



Sharing Opportunities with Women NEWSLETTER



DISCOVERING POTENTIAL IN KENYA

It isn't until the third day that the women begin to inch closer from the third row. Josephine, who has educated thousands of Kenyan women, realized from day one that they are sitting back and are only allowed to repeat the answers given by men. One hundred and fifty women are gathered, ready for a week of learning that will improve their mindset and transform their lives. By the end of the week, this is exactly what happened.

Josephine, SowHope's beloved partner of 17 years, is dedicated to helping women to see their inner strength and gifts. Pictured above talking with SowHope volunteer, Alan Salmon, her approach is simple yet profound, beginning with love, compassion, and hope for women's lives to be different. Over the course of a week, she helps women tap into their inherent value. Soon, these women recognize their worth and can envision a future where they are independent, operating their own businesses, and doing work they are passionate about. This newfound empowerment allows them to nurture their families with peace and honor.

Josephine says, "By interacting with women, I realized that they have a lot of untapped resources, wealth, and worth. When women are empowered through education, skills, and love, they realize who they are in the face of God and utilize all they have to improve their livelihood."

Josephine has made a significant difference in the lives of over 15,000 Kenyan women since partnering with SowHope in 2008. She is tireless in her efforts to help women discover their gifts and potential, ultimately changing their lives, the culture, and the communities in which they live.

SowHope
exists
to inspire
women around
the world
by promoting
wellness,
education, and
economic
opportunities



WELLNESS CAMP BRINGS HOPE IN NEPAL

Women in the developing world suffer in silence from a debilitating but treatable condition — uterine prolapse, where the uterus descends due to weakened pelvic muscles, often after multiple childbirths. Deep-rooted stigma, limited access to healthcare, and lack of medical information prevent many women from seeking help. Instead, they endure years of pain, shame, and physical limitations.

To address this silent crisis, our partner, Joy*, in Nepal, has begun to visit remote provinces to provide three-day mobile health camps including doctors and nurses who educate women about the symptoms of prolapse — a condition many had never heard of — and to give practical advice, medicines, and pessary rings to help treat the problem. For the most severe cases, the project supported life-changing surgeries.

One woman, Begmaya, a mother of five, had endured a stomachache and back pain for three years. At the camp, she received medicine and a pessary ring which stopped her pain. She said, "Now that I know, I will seek medical treatment whenever I get sick in the future."

38-year-old Mandari, suffered for a year, and for various reasons did not go to a doctor, but she was willing to go to Joy's camp. She underwent life-saving surgery when it was discovered that she also had a cyst on her prolapsed uterus. The surgery saved her life and restored her health and the ability to care for her two children. Her response, "Thank you for saving me."

This project featured two camps in different areas where over 500 women reclaimed their health, dignity, and hope. Through your support of SowHope projects like these, which provide informed, community-based care to impoverished women, cycles of silence and suffering can be broken — for good. (*Not her real name)

Coming Soon!



charity
REDEFINED

SowHope Gala: Save the date!

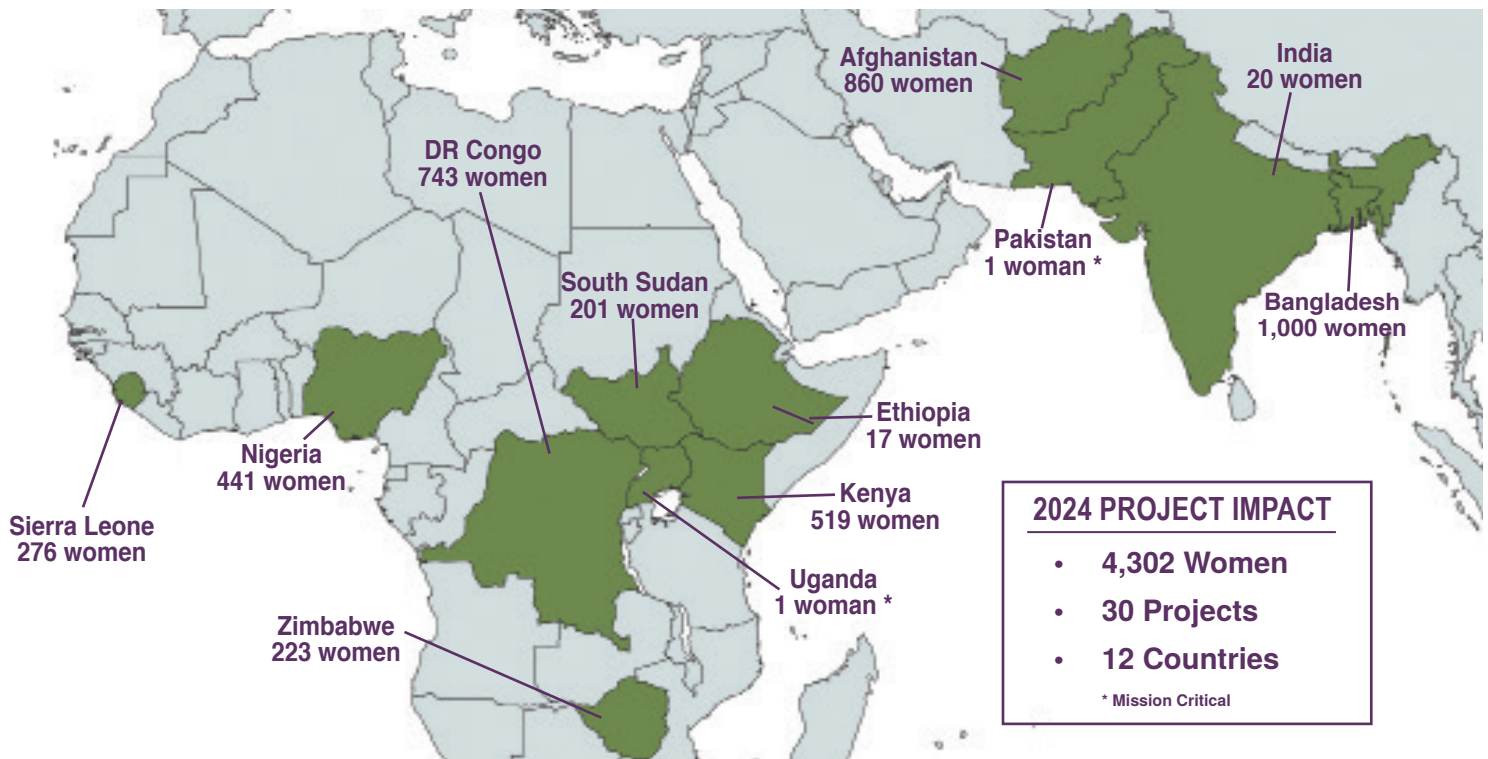
Friday, September 26, 2025
at the **Pinnacle Center in Hudsonville, MI.**

Secure your corporate or table sponsorships today!

Contact Jen at jen@sowhope.org | 616-433-1575



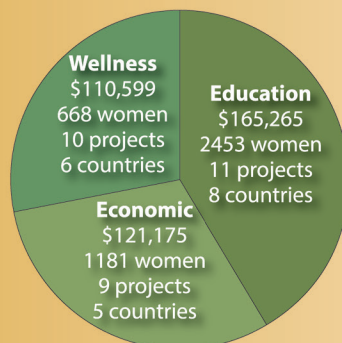
2024 ANNUAL REPORT



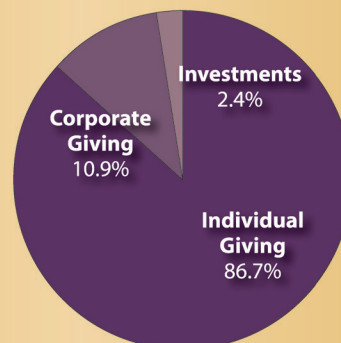
NOTE: Since 2006, SowHope has impacted 139,275 women through 386 projects in 26 countries

2024 Financial Report

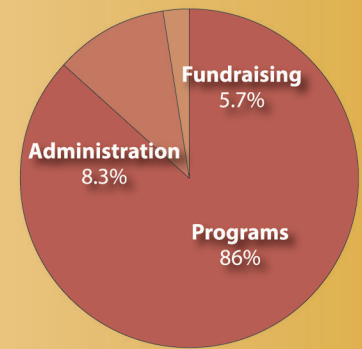
**Net Assets
\$552,039**



Program Impact



Total Income \$564,467



Total Expenses: \$462,246

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