

## **Kakrao prayer update - March**



Dear Friends,

When you started supporting the Kakrao Project you heard about Caren. Her situation was desperate. I am so excited this month, to be able to share with you just how much her life has already changed!

### **Caren's story**

In February 2010, Caren suddenly became very ill. She was diagnosed with HIV, and returned home from the hospital devastated. The antiretroviral drugs made her extremely hungry, but she was unable to afford more food. Furthermore, living in a remote village in Kakrao, it was already a challenge to find food for her three grandchildren. HIV therefore was another burden to bear. "The medication makes me feel sick," she said, "yet I still have to work for my grandchildren to get food. My only prayer is to feed them and take them to school with dignity."

### **Since September 2017**

Caren is now a member of Ohinga support group that has been selected to work with Send a Cow. Her group has received training on: hygiene & sanitation, compost making, banana farming and various vegetable gardens.

"If Send a Cow came to this community a little earlier, I would be richer!" says Caren who is very happy working with Send a Cow and has implemented almost everything that she has been trained on.

After receiving training on banana farming, Caren cleared her farm where she had been growing tobacco (a crop which takes up a lot of time and space but with very little financial return), and started digging holes to plant banana. She has already built a keyhole garden (see photo) and started growing vegetables that she is looking forward harvesting soon.

Caren and her group members are also happy that working with Send a Cow has brought them much closer to one another since they meet more frequently and at each other's houses, unlike before when they only held their meetings at the health center.

The cornerstone training (I included these in the January prayer letter) has strengthened the relationship bonds between members and the need to support one another.

"Working with Caren and the others in her community group, has been exciting. We are impressed how they have embraced the knowledge and skills we pass to them and how motivated they are to implement the trainings. I am very enthusiastic that we will change lives in Kakrao." Judith Otieno, Project Facilitator, Send a Cow.



*Caren trying out her newly built Tip Tap*



*Caren weeding her Keyhole Garden and standing by her compost heap*

### **Please pray**

- Praise God for all that this group has learnt so far, for their enthusiasm and hard work. Pray that God would bless the work of their hands and ensure successful crops
- Thank God for the joy felt by this group, that has replaced the desperation of their lives previously
- Praise God for a passionate and experienced team who are able to make the difference to this community
- Pray that God would protect this group and walk with them in their journey of transformation

Thank you for your continued prayers,

Best wishes,

Ann Hatton



Church Development Manager