alone and that God loves them and if they need someone to talk to, we are here to listen to them. Praise God we were able to see the fruits of families looking for God through the attention we gave them and we were able to place them in a local church, where our local leader Olvin Mendez is the pastor.

When we discovered that we had a group of 8 children who walked about 2 hours to get to the movie program from a community called "La Sierra", we realized that God wanted us to go serve them. When we arrived in their community, we noticed they do not have basic services such as: water, electricity, sewage, hospitals, a police station, internet, etc. The Lord broke our hearts for these people, and He led us to start a ministry there. We began the program meeting with the 8 children in a community soccer field outdoors, and when it rained we would run to a neighbor's house where he would let us finish our lesson. Praise God the group has grown from 8 to 25 boys and girls! We have divided them into 2 groups, boys and preteens, and we are now meeting in the community auditorium.

<https://www.incalink.org/pueblo-viejo/>







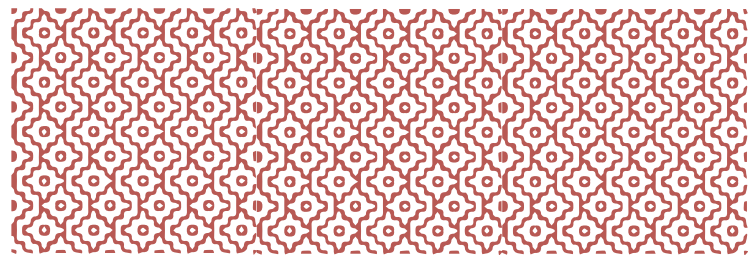
# handmade

## ARTS & CRAFTS PROJECTS

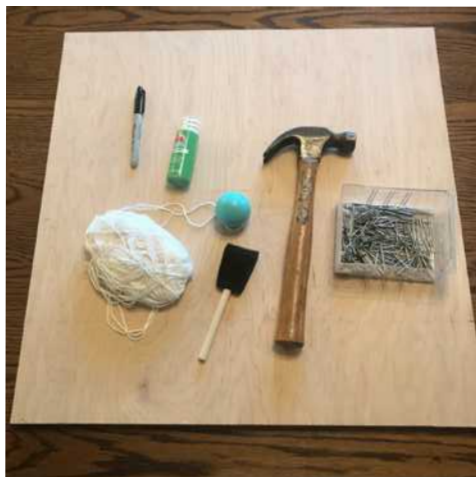




# Honduras Soccer ART PROJECT



As is the case with most Latin American countries, soccer is the favorite sport to play. Honduras has a proud tradition of quality soccer and a passion for the game.



## What you need:

A piece of plywood  
2ft by 2ft  
Nails  
String  
Green paint  
Black marker  
Paint brush  
Hammer  
Tape measure

## INSTRUCTIONS:



- 1 Paint the entire board green and let dry.
- 2 Once the paint has dried, measure out and draw the lines of the soccer field. Start with the perimeter, then draw the halfway line, add the circle, and finish by adding the goal box.
- 3 With all the lines being drawn, you now need to hammer nails the whole way around the perimeter leaving 3-4 inches between each nail. Be sure to leave space for the goal.
- 4 Weave string back and forth between the nails to create the edge of the soccer field. Make sure not to close the space for the goals in.
- 5 Add 11 nails to each half of the soccer field, these represent players, feel free to place them as you see fit, create whatever formation you would want to play with.
- 6 Play!!

### Rules for play:

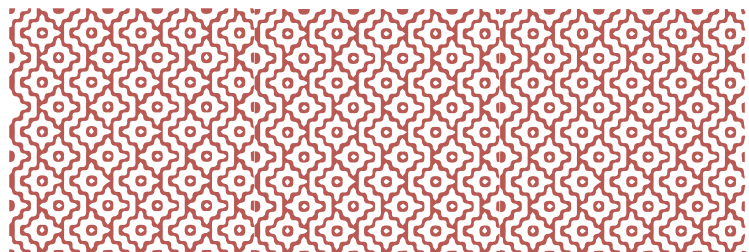
One person starts with the ball at their end of the field. Using just one finger, flick the ball toward the other end

of the field. Once the ball stops, the other player then flicks the ball back. This process continues until a goal is scored. First person to score 3 goals wins.



# The Scarlet Macaw

## ART PROJECT



### What you need:

Template (print out below)  
Scissors  
Glue stick  
Colored pencils  
Colored paper

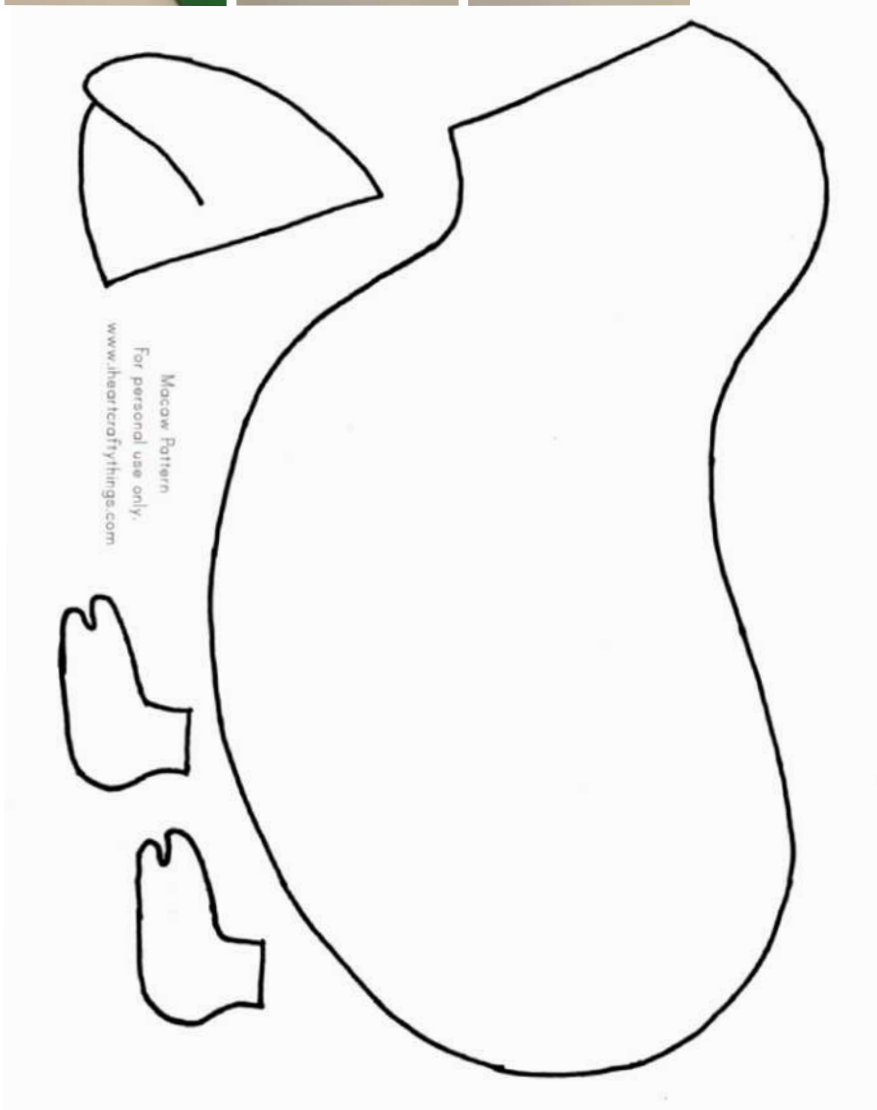
The scarlet macaw is the national bird of Honduras, a large and majestic creature easily recognizable by its lively red, blue and yellow coat. But the species' magnificence has helped contribute to its demise in the wild. Coveted as pets, macaws have seen their populations decimated in recent years by the illegal wildlife trade. Poachers snatch eggs and chicks from wild nests, clip the wings and smuggle birds not only within Honduras but also to Europe, the United States

and Caribbean islands. However there is hope; much like the conservation project to save the American bald eagle, a group of passionate people are trying to restore the macaw to the wild. The hope is to reintroduce rescued and hatched birds into the wild to create new flocks of macaws. The president of Honduras, Juan Orlando Hernández, has even turned his ranch over to be a protection site for new macaws.



### INSTRUCTIONS:

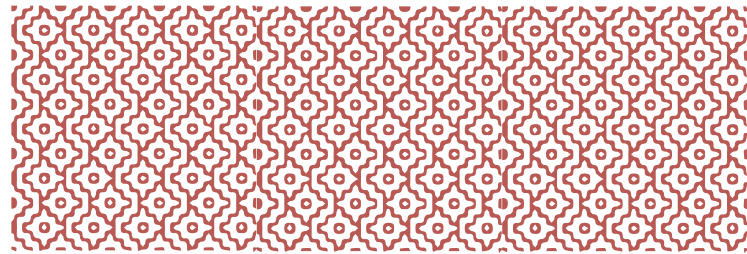
- 1 After printing out the macaw template, cut out the body, legs, and beak.
- 2 Color the legs, body, and beak.
- 3 Glue the beak and legs to the body.
- 4 Trace your hand on the colored paper.
- 5 Cut out your hands, if you have small hands, you may need to cut out a few. You can also cut the thumb off; it is not necessary for making the feathers.
- 6 Using the glue stick, glue the hands overlapping each other on top of the colored macaw. Start at the bottom of the macaw working up to the head.







## SONG & CRAFT VIDEOS

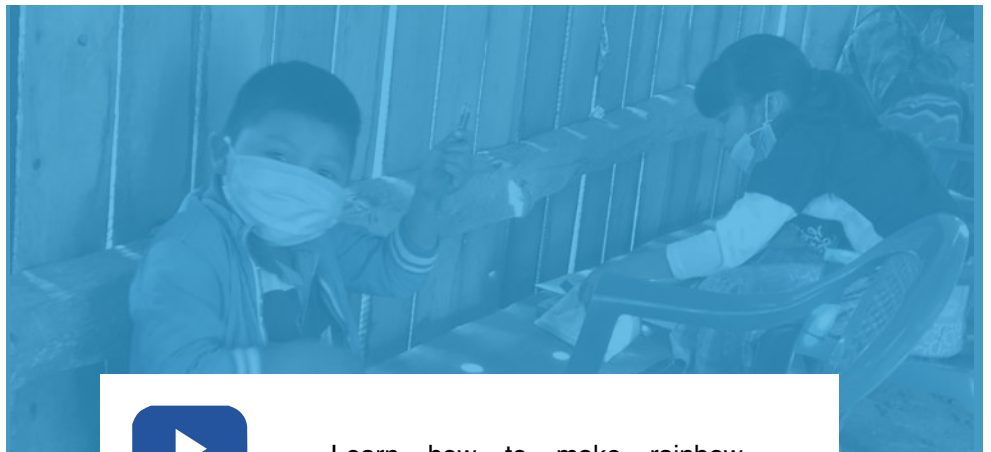


# DANCING *song*



The children from our ministry in Honduras dance to a fun song called "This is a Party"! To watch the video, visit <https://youtu.be/oq-QOwB-veE> 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](http://incalink.org/packets).

# RUINAS DE COPAN *craft*



Learn how to make rainbow scratch paper, and then follow along as one of our leaders in Honduras draws Mayan ruins that play an important part in Honduran culture. To watch the video, visit <https://youtu.be/pNZOQOFA5MY> 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](http://incalink.org/packets).





*honduras*

**COOKING  
PROJECTS**





# Baleadas

## COOKING PROJECT



### INGREDIENTS

3 lbs corn flour

1 cup water

1 teaspoon baking soda

1/2 teaspoon salt

1 teaspoon sugar

2 teaspoons oil

1/2 bar margarine (melted)

Refried beans

Sour cream

Grated dry cheese

### INSTRUCTIONS:

- Combine the flour, baking soda, salt, sugar, margarine and oil in a large container and mix while gradually adding water to be able to give the dough a soft and smooth texture. Knead until the dough is soft and elastic, then cover with plastic wrap and let it rest for at least 2 hours.
- After 2 hours, form the dough into golf ball-sized pieces, covering them with a small amount of oil or melted margarine so that they do not stick.
- Once finished rounding, let them rest for another hour before starting to make the tortillas. You can stretch them by hand, on a flat surface or on a plate.
- Heat a large skillet over medium-high heat. Cook each tortilla until browned and lightly puffed, about one minute per side.
- Layer the refried beans and grated cheese over tortillas. Garnish with sour cream.
- Optional: add chopped eggs, ham, meat, pork rind, avocado, cottage cheese, curd, or anything else you might like in your tortilla. Enjoy!

To watch a step-by-step video guide on how to make these tortillas, visit our website at [incalink.org/packets](http://incalink.org/packets), or visit our YouTube channel @IncaLinkIntl and you will find it in our Missions & Cultural Discovery Videos playlist.



# Sweet Donuts

## COOKING PROJECT



### INGREDIENTS

½ lb grated cheese

1 ½ lb corn dough

½ teaspoon salt

2 eggs

4 cups sugar

### INSTRUCTIONS:

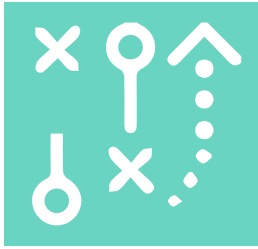
- In a container, combine the corn dough, salt, eggs and grated cheese. Knead until the ingredients are well mixed. Shape the dough into rings.
- In a pan, heat oil to 375 degrees F. Fry the donuts until they are golden brown on both sides.
- To make the honey glaze, add the sugar, cinnamon and water in a pot. Boil until the glaze is thick, then add the donuts and cook for 3 minutes.





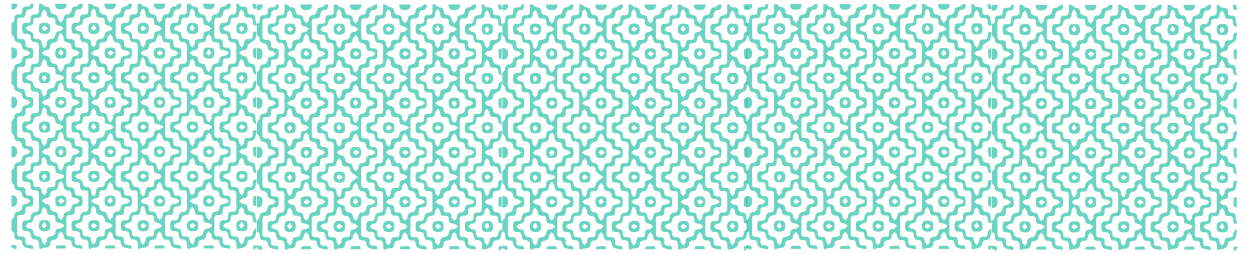
*honduras*

**ACTIVITY  
PROJECTS**



# Inca Link Honduras

## COUNTRY FLAG



The Honduran flag has two fields of blue, representing the Pacific Ocean and the Caribbean Sea, surrounding a white field representing the land and peace. The 5 blue stars represent the countries that were once part of the Federal Republic of Central America.

- The leading exported goods from Honduras are coffee, bananas, and wood.
- The White Tailed Deer is the national mammal of Honduras.
- The Cathedral in Comayagua, Honduras, is home to the oldest clock in the Americas.
- Children's Day in Honduras is known as Día del Niño and is celebrated on September 10th every year.





# Inca Link Honduras

## WORD SEARCH

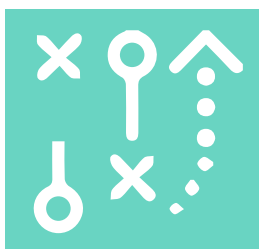


I R X N B A W T B N H Q B N H I Y M E F  
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I O H O K V K E B A P U C F U L M A Y J  
E D M X H I F Q U T A I U U K Y A Y W B  
B X S K I E G N C D N H Q N D M F C T M  
W N S E H J O J D T I Z L L R Z B M D R  
B D B I W O O L M T P H C O M W W I Z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

Pueblo Viejo  
Baleadas  
Copan  
Papas

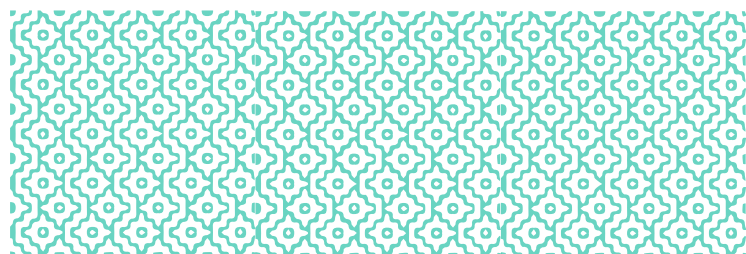
Comayagua  
Pelota  
Mayan

Montaña  
Meroa  
Macaw

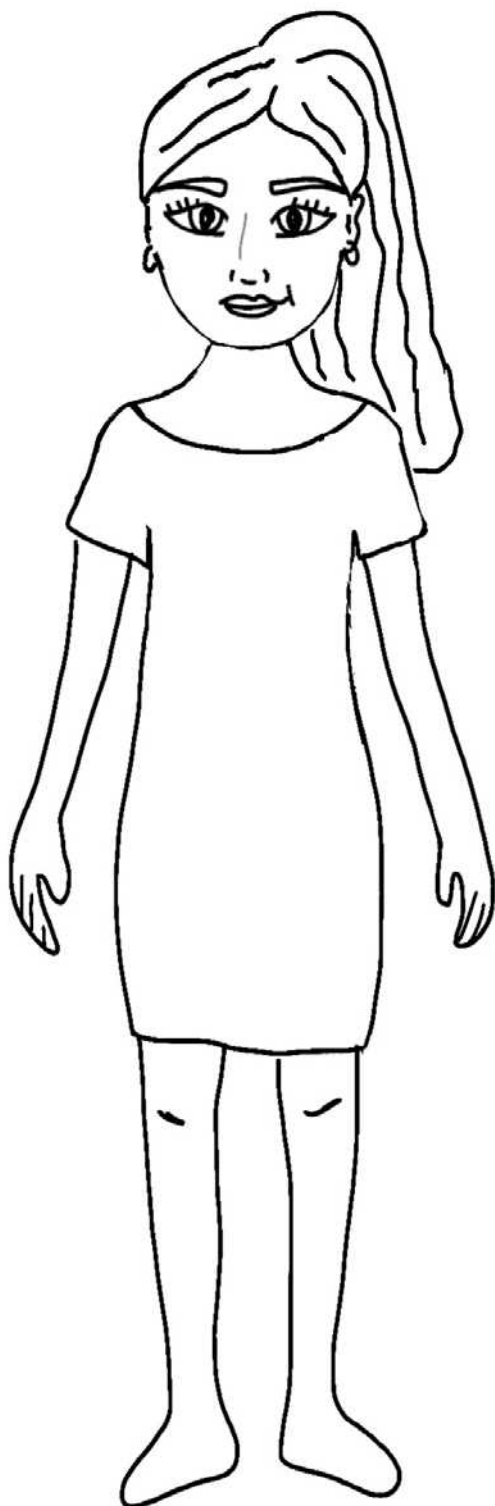


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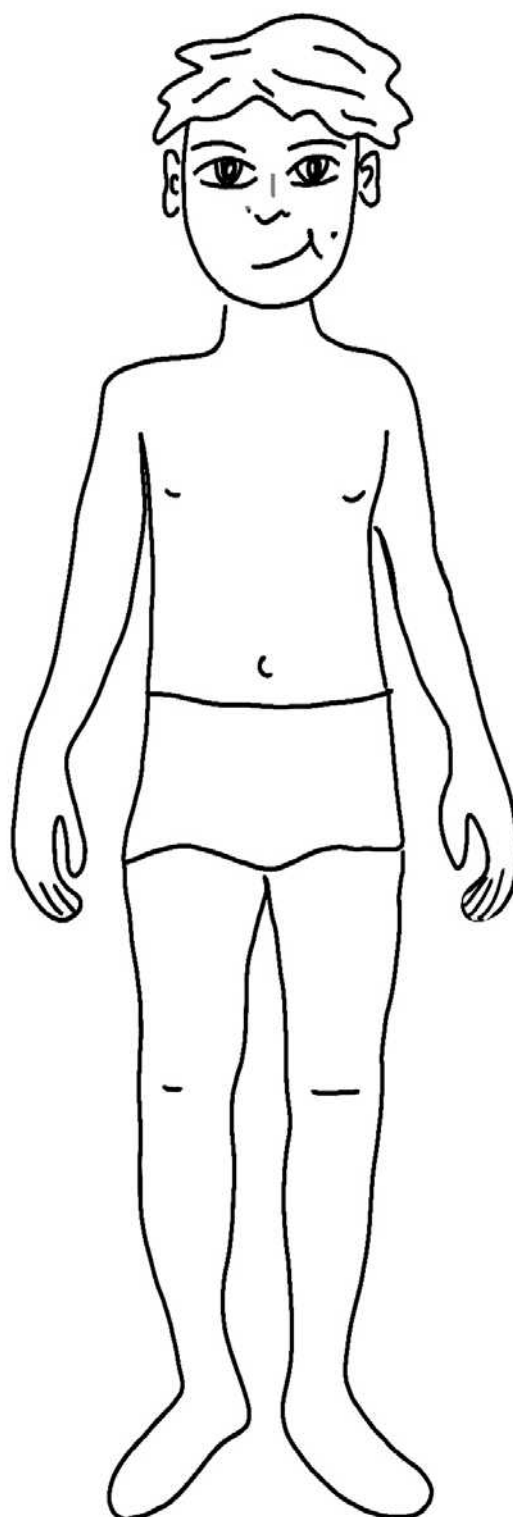
PAPER DOLLS



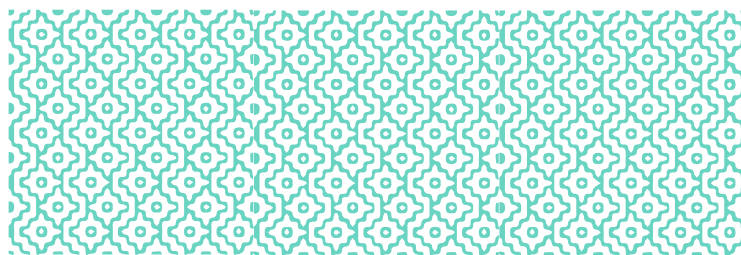
••••• *Chica* •••••



— CHICO —







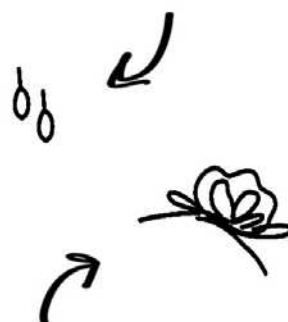
# Chica

Vestido



Traditional dresses are handmade and full of vibrant colors! Women often wear these beautiful outfits during festivals.

Aretes



Floral headpieces are a common accessory in traditional festival dress.

Collar



This is the spanish word for necklace!

Pulseras

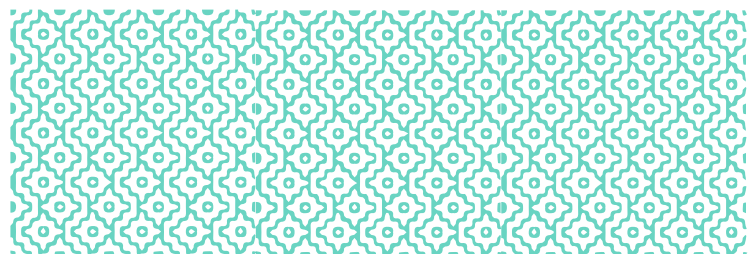


Zapatos





**Inca Link Honduras**  
BOY CLOTHING



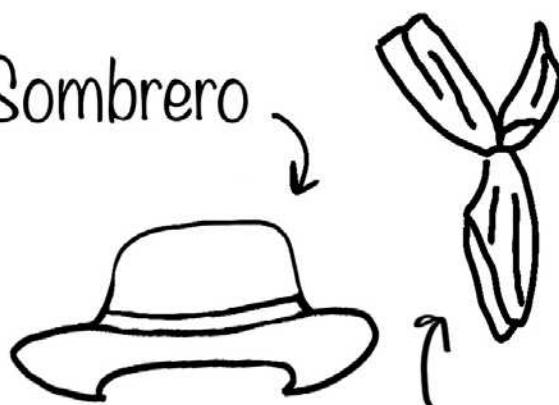
# CHICO

Camisa



In traditional dress, men typically wear white shirts and pants with colorful detail stitched in!

Sombrero

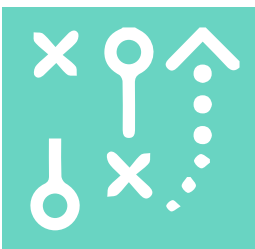


Hats and scarves are often worn by men in traditional dress.

Pantalones

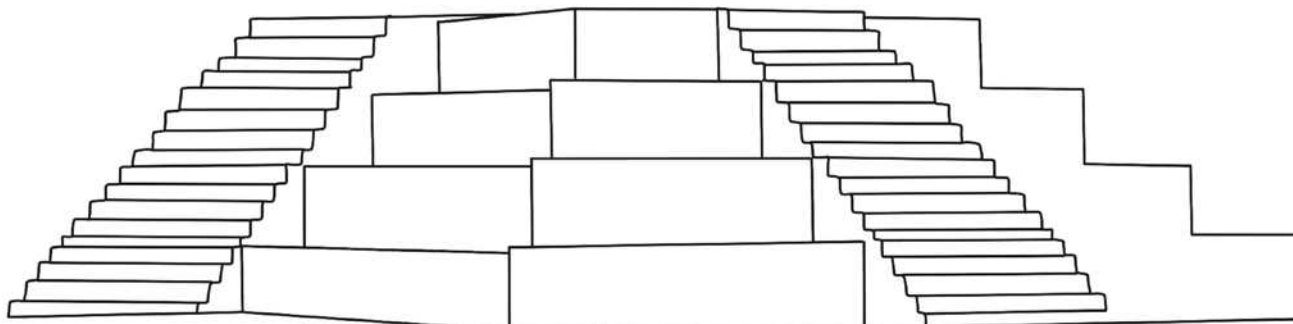
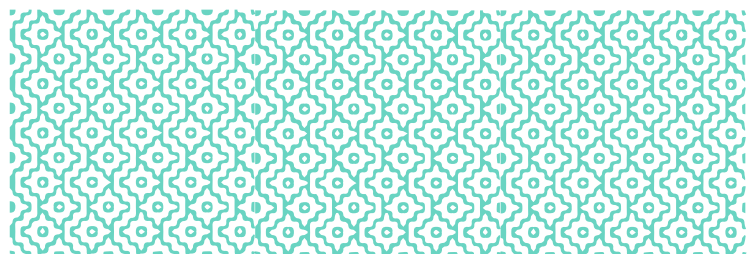




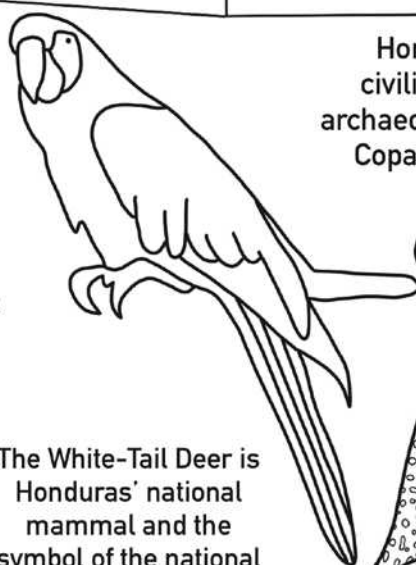


# Inca Link Honduras

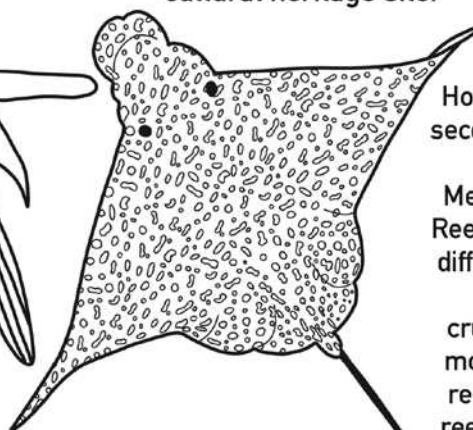
## COLORING PAGE



The Red/Scarlet Macaw is the national bird of Honduras. It was picked because of the importance that bird had with the Maya civilization, despite the fact that the species is extinct in the wild in Honduras.

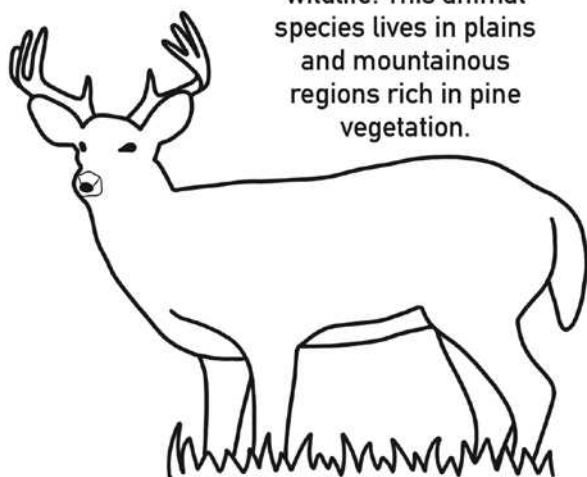


Honduras was the center of the Mayan civilization. Today you can visit ruins and archaeological sites all across the country. The Copan ruins are especially beautiful and a cultural heritage site.

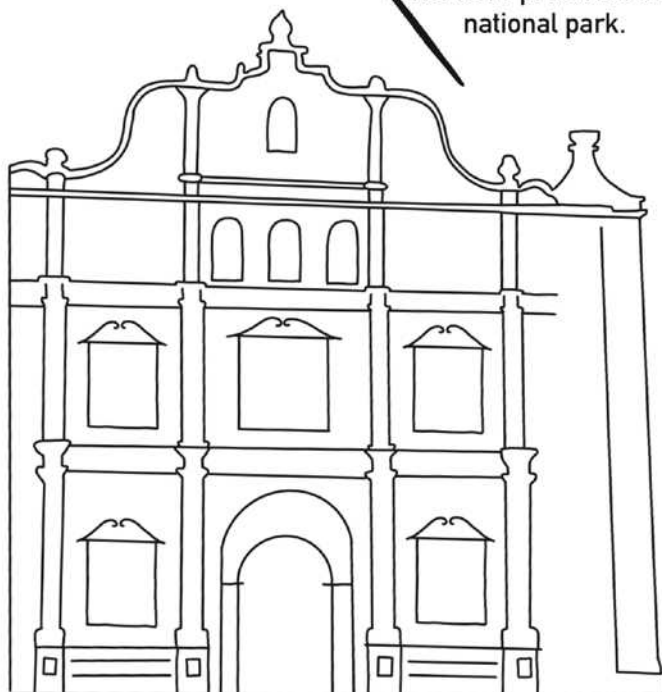


Honduras is part of the second largest coral reef in the world. The Mesoamerican Barrier Reef hosts thousands of different species of fish, shark, coral, crustaceans, rays and more. Like many coral reefs in the world, the reef is endangered and therefore protected as a national park.

The White-Tail Deer is Honduras' national mammal and the symbol of the national wildlife. This animal species lives in plains and mountainous regions rich in pine vegetation.



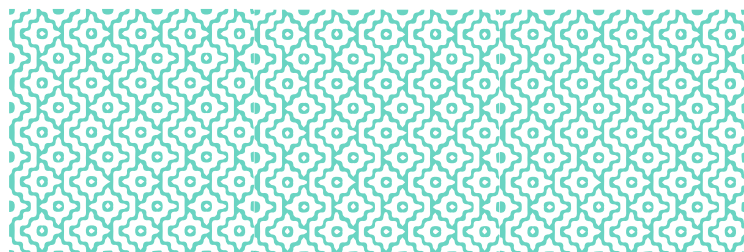
Comeyague was the origin capital of Honduras and today is a beautiful city with lots of colonial area construction. On the Cathedral site is the oldest clock in the Americas and maybe the world. The clock was built around 1100 AD and originally placed in the Alhambra Palace, in Granada, Spain. It was later moved to sit in the Cathedral of Comayagua.





# Inca Link Honduras

## SPANISH LESSON



ENGLISH	SPANISH	PRONUNCIATION
What is your name?	¿Cómo te llamas?	Coh-mo teh yah-mahs
I am from ____.	Soy de ____.	Soy deh ____
The Carribean	El Caribe	Ehl Cah-ree-beh
Mountain	Montaña	Mohn-tahn-yah
Movie	Película	Peh-lee-cool-la
Star	Estrella	Eh-stray-yah
Family	Familia	Fah-meel-lee-yah
White	Blanco	Blahn-koh
Ball	Pelota	Peh-loh-tah
Wood	Madera	Mah-deh-rah