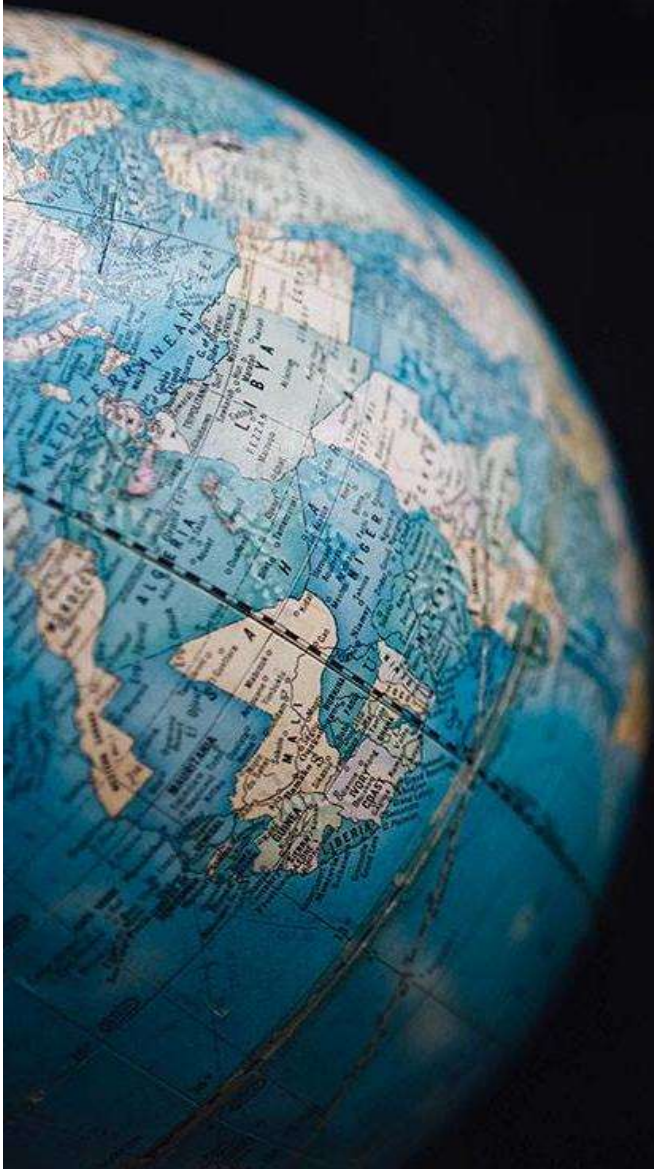


# All Saints Ilkley

**AND THE GOSPEL MUST FIRST BE  
PREACHED TO ALL NATIONS.**



**NIV**  <sup>TM</sup>

**MARK 13:10**

**Harvest Mission Partners Gift Day  
October 1<sup>st</sup> 2023**

Sunday October 1<sup>st</sup> is both our Harvest Celebration & our Mission Partners Gift Appeal. A day to both thank God for His goodness to us in all that He provides for our everyday lives, but also to respond to that goodness by giving financially to support the work of Christian mission across the world.

Therefore, we are encouraging the All Saints Church family to give financially to support our Mission Partners who are;

- **Diocese of Sittwe, Myanmar: Bishop James Min Dein**
- **Mission Aviation Fellowship (MAF)  
Andrew & Liz Parker (based in Uganda)**
- **Church Mission Society (CMS):  
Nick & Catherine Drayson (based in Argentina)**
- **Koshish Mental Health Self-Help Organisation (Nepal)**

This Gift Appeal is the main way we will be enabling the church family to directly support our Mission partners. This booklet explains a bit more about each of them and how you can financially respond to support them.

In addition, the PCC decided at our last meeting that in addition to any gifts given by the church family, we would add £2,500 for each Mission Partner from our Church funds.

We are committed to supporting our Mission Partners both through our giving and through prayer and personal encouragement.

Whatever & wherever you give, thanks for your generosity & commitment. We are part of a worldwide church family & we need each other's ongoing prayers, love, support & commitment.

Our Mission Partners Board in the Church Porch has more information and we regularly include updates, in our services and bulletins to keep you in touch.

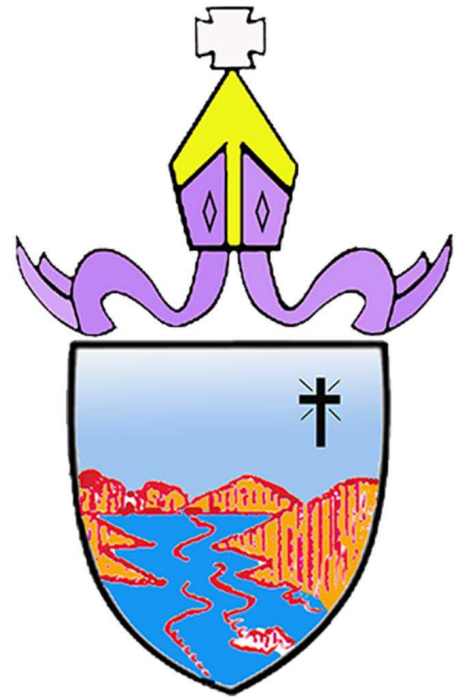
Please be generous in support of our four partners in the Gospel.

A handwritten signature in black ink that reads "Mike". The signature is written in a cursive style and is underlined with a single horizontal line.

**Revd. Mike Coe : Vicar – All Saints, Ilkley**

# Diocese of Sittwe (Myanmar)

## Bishop James Min Dein



**Proclaiming the good news is at the heart of the ministry of the Rt Revd James Min Dein, Bishop of Sittwe, in Myanmar.**

Sittwe is the most rural and mountainous of Myanmar's six dioceses. Several times a year, the bishop gathers together a team that includes priests and health workers - perhaps as many as 15 people - and travels by boat and on foot to visit the diocese's most remote parishes, travelling from village to village. In the rainy season they must negotiate landslides.

The team sets out at 9 in the morning, arriving at their destination at 3 or 4 in the afternoon. The evening

is spent sharing the good news of life in Jesus Christ. The team might show a film, teach through drama, and celebrate with food and dance.

'Sometimes we are joined by people walking to the next village,' says Bishop James. 'It's a wonderful feeling. I get very tired, but as soon as we arrive and start to worship and pray together my tiredness is lost and I have new energy.'

Bishop James describes mission as a work of the heart.

'For me, mission is two things: words and deeds. We show our love through practical action, by giving what we can, and through preaching the gospel.'

Sittwe Diocese has a focus on education. It runs five hostels and

is helping 200 students from rural communities to obtain a good education. This is part of the diocese's overall concern to support the poor through mission. Health is also a key focus, with 40 health workers, paid a small allowance, reaching out to communities who struggle to access healthcare.

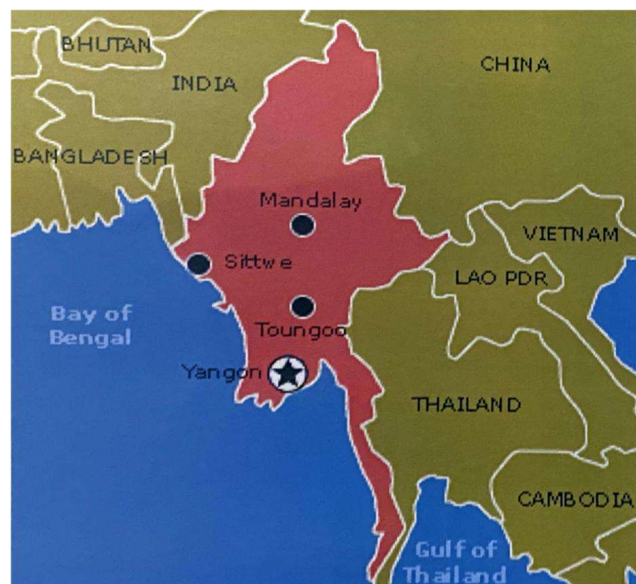
In recent decades, the government has put tight restrictions on speaking publicly about the gospel. But these restrictions are loosening now that Myanmar is opening its borders to

investors, tourists and new ideas. Even so, the church remains cautious. Permits must still be sought before the church can host an event or put up a new building.

Bishop James says: 'The Church of Myanmar is very small in terms of numbers, but now that our country is changing we have the chance to do more. Therefore we are working hard. The people need a lot of things - education, health, spiritual guidance - so please pray for us.'



Bishop James Min Dein visiting parishes in Sittwe Diocese by boat. (Bishop James Min Dein)



## **In June Bishop James sent the following message**

<https://www.bbc.co.uk/news/world-asia-65587321>

Greetings from Sittwe Diocese, Myanmar.

On May 14, 2023 from the afternoon 12:30 pm to 3:30pm for about three hours, the MOCHA cyclone was bitterly felt on location in Sittwe, Rakhine state in Myanmar. It was a very strong cyclone and by force-power of 120 miles in an hour. Because of it, the houses of church members, water tanks and wells were destroyed among Sittwe dioceses.

According to this, we are now suffering from these catastrophes. Now we are not able to consider and solve how to do it on the spot. However, we and our church members are stronger in faith than before in this situation.



Although this event has come to us to be upset, how much do we have face in trouble, we cannot escape away from it whether we would like it or not. And we learned that it is our task and duty which the Lord has given us to do better for his ministry. Now our church members are doing more prayers than previous days. Among the churches in cyclone-stormy areas, we are also able to refuge the Lord faithfully. May I request all brothers and sisters in Christ Jesus, remember us in your prayers more for it.

As we believe that you have never forsaken us whenever we faced trouble two or three years ago of catastrophes in Myanmar, such as the trouble and difficult times of pandemic, conflict, insecure situations in us. We cannot forget your concerns to show us as a family member in Christ and the past what you have generously done together to us until now.

The destruction of buildings and others by cyclone storms is as follows:

1. 5 church buildings including Cathedral.
2. 4 Vicarages (Priest house)
3. 70 church members' houses,
4. 3 Students boarding houses for students
5. Water tanks and well
6. Church's fence and walls

Indeed, all these are urgently needed to help us as we honestly request you to serve together the glory of God in Sittwe Diocese, Myanmar.

May the Lord bless you



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After a special appeal at All Saints we sent £3,780 to +James and received this reply.

*Greetings from Sittwe Diocese.*

*Today, we received your gift. Thank you so much for your big contributions especially for Mocha Cyclone effective areas.*

*We will use it for them which is effective in a cyclone and will send receipts, photos and report what we did.*

*Thanks again for everything.*

*Blessings, +James*

# More than just a job: a leap of faith

Story **Jo Lamb** Photos **Dave Forney**

**MAF Pilot Andrew Parker shares how a single *MAF News* magazine changed his life**

**G**rowing up in the suburbs of Durban, South Africa, Andrew's childhood brings back happy memories of skateboarding, swimming and playing on the beach.

His adventurous spirit saw him explore Australia and New Zealand after university, where he travelled with friends — including Liz, whom he married in 2003.

Settling in London, they prayed about their future. 'Lord, give me something to be passionate about,' Andrew prayed.

Shortly after, *MAF News* landed on his doormat with the revelation that serving God and flying planes could be a long-term career.

'I was instantly excited — it was a lightbulb moment,' Andrew recalls. 'But I'd never flown a plane in my life. It seemed so far-fetched, but I told Liz and we got praying straightaway.'

Eventually, they moved to South Africa so Andrew could begin his pilot training.

'We sat on the plane wondering what on earth we were doing,' smiles Andrew, 'but our friends had been praying and we felt so strongly it was from God. It was a leap of faith, but God provided in miraculous ways.'

Andrew eventually qualified as a pilot, and joined MAF in 2009.

'My advice to anyone chasing a dream is to be patient and keep praying,' he advises. 'God stays the same — even during the hard times.'

Today, the Parkers are a family of five. Esther, Benjamin and Joel have grown up across eastern Africa.

Thinking of his most memorable flight, Andrew recalls an emergency evacuation in South Sudan several years ago, where armed militia were closing in on a group of 12 missionaries.

'I had one chance to land and get those guys out. I could see armed soldiers on the horizon.'

God protected us that day, and those passengers were so grateful — their lives had been saved by MAF!

Looking back on his MAF career, Andrew feels hugely privileged. 'From that photo of an MAF plane landing on a mountainside in 2003 to 13 years as an MAF pilot, I still believe this job is hugely important.'

'For people who want an adventure with God's Kingdom at the heart of everything they do, don't underestimate the joy of working with MAF. If God's calling you, He will be faithful. His consistency throughout — especially during the pandemic — has been a real encouragement.'

'He doesn't change and is never phased — no matter how big our leap of faith.'

LEFT Andrew and Liz Parker, with Joel, Benjamin and Esther  
RIGHT 'Lord, give me something to be passionate about'



**Working for  
MAF is more  
than just a job**

For all our latest  
vacancies, visit  
[www.maf-uk.org/  
journey](http://www.maf-uk.org/journey) or phone  
**01303 852819**

Dear Mike,

Thank you for your email and your prayers.

Thank you for keeping people informed about the work that MAF is doing.

We are all well - we had a great campervan holiday in South Africa in June followed by some Home Assignment in the UK. It was a good opportunity to reconnect with friends & family & to see many of our supporters.

MAF's work here in Uganda continues with our regular shuttles to the NE and NW of Uganda and we are in the early stages of launching a regular shuttle to the SW of the country too. There are huge numbers of refugees in the NW and SW of Uganda (from DRC and South Sudan) so a lot of the work being carried out by our passengers is in the refugee camps.

Since returning from the UK I've been quite busy, usually flying 4 days per week with a mixture of shuttles and charters, so I've enjoyed that. Rainy season has definitely arrived in the last few weeks so we have the added challenge of navigating around frequent thunderstorms now, but it's also good to see the countryside looking so green after the rains.

I've attached a couple of pictures, one of me with our son Joel who joined me for a day at work recently and another of the view over the hills of Kampala in the early morning.

Yours in Christ,

Andrew



=====  
**Further resources**

***Mike's Zoom interview with Andrew from June 2020***

**<https://www.youtube.com/watch?v=foYoGbMbbio&ab>**

***Andrew flying Coronavirus tests to Bukavu, DRC***

**<https://youtu.be/vIcqZvuYOnk?si=GCG1qJqITtadcvzf>**

# Interview: Liz Parker, teacher, Uganda

*'I don't use Swahili much except when I get stopped by the police'*

**I loved my French degree** & teaching English to French students in my year abroad; so teaching seemed to be a good fit. Now, I teach in Kampala, where my husband, a pilot with the Mission Aviation Fellowship [MAF], is based.

**My present school is an international school with an American curriculum.** Most of the children are wealthy Ugandans.

**I've lived in five African countries, & taught in three.** South Africa is more developed, but has a different approach to teaching, with more emphasis on sport & outdoors. I was home-schooling in South Sudan, too — that was hard — so the push to work came from me, & political tensions & incessant heat made everything feel tense. Uganda's warm & welcoming, & the adults & children have mostly been very open.



**I wrote 'Immeasurably More' during the lockdown**

South Sudan was quite a difficult MAF placement for me, but I learned so much about God's grace & goodness to me. When we moved to Uganda, I read those words in the Bible: Don't forget what God has done for you. Tell your children. I wrote it all down for my mum's 80th birthday last July, because she worked as a missionary in Uganda in the 1980s. The friend who proofread it sent it to a publisher, & it became something bigger. (<http://www.maf-uk.org/product/immeasurably-more/>)

**I'm really not a bold person.** People who know me know I'm not. God's just been good, & we've been taken beyond what I could ever imagined. Immeasurably more — hence the book's title.

**I'm up by 6:15.** I drive myself & our 3 kids to school around 7:15. I'm teaching all day, & then there'll be meetings or schoolwork & lesson prep. Andrew & the kids & I are usually all home by 6 in the evening, & there's homework for the kids & myself.

**Before bed,** I write out the next day's list of jobs, & set out any ingredients for our wonderful house-help. I use cockroach chalk to draw a ring around the bin to stop ants & cockroaches invading our kitchen at night, & make sure someone has fed the dog & cat; make sure there is a meal ready for our night guard who arrives as darkness falls; maybe make some calls & send messages back home to family & friends overseas.

**Cockroaches:** I hate the way they look at me goadingly, & then run. Rats are the worst, but we do have a cat.



**Uganda is a poor country:** if you live in a big house, you're a target for robbery. It's been very sad to see friends go through the aftermath of a robbery, some have left; so we have security 24/7.

**We miss our family.** It's hard to miss family gatherings, & to know my children miss out on those & on certain educational possibilities — & cheese & real chocolate.

**I'd no idea Andrew would become a pilot, & nor did he.** When we married, he had a job at St Michael's, Chester Square, as a temporary office assistant. I prayed for him to find a job that would use his skills, using a book called *The Power of a Praying Wife*. One day, MAF's magazine came through our letterbox, & Andrew read it & couldn't believe it: people use aeroplanes to bring God's word to the world?

**MAF doesn't train pilots, &** there was no guarantee they would take him. But we moved to South Africa, where it's cheaper to learn to fly. I didn't have a work permit initially; so we lived off our savings, & some friends supported us. That buoyed me up when I wondered what on earth are we doing. When a Christian school was recruiting, I volunteered, & they gave us love gifts, & — with the help of a miraculous bank error — we never missed a payment of our rent & the flying fees. Nothing to do with us: it was all God's doing.

**Being missionaries introduces us to inspiring new people & incredible places** — but moving & packing are hard work, emotionally & physically. My oldest child says she finds it rejuvenating; my youngest finds it extremely stressful.

**Saying goodbye to people who become like family,** within a close-knit community of MAF staff & local friends, is very painful when they or we move. & it's not easy to form deep friendships locally, as our different Western-style homes, culture, & perceived income are suspect. Taking time to learn about each other is essential: nothing can be presumed.

**MAF sent us to learn Swahili in Tanzania, & I really enjoyed it** Quite a lot of Ugandans understand Swahili, but it's fallen out of favour because it's associated with Idi Amin, & I don't use it much, except when I'm stopped by the police.

**My childhood home was a loving & energetic vicarage in Liverpool.** My first experience of God was going to a Billy Graham rally at about five, & wanting to have the joy & energy I saw in all the people praising God. I remember somebody prayed with me to ask Jesus into my heart, & trusting that God heard & would always be with me.

**I pray at random times throughout the day,** although it's always best when I carve out time to be with just God. I pray about all kinds of things, from tiny details in my life or my friends' lives to world events.

*(Original interview in 'Church Times' August 20<sup>th</sup> 2021 -*

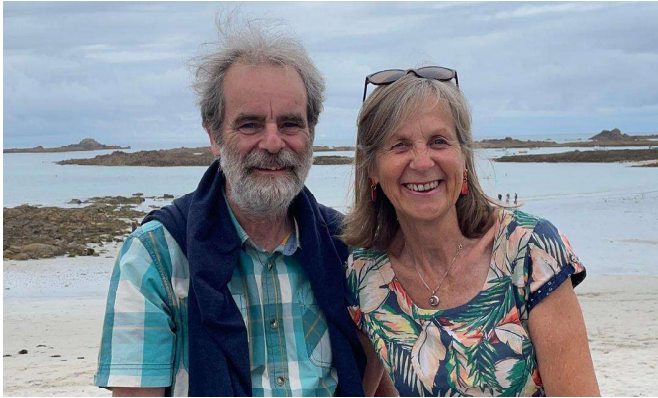
<https://www.churchtimes.co.uk/articles/2021/20-august/features/interviews/interview-liz-parker-teacher-uganda>



# Catherine Le Tissier and Nick Drayson

Link Letter no. 29 | August 2023

Contact details:  
catleti@gmail.com  
nicobispo@gmail.com



Location: Argentina



What we do: Nick was until recently Primate of the Province of South America and Bishop of Northern Argentina. Catherine coordinated the AMARE women's organisation across the Province.

Dear Friends,

We had known for some time that our ministry in South America was coming to an end. But we weren't expecting it to end the way it did. Nick's heart surgery in February meant that he spent our last months in Argentina on sick leave, and most of the packing and farewells were dealt with by Catherine. But we are so grateful to be alive and for the support of family, friends and colleagues.

We travelled to the UK in June, and continue to concentrate on convalescence as we enjoy time with family. Please pray for proper rest and recuperation for us both.

Hopefully Nick will be stronger by September, and able to visit churches and some of the faithful friends who have prayed for us over the years. Some of you will want to continue to support those we have been working with and who continue to serve their communities. Others may want to sign off and focus on other areas of mission. To all of you, a huge thanks!

As we look back on South America, and the privilege of living and working there, we reflect on what God has been doing in so many different ways. We can echo Psalm 126: "The Lord has done great things for us and we are glad." There have been dreams and tears, seed sown and sheaves harvested, laughter and shouts of joy!

For the past 14 years we have had the task of overseeing and leading a vast, complicated diocese, which today consists of 186 churches, two assistant bishops and at least 200 other leaders. These are mainly indigenous (Chorote, Wichí and Toba) hunter-gatherers, who live in or near the Chaco Forest and often on the margins of Argentine society. During that time AMARE was created, and has become a women's movement throughout South America, while remaining strong in the Chaco area of our diocese.

Two years ago Nick also became Primate, which meant exercising leadership in Anglican churches throughout South America and more widely. Generally speaking, Nick being a bishop, and Catherine heading up a movement linked to Mothers' Union, has led to a major involvement in working groups in the wider Anglican Communion. This has been a rich experience, if often a bit stressful, and has allowed us to travel widely, which has been mostly a delight!

A major part of our ministry over these years has been to encourage self-determination and appropriate models of leadership, administration and training, both in the church and more widely, as communities face the degradation of their environment and abuses of their rights.



Saying farewell in Juárez

Support Catherine Le Tissier and Nick Drayson:  
[churchmissionsociety.org/drayson](http://churchmissionsociety.org/drayson)

With Jesus  
With each other  
To the edges



Building on the work of many years, we have focused on language and translation, especially of the Bible, in various local languages and dialects. Also, on the priority of national leadership, both indigenous and European descendant.

A particular area of commitment over recent years has been the development of a resource centre and community in the mission compound where we lived in Juárez. A key person in this has been Mirna Paulo, who is also widely in demand as a spokesperson for the Indigenous Mission Hub together with colleagues from other indigenous groups.

Daniel Lescano, from Salta, was appointed Vicar General last year and has taken a huge interest in developing the sustainability of the church's wider ministry throughout the area. His efforts have really come into their own with Nick being out of action, and now with us leaving.

We are excited to see national leadership taking responsibility at every level, both local (indigenous and Spanish speaking) and more widely in the Province of South America. We are also thrilled that women's ministry has been put firmly on the map, and many women empowered in their contexts. Please pray for our friends and colleagues in Northern Argentina, especially leaders adjusting to new roles in AMARE and other organisations. Pray for Bishops Crisanto and Mateo, key people like Mirna and Daniel, and others developing strategies for the future in the diocese. Please pray also for national leadership and training in the Province of South America, especially Acting Primate Brian Williams.

We are disappointed that more could not be done in relation to two areas that we are passionate about: intentional discipleship and creation care. These seem to be fundamental priorities and yet so hard to get hold of in practical terms.

We have so many memories of working alongside gifted and much-loved colleagues and friends, not only during the past 14 years, but in some cases going back to previous periods of service in the diocese totalling 26 years of the past 50! We are so grateful for the privilege of "fellowship in the gospel".

And what happens now? After a welcome rest and a continuing recuperation, with family in the UK and Channel Islands, and some farewell visits to supporting churches, we are looking at the possibility of helping out in a local church in return for accommodation, which will allow us to stay a bit longer near family while we decide where to retire to. We look forward to telling you more about this shortly – please pray for clear guidance in this.

And finally, family news: our siblings, who are getting older and some have health issues, live in Guernsey and the south of England, as do most of their offspring. It is lovely to reconnect with them. Please pray for good communication as we continue to reconnect.

Our son Sam lives in Jersey, where he works in tech support at Highlands College, and is also starting a computing degree there. His wife Sally is children and family's worker at St Ouen's Church. Merida (4) will shortly join Cassian (6) at school. They love island life!

Our daughter Stefi lives in Bradford and works as a drama therapist for CAMHS (Children and Adolescents Mental Health Service). Her husband Rhys has just qualified as a physiotherapist, and is applying for jobs. He plays lots of rugby!

We are glad and grateful to be reunited with all of them!

Thanks for your prayers. Our love to you all,

Nick and Catherine



*Photos from top to bottom: South American bishops and wives; Daniel Lescano with Nick; Mirna Paulo; Welcomed back by family*



## Going further with Church Mission Society

**Adelante: Saturday 23 September 2023.** A hybrid event – in-person and online – to celebrate, learn about and pray for mission in and from Latin America. Book at [churchmissionsociety.org/Adelante](https://churchmissionsociety.org/Adelante)

Please note that opinions expressed in link letters are those of mission partners, not necessarily of Church Mission Society.

If you would like to discuss your mailings with us or to receive this link letter on a regular basis, please email [supporter.care@churchmissionsociety.org](mailto:supporter.care@churchmissionsociety.org) or call 01865 787400. Church Mission Society is a mission community acknowledged by the Church of England. Registered Company No. 6985330 and Registered Charity No. 1131655 (England and Wales) and SC047163 (Scotland).



# Transforming Lives

www.koshishnepal.org

July, 2023

## Manoj confidently teaches and interacts with Students



Manoj involving in rice plantation

**M**anoj Chaudhary hails from Dhangadhi Sub-metropolitan City - 15, Kailali and teaches in Community School. Once, he feared losing his job because of his mental health condition. But now, he teaches confidently and enjoys being around students.

Manoj has been teaching for 19 years in Kailali. In the 2064 BS, his teaching career was running in

the third year. One day of the same year, he suddenly fell unconscious and salivated. He went through uneasiness and difficulties after this incident. Knowing the situation as a mental health issue, he feared losing his job of teaching since the Government of Nepal provisioned a mental health condition incompetent for the job. According to various laws and acts, a person with a mental and psychosocial disability is not competent for a job. He traveled to India for a check-up and medication to keep the medication process confidential. But the medication process in distance and other's country became costly for him. Much extent of his earning had to spend on treatment. Remained small portion of earnings was not sufficient to fulfill his and his family's needs. It also affected to deteriorate his mental health conditions.

He could not come up openly because social taboos and bad customs about mental health is existing in his community. People from his community believed in people's previous existence and they used to take a mental health issue as a curse and sin of a person's prior existence.

Implementation of the SAMAHIT project by KOSHISH at Manoj's hometown connected him with the KOSHISH. After connecting with KOSHISH, he also joined the Peer Support Group. As a member of the group, he got the opportunity to interact and share experiences with people like him. It helped him to know about the importance of mental health and counseling. Moreover, engagement in the group escalated his confidence level.

Nowadays, he has no fear of losing his job. He teaches confidently and enjoys interacting with students. Apart from this, he is also actively engaging in farming and supporting his wife and son. In his area, he does advocacy for a person with a psychosocial disability raising awareness for the whole community. ■

## Elina stepping into a new avenue

Twenty-eight years old Elina Regmi is a resident of Kristi village situated in Pokhara Metropolitan City - 21. She endured pain and stigma for a long time while grappling with the mental and psychosocial conditions. Her mental and psychosocial issue is linked to her SLC result which barred her dream of further study.

She was one of the much-appreciated students in her school days. Unfortunately, she could not pass optional math in the School Leaving Certificate Examination which disturbed her dream of higher study in the science stream. Disturbance in dreams of childhood gradually caused mental and psychosocial conditions. For the treatment, she was taken to multiple hospitals but signs of recovery were not seen. Elina's family also followed the suggestion of a traditional healer as an alternative option. As per the traditional healer's suggestion, her family made a sacrifice of domestic animals and birds expecting Elina's recovery. Medical and traditional healing processes increased expenses but could not bring a change in Elina's condition.



Elina sharing on peer support group

Due to the prolonged difficulties, she lived with a false sensory experience and the visual hallucination. She also suffered tactile and other hallucinations which led to the development of suicidal thoughts..

Due to the prolonged difficulties, she lived with a false sensory experience and the visual hallucination. She also suffered tactile and other hallucinations which led to the development of suicidal thoughts..

Elina was continuously under medication and trying to find other possible ways for her recovery. In the course of seeking service, she got connected with KOSHISH in May 2023. . She attended a meeting of the Peer Support Group which gave her a sense of togetherness. Counseling and therapeutic exercise also did boost her condition.

*"Exchanging feelings and experience was possible here." Said Elina after the meeting, "I got to know that I am not alone with mental and psychosocial conditions. It also escalated my confidence level"*

She also participated in various trainings for her economic empowerment. The training provided by KOSHISH regarding asparagus farming became fruitful for her. She got an asparagus plant after training which increased her engagement and the possibility of income.

She also got training and support for poultry farming from Pokhara Metropolitan City. After training she got five chickens and feed. Now, caring for asparagus shoots and chicken is her daily routine. Apart from these, she is also a member of a province-level network for a person with a psychosocial disability and a youth network.

She attends all group and network meetings. Nowadays, both her family and she herself are happy and supporting each other through income-generating work. Now, she has overcome a decade-long psychosocial condition and has a dream to live a long life. ■

## Manika Khatiwada Revived her Prior Routine

Manika Khatiwada, a native of Thaprek, Nuwakot, is engaged with farming and livestock which is deeply rooted in her daily existence. The earthquake that struck her village in April 2015, also disrupted the smooth flow of her life.

Manika became homeless when her house was destroyed by the earthquake. Her goats and other animals were covered with debris and died. Homelessness and loss of domestic animals caused her



Manika catering to goats

mental and psychosocial conditions. She went to the hospital where the doctor suggested she take medicine regularly. Her health condition was good as she was taking medicine regularly. But after a while she stopped taking medicine without seeking the doctor's advise which exacerbated her mental health conditions. In that condition, Manika could not work as much as in previous days. She struggled to sleep the entire night since her mind was racing with so many ideas and worries. She could not care for herself and concern for her family was completely gone. She lost track of everything she saw since her memory was weaker than it was. All these experiences made her unhappy and sad and pushed her into smoking addiction .

Manika was brought to Kathmandu after her contact in KOSHISH field office, Situated in Panchkanya rural municipality, Nuwakot. Apart from her medication, KOSHISH provided her with psychosocial counseling and made her engage in therapeutic activities. With the counseling and therapeutic activities her physical and mental health conditions improved. She left having cigarettes and became able to live comfortably without smoking. She started to care for herself and concern for her family members. After substantial improvement in her mental and psychosocial condition, she returned to the village and was reintegrated in her family and community.

Nowadays, she takes good care of her health. She had stopped taking medicine in the past, but now, she is serious about it. She also regularly meets or contacts a psychologist and shares her emotions and experiences. She is raising a goat provided by KOSHISH that will help her to generate income in the near future. In addition, she also helps her son and daughter-in-law in the family. She lives happily with her husband sharing feelings and experiences.

*"With the regular support of KOSHISH my wife became healthy," Said Manika's husband, "And there is a working environment for us."*

Forty-eight-year-old Manika has also applied for a disability identity card in Panchkanya Rural Municipality. She is confident and engages actively in daily activities. Recovery of her mental and psychosocial condition has brought joy and happiness to the whole family. ■

Dear All Saints Church, Greetings,

Thank you so much for being part of support, in the life transformation of the abandoned women and girls with mental health issues in Nepal. We have exciting things to share with you. In the last six years, KOSHISH was able to purchase its own land and build the emergency care centre (short-term residential transit home). I am so glad to share with you that now the construction is over and the centre is smoothly running we can keep up to 50 women and girls at a time and currently there are 39 women and girls at the centre.

Please see the newly constructed facilities at <https://bit.ly/3ZgoxEe>



I would like to share with you that there have been some pressing needs for the operation of this facility i.e. we have some deficit in food, utilities, clothes, and salaries of caregivers and nurses.

You know that the inflation after the COVID pandemic has risen which has created a financial deficit as well now we are able to help more women and girls than before which has caused an increase in the need for the facility.

Thank you so much again for your generous support and encouragement as always.

Kindest regards, Matrika