

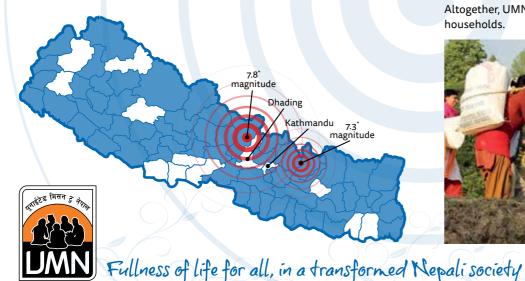
EARTHQUAKE UPDATE

As you know, it has been a tragic few weeks in Nepal. A 7.8* earthquake struck Nepal just before noon on 25 April. Houses destroyed, ancient monuments and temples reduced to rubble, villages swept away, people traumatised.

None of our UMN or hospital staff were killed or injured, and our offices and hospitals sustained only very minor damage. This meant we were able to leap into action quickly. With the generous help of our supporting organisations and individuals around the world, strengthened by the prayers of the worldwide church and assisted by expertise from a number of partners, we have been able to offer assistance to many affected by the earthquake.

As we had already sent this edition of **UMNews** to the printer, we decided not to change it, but to include this small update. **UMNews** issue #48 will contain a more detailed coverage of our earthquake response. Keep watching our website and Facebook pages for daily updates.

UMN COMMUNICATIONS TEAM



DEVASTATED DHADING

Dhading district was one of the most affected parts of Nepal. UMN has been working there for nearly 20 years and has a very competent team there, strong local connections and several excellent partners. Our work in Dhading has included:

- Sending a small paramedical team from United Mission Hospital Tansen to Baseri VDC.
- Providing food, household utensils, hygiene kits and tarpaulins in three VDCs in the south.
- Providing relief materials to four VDCs in the far north of Dhading district. Three of these VDCs have no road access; suspension bridges are broken and walking trails are blocked by landslides. The only way in is by helicopter, but getting access to helicopters has been very difficult.
- Training local health facilitators in 14 VDCs in emergency nutrition.

Altogether, UMN will be providing emergency relief support to around 8,500 households.



*Figures taken from USGS Earthquake Hazards Program earthquake.usgs.gov/earthquakes/eventpage/us20002926#general_summary earthquake.usgs.gov/earthquakes/eventpage/us20002ejl#general_summary

SUPPORTING LOCAL PARTNERS

UMN's long-standing Disaster Preparedness Programme has trained local groups in emergency response. We have provided funding, vehicles and personnel to two of these organisations.

- Rescue Network Nepal has distributed packages that include basic shelter, food, tools and first aid to 1,500 households in Lalitpur and Makwanpur VDCs. They plan another distribution (that will also include mosquito nets) for 2,500 households.
- Nepal Christian Relief Services has distributed emergency food in collaboration with Practical Action, which provided tarpaulins, in two VDCs in Gorkha district, covering nearly 1,100 households. They are now planning to proceed to Ramechhap district.



PSYCHO-SOCIAL SUPPORT

Psychosocial support is very important in helping people and communities recover from traumatic events.

- UMN's Mental Health Advisor Dr Stephen Coulter has been giving advice to school, church and I/NGO groups in Kathmandu, and has trained others to deliver this material also. UMN has produced a simple leaflet which lists the normal reactions to trauma, and how to cope with it effectively.
- Our mental health advisors are now planning psycho-social first aid training for Emergency Health Response Facilitators as part of integrated health delivery in Dhading.

UMN HOSPITALS

Thankfully, neither of our hospitals in Tansen or Okhaldhunga suffered major harm. Two guest houses and some staff quarters in Okhaldhunga were damaged during the 7.3° quake of 12 May. Patients from some of the older wards were shifted into the not-yet-completed new hospital building as a precaution.

- Both hospitals have been working to capacity, as well as reaching out into their local communities.
- Two doctors from United Mission Hospital Tansen assisted in an INF team in north Gorkha in the immediate aftermath of the first quake.



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 **CONTENTS**



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which we continue exploring our annual theme of "hope". Last edition we looked at UMN's role in sowing seeds of hope. Sowing seeds is exciting, and relatively easy – but it is only if the seeds germinate and grow, and eventually produce seed themselves, that the sowing has been worthwhile.

I remember the excitement of visiting fields in Uganda as a young agriculturalist and seeing the first shoots of the seeds we had planted come up out of the ground. We always said that the most

effective fertilizer comes from the farmers' boots! Not because of what the farmer has stepped in – but because frequent visits to the fields means you can keep an eye on the crops and take the action required to ensure their growth

- whether pulling out weeds, applying fertilizer, or getting rid of the pests. The shoots were fragile, and needed constant nurturing in order to grow strong.

In the same way, as we work towards community transformation, we must not stop at the sowing of seeds, but must work hard to nurture the fragile hope that is sown as individuals and communities take the first steps in changing their own lives. Fragile hopes can easily be dashed by set-backs and failure, and make it harder for hope to flourish again in the same area. But walking alongside the partners and communities we work with helps to avoid these set-backs and give them the skills, knowledge and courage to move forward and overcome these obstacles when they occur. Key to this process is relationships – which are built strong over time and through adversity.

As we both sow and nurture hope, we must ensure that we are pointing towards God as the ultimate hope-giver. As the prophet Isaiah puts it, "Those who hope in the Lord will renew their strength, they will soar on wings like eagles, they will run and not grow weary, they will walk and not be faint" (Isaiah 40:31).

I pray that as you read these stories of hope being nurtured in Nepal, in the name and Spirit of Christ, you will also be encouraged to persevere in nurturing hope in your own families, churches and communities, both at home and further afield.



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

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WHEN I FIRST ARRIVED AT UMN in 1997, I was seconded to Nepal Hydro and Electric Pvt. Ltd. in the then UMN Butwal project. Butwal had a history of UMN involvement and a small number of churches. We joined one of them, around 20 people meeting in a small, dingy room. The Pastor had two very small children.

Eighteen years later, in December 2014, I was in Butwal to work on UMN's Rupandehi Cluster Review. As part of the Cluster Review, I met UMN Partner Lumbini Christian Society (LCS) and was only slightly surprised to find our Pastor's "little" son working for them.

Butwal's Christian community has come a long way, and it's great to see UMN being part of the journey. LCS was formed by the Butwal churches nearly ten years ago as a "bag NGO", an organisation that exists on paper but keeps its entire assets and records in a bag. LCS is one of many, many organisations that has travelled with UMN from "bag NGO" to transform lives. The nurtured hopes of those Butwal churches, nurturing hope in poor communities.

Over the years, I've evaluated UMN Partnerships in all seven Clusters, and lost count of the people who've thanked UMN for taking them from "bag NGO" to where they are now. It's not just Partners who recognise what UMN does to "nurture seedlings". In my countless evaluation interviews, Government Officers, network leaders and even other INGOs all identify building capacity as UMN's distinctive strength and contribution.

We know from Jesus' parable that not all seeds grow to produce fruit. The soil and the farmer are important. I think of the community resources as soil



and UMN as a careful farmer, nurturing hope even when the seedling seems to be struggling. On that same trip to Rupandehi Cluster, I met a women's co-operative who previously partnered with UMN. A few years ago, they were a struggling group of around thirty women. But since then they have used skills learnt from UMN to successfully obtain the support of the Nepal Government, and now have their own office and warehouse, and over three hundred members. Don't ever lose hope!

As I write, the context of Nepal is moving on. There are many strong NGOs, including those UMN has nurtured over the years. UMN's role is changing, and the new seedlings are "groups" of poor or disadvantaged people and countless (though these days we are expected to count them!) individuals. As UMN nurtures the hope contained in many different "bags", we shouldn't forget that nurtured hopes lead to fruit.

MARTIN BUTTERWORTH

Senior Monitoring, Evaluation and Learning Advisor



"WE WERE JUST A BAG ORGANISATION." It's a common description used for small local organisations in development circles in Nepal. Imagine a woven Nepali jhola. Imagine it containing a certificate of registration, a minute book, a list of members and maybe a bank book and cheque book. And that's it. That's a bag organisation.

There are over 40,000 local NGOs registered in Nepal, and many of them would fit this description. They may have been formed by people genuinely interested in making a difference in their community, keen to redress injustice, support poor families, provide relief during disasters or protect the environment. But beyond this, they have little understanding of how to actually go about putting their dreams into practice. Their documents sit in a bag, their members seldom meet, and their hopes wither away in frustration and inaction.

Many of UMN's partners began this way. "Our office used to be in a bag," says the President of Ekikrit Bikkas Manch (EBM), a UMN partner in Bajhang. "We had no policies or management skills and there was a lot of confusion. Everyone seemed responsible, but no-one was actually responsible."

Over the last 10 years, UMN has been privileged to see many groups, like EBM, develop from confused, disorganised "bag organisations" to wellestablished, competent NGOs that implement effective programmes and are able to attract funding from multiple sources. Interventions have included help with filing systems, workshops on vision and mission setting, training in policy development, support in conducting social audits, and financial management training. A key factor, however, has been relationship-building. UMN staff have spent time with partner Executive Committee members and staff, coaching them through the decision-making processes. They have offered advice and support. They have carefully nurtured these nascent organisations.

The Rural Development Centre, Doti, is a good example. Established in 2001 with a vision for "a self-reliant and discrimination-free society", RDC struggled to find its feet. "We had no policies or strategic plans or other necessary documents. We had no money, and no skilled human resources," remembers Chairperson Dal Bahadur Deuba. In 2007, RDC's partnership with UMN began. A Partner Capacity Assessment clearly identified the gaps, and UMN staff worked closely with Dal Bahadur and others in establishing sound procedures and systems. It took time, but gradually RDC's operations improved.



RDC's social audits give community members a chance to participate, ask questions and make suggestions.

Community relationships were also a problem. Local people were suspicious. "RDC people work for themselves and not for the people," was the rumour. "RDC is a milk cow for its staff." So UMN helped RDC with a participatory planning process that involved community members in decision-making. It published all its financial details, and held regular "social audits" that encouraged the community to ask questions and make suggestions. "Our beneficiaries and stakeholders began to see us as transparent and trustworthy," says Dal Bahadur.

All this careful nurturing has paid off, for RDC and the people of Doti. Because of their sound organisational base, RDC has been able to apply for and receive support from the Lutheran World Federation and World Vision Nepal, as well as UMN, and is accessing funds from various government agencies. They now have a budget of nearly NRP 25M (over USD 250,000) and are implementing very effective rural development and income generation projects in 39 VDCs in Doti district.

"The credit goes to UMN's capacity-building approach and its working methodology," says Chairperson Deuba.



MAIDI MOTHERS

THREE YEARS AGO, a couple of Communication Team staff from UMN visited Pipaltar village in Maidi, Dhading. This is a neat little village with a small population of 764 people. A beautiful picture was taken there, which made it

in to the UMN calendar for 2013 – four expecting mothers lining up for their routine antenatal check-up. Last month Sunila, UMN's Advocacy Officer, found three of these mothers again with their three-year-old toddlers, gathering at the Health Point.

The little ones are enjoying good health; they have been vaccinated on time and visit the Health Point regularly for weight and overall health monitoring. The nurse at the Health Point, Anita Shrestha, has taught them how to prepare Sarbottam Pitho (super flour). The mothers also meet up from time to time to learn, discuss common problems and share new ideas. Bibek (centre with blue winter cap) has even started going to a nursery school.

It's lovely to see how these youngsters are flourishing.

MORE ACTIVITIES IN PIPALTAR:

- ⇒ Jagat Jyoti Community Development Centre (JCDC, UMN's partner in Dhading) recently introduced a teeth-brushing programme for the students of Pipaltar Lower Secondary School. Every morning at the assembly, children line up and brush their teeth. UMN has given the school a good supply of tooth brushes and tooth paste.
- The Child Club in Pipaltar meets monthly and discusses important topics like child marriage, health and hygiene and domestic violence.
- The four farmers' groups in Pipaltar receive vegetable seeds from JCDS twice a year.





Mothers with Toddlers: Dhan Maya Kumal with her son Paras (left), Bimala Kumal with her son Bibek (middle), Dhan Maya Kumal with her son Milan (right).



Making Making Learning Enjoyable!

CHILDREN FROM NON-DOMINANT LANGUAGE GROUPS are often forced to begin their formal education in a language that is not theirs. School becomes a burden and frustrating for them, because they have to study in a language that they barely understand. Children can learn best and flourish in their home language.

To help meet the challenges, UMN has been providing technical support to Multi-Lingual Education (MLE) in schools in Rupandehi cluster. With the successful implementation of Avadi (an ethnic dialect of the plains) language teaching in schools in Rupandehi, UMN has moved on to Rukum to introduce learning in Kham language in schools. Now, eight schools in Kakri VDC in Rukum have started teaching in Kham language, and children have the flexibility to write their exams in any language they choose. Teachers and relevant stakeholders are working on the translation of Grade 2 and 3 books. The MLE project is very influential, and as a result it has received great support from the government. The District Development Committee and Janajati (Ethnic Minorities) Committee has allocated a budget for the printing of the books for the coming year. Along with MLE, the project has also integrated child-friendly teaching and learning training and materials support, a school enrolment campaign and extracurricular activities. It also assists schools to prepare their School Improvement Plans and provides sanitation kits to improve student hygiene.

MLE has been a topic of interest for the district. The strength of MLE programmes is that they build on the knowledge and experience that learners bring to the classroom. Lessons relate to people, places and activities that are culturally near to the learners, especially in the early grades.

Implementing MLE programmes in schools may be a challenge, but it is a challenge worth pursuing.



IT'S SUCH A COMMON STORY – women in poor communities in Nepal, and around the world, working from before sunrise till well after dark, taking care of households and farms, raising children, cooking, cleaning, sowing and harvesting, milking and feeding livestock, carrying wood and water. Always busy, surrounded by people, at everyone's beck and call, but terribly, terribly isolated. They may be illiterate, but their minds are far from blank. They are creative, hardworking, persistent and courageous; yet, sadly, their strengths and talents are ignored by many in their communities, and their contribution to building a better future is squandered.

The women of Rowa village in Mugu district felt like that – helpless, ignored, useless (see above). But when UMN's partner started a women's group in their village, things began to change. Something surprising happens when women have a chance to get together, to share their burdens, to discuss their dreams, to unleash their problem-solving skills on local issues. In their case, lack of safe drinking water resulted in sickness; fetching water from other sources took hours of back-breaking toil. UMN was able to help these women plan and build a simple water system that brought water right to their village – a wonderful achievement that gave the women tremendous satisfaction. "We are glad to be more capable and well-informed," they said. "We now know how to work in a group, and how to live a healthier life."

Women's groups are a wonderful place to nurture women's community spirit and leadership. Across our 10 working districts, UMN and its partners support more than 850 women's groups of various kinds! Some are literacy groups, where women learn to read, write and do simple maths, and far more! Some are savings and credit groups, where small monthly savings build up, and loans for micro-businesses or family emergencies are a better alternative for poor families than the village money-lender. Others focus on women's rights, raise awareness about domestic violence and alcoholism and provide practical help to women in distress. There are farmers' groups, goat-raising groups, groups that advocate for people with disabilities, low caste people, or people affected by HIV and AIDS. Nutrition groups help mothers feed their children better, and mothers' groups discuss children's rights and support local schools. And then there are groups that get involved in all sorts of combinations of these!

Many of these groups are called Self-Reliant Groups, and that's an excellent name for them. Time and time again, women will be happy to talk about the things achieved by their group, but the key factor will always be their increased confidence, their unity and mutual support, their self-reliance.

Self-reliance is a fragile plant, easily bruised or broken by adversity, opposition or neglect. But women's groups provide an ideal place to nurture it, protect it, strengthen it and see it grow to maturity. The beaming smiles on women's faces, the affection they have for each other and their pride in their achievements say it all: "We grasped the opportunity!"

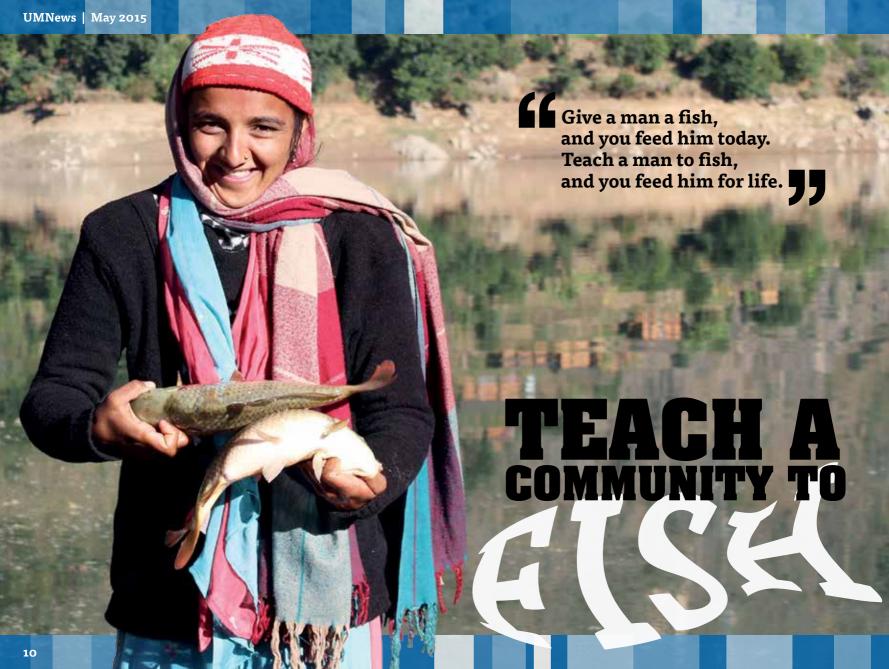
THE GROUP IS MY SECOND HOME



A FEW YEARS AGO, Poonam was the Secretary of a Women's Development Group in her village. But the women weren't really involved in it, and the group dissolved. Disappointed, Poonam was reluctant to try again. But when one of UMN's partners suggested starting a group in the village, she agreed to be Treasurer.

This time, skill development and leadership training was included, and the group was supported and encouraged. Vegetable growing was introduced, to Poonam's delight. "This kind of training developed our inspiration and hope," she says. Poonam is efficiently managing the savings and credit of the group, which now has 33 members.

"We women can share our feelings and burdens with each other in the group. We have good support, which encourages us to do things for ourselves. Our group will make good progress, because we all love and care for it, as the programme staff do," she explains. "The group is my second home!"

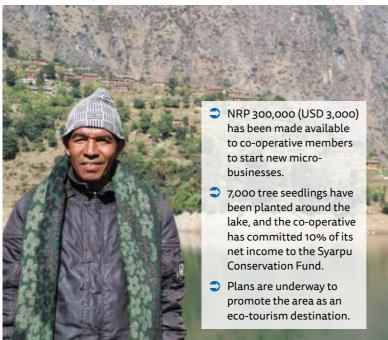


THE PROVERB HAS BEEN AROUND for a long time in development circles. Various third lines have been added to highlight environmental issues (ask why there are no fish...) or advocacy (defend a man's right to fish...) or sustainability (help a man set up a fishing business...) or gender sensitivity (teach a woman to fish...). In the case of the Syarpu Lake Agricultural Co-operative, we'd add:

Teach a community to fish, and you empower a whole village.

Nepal's many pristine, high-altitude lakes are tremendous natural resources, but their potential for livelihoods has rarely been tapped. Syarpu Lake in Rukum was no exception. "Nobody bothered about the lake," recalls Dhan Bahadur Malla. "It was deteriorating year by year, producing nothing."

In a food insecure area, fish could provide much-needed protein for hungry people. But establishing a fishery in the high hills would be a risky business. After much investigation (particularly to address environmental concerns) and a small-scale pilot project, UMN, its local partner and the Syarpu





community decided to try. Eighty thousand tiny fish made the nerve-wracking journey from the plains in the south to Rukum in plastic bags loaded onto jeeps; the survival rate was surprisingly good. They settled into the lake, fed and monitored by trained local people like Meena Dahal. After a couple of years, fish harvests and sales showed that the risk had been worth taking – the fishery was successful. So far, the community has earned NRP 790,150 (nearly USD 8,000).

A good initiative, but with a little nurturing, so much more could be achieved. The local community has registered a co-operative, and have learned to work together, making a business plan and developing more innovative ideas.

Best of all, the community has gained confidence through these early successes. There is a high level of community ownership and participation – 262 households are represented in various self-reliant groups, involved in different community activities. Local leadership has emerged, and local jobs have been created.

"The project made us concerned about the equitable distribution of resources," said Dharma Bahadur KC, a local political leader. "We have realised our social responsibilities and the need for sustainability."

Teach a community to fish...



FUN RUN

Four hundred girls and women from all over Nepal gathered around Jawalakhel at 7:00 in the morning to start their run. They were not running to win a race, they were not running to get places. They were running to celebrate International Women's Day.

Women LEAD organised the 5 km run, together with Higher Grounds Bakery and Cycle City Group. The organisers were happy with the amazing turn out of 400 runners.

A bunch of powerful runners from UMN took part in this event too. Boys and men also showed their support by cheering along the routes and volunteering at the water points.

What a great way to celebrate the occasion. Congratulations to all the runners!





facebook.com/umnnepal



4,135



@umnnepal #UMN



youtube.com/umnepal

EASTER PARADE

Easter is celebrated in a very special way in Nepali Churches. Following an early morning service different church groups join the rally that goes around town and gathers in a public meeting place in Kathmandu.

This Easter, over 30,000 Christians were present in Tudikhel ground to take part in the two-hour long Easter service. They marched in from different parts of the city and had placards with Easter messages. Some groups were clad in ethnic costumes and some chose to sing songs and walk.

Many non-Christian Nepali stopped by to listen to the choir and the Easter message which was given by Pastor Mangal Man Maharjan.



INF-UMN CONFERENCE IN GERMANY

Once again, people who are passionate about God's work in Nepal will be gathering to share, learn and pray at the annual INF-UMN gathering. This time it's in Germany, at the Rehe Conference Centre, Westerwald, from 2-4 October, 2015. Better than Oktoberfest!

More details will be on the UMN website soon.



Christlichen Erholungsheim Westerwald (Christian Conference Centre), Rehe, Germany



NURTURING CHILDREN

There is a lot to raising healthy, happy and confident children. Care-givers and parents mean the world to their little minds. They can either make or break a child's life. A parent or caregiver is a friend, a role model, a teacher and a counsellor. As the little ones step out in life, many people have a role in nurturing children to help them grow and flourish.

Early Childhood Education Centre, in partnership with HimalPartner, has introduced a training programme in Nepal called the International Child Development Programme (ICDP). This programme, which is for teachers, care-givers and parents, consists of three workshops within a year. Two staff members from UMN headquarters, Anjana from the Education Team and Shristi from the Health Team, undertook this training. Later, they will facilitate the programme with mothers' groups in villages where UMN and its partners work.

The programme gives competence and understanding in interacting with children and enables the care-givers to support the children in their psycho-social development.

In the coming days, UMN hopes to involve more cluster staff in the ICDP training. Let's hope we will see communities and families committed to giving the best to their children.

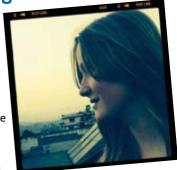
BORN and **BRED**



Nepal has become a part of me and I'll never forget it.

As the time to leave Nepal draws gradually nearer, I find myself looking back on my life here. Being born in Nepal, actually at United Mission Hospital Tansen in 1999 and living here since, I have nothing to compare it with. But I don't know if it would be possible to compare life here with anything.

Living here has given me the opportunity to do so much more than people in England my age have ever done. I've ridden an elephant through a jungle, I've sat on a river



bank to watch for tigers, I've kayaked down Himalayan torrents, I've climbed some of the highest mountains in the world – well part way up them – and I've learnt the true meaning of humidity! Yes, humidity, and maybe humility too. And not just the fun things we do on holiday; every day I've been here has been an adventure. Just walking to school one day, I saw the zoo's elephant making a snack out of a tree on the side of the road.

Nepal is such a diverse country, and growing up here I've met people from all over the world. Languages have never been my strong point (two's my limit), but I've been surrounded by foreign words for so long that I have become adept at understanding people just by watching them as they talk. It's a useful skill, and I'm forever grateful for it, particularly when my Korean friends forget momentarily that I don't speak their language.

In all seriousness though, I am a different person because I've lived here. I have a much broader world view – a cliché, I know, but it's true – and I've developed the ability to adapt to any situation at a moment's notice. And yes, there have been challenges; there's not always electricity or water, and people come and go like seasons, but all in all I'd say that it has been the most amazing experience.

Nepal has become a part of me and, though I may be leaving soon, I'll never forget anything about the last 16 years. Nepal will stay with me forever.

ESTHER JYOTI BUTTERWORTH

Ruth and Esther are the daughters of Martin and Katrina Butterworth who have worked for UMN in various different roles since 1997. Martin currently works in the MEL team and Katrina works at Patan Hospital. They are all leaving Nepal this summer for life in England.



UMN'S NEW PRAYER DIARY is

now available. This booklet provides one month of prayer and praise points, repeated throughout the year. A great resource for personal



prayer or for prayer groups. Please contact communications@umn.org.np for your copy.

Poor nutrition is an underlying cause of almost half of child deaths in the world each year, and undernourished children face a lifetime of consequences. The recent statistics in Nepal show that under-five mortality rate per 1000 births is 38. Many organisations, including UMN, are working on nurturing maternal and child health. Please pray for the disadvantaged children of Nepal, that they are in safe environments, have access to basic health services and basic education.

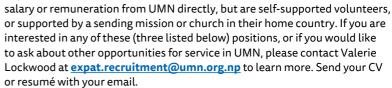
Recently, a farmer in Dhading lost his wife, four children and his father in a heart-breaking incident. Because they had nothing left to eat, his wife used the wheat stored for seeds. Unfortunately, these had been sprayed with insecticides at the time of storage. After the morning meal, the children got sick first, and eventually everybody died. UMN Dhading office and local partner staff were at the cremation ground, as the wife was a member of a Self-Reliant Group and the three children were Child Club members. Dhading Cluster has helped with a relief fund. Please pray for the father, as he copes with this tragedy of losing his entire family. Pray for the much-needed provision of food for poor families who struggle to feed themselves all year round.



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.







EDUCATION ADVISOR in the Education Team, which aims to eliminate barriers, enabling access to relevant education for all, to help communities recognise the value of education and to promote child rights. Experience in formal/non-formal education, teacher training or other education-related area is required.

FINANCE ADVISOR to work alongside our Nepali professionals to ensure that sound financial practices are implemented, to properly manage the funds entrusted to us. A strong financial background, preferably with accountancy, is required and experience in the not-for-profit sector would be an advantage.

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.











of UNITED MISSION to NEPAL

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 vear, 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.



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 issue #46). 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.

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.











"NOW FAITH IS THE ASSURANCE OF THINGS HOPED FOR, THE CONVICTION OF THINGS NOT SEEN."

Hebrews 11:1



Fullness of life for all, in a transformed Nepali society

UNITED MISSION TO NEPAL

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