

LMM NEWS

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Restoring
HOPE



Fullness of life for all, in a transformed Nepali society

CONTENTS



Dear friends

Welcome to **UMNews #51**, in which we explore the theme of *Restoring Hope*. We have just marked the anniversary of the 2015 earthquakes in Nepal, and in this edition we focus particularly on the work that UMN has been doing with affected communities in our working areas. In the 55 seconds of the first earthquake, the hopes of thousands of families and communities across Nepal were shattered, as they lost their homes, their livelihoods and in many cases members of their families also. Some of these things can never be replaced; other things will take months and years to restore. Hope is one of these – it can be shattered in a matter of seconds, but restoring hope takes time and effort. It has been encouraging to see what has been achieved over the last few months (see page 5). However, the frustrations have been significant also – particularly with delays in shelter reconstruction caused by government indecision. Restoring hope takes perseverance and commitment.

One of the mantras of post-earthquake reconstruction is to “build back better”, meaning to ensure that we rebuild so that infrastructure, livelihoods and communities as a whole are more resilient and can better withstand future disasters. Restoring health, homes and livelihoods is vital and important, but perhaps “building back better” should also involve enabling people to place their hope in something, or rather Someone, who is not so easily shattered and destroyed.

As my family and I come to the end of seven years with UMN and 16 years in Nepal, there have been many events and situations which could have caused us to give up hope: violent conflict, political turmoil, disasters such as the earthquake, legal battles, or the loss of close friends. And yet there have been many signs of hope also. Someone recently asked me what the highlights of my time in Nepal and with UMN have been. I struggled to answer the question. Not because there have not been any – there have been lots! – but because as I tried to identify the highlights they seemed to be inextricably bound up with the times of greatest challenge and difficulty. I felt awkward, for example, saying that the tragedy of the earthquake was a highlight – but in many ways it was. I think this is because when we are stretched to the limit and reach the end of our own resources, we learn to trust God and lean on Him the most, as well as on each other. At these times we find out where our hope truly comes from.

The biblical story is a story of hope. The Psalmist urges:

*“Find rest my soul in God alone; my **hope** comes from him. He alone is my rock and my salvation; he is my fortress, I will not be shaken”*
(Psalm 62: 5-6).



2 Mark's Letter



4 Restoring Hope



5 Phase II Relief So Far



6 How Many Houses Have You Built?



8 Psycho Solutions



9 Restoring Livelihoods and Hope



10 Building One Stone at a Time: A Place They Can Call "Home"



12 News



13 Clewetts' Nepal Reflections



14 Respond

The writer to the Hebrews assures us that

"we have this hope (in Christ) as an anchor for the soul, firm and secure"
(Hebrews 6:19).

This biblical hope is not based on our circumstances, but on the knowledge of our salvation through Jesus, and the certainty of the final restoration and redemption of the whole of creation. This is the hope that cannot be shaken, a hope which is an anchor for the soul, firm and secure.

Just as this hope has been nurtured and strengthened in our own lives through our time in this country, our prayer as we move on is that this hope would continue to grow in the lives of the people of Nepal, and all of those who serve them. UMN has a key role in this as it works towards *Fullness of life for all in a transformed Nepali society*. Thank you for your prayer and support for us personally over these last seven years, and for the opportunity given to us to join that exciting journey. I look forward to the next exciting stage, albeit in a different capacity!

MARK GALPIN
Executive Director

Mark and Liz Galpin, with Josh and Miriam, will leave Nepal in June 2016 and return to the UK, where Mark will take up a lecturing position at All Nations College, and Liz hopes to return to medical practice. We thank God for the gifts they have brought, the joy of their friendship, and for Mark's courageous and professional leadership. We wish the Galpin family all the riches of God's blessing in the next stage of their lives.



NEW EXECUTIVE DIRECTOR FOR UMN



Joel Hafvenstein will be the next UMN Executive Director. He will take over officially on 10 June 2016. Joel is married to Fiona; the Hafvensteins have two sons, Caleb (4) and Isaac (1).

Joel says: "It's a great honour to take on this role, following in the footsteps of many extraordinary men and women over the past 62 years. I look forward to the challenge of leading UMN, by God's grace; and I'm excited to support and strengthen the transformational work of our staff and partners all across Nepal."

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Restoring

HOPE



Looking back since the earthquakes last year, much has been done in Dhading District by UMN, and we have built on UMN's reputation by setting up the Dhading Disaster Response Programme (DDRP) in five VDCs where UMN is well known and where 80% of the houses and infrastructure were damaged or destroyed. It took several months to plan, recruit and train over 30 staff, set up offices and get agreements with the District and three local partners, but at last we are now busy implementing many activities to help communities build back their lives.

So far we have trained over 500 local experienced masons in using local materials to rebuild earthquake-resistant houses. DDRP has provided cash for work funds to help repair footpaths, roads and bridges. We have built back livelihoods by distributing seeds, goats, poultry, mini tillers and threshing machines, and trained local groups in marketing their products more profitably. DDRP is also helping residents to overcome trauma with counseling, nutrition and income generation training, through our local partner staff.

Detailed technical assessments of drinking water systems damaged by the earthquake have been completed and work is now starting on implementing WASH* activities in health posts and schools, and repairing community drinking water and irrigation systems. Some water sources have been damaged or lost through landslides and people have been carrying water up to three hours.

DDRP is still waiting for government permission to support house-building for the poorest, and 45 school buildings, but in the meantime we have built 14 Temporary Learning Centres (now being upgraded to permanent) and will build demonstration houses.

SHIVA ADHIKARI
DDRP Team Leader

* Water, Sanitation and Hygiene



PHASE II RECOVERY SO FAR

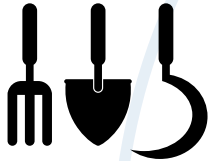
25 April 2016



14 **TEMPORARY LEARNING CENTRES**
constructed and upgrading going on



4,702 **HOUSEHOLDS**
given blankets and mattresses



7,028 **HOUSEHOLDS**
received seeds and tools (agriculture
and reconstruction tools) in **12** VDCs



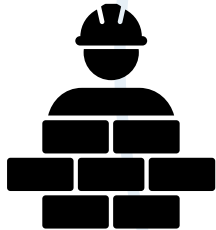
68 **FARMERS**
received agriculture equipment support
(**58** grinding machines and **10** mini tillers)

TRAINING
given on agriculture and livestock,
vegetable production and livestock raising

FARMERS
given materials to support income
generation and micro enterprises

3,956

2,289



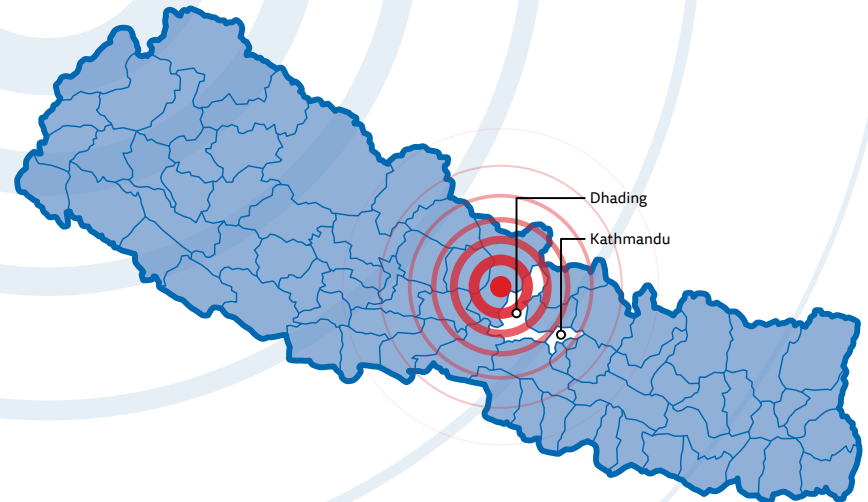
over
500 **MASONS TRAINED**
in earthquake resilience building
construction techniques



5.9 **KILOMETRES**
of trails and roads damaged
in the earthquakes are repaired



486 **PEOPLE TRAINED**
in psychosocial and school
mental health orientation



How many houses



**HAVE YOU
BUILT?**

“How many houses have you built?” – the question people most ask as they enquire about UMN’s Disaster Response Programme (DDRP) in Dhading. Disappointingly, almost a year has passed but still UMN, like other INGOs, is waiting to obtain government permissions to support the house rebuilding.

Happily though, the DDRP team have made excellent progress in other rebuilding. Since I arrived in July 2015 there have been months of writing and rewriting project plans to reflect changing government policies, hiring 35 new staff, signing partner agreements, donor negotiations and building up what is now a strong, committed DDRP team led by Shiva Adikhari, himself a resident of Dhading, which is a real bonus. Work is progressing well to support school building, trail repairs and agricultural input (animals, sheds, tools, seeds). Over 500 local masons are trained to rebuild earthquake-resistant houses.

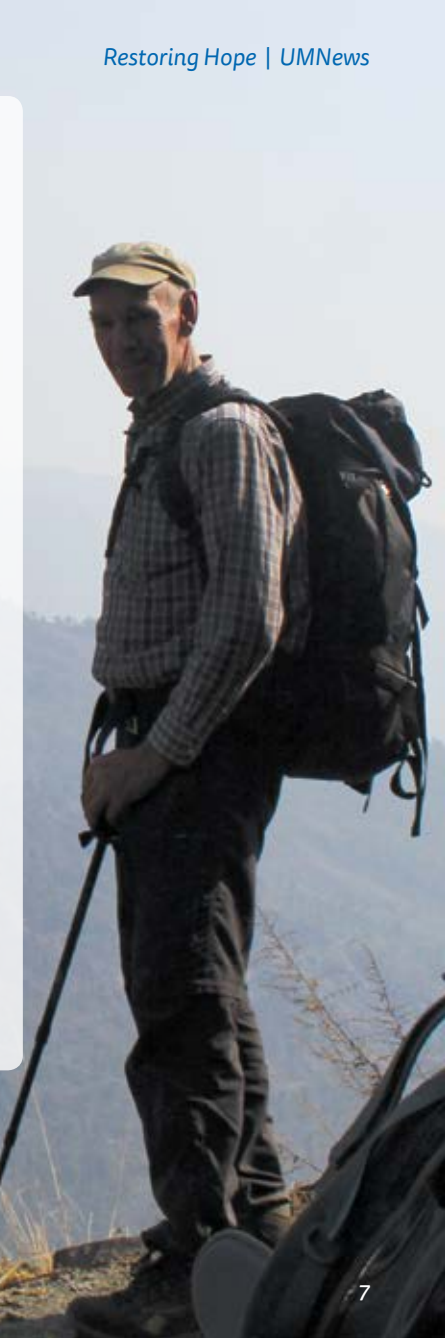
Rachel and I were on holiday in Spain when the first earthquake happened; our hearts were breaking for Nepal and the Nepali people whom we love and, of course, we had to respond. After contact with UMN, much thought and prayer, we were quickly on our way to join the Disaster Response Programme team with support from Methodist Church UK. Coming back after 13 years has been a great privilege but also a challenge! I had to learn quickly from Jaap, an experienced Disaster Response Manager. A disaster response programme is so different from the slow grassroots community development work I was used to. It is BIG, it is URGENT. We have to move FAST to relieve people’s suffering and

hardship. There are not one, but many donors, who all need orientation on culture, logistics, specific needs and changing government policies. Documentation and reporting is challenging and must be rigorous and systematic. Thanks to UMN’s excellent emergency response and cluster work with local partners, DDRP has been able to quickly build on the existing good relations developed at local level over many years.

It has been a humbling experience to meet with families in the high Himal who have lost everything, even family members. In spite of their devastation and loss, they show such a positive attitude and resilience in starting to rebuild their lives. Many are Christian communities and their faith and fellowship has clearly sustained them. They have survived a cold winter in temporary shelters. Many are striving to rebuild their houses knowing that government support is unlikely to reach them. In three of the most remote earthquake-affected VDCs in North Dhading we distributed 8,000 blankets and mattresses before the winter. Two areas in the South include marginalized Chepang communities with little land and where water must be carried three hours from the river.

So, to answer that question! We are eager to support the house building with masons trained and materials at the ready – we just need government go ahead! Meanwhile what an honour and privilege it has been to work with DDRP, helping the poorest people of Dhading rebuild their communities and their livelihoods.

FINLAY HODGE
DDRP Advisor





PSYCHO Solutions

One year on is a good time for me to reflect on how we have been addressing the psycho-social needs of earthquake-affected people in Dhading district.

Our initial response (first three months) was to train seven generic health workers in Psychological First Aid to focus on orientating victims to place and context and to reconnect them with family, community and appropriate services.

I was able to provide psycho-education to numerous NGOs, INGOs, schools and churches in the months after the earthquake (speaking to around 1500 people directly) and publish a leaflet which carried these messages to many parts of the country. I was consulted personally by a number of affected individuals who were concerned about either their own reaction or that of their children. For some who were at home when the earthquake struck there were issues of how to feel safe again in a building that appeared to threaten to kill you. Those most severely affected had witnessed distressing events at the time of the earthquake, of people trapped and/or seriously injured. Such images can lodge in the mind, and when they are still present a number of months after the event can benefit greatly from some targeted counselling to help them resolve. The good news is that with the support of family, friends and community, the great majority of survivors have been able to recover from this traumatic event without long-term effects.

Our Phase II approach to meeting the psycho-social needs of earthquake survivors (up to two years after the earthquake) is threefold. The first strand is training our mental health partner staff to facilitate Trauma Healing Groups using a bespoke version of a similar programme previously developed and used successfully in earlier disasters in Nepal. The second strand is training facilitators to train teachers in using mental health promoting material in schools. This material uses fun and thought-provoking worksheets and exercises to promote good general mental health while having the ability to help identify children struggling to recover from the impact of the earthquake. The third strand of our approach is additional mental health training for health workers in local health posts and additional funding for psychotropic drugs. In these ways we are developing a broad provision within this badly affected area.

The range of responses to this disaster has been very wide, explained to some extent by a number of predisposing factors and the nature of exposure a person had during the earthquake.

I believe that our range of responses noted above is ensuring that those who need additional help will be identified and connected to appropriate services.

DR STEPHEN COULTER
Health Advisor, Mental Health

Restoring HOPE and Livelihoods

When the earthquake struck, James Tamang of Jharlang was inside his home. The house crumbled, but he and his family were able to escape without any injuries. After witnessing a cloud of dust covering the sky, they thought they were the only family that survived from the village. But later they could hear people crying and could sense a lot of movement.

James' village has around 145 households and all the buildings had collapsed. Nine people even lost their lives. They were out in the open with their children and with no food supply for four to five days, surviving by eating just raw packed noodles. With broken trails and damaged suspension bridges, relief items were delivered to them only after two weeks and they all cooked together for some weeks. The UMN relief bags they received brought hope. But life got much more difficult in the rainy season. Despite the challenging circumstances, James found a way by making small temporary shelters and there he lived with his father Parmin, mother Chungi, and wife Sarimaya and their two children.

During the earthquake they also lost stored wheat seeds and were quite worried as it left them with nothing and they couldn't grow any crops. But they were really thankful when UMN distributed wheat seeds in their village. They were also glad to receive vegetable seeds, agriculture and construction tools which eased their agricultural work and helped them rebuild their temporary shelter.

James' agriculture production includes corn, wheat and malate which lasts for six months. Other than that he grows cabbage, cauliflower, onion and garlic. He has also been rearing livestock. As a member of Ekata Samuha, he received NPR 23,000 (USD 215) to raise goats and now has four goats.



His father received mason training from UMN which has improved his skills and knowledge. When their new home will be built, they plan to follow the same process that they learned from the training. They are now waiting for proper income and the government fund which has been announced for earthquake victims.

James works as a teacher in a government school. Gradually the Tamang family is trying to improve their livelihood and is coping with the aftermath of the earthquake. Their hope seems to have been restored as they wait for a better way of life.

UMN is working in remote villages like this in North Dhading through HIMS, a Christian NGO.

BUILDING ONE STONE AT A TIME:

A place they can call “HOME”

Having lived in a geographically challenged region surrounded by rugged terrain, 55-year-old Tek Bahadur Budathoki's life is finally changing for the better. He is ecstatic to own land, and soon a house of his own, and strip off the title of being a Sukumbasi, a term often used to refer to landless people.

A resident of Okhaldunga district, like most farmers in Nepal who depend on subsistence farming, even after toiling in the field, his crop production only lasts a few months. He also has to share half of his harvest – which typically includes wheat, maize, potato and vegetables – with the owner of the land.

This compels farmers like him to engage in labour work involving house construction from which he earns between NPR 700-1,000 (USD 7-9) per day, which allows him to cover house expenses. He however proudly asserts that he doesn't have any loan to pay off.

Landless people like Tek Bahadur are not eligible for the government's reconstruction programme. So after being selected for the project by Okhaldunga Community Hospital (OCH), Tek Bahadur recently bought the same land he has been living on for NPR 200,000 (USD 1,875). With the support of the project initiated by OCH, which targets the most vulnerable and excluded groups to ensure legal access to land and shelter, his house will be built free of cost, which will ease his burden.



The first house of the OCH project for the landless



The second level is started



Completed and ready to move in to!

His ancestors didn't own anything to pass on which is why Tek Bahadur had been landless. Now he can finally pass something down to his sons later in life. Sharing his future venture, he said: "I will soon open up a grocery shop and a small place to eat to get a return on my land investment."

Often, landless people are not eligible to receive any benefits from the government as they don't have land ownership certificates, and are usually disregarded. In this way they become voiceless and are losing access to facilities and opportunities. Some people are already in debt and they can't afford to purchase new land. But the project which is the brainchild of OCH aims to encourage and facilitate the process of land ownership and, if needed, to provide the services of lawyers free of cost, and build houses for those who are landless.

OCH has identified the target area as the six most peripheral and difficult to reach VDCs of the district. So far, out of six VDCs, 25 landless people have been identified, and the target is to build 34 houses over the next two years. The houses will be made earthquake-resistant, and will be the first of their kind in the region, built with locally available resources like mud, stone and pine wood.

The programme is facilitated by eight Disaster Risk Reduction Facilitators (DRRF), a construction supervisor and a DRRF coordinator who provide orientation, first aid training and construction training to the locals prior to house construction.

Some locals have also contributed to help the landless. For instance Roop Bahadur Karki, 42, of Bhusinga, lives in a hut as the earthquake caused his

home to crumble. But he sold his land at a comparatively cheaper rate to Ram Bahadur Shrestha. "Why would I sell my land at a higher price to a landless person? I wanted to help him; that's why I didn't charge a high rate," he explains.

A new ray of hope has emerged among the landless people in this region. This project has boosted their confidence to voice their opinion, and fostered a sense of dignity and belonging in the community which was the underlying purpose of the project.

Phurba Wangchu Sherpa of Bhusinga is the owner of the first house being built through the project. It was only after being selected by the OCH project that he decided to buy land. Fortunately he recently received 3 ropani (1,526.16 m²) land as a dowry¹ from his brother-in-law. He had plans to go to Mustang (near the Tibetan border) to search for work and had taken a loan of NPR 20,000 (USD 189), but after the earthquake he had to drop the idea and the money he borrowed was used on household expenses. He might still go to Mustang, or continue farming. Despite all the uncertainty and difficulty, he is hopeful. "I was not in a position to build a house of my own as it is very expensive. But finally it will be a reality," shares Sherpa who also plans to pay off his loan soon.

With the project in progress, one stone at a time, and with support of each other, the landless people of the region will therefore finally have a place they can call "home".

NISTHA RAYAMAJHI
Communications Officer

¹Dowry – Cash or property that the bride's family gives to the bridegroom's family as a condition of the marriage.



INAUGURATION OF OCH'S NEW BUILDING

On Wednesday 27 April 2016, the Okhaldunga Community Hospital (OCH) moved into its new Main Treatment Building. This was a great occasion for the Okhaldunga hospital family as they had been looking forward to this for the past seven years and it is now finally a reality. All the staff helped to shift the equipment and move the patients safely. On this special occasion, one of the expecting ladies who is staying at the OCH Maternal Waiting Home cut the red ribbon to inaugurate the building. The new building is a symbol of hope and light for the people of Okhaldunga as there will be more space and modern amenities within the hospital premises.



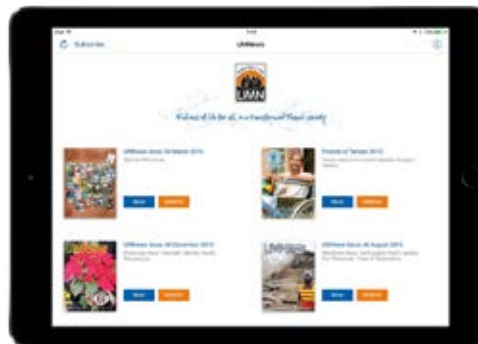
SMOKE FREE ZONE

NASSO, a UMN Rupandehi partner, organised a programme to declare Devdhaha-7, Saranbari an "indoor smoke free kitchen" to mark the completion of the Community Carbon Offset (C₂O) programme. This programme, funded by UMN Support Trust, was started 18 months ago to shift the residents from fuel inefficient traditional stoves to fuel efficient Improved Cooking Stoves (ICS). Through the programme, 1,413 ICS, including 83 at Saranbari, and an additional 11 bio-gas plants, were installed.

The deceleration programme was attended by government officials, representatives of political parties, UMN and NASSO representatives, and Saranbari residents. Chief guest Ganesh Ghimire who is the Chief Executive Officer of Devdaha Municipality congratulated and encouraged Saranbari residents for taking an exemplary initiative. UMN Rupandehi Cluster team leader



Bishal Babu Shrestha expressed happiness for being able to assist in this noble endeavor. The programme used a spirometer to test the lung capacity of 144 women, who were the prime users of stoves, prior to and at the completion of the programme. Users of the new "modern stove" shared that it has not only reduced fuel by 40-50% but also improved respiratory health.



UMNewsstand



We have been working hard to bring you new ways of viewing UMNews. As well as the print version, you can already download a pdf version to read on your computer. Now we've added an iPad app that allows for all of our publications (including *Friends of Tansen*, *Friends of Okhaldhunga*, *Annual Report* and more) to be downloaded and read on your iPad, all completely free! Go to the Apple App Store and search for **UMNews**, and click **subscribe** to get new issues.

Don't forget to give us a good star rating too!

A YAK IN THE FRIDGE

What was the yak doing in the fridge? To find out, you need to read Dr John Dickinson's (and family) just-released book covering years of work and life in Nepal from 1969 onwards. Replete with anecdotes, reflections, adventures and the odd challenge, *A Yak in the Fridge* will keep you engrossed to the very last page. Available from UMN for NPR 450 (or equivalent in your currency) plus postage. Email us and we'll get your copy in the post (with an invoice), or purchase from our website.



INF/UMN CONFERENCE 2016

A platform where stories are shared among people from varied diaspora, the annual INF/UMN conference is being held this year on 16–18 September 2016 at the Hayes Conference Centre, Swanwick, Derbyshire.

The conference is a great chance to hear about what God is doing in Nepal, get the latest news and updates from people working there, and join together in prayer. This year we will be hearing from a number of different people involved in INF and UMN's work, including Joel Hafvenstein, UMN's new Executive Director.

Dewi Hughes, former theological adviser to Tearfund and author of a number of books such as *God of the Poor* will also be speaking and helping us to reflect on the themes that emerge from the weekend.

Clewetts'



Nepal Reflections

We arrived in Nepal on a very wet day in July 1987 with three-year-old Simon and one-year-old Naomi in tow. Since then we have been privileged to spend around 12 years serving God in Nepal. During that time the country, UMN, and our family have changed enormously. Paul was born in Pokhara and Rosie later in London. Naomi even has her own one-year-old daughter!

We lived through the tail-end of the Panchayat era and those wonderfully optimistic days in 1990–1991 when the excitement of people at the dawn of “multi-party democracy” was palpable. We missed the entire Maoist war but came back in 2011 and witnessed the ongoing struggle for a just constitution, as well as enormous improvements in the education and health of Nepali people, the (almost) doubling of Nepal's population, the (mostly negative) changes in the Kathmandu Valley environment, the development of places like Pokhara's Lakeside (great weekend trips for our young family when we lived in Lamachaur!), and the exponential growth in the number of churches as well as NGOs and INGOs.

We are grateful for many opportunities: four years in GBS, the pioneering co-educational boarding school in Kaski; two years helping to establish camps for Bhutanese refugees in Jhapa/Morang; two years managing Lalitpur Urban CDHP Project; developing English teaching resources; and now five years as Technical Director and Peacebuilding Advisor. We have many happy memories to take away with us. Thank you to dear friends and colleagues who have been a pleasure to work with, be with, travel with, and who have given us support through the hard times (there have been a few!!) and joy in the good times (lots!!). We are glad if we have contributed in any way to furthering the hopes of the people we have come into contact with and are grateful for opportunities we've had to learn from them.

Thank you Nepal!

JERRY AND RUTH CLEWETT (AND ROSIE)





PRAY



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.

Please pray for the government approval for the house construction and school reconstruction proposal. The earthquake reconstruction work has been kept on hold by the government. Many thousands of families are still living under temporary shelters even a year after the earthquake.

UMN is committed to the reconstruction of houses and schools: pray that we will soon receive government approval.

Pray for Shiva Adhikari, DDRP Team Leader, as he leads the team and works with various local partners, government agencies, and project staff to progress the DDRP work and meet the needs of the community.

Pray for the reunion of families and relatives who were displaced and shifted to temporary camps. More than 350 families from Ree, Lapa and Jharlang have been in camps and will probably remain there until houses are rebuilt. Children in camps have not been able to continue their school education.



JOIN US

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 us at expat.recruitment@umn.org.np to learn more. Send your CV or resumé with your email.

PRIORITY NEEDS

FUNDING ADVISOR – is required to initiate and develop fundraising from multiple donor channels, to assist in implementing UMN's funding strategy and to contribute to all aspects of funding activities. Should have previous experience, with good written, verbal and interpersonal skills.

LEARNING, POLICY AND STRATEGY ADVISOR – is required to strengthen UMN's small but expanding team that focuses on Monitoring, Evaluation and Learning. 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.



TELL OTHERS



of **UNITED MISSION to NEPAL**



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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.

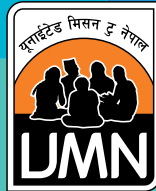
FRIENDS OF UMN IS A REGULAR MONTHLY GIVING PROGRAMME

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

MAY THE **GOD** OF **HOPE**
FILL YOU WITH **JOY** AND **PEACE**
IN BELIEVING, SO THAT BY THE **POWER**
OF THE **HOLY SPIRIT**
YOU MAY **ABOUND** IN **HOPE** Romans 15:13



Fullness of life for all, in a transformed Nepali society

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