



# SOWHOPE NEWSLETTER

*"Where there is despair, let me sow hope." - Francis of Assisi*

MISSION STATEMENT: "TO INSPIRE WOMEN AROUND THE WORLD BY PROMOTING WELLNESS, EDUCATION, AND ECONOMIC OPPORTUNITIES."

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## Making Flour in Kenya

At Hope for Life in Kenya, there is now even greater hope for life for 40 women who are caregivers for 104 orphans. Mary Dailey Brown was contacted by a friend in Kenya, recommending Hope for Life as a partner for SowHope. Mary asked that the organization make application to SowHope, describing their needs and purpose. The founder of Hope for Life, Josephine, did so and requested a grain mill as a project.



**Bonnie and Josephine with the new grain mill.**

The Kenyans were buying grain, and then taking it to a mill where they were charged for the resulting flour. Josephine knew that if they had their own mill, they could not only save the charges for grinding, but could begin their own business, grinding grain for others and selling flour. Cost of the mill, plus installation of electricity, was \$5200.

On a visit to Kenya, Mary and Secretary of the Board Bonnie Conley visited the factory that makes the mills, verifying with the president of the factory the cost, life of the machine and more. Then a visit to Hope for Life introduced them to Josephine as well as to the women and orphans. Josephine explained that when women in Kenya become ill they are abandoned, along with their children, and left to die. Josephine saw the injustice of this and decided to change it by taking these women in and caring for them. Over half of these women, now caring for abandoned children, are AIDS victims.

Since operating the mill, there has been an 80% drop in cost for food, so they buy more nutritious grains that are better for AIDS patients. What a joy to see this dream realized and completely paid for through your gifts to SowHope!

## Meet a Local Leader

The teamwork between SowHope and local leaders is unique, and sets SowHope apart. One such local leader is Dr. Nargis, of Cairo, Egypt. Dr. Nargis offers two days a week to run a clinic in a poor neighborhood in Egypt, treating patients at a greatly reduced cost.

Mary Dailey Brown heard about Dr. Nargis through a European contact. Mary met with Dr. Nargis during a trip to Egypt. Asked what her dream was, Dr. Nargis said it was to help girls and women have greater self-esteem. She wanted women to know that they are precious. She also had a burden to warn them about AIDS. As a gynecologist, she is in a strategic position to inform women. She stated that most women in Egypt have little to no information about their bodies and their reproductive system.

Supported by SowHope, Dr. Nargis is seeing her dream come true as she travels throughout Egypt offering self-esteem and personal education to women. Each lecture is packed, and she finds herself in constant demand. Her husband, a psychologist and counselor, often accompanies her and follows her lecture with his own message saying, "You are valuable. You are unique. You are precious."

SowHope funds the lecture tours, including lunch for the attendees, Dr. Nargis' travel expenses, materials and a white board for illustrations. Dr. Nargis' goal was to speak to 2,000 women during over an 18 month period. In the first six months, she is well on the way to exceeding that goal by far.



**Dr. Nargis chats with a patient.**

## Calendar of Events

**Volunteer Training**  
SowHope Office  
Rockford, MI

Thu, March 5 7:00 pm  
Sat, March 7 4:30 pm  
Tue, March 10 7:00 pm

**Intl Aid Water Conference**  
@ Calvin College  
Mary Dailey Brown - Speaker  
"Hope for Women"

Sat, March 7 9:00 am

**GR Women's Expo**  
DeVos Place  
SowHope booth

Fri, Sat, & Sun  
March 13, 14, 15

**SowHope Photo Exhibit Gala** Sat, March 21 7:00 pm

Tickets are now available for our 2<sup>nd</sup> Annual "Beauty and the Burden - Women of the Third World" Fundraiser  
The B.O.B. Eve Room  
Downtown Grand Rapids



## Volunteer Opportunities

Work at the booth at the **Women's Expo!** Take a 3 hour shift that works for your schedule. Volunteers get in free!

March 13 Fri 10:00 am - 8:00 pm,  
March 14 Sat 10:00 am - 8:00 pm, or  
March 15 Sun 11:00 am - 5:00 pm.

The **Photo Exhibit Gala** is a lot of fun and an easy way to introduce friends to the work of SowHope. Lots of opportunities for helping: set up, take tickets, greet people, or other jobs that can fit your schedule. Sat, March 21, from 7 to 10 pm at the B.O.B., Eve Room, 4<sup>th</sup> floor.

As a volunteer, you may wonder if you can answer questions about the organization. Well, fear no more! Three **Volunteer training** meetings will be held to explain what you may anticipate as a volunteer for the Expo and the Photo Exhibit. See Calendar above for training dates. To volunteer, contact [bonnie@sowhope.org](mailto:bonnie@sowhope.org)

## Saving Money and Being Green

In an effort to use your funds wisely, SowHope is sending both the newsletter and your invitation to the **2<sup>nd</sup> Annual Photo Exhibit Gala** in one mailing, saving over \$300. If you would prefer to receive the newsletter via email, send your email address to [bonnie@sowhope.org](mailto:bonnie@sowhope.org).

## What's a Hosted Event???

Have you ever had a few friends for Saturday breakfast or lunch? Neighbors for a pre-game snack? Dinner party? You can turn any one of these or other small gatherings into an opportunity to introduce SowHope to them. This is one of the simplest, easiest ways to volunteer for the organization.

Invite your friends to your event, letting them know that they will be hearing about a terrific way to help change the world. Also inform them that, after hearing about the compelling needs of women in the Third world, they will be offered the opportunity to financially support SowHope. The entire event will be a positive time of sharing with friends and will give them the chance to change the life of a deserving woman!

Research has shown that this very personal approach is an effective form of fund raising – perhaps because in such a small setting, trust is built in a unique manner.

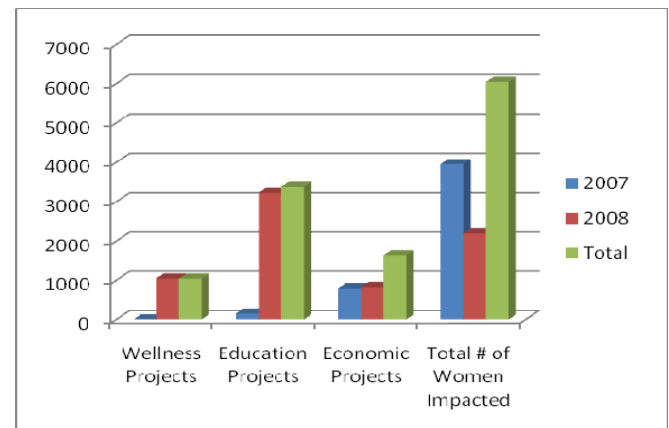
Please consider opening your home for such an event. You will be the host (thus, the apt title - Hosted Event ☺), and your guests will thank you for this introduction to such a valid endeavor. **Contact [trish@sowhope.org](mailto:trish@sowhope.org) or call the office at 616-433-1575 for more information.**

## Project Update

We have raised \$154,000 of the \$186,000 needed to complete two ongoing projects. Although both projects have been well funded, we are still in need of \$32,000 for Micro-loans in Bangladesh to assist 2400 women and a Literacy program in India that will reach 4200 women.

Requested	Received	Need
1 yr project @ \$126,000	\$102,000	\$24,000
3 yr project @ \$ 60,000	\$ 52,000	\$ 8,000

## # of Women Impacted by SowHope during 2007-08.



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