

LMM NEWS

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Seeds of
HOPE



Fullness of life for all, in a transformed Nepali society

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Dear friends,

WELCOME TO OUR FIRST EDITION OF UMNews for 2015. This year our theme as an organisation is “Hope and a Future”, and we will be exploring the theme of hope, and how it grows from seeds through to fruit, in our four editions of **UMNews**.

A number of years ago, when I was living with my family in the heat of Nepalgunj during the time of the civil war, *Romans 15:13* was a verse that we held on to very tightly. It was a time of little hope, for me personally and for the country, and to hold on to the knowledge that our God is a God of hope, who enables us to overflow with hope as we trust in Him, was a tremendous encouragement to me.

For many of the people we work with, hope is elusive. Many do not look forward to the future with desire and expectation, as their experience is that their situation does not improve with the passage of time. The rich may get richer, but the poor stay where they are, or get poorer. Structures of oppression and injustice do not change, and attitudes of discrimination and prejudice seem permanent.

Sowing seeds of hope in a community or society is in many ways the first step in the journey of transformation - helping people to believe that whatever their previous experience, their situation can improve, and that they can play a key role in making this happen. Meeting those we work with and hearing them talk about the future with hope - perhaps because they are now able to send their kids to school, or provide enough food to feed their family, or because attitudes towards them are beginning to change - is without doubt one of the privileges of the work we do.

My prayer for each one of us is that as you read these stories, you will be inspired by the seeds of hope that are being sown, and that we might all be people of the God of hope, whose hope overflows to others, both locally and globally, by the power of the Holy Spirit.

MARK GALPIN
Executive Director

Produced by: the Communications Team, UMN
Editorial Team: Vijeta Manaen and Lyn Jackson
Design: Phil Rawlings and Ramesh Man Maharjan
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Seeds of HOPE

AROUND TEN YEARS AGO, I heard a talk by the Secretary of State for International Development in the British Government, about how cynicism was the biggest enemy to international development. Cynicism is “an inclination to believe that people are motivated purely by self-interest”. If that were the case, then we are largely wasting our time working in development, and the *Fullness of Life* that Jesus promised to all will remain an illusion to most. In the UMN model, we talk about “Despair and Oppression” being replaced by “Hope and Freedom”. Perhaps this is close to removing cynicism – actually believing that human beings do not have to be selfish but would actually live a more fulfilled life if they were sowing “seeds of hope” for others who have been exploited and oppressed by society.

Hope is of course central to a biblical worldview. We are left in no doubt that the source of that hope is God (*Romans 15:13*), and in the 13th Century prayer attributed to St Francis of Assisi, we pray:

***Lord, make me an instrument of Your peace;
Where there is despair, let me sow hope.***

As a Christian organisation, sowing “seeds of hope” is what UMN is about. We **must** believe that the despair, oppression, injustice, inequity, conflict, shame, ill-health, vulnerability and environmental degradation that are endemic in Nepali society can be addressed. We **must** believe that even the poorest and most exploited people in Nepal have the hope of a better future. We **must** develop strategies that we believe will be effective to give them real hope. And we **must not** let cynicism prevail.

WHAT “SEEDS OF HOPE” ARE PLANTED BY UMN?

- ☞ We work with marginalised children, giving them hope through access (equipment grants for uniforms/materials) to a good education (child friendly and multi-lingual).
- ☞ We help adolescents think through important decisions regarding their sexual and reproductive health and equip them with skills to develop their leadership potential.
- ☞ We encourage children to look after the environment through tree planting schemes in their local communities.
- ☞ We work in mental health and trauma counseling, giving hope to those who see no future.
- ☞ We give hope to oppressed women and girls, empowering both them and their oppressors to eliminate harmful traditional practices that prevent them from living their lives to the full.
- ☞ We help women and others establish small groups that will help provide “seed money” and skills to start small businesses - we even have a project in Rukum that supports local farmers to develop a seed business.
- ☞ We encourage and equip interns, young Nepali Christians, to take development issues seriously within the context of their wider Christian mission.
- ☞ We encourage the communities to create an environment where the seeds of hope can grow – safe environments for children, good governance for the communities, violence free for everyone.

In these ways and many others, UMN ensures that cynicism is not able to flourish. Organisational mottos seem to have gone out of fashion these days, but if I had to choose one for UMN, it would be “We sow seeds of hope”.

JERRY CLEWETT
Technical Director



SEED PRODUCTION A REVITALISED INDUSTRY

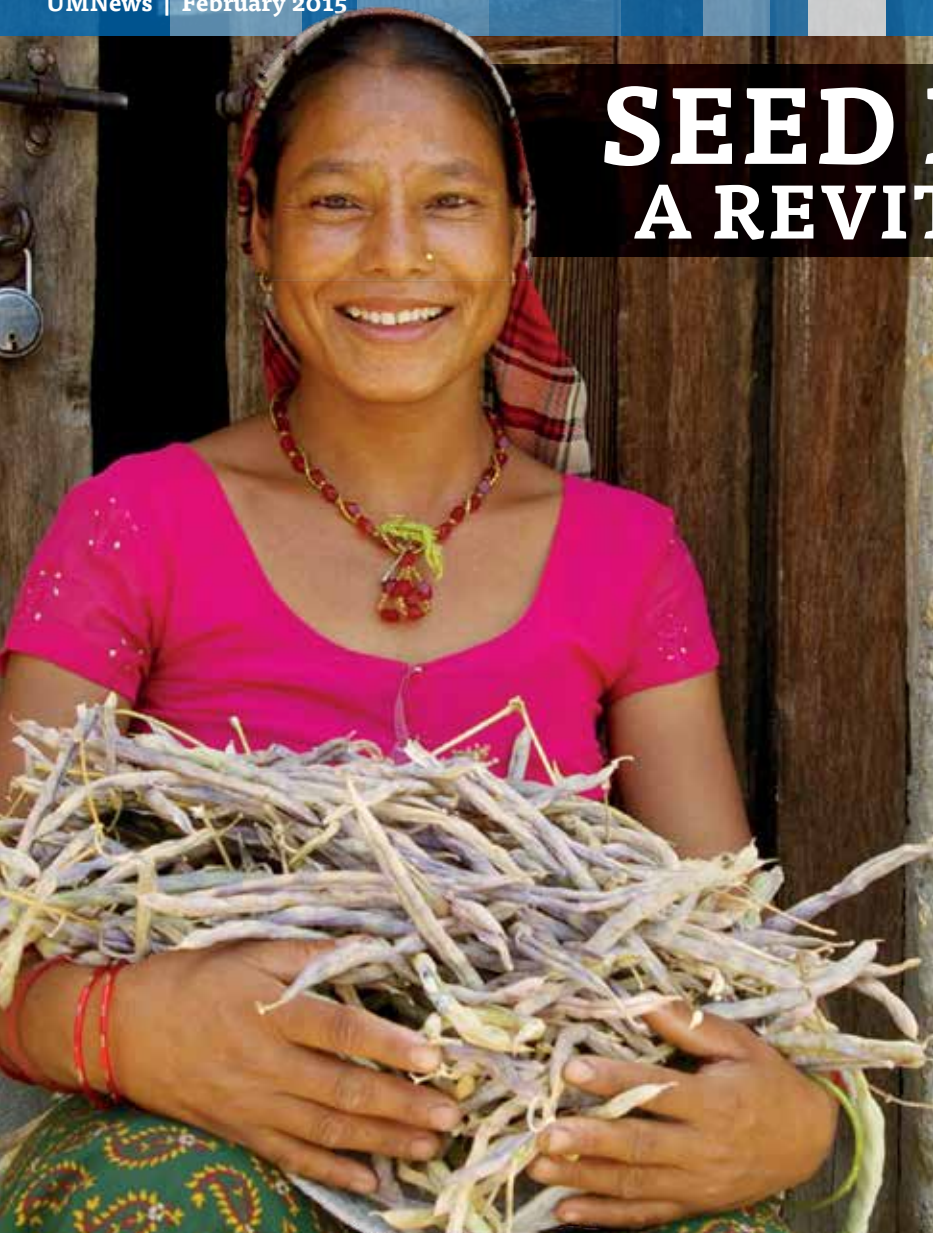
Improving livelihoods for poor farmers in Rukum

GROWING SEEDS IN RUKUM

A FORTUNATE COMBINATION of soil types and climate has made Rukum District very suitable for growing vegetables for seed production. In 1999, Rukum produced 170 metric tonnes of seed, selling it across the country and even exporting in the region. However, by 2006 this had dropped to about 30 metric tonnes. The ten-year-long insurgency in Nepal damaged the overall seed production for Rukum in terms of both quality and quantity. Farmers' groups disintegrated, and safe transportation of product to market was almost impossible. The impact was greatest on the poorest farmers, who lost cash income, and could not afford health or education for their families, or even to feed them adequately.

The Sub-Tropical Vegetable Seed Production Centre (STVSPC) was established 30 years ago by the Government of Nepal. However, funding was insufficient to provide the kind of technical input farmers needed. A key problem was certification of the quality of seed, essential if farmers were to sell their product in the market. An expensive and time-consuming journey to Kathmandu or Nepalgunj was the only alternative, as the Centre had no laboratory.

UMN and STVSPC entered into a partnership in 2009 in order to rebuild the seed production industry in Rukum, in a way that would empower local farmers and build their skills and capacity.



THE RESULT AFTER FIVE YEARS OF HARD WORK

- ➔ **42** farmers' groups and **12** co-operatives have been formed. These groups support farmers and help to ensure they get good prices for their seeds in the market.
- ➔ **1,431** households are growing seeds (up from **967**). Participating farmers have increased their average income to about NRP **45,003** (USD **460**) per year.
- ➔ A fully-equipped laboratory funded through UMN now does certification work locally.
- ➔ During 2014-2015, Rukum's seed production doubled from **40** metric tonnes to **80.1** metric tonnes.

FARMERS' FIELD SCHOOL - LEARNING BY DOING!

A farmers' field school has been successfully running in Sankh on just 500m² of land, which provides practical lessons for the participants. Twenty-five seed growers have been trained in Integrated Pest Management techniques, which help farmers manage pests through the use of naturally-occurring pesticides. Most trainees are now able to identify major insects and pests, and know how to apply pesticides and fungicides. The farmers have also learned about crop spacing, the application of chemical fertilisers and importance of cow dung manure.

GRADING - NO LONGER A BIG JOB

Until recently, the grading of the seeds was done manually. People were hired at a daily wage rate to sort and grade the seeds. It was expensive, time consuming, and not very effective. A farmer spent around NRS 6,000 to 12,000 (USD 61-122) every season on this tedious job. In September 2013, a grading machine was introduced, which does a better job, much more quickly. This has made a huge difference to the sale-ability of the product, and the farmers are able to save a significant amount of money.

MARKETING

After the seeds are graded and tested for quality, they must be correctly packed, sealed and labeled ready for market.

The co-operatives play an important role in this. They are involved with the farmers right from the early stage - as they are sowing the seeds. They help in fixing the price of the seed packets, collect them from the farmers and then take them to the seed companies, with whom they have a prior agreement.

The farmers receive the final payments within 3 to 4 months. In 2014, nearly 30 tonnes of vegetable seeds (radish, onion, cauliflower, turnip, fenugreek and broad leaf mustard) were produced in UMN's project areas - 36% of the seed production in Rukum district. The entire crop has been marketed, with farmers receiving a fair return for their work.

From this year onwards, market arrangements and other formal agreements will be done through the District Federation of Seed Co-operatives (DFSC) in Rukum. DFSC is an umbrella organisation for all farmers' co-operatives in Rukum, and will work to explore marketing opportunities within and outside the country.



SEED PRODUCTION MUST BE in Gopa's genes. Her father was one of the pioneers of vegetable seed production in Rukum district. As the elder daughter, Gopa has been running the business for 10 years.

Four years ago, Gopa was selected as chair of her local seed production farmers' group. She was also involved in both district and national level workshops. That was a good platform for her to develop her leadership skills. As a result, she was elected as chair of the Rukumeli Seed Growers' Co-operative. More than 200 people are members.

Gopa's is the largest co-operative in terms of membership and sale of vegetable seed last year. Her co-operative sold around 24 metric tons of vegetable seeds at a reasonable price, largely because of her management and planning. All the co-operative members respect her leadership. She explained: "I have that leadership quality. I know that I can lead my community, and can play a crucial role in developing the seed sector."

INTERNSHIPS at UMN

SINCE 2006, UMN'S INTERNSHIP PROGRAMME has offered 68 young Nepali Christians an opportunity to engage with transformational development. An internship lasts 12 months and is designed to develop interns' professional skills in specific technical areas, and equip them with leadership skills and an understanding of integral mission. This prepares them for effective roles as Christians in whatever professions they feel called to.

The candidates have a period of orientation in UMN's headquarters in Kathmandu, both in integral mission and in an area of technical expertise. Then they undertake a placement in one of UMN's seven regional locations scattered throughout Nepal. Exposure to people living in poverty, in rural as well as urban areas, is an important element of their learning experience. The internship programme invites graduate-level Christian applicants who, among other things, are enthusiastic about working in a Christian INGO.

OBJECTIVES OF THE PROGRAMME

The internship programme is designed to give interns an opportunity to learn how a Christian INGO functions, as well as to develop leadership, professional skills and a biblical understanding of integral mission. The objectives of the programme are:

- To equip interns with an in-depth understanding of Integral Mission through UMN technical field exposure and placement;
- To widen their biblical world view and encourage positive attitudes, behaviour and a sense of integrity;
- To provide skills in working with the community in a cross-cultural setting by practical exposure, leading towards a better understanding of development;
- To educate interns on contemporary issues and the importance of engagement through disseminating knowledge on development issues especially related to Nepal, and equip them in a specific field of interest (thematic/technical area);
- To encourage and provide future opportunities for young people from marginalised communities;
- To enhance knowledge, attitudes, skills and leadership, so that interns can play an effective role in the church and community;
- To encourage spiritual growth and maturity;
- To equip interns for employment opportunities in UMN as well as in other similar organisations and churches.



OUTCOMES

- ➔ **68** Christian youth from over **22** districts in Nepal have participated.
- ➔ Of these, **55%** were female, **34** came from the ethnic communities, **5** were Dalits (members of the low caste community) and **3** were from other marginalised communities.
- ➔ Over **60%** of the graduates are currently employed in various churches and organisations, especially Christian development organisations (**10** are in UMN).
- ➔ About **75%** of the graduated interns are engaged in the life of a local church.
- ➔ The graduated interns have taken leadership roles in their churches, where they inspire other Christian young people in integral mission.
- ➔ Internship has been helpful in building and maintaining a good relationship with the Nepali Christian community.
- ➔ Other INGOs have followed UMN's example and are designing their own internship programmes.

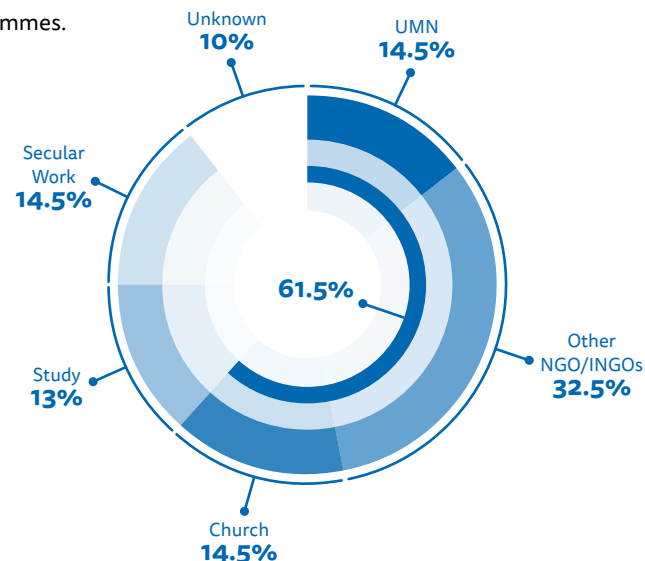
WHERE ARE THEY NOW?

To date, **68** young Nepali Christians have gone through the UMN Internship Programme. Of these, **14.5%** currently work with UMN, and **32.5%** work with other NGOs or INGOs. **14.5%** are working in Nepali churches, either as pastors or in other positions. Combined, that means that **61.5%** of all interns are working for an NGO/INGO or the Church. **13%** are seeking further studies in Nepal or overseas, with **14.5%*** employed in the secular market.

UMN currently employs ten ex-interns:

Name	Year	Now?
Durga Upadhyaya	2007	Studying on a UMN scholarship, UK
Bimala Shrestha	2007	Senior Peace Officer, Sunsari
Shrina Maharjan	2007	Senior Funds Management Officer, KTM
Nalome Rongong	2007	Senior Health Officer, Kathmandu
Prem Sunuwar	2008	ICT Officer, Kathmandu
Sunila Maharjan	2011	Advocacy Officer, Kathmandu
Pratiksha Khanal Rawlings	2011	MEL Officer, Kathmandu
Tara Hang Tawa	2011	Cluster Team Leader, Rukum
Milan Rai	2013	Admin & Finance Officer, Mugu
Manju Rai	2014	Admin & Finance Officer, Kathmandu

* We have no information for the remaining 10%.



Would you or your church like to help? Contributions to UMN's Internship Programme could be in the form of:

- ➔ Annual support for one or more interns @ USD 2,000 each;
- ➔ A general donation to the Internship Programme.

To be part of this exciting programme, please contact UMN's Funding Team Leader Ms Bibhu Singh at bibhu.singh@umn.org.np

INVESTING IN CHILDREN



INVESTING IN THE FUTURE

CHILDREN ARE THE FUTURE of any society. Well brought-up children can make such a difference in their societies. Therefore, to ensure a bright future, families, society, and the nation need to invest in children. They are the seeds of the future!

Investing in children does not mean buying them whatever they want; it means spending time with them. A parent should take time to understand the lives and thinking of their kids. Learn about the things they care about, listen to the things they are scared of or excited about. Time is one of the best ways to invest in children, and through them in the future. Parents should fill their children with strong values and be role models for them.

Investments may take time, money and energy now, but provide great savings and return in the future. There are many ways we can invest in our children. One of the most important investments is in children's education. If we are able to help a child study well and succeed at what they do, this is the biggest reward for every parent. Benjamin Franklin said: "An investment in knowledge pays the best interest."

Adults are responsible to create a happy world for children. UMN's Education Team focuses on opening the future for children and adults through quality learning opportunities, so we make investments through various programmes. Children in Nepal are generally ignored, their voices go unheard and their participation is denied, preventing them from realising their full potential and depriving them of the rights contained in the International Convention on the Rights of the Child. In partnership with Transform Aid International, UMN's Child-Centred Community Development Project (CCCDP) operates in Dhading and Sunsari clusters. The overall goal of the programme is to see "enabled communities, where children are heard, protected and given opportunity for their development, free from any type of discrimination (gender, caste, ethnicity etc.) and threats to survival and are able to attain their full potential."

Child Partners are the backbone of our CCCDP. They are the representatives of our communities, and because of the link established between child partners and supporters, funding for the project is ensured. Our three partners already have 400 Child Partners each. These 1200 children, and hundreds of other school-going and out-of-school children, are part of the CCCDP.

Participation, Protection, Development and Survival are the "pillars" of CCCDP. UMN is working closely with VDCs and local and district line agencies, making investments through child clubs and child club



networks, Self-Reliant Groups (SRGs) for women, Village and Ward-level Child Protection Committees, Village Water, Sanitation and Hygiene Co-ordination Committees, Schools, Resource Centres and Health Posts. We are also working with young people through Youth Clubs, Village Education Committees and co-operatives to ensure child rights and develop young people as change agents.

We are beginning to see positive changes in children's lives. The child-friendly school interventions in primary schools are very helpful in establishing joyful learning-by-doing approaches in teaching. Our children have more confidence and are contributing effectively in school and community life as a result. Mothers, united and empowered in their SRGs, are now involved in various income generation activities. Duty bearers are giving more value to child rights and allocating local budgets for children's well-being and development.

Jesus said: "Whoever welcomes one of these children in my name, welcomes me." We believe this, passionately and whole-heartedly, and this conviction will continue to drive our investment in children into the future.

After all, children are the future!

YAGYA RAJ PANT
Education Advisor, and parent

RIVERSIDE farming



GENERALLY, UMN'S PROJECTS are funded by our Supporting Partners from the beginning. But sometimes, when a situation is particularly difficult, or when we want to try something new and perhaps risky, UMN steps in to "seed fund" a project – to get it going in the hope that it can later be funded by other sources. Two years ago, when UMN received its dividend from Butwal Power Company, we decided to use part of the money to start up an innovative project in a particularly poor community - Garayala VDC, Rukum District.

Garayala is home to 185 households, most of which are Dalits, or low caste. Five households belong to the Badi community, a landless group who

traditionally earned a living fishing and performing at cultural festivals. Only three or four households produced enough food to last the whole year; the rest used the meager income from labouring work in India to buy food for the hungry times. How could UMN and its partner, Dalit Welfare Organisation, start to turn this situation around?

Finding out what resources a community has is a good place to start. We discovered a small plot of common land by the river, being used by a couple of upper caste families for their own purposes. A local agriculture group was formed and registered in District Agriculture Development Office (DADO), with facilitation by the project. Banana and mango saplings were intercropped with ground-nuts; potatoes, tomatoes, watermelon and maize were planted; a small piggery was established with help from the District Development Committee, and 8,000 fingerlings released into three fish ponds. As almost all the households became members of the group, they shared the work and will share the benefits – even the landless families.

It's far too soon to report on impacts from this "seedling" project, but there are signs of hope. Ten families who started growing potatoes have made NRP 22,400 (USD 225); two have started sending their children to school. The group has earned NRP 60,000 (USD 600), which will be used to buy more seed and invested in farm infrastructure. They have also prepared a business plan, and submitted a proposal to DADO to extend the fish farm. Using their own funds, they have built three "plastic houses" (greenhouses) for growing tomatoes.

Pray with us that this tiny seed will germinate and flourish, bringing self-sufficiency to a very needy community.

GETTING YOUR HANDS DIRTY in the garden - an activity sure to entertain all ages!

Three hundred and twenty paulownia tree saplings have been planted by young gardeners at Shanti Higher Secondary School in Bajhang, through UMN's Climate, Environmental and Disaster Risk Management Programme. This was a great learning experience, exciting and engaging for the children, as well as an important contribution in disaster preparedness in that area. The students have been actively involved in watering and weeding. This school has definitely made the most of their school grounds.

In the years to come, these children will be proud of this grove of shady trees, the result of their efforts in working towards a more sustainable future.



**ACTING
TODAY,**

**SHAPING
TOMORROW**



**achieving
GREATER LEVELS!**

SEVENTEEN-YEAR-OLD RAJ BAHADUR BUDHA passed his School Leaving Certificate (SLC) in the First Division. From the thousands who pass this exam, why is Raj Bahadur's story special? Raj comes from the remote district of Mugu, and he is deaf.

While helping the family look after cattle, Raj went to a primary school in his village up to Grade 5. He struggled to learn sign language from untrained teachers. Then he moved to Mahakali Higher Secondary School (MHSS), one of UMN's partner schools situated at the district headquarters, Gamgadhi. UMN had recently conducted a sign language teacher training at MHSS, and initiated a special education resource centre and a hostel for deaf students. Twenty-four deaf children from around the district now live at the hostel. His parents, who used to visit him at the school from time to time, are very proud of him.

Raj is now in Kathmandu for higher secondary studies. UMN has helped with his expenses, and enrolled him in a school for hearing impaired students. He continues to do well with a partial scholarship from UMN.



 facebook.com/umnepal

 Like 3,994

 @umnepal #UMN

 youtube.com/umnepal

KEEPING OUT THE COLD IN RUKUM

It gets mighty chilly up in the mountains of Nepal in the winter, and many poor folk just can't afford to keep their families warm. This January, UMN staff cleaned out their closets and sent superfluous winter woollies to Rukum, where they were distributed by the Khalanga Assembly of God Church. About 125 adults and children received warm clothes, paying NRP 10-20 (USD 0.10-0.20) per item. The NRP 2,340 (USD 23.50) raised will go into a scholarship fund to help local children stay in school. Chandra Kala certainly looks toasty in his new outfit!



SIXTY FOR 60

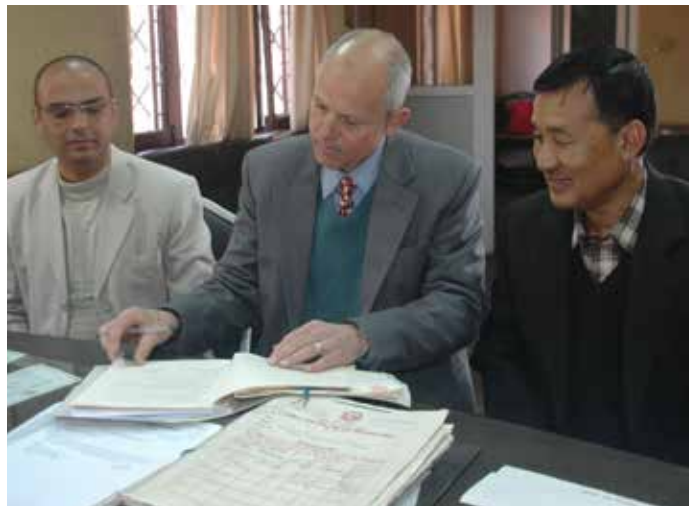
UMN's 60th Anniversary celebrations are over; it was great fun, and we all enjoyed looking back at the challenges and achievements of the past, and looking forward to what God has for us in the future.

Many thanks to those who gave to our "Give Sixty for 60" appeal. Whether you gave a lot or a little, your generosity is much appreciated. The total received (up to early January 2015) was NRP 288,634 (USD 2,850), which has been allocated as you requested, or where most needed.

If you meant to donate and didn't get round to it (and don't we all know that feeling!), you can still give on our website, or send a cheque.



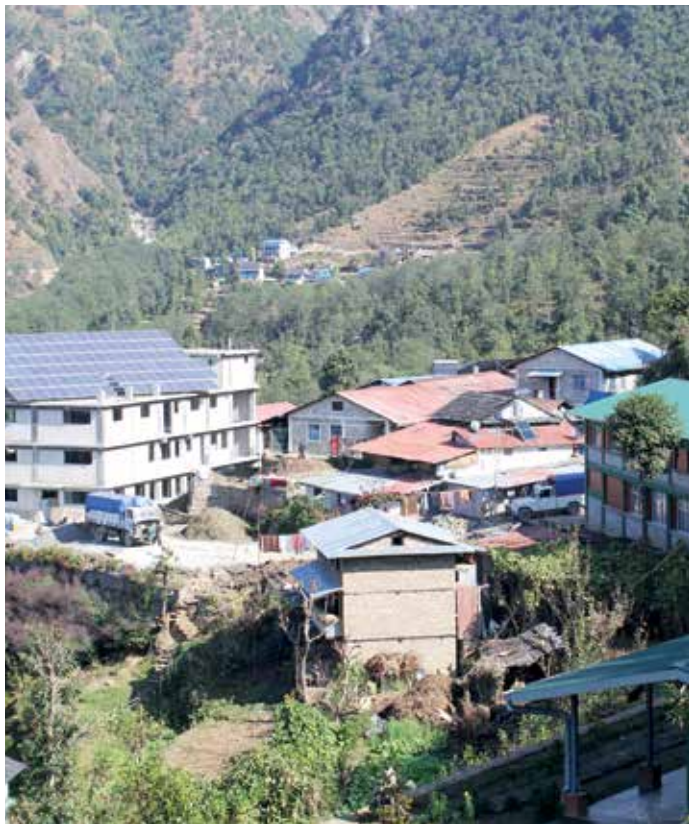
IT'S SIGNED!



After nine long years, UMN and the Ministry of Health and Population recently signed a five-year agreement covering the operation of the United Mission Hospital Tansen, and Okhaldhunga Community Hospital. This will give some certainty to our work, and hopefully help with visa arrangements for expatriates and other issues. Praise God for this excellent outcome. Our photo shows Executive Director Mark Galpin and Hospital Services Director Olak Jirel signing the document, both VERY relieved!

OKHALDHUNGA COMMUNITY HOSPITAL UPDATE

In November 2011, the Okhaldhunga Hospital Construction Project started – an ambitious programme to upgrade existing facilities and increase the number of beds from 30 to 50. The new TB building is completed and operational; the OPD, Pharmacy and Dental buildings opened in December 2014. The new main building will be finished by the end of December this year. This building includes a maternity ward, general ward, ICU, children's ward, and theatres for major and minor operations.



PASSING ON the HOPE

“UMN was my HOPE as a young girl.”

I had heard the name of United Mission to Nepal (UMN) since I was a little girl, but I never knew then that I would be working here for so many years. I was at the Mahendra Bhawan School, where I did my education. This was the first girls' school in Nepal established by UMN. I received a scholarship grant from UMN that enabled me to complete my school level education. I always hoped and imagined that I would become an accomplished professional someday serving back my country and my community. As I remember those days, I can say that UMN was a “*seed of hope*” for me.

My professional journey at UMN started in 1996 as a secretary in the Personnel Team. After that, I joined the Office of the Executive Director and worked with Jennie Collins as her assistant for five-and-a-half years. This was a period when I learned a lot about UMN and the reasons for its establishment in Nepal. It was humbling to know how missionaries from around the world came and worked together to bring their dreams and visions for Nepal into reality. I am now working as the Funding Management Team Leader with the same hope, to ensure adequate funds for essential programmes to serve my country and my people. I am extremely thankful to Alan Penn, the previous Funding Management Team Leader, who prepared me for my current role which I took up two years ago. I am also very grateful to all my line managers and others in UMN who believed in me and gave me the opportunity to grow and serve others through my work here in UMN.

I would like to pass on the hope that I had as a young girl to many needy children and families in Nepal. With God's grace and wisdom, I want my work at UMN to catalyse their hope. A better future awaits them, as it did for me.

BIBHU SINGH
Fund Management Team Leader





THANK YOU TO ALL OF YOU who pray regularly for UMN. It's a great encouragement for us to know that you are standing with us, and bringing our needs before God.

Enclosed is our weekly **Prayer Card** for 2015, sized to fit neatly into your Bible. If you would like more copies for friends, church or home fellowship group, please contact us.

This year we have also produced a one-month **Prayer Calendar** with more detailed prayer points for each day of the month. If you would like one, please let us know and we will send it to you. You will also be able to download it from the website soon at www.umn.org.np/praycalendar.

This quarter, please pray for:

- ➔ **UMN's scholarship programme.** Children younger than 15 make up more than 40% of the population of Nepal. Wide-spread poverty and unfortunate circumstances don't allow many of these children to get school education. Please pray for UMN projects that work for children, to give them a decent start in life.
- ➔ **UMN interns.** A batch of interns has recently finished their year of internship with UMN. Pray that they would be blessed with employment opportunities and that they would grow in their professional skills.
- ➔ **The Constitution of Nepal.** The long wait of the Nepalese people for a Constitution is still not over. Pray that solutions can be reached to outstanding issues without violence or disruption.



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 any of these (three listed below) 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

COMMUNICATIONS ADVISOR – to work as a team player writing articles, editing case stories and publications, preparing text/brochures for an international audience. Excellent written English, proven ability to write creatively, advanced proof-reading skills required. Background may be in journalism, media, English teaching or fund-raising/advertising.

MONITORING, EVALUATION AND LEARNING ADVISOR – required to strengthen UMN's small but expanding MEL team. In the upcoming strategic plan (2015-20), UMN will put a significant emphasis on learning throughout the organisation and along with a passion for learning, we need skills in one or more of: research, technical writing, monitoring, evaluation, learning systems, knowledge management and programme design.

GENERAL SURGEONS AND ENT SURGEONS – for United Mission Hospital Tansen, to deal with both elective and emergency surgery and to teach and mentor junior Nepali doctors. Flexibility, the ability to work in a resource-limited setting and an interest in teaching are required. For visa purposes, applicants must currently be registered with the national regulating body in their own country. Long-term applicants preferred.



FRIENDS

of UNITED MISSION to NEPAL



USE OUR UMN PRAYER CARD with your home fellowship group. Each week, use one of the daily prayer prompts during your prayer time. Don't forget to share the Prayer Points from UMNews each quarter as well!

UMN URGENTLY NEEDS FUNDS to continue our Internship Programme (see pages 6-7). It costs USD 2000 per year to support and train one intern. Could this be a project your church could take on? Contact bibhu.singh@umn.org.np for further details. Our new batch of interns begins in July, but we need to secure funding before then.

FRIENDS OF UMN IS A REGULAR MONTHLY GIVING PROGRAMME

Commit to a regular monthly gift, through your debit or credit card. The amount is up to you. UMN will send you an e-receipt each month, and an annual statement for your records. You will also receive UMNews four times a year, and occasional email updates and prayer requests.

Regular donations like this are very helpful for us – they give us some certainty about income, and allow us to budget more effectively. We can make firm commitments to our partners when you are committed to us!

Visit www.umn.org.np/friends and follow the prompts to sign up as a Friend.

HOW TO GIVE

- Make out a cheque or money order payable to United Mission to Nepal. Make a note indicating how you would like your donation to be used. Post it! (to: UMN, PO Box 126, Thapathali, Kathmandu, Nepal)
- Use your credit or debit card and give via PayPal.
 - Go to www.umn.org.np/page/give-paypal and follow the instructions and you will be redirected to the PayPal page.
 - Use your PayPal information to donate from your PayPal account.
- OR
- Don't have a PayPal account? No problem, follow the instructions above and click on **Don't have a PayPal account?** to make a payment using your Debit/Credit card.

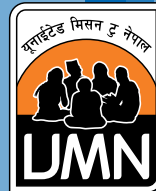




“**LORD**, MAKE ME AN
INSTRUMENT
OF YOUR **PEACE**.”

WHERE THERE IS HATRED,
LET ME SOW **LOVE**.

WHERE THERE IS INJURY
LET ME SOW **PARDON**.
ST. FRANCIS OF ASSISI



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