Running, jumping and climbing for Haiti Micah!

Haiti Micah volunteers and supporters had a busy, action-packed, month in April.

On April 6, Urban Evolution in Alexandria, VA, hosted a special Parkour event just for HMP. They donated 50% of the proceeds to HMP and everyone had fun! Thanks to Nancy Lorenz and Eric Waskowitz, focused and energetic participants helped make the first Parkour fundraiser for Haiti Micah Project a success. Thanks goes to Urban Evolution, Alexandria, VA, the group learned the beginning level skills so that adults learned skills to balance, jump, roll, and leap over 4ft barriers in two short hours. Plans are to develop two other Parkour events for children and young adults. Haiti Micah Project also wishes to thank the owners of Café Pizzaiolo at Cameron Station for hosting an after event celebration.

Next, supporters came out for the first FastTrack Racing trail race in Mt. Vernon Park on April 13. It was a beautiful day, just cool enough to be perfect for running. There were runners of all ages and prizes were awarded for the top three men, women, boys and girls. All runners were also entered for a raffle that included free bike tune-ups and restaurant gift certificates. This was the first race that featured HMP as a community partner and we hope to increase the number of participants throughout the summer, so tell your friends! The next race is May 11 in Ft. Hunt Park.
May 11 - Get your running shoes on! Fast Trak Racing (http://www.fasttrakracing.com/) has made Haiti Micah Project one of their partners. When you sign up for a race, you can designate HMP and a portion of your entry fee goes directly to our programs in Mirebalais. So walk or run in Fort Hunt Park at 9AM, Saturday May 11. Let’s get the word out!

Fr. Constant Visited Mirebalais in April

Last month, Fr. Constant visited Mirebalais and spent quality time with the children in the feeding program and orphanage. He also visited the water treatment center and attended a session with some of the young people learning to make artificial flowers using recyclable materials, especially plastic bottles.

Haiti Micah Project at Goodwin House

The Rev. Joseph Constant and HMP Board member James Snow, recently spoke about Haiti Micah Project at Goodwin House Alexandria. Architect Tom Kerns, whose firm, The Kerns Group, has been selected to rebuild the Episcopal Cathedral in Port-au-Prince, and church architecture expert, the Rev. John Runkle, shared ongoing plans for the new cathedral.

Goodwin House will be presenting a check to support the work of HMP.

Sponsor a Child

Your support can make a lifetime of difference to a child in Mirebalais. Please consider becoming a sponsor in the Sponsor a Child Program.

To become a sponsor, please go to our website and click on “How You Can Help” or mail the application to: Haiti Micah Project, 3706 Seminary Road, Alexandria, VA 22304. For more information, contact Karen Wires at knwires@icloud.com.