

UMN News

Issue 41 | December 2013



Fullness of life for all, in a transformed Nepali society



Dear friends,

Welcome to this edition of **UMNews** entitled "Walking Together". The words "Walking" and "Nepal" have always gone hand in hand, as so much of the country can only be accessed by foot. Although this is changing fast, there are still many areas where UMN works that have yet to gain road access. Some of my best memories in Nepal have been of trips walking into remote rural areas, with staff and local people. Walking together builds strong relationships with the chance to chat on the way, admire God's amazing creation, and share each other's burdens – literally and metaphorically!










UMN's focus as an organisation is to bring about positive change in society. The danger of coming in as outsiders is that we can give the impression that having been changed ourselves, we have now come to bring that change to others. Sometimes we perhaps even fall into the trap of thinking that ourselves, and develop a "saviour mentality" to those we serve.

But development and social transformation is about going on a journey together, with our partners and with the communities we serve. The learning

and growing process is not one way – as we walk together, we learn from each other and grow together. Often it is a walk of faith. Despite our attempts to control and define through packaging desired change neatly into projects, the path of change is unpredictable and windy, and the final destination hazy and far-off. But it is an encouraging journey, with exciting steps forward as well as occasional slips backward.

The prophet Micah wrote: "What does the Lord require of you but to act justly, to love mercy, and to walk humbly with your God?" (Micah 6:8). The journey we are on together is ultimately, of course, a journey with God as we grow and deepen our relationship with Him. My prayer is that as you read this newsletter, you will feel inspired by the changes that God has brought about among us, challenged to continue and deepen your involvement in our journey together, and open to the change that God seeks to bring in all of us as we journey together with Him.


Mark Galpin
Executive Director

-  **3 Walking Together**
-  **4 Working in Remote Areas**
-  **6 Walk of Life**
-  **8 Walking with our Partners**
-  **9 The Fishy Lake**
-  **10 UMN's Footprint**
-  **12 News**
-  **13 Walking in a New Partnership**
-  **14 Respond**

Produced by the Communications Team, UMN
Editorial Team: Vijeta Manaen and Lyn Jackson
Design: Phil Rawlings and Ramesh Man Maharjan
Cover Photo: Jerry Clewett
© UMN 2013

WALKING Together



Walking together is an adventure if you are with people who share your vision and are passionate about what you do. But you seldom find such people, especially when most of your time is spent walking the miles around the country. Nevertheless, I have been blessed to have so many people to walk with me in my mission of learning and helping others learn the principles of transformation inscribed in the words of Life! These companions sometimes taught me lifelong lessons and at other times challenged me in what I believed, and counselled me when I needed help.

My exploration of God's mandate for transformation began almost a decade ago when I took up the call to be engaged in Forgiveness and Reconciliation Ministry. This walk took a more interesting turn when I joined UMN's Integral Mission Team. The post in itself was very demanding, as I needed to learn things I had never heard before. Here in UMN, I was encouraged to begin a new walk with a few who were clearing a new trail we call Integral Mission. Their vision matched mine, and I was impatient to join these visionaries, striding along a new track not known before!

This turn in my walk takes me to extreme corners of the country, where I meet and share with the leaders of the church in Nepal. These leaders have become my friends and teachers in learning God's way of community development. Even though they come from different backgrounds and hold different philosophies, one thing has become pretty clear to me – all of them are envisioned and committed to work their faith out in contributing to the development of their communities. I am grateful to my mentors, fellow travellers and people in the community who receive me with an open heart to learn and share my dreams. I am humbled to see God working His mission of transforming communities through the small efforts we make in educating churches in Nepal. But I know there are many more turns and twists awaiting us in this journey of preparing church to become the advocate of change. So, we would appreciate your prayers!

Divya Khanal
Integral Mission Team Leader



working in Remote Areas

Many years ago whilst on a field trip in a rural part of Eastern Burma, my colleagues and I stopped at a village, and sat down to talk with a man holding a tiny baby. His wife, the baby's mother, had died a few days earlier giving birth to that child. Two years later, I returned to the same village to see how that man and the baby were getting on. But this time there was no baby. I was told the baby had also died, quite soon after my previous visit. This village was far from the capital city; there were few health services and few health workers.

Now working in Nepal, several years later, I see similar scenarios. We also talk of poverty in "remote" areas. "Remote" for us, the people based in Kathmandu, means a long way away – out of sight, lacking road connections, just names on maps. It also means absent government staff, empty health facilities, demotivated teachers, poor communications, harsh living conditions, infertile land, poor food security, sparse population and cost ineffective.

But for all those reasons, I believe that UMN must work in these so-called remote places. That, generally, is where the poorest people live. I once had a long discussion with a donor about "cost effectiveness" and why it cost so much per head to reach a particular community. The answer was quite simple – it was a long way from the capital city, so the costs of providing services was much higher... to attract staff, to pay for transportation, to conduct training. "But," he argued, "you can reach more people with the same money if you work in a closer province." And of course we could. But the point is that the people in the closer province are generally not so poor, and we are not here to produce impressive statistics for donors on how many beneficiaries we have reached; we are here to change people's lives. Even the poorest. And if we don't reach them, who will?

Back in April, together with colleagues from UMN's Health Team, I had the privilege of visiting the village of Kimri in Mugu District. I love these trips. If the airstrip in Mugu is closed, it can take four days of walking to reach Kimri from Jumla. Although it can test the fitness of a city-dweller to the limits, the scenery on the way is stunning, and just meeting people who live in such different circumstances is hugely enriching. But then reality hits. The paradox of magnificent physical beauty as a backdrop to extreme poverty. Kimri is a place where government staff do not want to go – why would they? There's nothing there, apart from people's houses and the fields they farm. We found the Health Post – empty. No furniture, no health staff, no equipment. Just a few medicines and contraceptives being dispensed by an untrained, unqualified, office helper. This situation in Kimri can be seen in hundreds of places in Nepal and, indeed, throughout Asia.

So the case for UMN working in such places is compelling. Our UMN staff who live in the districts, and the staff of our partners, do a fantastic job in extremely difficult circumstances. We demonstrate that it can be done. We can reach the poor if there is the will to do so. But we don't want to just "fill the gaps" left by Government. We want to work with the communities and with Government to explore how we can really address the root causes of poverty in these areas... not in theory, but in practice. God loves them all, and has promised fullness of life for them all.

For the people living in Mugu, or Bajhang, or Doti, or Rukum, their villages are not "remote" at all. Their villages are the centre of their lives. They are their homes. It is where they and their families have lived for generations. And we, through our committed donors, have the resources to support them.

Let us continue to give that support in solidarity and love.

Jerry Clewett
Technical Director



walk of life

UMA BK had dreamt of marrying the perfect man and having a happy family. When she was 20, her parents arranged her marriage. She and her husband had three children. Uma was happy, even though Shrawan, the eldest, and his sister Yasoda, the youngest, were born with physical disabilities. Seven months after Yasoda was born, Uma's husband left her, taking their second son with him. Later, things became worse when she found out that he had sold their house and all of their possessions. Her parents were both dead, and although she worked as a house helper, the money she earned was not enough to take care of herself and her two children.

Her sister found a new husband for her. Uma said, "If I didn't have two children with disabilities, I would not have re-married. But my children needed a father." After three years' marriage, Uma and her husband have a new baby daughter. Her husband treats her and all of her children well.

When Namrata from UMN's partner, Nepal Chelibeti Disabled Women's Society (NCDWS), first found Shrawan two years ago, he was on the floor. This was where he had spent most of his life, just staring at the ceiling, or if he was lucky, at the sky outside. The chances of a full and rewarding life for Shrawan weren't good.

Namrata had been taught physiotherapy by Itahari HRDC (Hospital and Rehabilitation Centre for Disabled Children). She referred Shrawan for treatment, and has been training his parents in how to provide both children with physiotherapy and exercise. She visits monthly.

Shrawan's life prospects have changed dramatically in the two years since Namrata found him. Now he is able to help his mother with some chores, and he even attends the local school, something his mother never thought he would be able to do. He walks the half-hour there and back each day with the aid of a stick, and his teacher is delighted with his progress. Shrawan hopes to be a doctor in the future.

Phil Rawlings
Graphic Design and Communications Advisor



New shoes for Nishan

In one of the early editions of *UMNews* this year, we shared a little story about three-year-old Nishan from Bajhang, who was born with club feet. At that point, little Nishan had just gone through serial casts, surgery and then more corrective casts. We followed up on his story, and are thrilled to know that Nishan is now able to walk with his new orthopedic shoes. Like most boys his age, he walks, runs, trips and falls. "His shoes don't stay new for very long!" says his Grandmother Paru, whose dream it was to see him walk.



Laxmi Ghimire has been living a fulfilling life. She is a very smart young lady, with creative entrepreneurial ideas. She is also a great source of encouragement to many women in her community who are living in difficult financial situations.

Laxmi suffered from a high fever at two years of age, and from that time both her legs were paralysed. She has been through some rough roads in her childhood, being teased with nicknames, school doors being shut, a poor family unable to provide needed treatment. However, after a long struggle, she was able to complete Grade 8. Nepal Chelibeti Disabled Women's Society, a UMN partner in Sunsari, sent Laxmi to several useful trainings on life skills and gender issues. She is now involved with the women's group in her community, training and encouraging them to make the best of their skills.

"I am only disabled physically, but mentally I am a resource person for the community, where I am helping women improve their lives," says Laxmi.

Walking WITH OUR partners



How does UMN work in communities in Nepal?

Through partnerships! UMN works with and through its local partners, building their capacity. Once we select a partner, we embark on a journey with them until we see them confident, competent and capable to influence and bring about positive changes in the community.

One of them is Nepal Public Awakening Forum (N-PAF), a UMN partner in Rukum.

Back in 2006, a group of young people had the enthusiasm and heart to work for the poor and the disadvantaged in their community. They met monthly and discussed ideas and possibilities, recording these discussions in a notebook carried around in a bag. They had put together a very small fund, which was not really enough to start any project in their community. So, a minute book, ideas and a small amount of money was all they had – this is how N-PAF started seven years ago.

Once they entered into partnership with UMN in 2008, things began to take a different turn. Initially, UMN helped them understand and clarify their organisational vision, mission, and goals, and polished their objectives and financial policies. A strategic plan was sketched out for five years. UMN enhanced their skills in report and proposal writing, leadership, networking and good governance. Gradually N-PAF was able to get resources from UNDP, the District Development Committee, local government and community development programmes, and several local government agencies. They had the skills to raise funds for themselves.

With about 35 staff currently, N-PAF has been able to implement its programs in 32 Village Development Committee (VDCs) areas out of 43 VDCs in Rukum. They are financially strong now, and are handling big budgets of about NRP 15,000,000 (USD 147,540). UMN does a yearly assessment of their organisational practices and systems, which have shown that they are self-reliant, have been practising good governance and have won the trust and respect of the people of Rukum.



Shambhu B.C, chairperson of N-PAF says:
“UMN has played a key role in making us what we are today.”

Over the years N-PAF has grown significantly. I have observed the organisation being received positively and with respect by various stakeholders in the district. The young people who are leading the organisation are a good role-model for many young people who do not see hope or prospects in the country. I look forward to seeing the organisation grow to serve the poor and marginalised people in Rukum.

Jeevan Karki
 Lead Organisation Development Advisor



In the remote hills of Rukum is Syarpu Lake, with about 450 households scattered around it. UMN and its partner N-PAF are working with a community to raise fish in this lake. Fish farming in the hills? This is a challenge, but N-PAF is committed to make this venture a success.

Early in 2012, 90,000 fingerlings (baby fish) were taken from the plain lands to the hills of Rukum. Of these fingerlings, 85% survived the two-day ride and were released in the lake. A local committee has been formed, consisting of 11 people (3 women) from the surrounding area. Their job is to take care of the cages, feed the fish, observe and record their growth, and report regularly to N-PAF.

N-PAF members and the UMN staff in Rukum are encouraged with the progress of this project.

To date, villagers have made an income of NRP 214,000 (USD 2,100) and have saved NRP 130,000 (USD 1,270). Recently, the community was successful in registering the fish farm as a co-operative. This has allowed them to have an ownership of the lake for a five-year term. Of the total income, 7.5% goes to the Village Development Committee, 5% goes to local scholarship grants for higher studies, and 20% is allocated to social development.

Locals are proud of this lake and come to view the fish jumping in the water in the late afternoons. N-PAF is determined to closely monitor this project and make the most of the income raised for the community.

WORKING TOGETHER FOR EFFICIENCY

Besides regular technical inputs, for two days a month, UMN's Organisational Development (OD) Officer is seconded to a partner's office. There he coaches the programme staff on technical issues: for example, he guides them in how to write good reports and case stories, helps them with account keeping, and makes sure that decisions are made in line with the organisation's operational policies.

"I attended a number of training programmes on report writing; they were all basics, but my confidence in report writing has increased since we started working together in December 2012. I have been able to send quality reports to UMN and our other donor agencies, like UNDP and the DDC, on time," says Tek Kusari, N-PAF Programme Manager. N Shabhu BC, N-PAF's President, says that their financial system was not making timely project installment settlements with the required documents. "For the last eight months, we have been able to improve our financial system, since UMN's OD and Admin and Finance Officers both began to coach us case by case," he reports.



UMN's

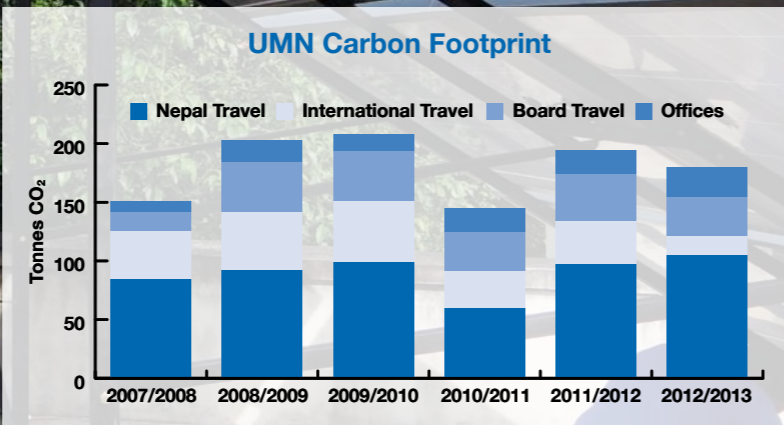


Not only is Care for the Environment

one of UMN's Values, but Environmental Sustainability features in our Fullness of Life model, and addressing Climate Change is one of the "cross-cutting issues" in our current Strategic Plan. At UMN we are doing our best to operate in a way which protects the planet.

Energy is necessary for the everyday work we do, but burning fossil fuels and firewood have disastrous long-term effects on the environment. UMN continues to monitor its environmental impact through the calculation of its carbon footprint. Our work requires frequent travelling, particularly within Nepal, to work with and monitor our partners. We are aware of the amount of carbon emitted from diesel generators that we use, but gradually we are hoping to move towards solar energy.

Issues surrounding food security, health, land use and development are all directly or indirectly linked with climate change. Poor people in Nepal are hugely affected, as their livelihoods and food security mostly depend on climate-sensitive natural resources, like the forest, or on agricultural activities.



Groups formed by UMN partner organisations have been taking active roles in tree planting. In Rupandehi and Rukum, women planted 581 fruit trees on World Environment Day this year. Litchis, mangoes and other fruits will not only help trap carbon, but will also provide an income for the groups when the trees mature. Community Disaster Preparedness groups have also been planting trees – 1,400 trees in the Letang area of Morang district will protect river banks from erosion and villages from flooding.

free and CLEAN

Kathmandu has suffered from long hours of load-shedding, meaning that organisations like UMN have to rely on expensive and polluting generators to supply electricity during the hours when mains power is off. At times, staff had to spend hours searching for diesel to keep them running. Recently, UMN has installed a bank of solar panels to reduce fuel consumption and provide the necessary back-up during load-shedding. Solar energy does not produce waste or pollution and is ecologically acceptable. Yes, it is expensive, but once installed it has almost no variable costs. We are still using the diesel generators, but soon hope to be able to turn them off - permanently!



In traditional Nepali culture, the mother of the house has to carry the water and fetch wood for the house. Women in Nepali villages have long suffered in dark, dirty and smoky kitchens. Women and children are particularly exposed to the smoke that comes out from the open fire stoves known as "chulo" in Nepali. This leads to higher rates of infant mortality and other health complications, like eye and skin infections, bronchial coughs and sore throats.

One of UMN's environmental projects is the installation of Improved Cooking Stoves (ICS). Almost 500 stoves were installed in Rupandehi and Nawlaparasi during 2012-13. An ICS not only gives a smoke-free kitchen, but also cuts down the consumption of wood by about 40% and reduces cooking time and hardship in collecting scarce wood. Meanwhile, forests have a chance to regenerate.



facebook.com/umnepal



Like

1,497



@umnepal #umn



youtube.com/umnepal

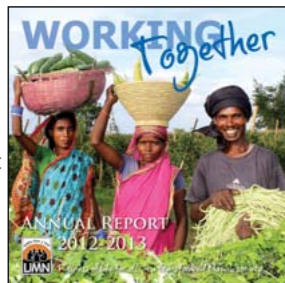
THE UK UMN AND INF CONFERENCE



Around 170 people attended the three-day Nepal Conference jointly organised by UMN and INF UK. Mission workers from INF and UMN, representatives from Tearfund, BMS World Mission, CMS, the Church of Scotland, the Methodist Church and Interserve, along with other people interested in mission in Nepal and the Nepali diaspora attended the conference. The prayer times focused on the development work of INF and UMN, the Church in Nepal and the UK, and the relationship between mission agencies and churches. It was an encouraging time for all to think and pray about God's mission in Nepal.

2012-2013 ANNUAL REPORT

Read how UMN's work has helped to transform people's lives, families and communities in UMN's Annual Report 2012-2013.



Order a print copy (we would appreciate a donation towards printing and postage), or read it online at umn.org.np/annualreport2013

SPECIAL VISITORS

UMN and United Mission Hospital Tansen had very special visitors last month – Dr Carl and Betty Ann Friedericks. They were very early UMN missionaries, and Dr Carl was the founder of our hospital in Tansen.

Ninety-two-year-old Carl said he wanted to see Nepal one last time. The Friedericks also went up to Tansen for a visit. He said: "The visit was overwhelming. I was impressed with the quality of care that the hospital is giving; I could look around and see the effects of that." It was very special for UMN staff to meet the Friedericks and hear some of their stories.

We were particularly thrilled that Dr Carl and Betty Ann were there to present the Values awards at the annual UMN Bhet Ghat (gathering). If anyone personifies UMN's values, it's the Friedericks!



WATCH OUT!

A UMN T-shirt is clearly the thing to wear when absorbing culture. Astrid Smith wore hers with distinction at the Rijksmuseum, Amsterdam, as she enjoyed a close-up view of Rembrandt's famous work, The Night Watch.

The **ALL NEW** UMN polo shirt is available now! Visit us in Communications or send us an email communications@umn.org.np



UMN CALENDARS AND CARDS

Christmas is fast approaching, and with it the agony of choosing gifts and cards. Do not despair! The UMN Calendar makes a wonderful gift, and reminds people to pray for UMN and Nepal whenever they see it. The 2014 Calendar begins our celebration of UMN's 60th Anniversary, so for each month a recent photo of UMN's work is matched with a photo from the past – a lovely reminder of God's faithfulness to us over the years.

This year's Christmas Card features Three Wise Nepali Men, in the dress of different ethnic groups, seeking the King of Kings.



Price within Nepal: NRP 150

WALKING IN A NEW

Phil Rawlings
Graphic Design and
Communications Advisor -
Communications

Partnership

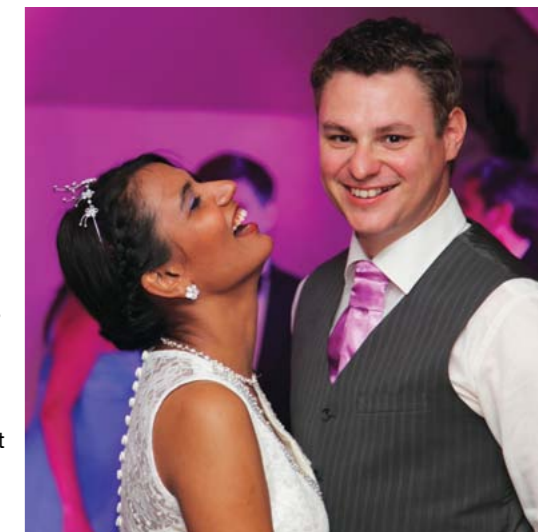
"God has had a plan for my life from the very beginning"

I first came to work with UMN in January 2011 just for three months. Not long after I'd arrived, however, I realised that my work at home in England just wouldn't hold the same excitement for me anymore, and even before I'd left Nepal I started to put plans in place to return as soon as I could. BMS World Mission agreed to support my calling, and just a year after I'd first come to Nepal, I was back.

God has had a plan for my life from the very beginning, but it was only in the last few years that He was starting to clue me into it. I was a single man who had been waiting (not so patiently) for the family that I felt God had promised I would one day have, and when I realised that He wanted me to go to Nepal, I put any thoughts of finding my partner on hold... God had other ideas, however, and I met a lovely Nepali girl called Pratiksha (which means "Patience"). In March 2013 we were married in Kathmandu, and I was able to have my close family and best friend from England join me for the celebrations.

Learning to share my life with someone else has been a challenge. I was used to being alone, and now as one of a couple I have to get used to thinking differently. The fact that we are from very different cultures and backgrounds means that we are both having to learn so much more about each other than I imagine most couples have to. Pratiksha's family have been very supportive towards us and this has helped Nepal to feel like home to me.

Together in marriage we are still finding our feet, but we both know that God has been guiding our lives and will continue to do so if we keep on trusting Him.





Pray for children like Shrawan

(page 6) who are fighting disability, and for those who are going through a tough process of treatment. Pray for their families too, as living and taking care of a disabled child can have a profound effect on the entire family.

Pray for the technical teams of UMN

led by Jerry Clewett (page 4). Jerry has the challenging role of providing guidance and leadership to all the technical team leaders. Pray for good health and safety as team members visit some of our very remote working areas.

Pray for our UMN staff who live in the districts outside Kathmandu, and for our partner staff who work hard in extremely difficult circumstances. Pray for safety, as they often walk for long hours to reach the communities where we work.

Pray for provision of funds as UMN hopes to install more solar panels (page 11) in the coming days. Also, pray for other activities that UMN is involved in to ensure environmental sustainability, like tree planting and the installation of Improved Cooking Stoves.

DONATE ONLINE

umn.org.np

Give via credit or debit card from anywhere in the world. For UK donors, this site offers tax-efficient giving.

INTERNET BANKING & MONEY TRANSFER

Set up a payment or monthly standing order to transfer funds.

UK & EUROPEAN CURRENCIES

Pay to: **United Mission to Nepal**
Sort Code: **60-91-99**
Account Number: **10078177** (Sterling)
10615512 (Euro)

US & NEPAL CURRENCIES

Transfer or wire to:
Standard Chartered Bank Nepal Ltd.
PO Box 3990, Nayabaneswar,
Kathmandu, Nepal
Account Number:
Swift Code: **SCBLNPKA**
01048879851 (USD account)
18048879810 (NRS account)

MAIL DONATIONS

POST DIRECTLY TO NEPAL

Make a cheque to "United Mission to Nepal" in Euros, Sterling, Australian, Canadian or USD
Mail to:
Finance Team (41), UMN
PO Box 126
Kathmandu, Nepal

OTHER OPTIONS

Contact finance@umn.org.np

- To designate your gift for a certain cluster or area of work
- To find out about tax-efficient giving in the UK, USA and Australia

TELL OTHERS

Share our "Give a Goat" Christmas Appeal with your church or fellowship group. Perhaps together you could raise enough for a whole herd of goats!



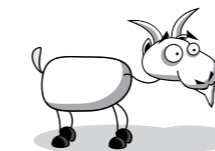
Christmas Appeal

Give a Goat (or a pig) this Christmas!

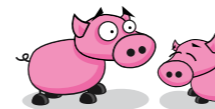
Where was Jesus born?

In a stable that sheltered animals!

Christmas is coming, and everyone is buying and wrapping gifts. Include a poor family in Nepal on your gift list. Buy them an animal or an animal shed for a gift! Your gift will help one family in Nepal to live a better life.



Goat	NRP 10,000	£62	\$100
Goat Shed	NRP 20,000	£124	\$198
	<small>Nepali Rupees</small>	<small>GBP</small>	<small>USD</small>



Pig	NRP 7,000	£43	\$70
Piglet	NRP 3,500	£22	\$35
Pig Shed	NRP 25,000	£154	\$250
	<small>Nepali Rupees</small>	<small>GBP</small>	<small>USD</small>



Cow Shed	NRP 35,000	£216	\$350
	<small>Nepali Rupees</small>	<small>GBP</small>	<small>USD</small>



Chicken	NRP 400	£2.50	\$4
Chicken Pen	NRP 5,000	£32	\$50
	<small>Nepali Rupees</small>	<small>GBP</small>	<small>USD</small>

Funds raised from our Christmas Appeal will be allocated to projects that provide livestock to needy families. The income they make can help them run the house, send children to school, pay loans, build a better roof for their hut and live a healthier life.

Use the enclosed envelope, or follow the giving instructions on page 14. Make sure you state that your gift is for the "Give a Goat" Christmas Appeal.



UMN's cross-cultural teams provide opportunities for suitably skilled expatriates to work with Nepali colleagues, sharing technical skills and demonstrating

God's loving concern for all people, particularly the poorest and most vulnerable.

Expatriate team members do not receive a salary or remuneration from UMN directly, but are self-supported volunteers, or supported by a sending mission or church in their home country. If you are interested in either of these positions, or if you would like to ask about other opportunities for service in UMN, please contact Valerie Lockwood at expat.recruitment@umn.org.np to learn more. Send your CV or resumé with your email.

PRIORITY NEEDS

Climate Change Advisor – Kathmandu, with frequent travel to regional and remote areas

A person willing to work flexibly to explore, research, plan, implement and monitor interventions for clean energy and/or addressing climate change.

Funding Advisor – Kathmandu based

An experienced, successful fundraiser to assist in implementing UMN's funding strategy, contributing to all aspects of funding activities. Good written, verbal and interpersonal skills required to initiate and develop fundraising from multiple donor channels.

Surgeon – United Mission Hospital Tansen

General Surgeon with full postgraduate qualifications, currently registered with his/her own national regulating body. Work involves dealing with both elective and emergency general surgical cases, as well as teaching and mentoring junior Nepali doctors.

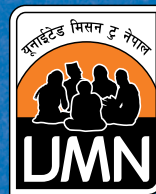




HOW BEAUTIFUL ON THE MOUNTAINS
ARE THE FEET OF THOSE WHO BRING GOOD NEWS,
WHO PROCLAIM PEACE, WHO BRING GOOD TIDINGS,
WHO PROCLAIM SALVATION, WHO SAY TO ZION,

“YOUR GOD REIGNS!”

Isaiah 52:7



Fullness of life for all, in a transformed Nepali society

UNITED MISSION TO NEPAL

PO Box 126, Kathmandu, Nepal

Phone: +977 1 4228118, 4268900

Fax: +977 1 4225559

communications@umn.org.np

umn.org.np