



Women Inspired NEWSLETTER

MURSAL'S STORY

My name is Mursal. I am 35 years old and live in Afghanistan. Since childhood, I felt like a slave, never recognized as a human being. I endured humiliation, verbal abuse, physical violence, and psychological harm. At 14, my father forced me to marry a drug-addicted man in exchange for money.

In my father's home, I was beaten and blamed simply for being a girl. I was denied education because "school and learning are not for girls." After marriage, my husband was unemployed and addicted, and my in-laws carried the financial burden. My child was born malnourished, and I continued to suffer cruelty without the option of returning home. Complaints only brought more blame and silence.

Everything began to change when I joined a six-month tailoring training and literacy program funded by SowHope. Alongside learning tailoring skills, I attended literacy classes and counseling sessions. These sessions helped me come out of isolation, stop blaming myself, and overcome depression and hopelessness.

For the first time, I learned to read and write. Today, I feel strong and capable. I now believe that I can be helpful to myself, my children, and my community.

I am grateful for this project, which gave me hope, skills, and the belief that I am a valuable woman."



A counseling session



Vulnerable women building tailoring skills

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

JOURNEY OF HOPE

After 11 months of training, Aminata stands today as a beacon of resilience in her community. Once a victim of obstetric fistula, which left her incontinent and socially isolated, her life was transformed when she received treatment through SowHope's fistula repair project. But her healing did not stop there; she was offered a six-month vocational training course, equipping her with the skills to build a sustainable future.

At the end of training, Aminata received a sewing machine kit. With determination and creativity, she began her



Aminata with her certificate of completion

business right from her own room. Each month, she sews up to 30 garments, earning enough to contribute to her family's expenses and care for her children. Her earnings, about 50,000 CFA francs (nearly \$90 USD), are not just numbers; they represent dignity, independence, and the ability to dream beyond survival.

Aminata's vision is clear, "I long to open my own workshop, a space where I can expand my business, make more clothes, and inspire other women in my community." While she currently works with limited materials, her spirit is unshaken. She knows that with perseverance, her dream will become reality.



Aminata and SowHope partner Dr. Itengré

Leave a Legacy

By designating SowHope in your will or estate plan, you are making a lasting impact on the lives of women for years to come. Our charitable registration number is 14-1946849. Contact your financial advisor or request a free consultation with a financial advisor from our board, Al Longtin, at 800-683-2987. Thank you!

CELEBRATING 20 YEARS OF SOWHOPE

FOUNDING VISION

In January 2006, SowHope was born from a bold vision: a world where women are free to pursue their dreams and achieve their potential. Founder Mary Dailey Brown, alongside her husband, Doug, and a circle of friends, set out to create a nonprofit dedicated to the holistic care of impoverished women living on less than \$2 a day. The idea was simple yet revolutionary, develop a model that could be duplicated worldwide, empowering millions of women and, in turn, strengthening families and communities.

From the beginning, SowHope's strategy was clear: partner with local leaders to solve local problems using local solutions. By funding projects that the leaders themselves invent, initiate, and implement, SowHope ensures that every initiative is authentic and rooted in genuine need rather than outside agendas.

Now, twenty years later, the impact is extraordinary. More than 150,000 women across 26 countries have been directly empowered through 386 outcome-based projects—each measurable, time-limited, and transformative. These projects have opened doors to education, economic opportunity, wellness, and hope, proving that when women thrive, their children, families, villages, and nations rise with them.

SowHope remains steadfast in its mission, channeling over 86 percent of funds directly into programs that change lives. As we celebrate this milestone, we honor the vision that started it all and the countless women whose courage and determination continue to inspire us. The past twenty years have been remarkable and the future holds even greater promise.



CHARITY REDEFINED SCREENING FOR INTERNATIONAL WOMEN'S DAY

SowHope is proud to celebrate our 20th anniversary this year—two decades of empowering women in underserved communities around the world. In honor of this milestone and International Women's Day, we are excited to announce a screening in March for SowHope supporters of *Charity Redefined*, our new documentary showcasing powerful stories of hope and transformation from the developing world.

The film highlights how SowHope's distinctive mission of inspiring women, combined with our unique strategy of partnering with local leaders, has led to extraordinary, lifelong, and sustainable change not only for individual women, but for entire communities.

Stay tuned for more details about the screening, including how you can reserve your spot to be one of the first to watch this incredible film!



Hope Every Month

Hope doesn't just happen once, it grows month by month. Join our monthly donors, our SowHope Stars, and shine hope into women's lives every month. Your steady gift of any size (whether \$10 or \$5,000) ensures women around the world have the tools, training and support they need to thrive. Together, we can write new stories of empowerment, month after month.

Did You Know?

After graduating with a double major in Photography and Psychology, co-founder Mary Dailey Brown began her career as a White House Photographer, serving both Jimmy Carter and Ronald Reagan.

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