



SowHOPE Newsletter

"Where there is despair, let me sow hope." FRANCIS OF ASSIS

Inspiring Women Around the World by Promoting Wellness, Education and Economic Opportunities

PHOTO EXHIBIT & RECEPTION

Join SowHope for its 4th annual photography exhibit, fundraiser in Grand Rapids, Michigan. You will see the beauty of women around the world as they face the burden of their poverty; you will hear how you can bring change into their lives. At last year's event, one businessman was drawn to the picture of a woman breaking rocks with a makeshift hammer, attempting to eke out a living selling gravel. The image seared him so deeply that he became a significant supporter of SowHope, knowing that his gift would result in a transformed life for her and others like her.



Beauty & the Burden: Photo Exhibit and Reception

Coming face to face with images of those whose lives are so different from our own powerfully engages us in the hardship of the developing world. To intentionally gaze upon these beautiful women and ponder their burdens is to desire change for them.

Plan to attend the photo exhibit on **March 26**, 7:00 -10:00 p.m. at the **Goei Center**, Grand Rapids, Michigan, to see the faces of those who have not known social justice in their world. CEO of SowHope, Mary Dailey Brown, will give a report on the current SowHope projects that are creating change in women's lives. Tickets for the event will be available March 1, 2011. Order yours either at www.sowhope.org or call the office at 616-433-1575.

Volunteer for Photo Exhibit

Learn more about SowHope by volunteering for the Photo Exhibit! Whether you have one or several hours to offer, your time is a valuable contribution that will impact many lives. Betsy Verwys, event planner, would greatly appreciate your service. E-mail Betsy, besty@sowhope.org, to volunteer your skills and abilities.

LIFE IMPROVING IN UGANDA

Micro-loans are one of the tools used by SowHope to help improve lives on many levels. Women who participate in these projects also gain experience in the use of money, improve their housing and healthcare, and increase their self-esteem, all of which results in improved lives for their children, their children's children and their communities.

Two groups in the Kibaale District, the Nyamarwa and Kabasara, have used their micro-loan funds to establish small businesses and have now agreed to form a common fund. Each woman from both groups contributes a small amount to this fund. One woman was selected to purchase a pregnant pig for \$30. She sold the piglets at \$10 each. With litters that average eight piglets, the profit from that litter, and the next, allowed her to purchase a heifer for her family. As soon as the fund reaches \$30 again, another woman is selected to do the same. Over time, each woman in the two groups will complete this process.

Housing is improving, too. Women are making or buying their own bricks to build strong brick houses rather than mud, because they now have money for cement for mortar and tin roofs. The rainy season is no longer a threat to their homes.

In the Kabasara group, Catherine Namyalo is a 45-year-old, married mother of seven. She is also a traditional birth attendant. At a literacy class, she learned how to read, write and do basic math – enough to do business. She constructed an addition to her birthing center to accommodate more mothers, using a \$150 loan. She receives 35 to 40 women per month, charging each woman \$5 for the birth, including prenatal care. Imagine caring for seven of your own children, bringing others into the world daily, and still finding time to offer prenatal care and build an addition!

Catherine used only \$130 of her loan for the addition. Fifteen dollars were invested in a structure for her chickens, and \$5 went back into the common fund. Goats, pigs, heifers and plants for farming have worked well as a basis of support for the economy in this area. This story is a reminder that women are valuable and important to the community's economy and prosperity.



Catherine in front of her birthing clinic.