

todayinnepal

The magazine of INF | Number 230 | March 2016

heart and highlights

FUTURE DIRECTIONS FOR INF


INTERNATIONAL
NEPAL
FELLOWSHIP

INF values

love

God's love compels us to reach out to others

service

serving others, as Jesus did

compassion

having compassion for poor and marginalised people

forgiveness

having forgiveness for each other

equality

treating people equally, as all have equal worth

justice

seeking justice, especially for poor and marginalised people

reconciliation

striving for right relationships between people and God

honesty

being honest as an organisation and as individuals

excellence

striving for excellence in our work

joy

being joyful because of our relationship with God

hope

bringing hope to hopeless people

INF's vision: Nepali people in Nepal and beyond experiencing fullness of life in Jesus Christ and serving with others to promote health, peace, justice and harmony with God and His world.

INF's mission: to live out the good news of Jesus Christ in word and deed by serving Nepali people through promoting health, fighting poverty and social injustice, working with and encouraging churches, and caring for creation.

INF began in 1936 – Nepal was then a closed country, so INF served Nepali people in India. After Nepal opened its borders, INF was the first Christian mission to enter in 1952. In the same year Nepali INF members established Nepal's first church.

today innepal

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Cover

Leader, displaced people community group
Surkhet

PHOTO: ROWAN BUTLER

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Norway

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Singapore

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South Africa

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United Kingdom

BMS, Interserve, SIM,
Tearfund, WEC, CMS

United States of America

ITAG, International
Messengers, Interserve,
MCC, SIM, WEC, WMPL,
WorldVenture

WEST AFRICA

SIM

editorial



heart and highlights

Despite the many challenges facing Nepal, there's much for us to be excited about in INF. I'm thrilled that after months of prayer, reflection and discussion,

we have an exciting vision and clear plan for the next stage of INF's work [pages 4-5]. This builds firmly on our core areas of expertise but recognises that in a rapidly changing world INF also has to change in order to remain effective in fulfilling our calling to empower Nepal's poorest people and communities through Christ-centred health and community development.

Just as we were developing a new and ambitious vision for our clinical work, we were thrilled to see God's provision of a skilled surgeon with a calling to lead this work forward. INF finally has a Nepali Christian doctor leading our medical work after 63 years. Hallelujah! That's a hugely significant milestone for our organisation. Find out more about Dr Dipak and his family on page 8.

We're now developing detailed plans for the refurbishment of our operating theatre and rehabilitation wards at Green Pastures Hospital. [page 8].

Although the international media has moved on, INF remains committed to helping those affected by last year's earthquakes. On page 12 we look at our new work supporting people with disability who were affected by the earthquakes and at plans to help some of Nepal's poorest communities to reduce their vulnerability to future disasters.

Thank you for your prayers for Nepal over the last few months – we are grateful that the blockade seems to now be over [see page 7] and services are returning to normal.

Grace and peace.

Alastair

Alastair Seaman

INF International Director

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heart and **HIGHLIGHTS**

International Director, Alastair Seaman,
shares INF's future direction for 2015-20

*'I know the plans I have for you,
declares the Lord.'*

Jeremiah 29:11

What an encouragement that as Christians we don't have to work it all out by ourselves. Perhaps you've heard the definition of mission as "finding out what God is doing and joining in"? That's how we approached the task of developing a vision and plans for the next five years of INF's work. Thank you to those of you who prayed for us during this process. There was a remarkable sense of God's leading and guidance – sometimes in directions that we really hadn't anticipated.

At the heart of our plans is a clear sense of vision and purpose. We want to see the "life in all its fullness" that Jesus offers become a reality for Nepal's poorest and most disadvantaged people and communities as we serve them through Christ-centred health and community development activities.

IN OUR CLINICS

We believe that God is calling us, in faith, to provide centres of excellence and training in disability and rehabilitation with a strong Christian ethos. Our vision is to be at the forefront of caring for Nepali people with stigmatising conditions and disability; offering world-class medical care together with life-changing hope. We'll continue to serve people affected by leprosy and spinal cord injuries while developing new specialist services in physical rehabilitation, obstetric fistula, ear diseases and palliative care. We want our clinics to offer wholistic care that's shaped by our Christian identity and values, including the provision of counselling and the offer of prayer for healing. We want to increase our focus on training so that health-care professionals across Nepal are better able to meet the needs of people with disabilities; not just by being technically smarter but through values of wholistic care that are shaped by the gospel.

IN COMMUNITIES

We'll continue to use our tried and tested approaches to community empowerment; enabling poor communities to work together to tackle poverty and bring lasting change that continues long after our direct support stops. We recognise that the challenges and opportunities facing poor communities are changing rapidly and that we need to be ready to adapt our work in response. One key change will be an increased focus on helping vulnerable communities to build their resilience to natural disasters, partly as a result of the recent earthquakes but also because of a predicted increase in flooding and landslides as a consequence of global warming.

We remain committed to helping people with disabilities to live healthy and fulfilled lives in their communities. We want our future work to have a stronger focus on helping people with disabilities to organise and lobby effectively for their rights. We will begin a new strand of work to help Nepali churches meet the needs of people with disabilities in their churches and communities. A major aspect of our work in the next five years will be supporting people with disabilities who've been affected by the recent earthquakes.

THROUGH INF SANJAAL [meaning "network"]

Our Sanjaal team works with partner organisations who share INF's vision and values. Together we'll be working among the Nepali diaspora, building the capacity of Nepal's health sector, supporting grassroots Christian integral mission organisations and helping Christian Nepali professionals to apply their faith in the workplace.

CHANGING OUR ORGANISATION

It's not just what we do but who we are that's important. In the next few years we will strive to develop more distinctively Christian approaches to our technical work, become more innovative and responsive to change, develop our leaders and increase the representation of women and underprivileged groups in senior posts.

YOU ARE A VITAL PART OF OUR FUTURE!

INF isn't just an organisation. It's a worldwide fellowship of Christians who are passionate about seeing God's Kingdom come in all its fullness among Nepali people. Your praying, giving and serving are vital as we strive, with God's guidance, to bring hope and healing to the wonderful people of Nepal.

[We've prepared a special summary of 'the heart and highlights' of our five-year plan for supporters. You can access a copy at www.inf.org/heartandhighlights]



PRAY | GIVE | GO | SHARE – Please pray with us as we reflect on the work of INF past, present and future. Pray that it would bring the “life in all its fullness” that Jesus offers to Nepal’s poorest and most disadvantaged people and communities.

walking in **Greener** Pastures

Nicola McGunnigle reports



One family's tragedy has transformed into a story of recovery and renewal thanks to the diversity of services and activity at the Green Pastures complex in Pokhara.

Ram and Kanchi brought their 19-year-old daughter, Renu, to Green Pastures Hospital [GPH] a couple of weeks after she suffered a spinal cord injury falling from a tree and exhausting their money on treatment elsewhere. She had broken her back and was unable to walk. While at the hospital the family suffered a second tragedy, losing everything they owned in the devastating earthquake of April 2015. Ram and Kanchi and their five daughters were left with nothing.

Behind the hospital where Renu was being treated, another INF initiative was taking shape. GPH has been focused on delivering much needed specialist treatment and rehabilitation for leprosy, disability, reconstructive surgery and spinal cord injury, but INF has also been growing fresh produce on the site. The land has been farmed over the years to produce organic vegetables, buffalo milk, eggs and meat, to feed patients and staff at the hospital.

Last year a new programme, the INF Initiative for Financial Sustainability, began. This initiative encourages activities that utilise local resources and assets of INF to generate income that will support INF Nepal's core activities. Ram and Kanchi were able to begin working on the farm, taking care of and milking the buffalo herd, and now live there with their daughters.



The farm's produce is now sold at the markets, and eggs and seasonal produce can be purchased by the local community from the farm shop outside the main entrance to the Green Pastures complex. INF has also started canteens for patients in Banke and Surkhet ensuring access to nutritious food at both INF centres.

As Ram and Kanchi's future begins to brighten, so too does their daughter Renu's. Her fierce determination coupled with physiotherapy and occupational therapy at GPH has seen her learn to walk again. She has also begun training as a tailor thanks to the Pokhara Chamber of Commerce's earthquake assistance fund.

Ram and Kanchi are full of optimism for their future. With the skill Renu is learning, she hopes to earn and support her family. She is grateful to INF for making her wish come true.

Go to www.inf.org for more of Renu's story.

PRAY | GIVE | GO | SHARE – Please pray for Renu as she recovers and practices walking again, and for her family as they live and work on the farm. We also pray for the INF Initiative for Financial Sustainability, that it would provide employment opportunities and much needed finances to support INF's work.

The blockade, that limited fuel travelling from India into Nepal, stretched through to the middle of winter, causing serious and wide-reaching problems. The lack of gas and petrol has had devastating consequences. It has been very hard to cook and keep warm, and as a result wood chopping has increased exponentially. The Kathmandu skyline is full of cooking smoke and the risk of landslide grows as trees are removed from hillsides. National parks have been defaced, and women carry heavy loads of wood on their backs.

a cold CRISIS

- Jill Palmer reports

Bored motorcyclists wait for petrol in an 800m queue
PHOTO: ROWAN BUTLER



The trade in black market petrol has thrived, for those who could afford it. For everyone else the norm became cycling and queuing for days to buy a couple of litres per motorbike from the official depot. Buses became overcrowded and unreliable, limiting people's ability to access goods and services.

Many schools were shut for weeks. School buses sat dusty and unused in parking lots across the city, their drivers without work. Necessary school textbooks were unprinted for lack of ink and paper.

Approximately 400,000 people lost employment as factories and businesses were forced to close their doors. Hospitals canceled surgeries, and prescription drugs and donor blood was in short supply. Crucial vaccinations became unavailable leaving many children unvaccinated during the winter months.

High in the mountainous areas of Nepal, children died from the cold, unable to keep warm and healthy without reliable heating.

A nation left vulnerable from the earthquake of 25 April last year, that killed more than 8,000 people, is still recovering from the devastation of natural disaster. Millions of Nepalis were unprepared for this winter still living in plastic and bamboo huts. Without the basic necessities the blockade has made a bad situation worse.

At the time of writing it looks like the blockade has lifted and things are looking positive. Yet so much damage has already been done. It will take time for gas and fuel to be distributed, and for schools and businesses to resume normal life. A country already in recovery has more challenges ahead than ever. It is the most vulnerable [the young, the old and those with disabilities] who desperately need help but are often the last to receive it.

PRAY | GIVE | GO | SHARE – Please pray for the unresolved political issues and swift distribution of much needed resources to the most vulnerable across Nepal.

centre of **EXCELLENCE**

GPHRC heads towards becoming a Centre of Health Excellence, Training and Research

PHOTO: ROWAN BUTLER

Dipak shares his vision...



Dr Dipak Maharjan, a Nepali Christian orthopedic surgeon and specialist in spinal disorders is the newly appointed Medical Director of Green Pastures Hospital [GPH]. He is passionate about developing INF's work at GPH into a centre for health excellence, training and research.

Let your light so shine before others, that they may see your good deeds and glorify your Father in heaven.
Matthew 5:16

I was raised in a Christian family in Kathmandu. After completing my Masters in Orthopedics at Christian Medical College, Vellore, I served for nine years in the United Mission to Nepal's hospitals in Okhaldhunga and Tansen. I was responsible for establishing and leading successful orthopedic departments at each institution. My wife, Rachel, is a pediatrician and we have three daughters.

Touched by the plight of those suffering from Spinal Cord Injury [SCI], sadly a growing problem in Nepal, I decided to specialise in spinal disorders. After much prayer and consultation with experienced Christians working in the clinical field, I felt called to lead INF's clinical work at GPH. Taking up the position in September 2015 I, along with a team of professionals in the sector, have spent the past few months developing a long-term vision for GPH.

THE FUTURE - GPH, A CENTRE OF HEALTH EXCELLENCE, TRAINING AND RESEARCH

GPH will increase its focus on disability related to SCI, spinal disorders, trauma, ear diseases, dermatological diseases, general disabilities including traumatic brain injury, amputations, cerebral palsy as well as other pediatric developmental disorders and palliative care. Previously known for its leadership in leprosy work, GPH's shift in focus reflects the reduction in new leprosy cases and the increase in disability related to trauma.

A Trauma Rehabilitation Centre is also in the planning to assist those affected by significant falls, industrial injuries and transport injuries – bus accidents are common in Nepal and often see passengers badly injured.

As part of the new vision, upgrades are in progress for the existing operating theatre and wards. INF is working with its financial partners to ensure enough resources are available and INF's Initiative for Financial Sustainability hopes to create new funding opportunities for GPH's vital work.

There are challenges ahead but I am excited about GPH becoming a centre of excellence and can already see the community responding as numbers increase at the outpatients clinic and in the wards.

I have a real sense of God's hand on GPH as it strives to serve those most in need affected by disability and trauma.

PRAY | GIVE | GO | SHARE – Please pray for Dipak and his team at GPH as they seek to create a centre of health excellence, training and research. Pray that GPH will have a life-changing impact on the growing number of Nepalis impacted by disability and trauma.

SOUNDS OF HOPE AND A FUTURE

- Nicola McGunnigle writes

INF's has taken its ear specialists and medical teams to some of the most remote parts of Western Nepal to help the deaf and those with hearing loss. Since the early 1990s, 50 ear Outreach Programmes [formerly known as 'Camps'] have been run, and now INF is able to provide constant ongoing ear care with the opening of its Ear Centre in the grounds of Green Pastures Hospital [GPH].

The Ear Centre opened to coincide with the 51st Outreach Programme, which was held in the centre itself. Dr Mike Smith undertook the first operation at the new centre having been instrumental in making this long-held dream, a reality.

Mike first worked in Nepal in the 1980s and after discovering the extent of ear problems across the country returned in 1990 to establish Ear, Nose and Throat training at the Government's Western Regional Hospital in Pokhara.

In 1992 the INF Camps Programme began, providing ear care and treatment in partnership with Ear Aid Nepal [UK] and Stifting Ohrchirurgie Nepal [SON, a Swiss organisation that supports ear surgery] across remote districts in Western Nepal. It was during these camps that the vision for a training centre

came to Mike and long-serving Scottish nurse Ellen Findlay, one of the founders of INF's medical Camp's Programme; a vision to continue and develop ear care in Nepal and to provide a place where patients with complications could be referred. The Ear Centre will also work with local government health posts at the outreach locations to help staff identify patients with ear related complications. The centre also offers speech therapy as an outpatient service.

Several months on from its official opening, the Ear Centre has a dedicated team of passionate staff ensuring services run smoothly. Although the centre will replace much of the work previously done during ear Outreach Programmes, INF will continue to send teams out to remote locations each year. The next Outreach Programme is planned for Gorkha in April.

A special note of thanks goes to SON who contributed a majority of the funds to complete the building and to those involved in supervising the construction, sourcing equipment and recruiting of staff to ensure a successful start.

PRAY | GIVE | GO | SHARE – Please give thanks with us for the successful opening of the Ear Centre and that it might change the lives of those who are now able to access ongoing ear care. To donate to this work please visit www.inf.org/donate

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future" Jeremiah 29:11



Ear centre building/entrance
PHOTO: GORDON RUSSELL



BRITAIN'S CHRISTIAN HISTORY

Former INF Director, John Bradley, has published a book titled "The Mansion House of Liberty: The untold story of Christian Britain" – Available for purchase in online book stockists. Congratulations John!



EUROPE CONFERENCE

Around 135 people came together in Rehe, Germany, in October for the joint INF and UMN Europe Conference. Guests travelled from several European countries, as well as India, Nepal and the Middle East. It was a special time of worshipping and praying together and hearing updates from various projects. "It touched my heart deeply how many different parts of the world are working for Nepal," said one of the attendees.

A big thank you to everyone who attended! For UK supporters, don't forget to save the date for the next conference in Derbyshire from 16-18 September later this year.

PARTNERS IN PRAYER

We really appreciate our prayer supporters around the world. New prayer groups are being started in several places across the UK and groups continue to meet regularly in Australia and New Zealand. If there is no group local near you, we would love to help you set one up. We'd love to support you to get started. Please email:

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Around
the world

Be encouraged to PRAY

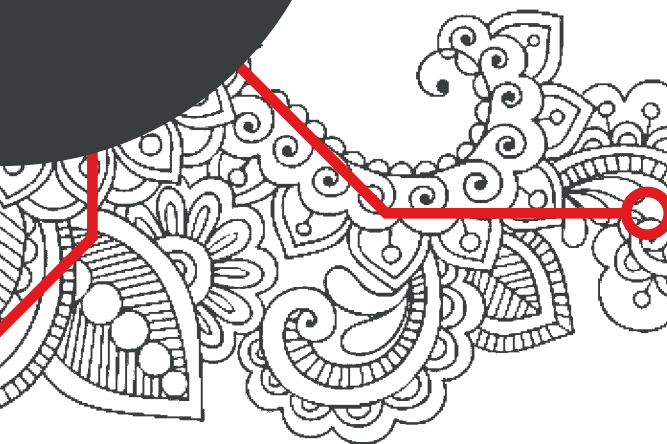


SHARING THE VISION

Eleven young adults from Glenbook Baptist Church, NSW, Australia, visited Nepal in December and were able to see the INF vision in action, visiting various health and community development projects. If you are interested in organising a trip for your own church please contact your country office. We would love to help you plan a Vision Trip so that you too can experience the work of INF firsthand.

und
world

| GIVE | GO | SHARE



INF NA

INF has been blessed by support from Christians in the US and Canada for decades and in recent years we've been able to formally register supporting INF organisations in both countries. In recent years a number of our key volunteers have moved on to new things, leaving our presence in North America at a crossroad.

We would love to continue sharing INF's vital work in Nepal with US and Canadian Christians. We have a simple strategy in place and colleagues in other countries that are ready to help.

However, we can't do it without a small number of supporters from North America being willing to help too. We need a couple of new board members who can guide our work in North America and we are also looking for: communicators, prayer mobilisers, networkers and organisers.

If you are interested in helping in any of these ways, know someone who might, or have other ideas of how you can help then we'd love to hear from you! Please get in touch with Alastair Seaman, INF's International Director, at international.director@inf.org

PRAY | GIVE | GO | SHARE – Please share the story of INF's partnership with the people of Nepal, particularly during the rehabilitation phase following the recent devastating earthquake and the after effects of the India/ Nepal blockade. If you would like to run a fundraising and/or awareness raising event, contact your local INF office for assistance [details on page 2].

post-earthquake GRACE



Community people participating in the post-earthquake house rebuilding facilitated by INF
PHOTO: SURYA KUNWAR

- Nicola McGunnigle writes

Nine months on from the devastating earthquakes that first shook Nepal in April of 2015, the initial relief work is complete and most organisations have moved on. However, with long-standing experience in Community Based Rehabilitation [CBR], INF is strategically placed to bring long-term recovery and rehabilitation to those affected by the disaster.

INF is continuing to work in 10 villages in Gorkha District [the epicentre of the earthquake] to help rebuild earthquake-affected communities while addressing post-earthquake needs of approximately 2,000 people with disabilities. New staff have been recruited and an office set up in Gorkha to manage the Gorkha Rehabilitation and Community Empowerment [GRACE] project. The goal of the GRACE project is to help re-build communities following the earthquake while facilitating rehabilitation of people with disabilities to overcome daily challenges, further empowering them to attain self-independence and to equip them for self-advocacy.

People with disabilities are among the most vulnerable and least empowered groups in Nepal. They often experience stigma and discrimination, have limited or no access to health, education and livelihood opportunities, and face severe restrictions in social participation. During and after times of disaster, they are likely to be more vulnerable. There are now even greater numbers of people with disabilities living in the

project area as a result of injuries from the earthquake. Many of these people need assistance in re-building and continuing life with dignity.

In the initial stages of the GRACE project, INF will assist with re-building infrastructure that is disaster resilient and accessible for all. This will include building a model health post, government office and school that is "accessible for all" in each of our working areas and advocating with local partners and government at the district level for disability-inclusive policies for future building and modifications.

In the longer term, the project will facilitate wider advocacy, empowerment and the group mobilisation process for the sustainable improvement of access of people with disabilities towards their developmental needs of health, education, livelihood and full social participation. The project will implement these sets of initiatives through partnership with disabled people's organisations and church based organisations and institutions. This approach is consistent with the main aim of CBR, which is to empower people with disabilities to access and benefit from education, employment, health and social services, while enhancing their quality of life, meeting their basic needs and ensuring their inclusion and participation.

PRAY | GIVE | GO | SHARE – Please pray for the GRACE project and consider supporting its work. To make a donation, please visit www.inf.org/donate Many thanks!

INF will say farewell to one of its longest serving employees this year, Luka Thapa, who has dedicated 37 years of his life to helping the poor and marginalised of Nepal.

His current line manager, Dharendra, describes Luka as helpful, cheerful, always cooperative and polite. "He is a dedicated and loyal employee of INF whom I have incredible respect for," Dharendra adds.

Those who have been fortunate to work alongside Luka say his character has been unchanging since he began as a Junior Paramedical Worker in the TB Clinic of the Shining Hospital in Pokhara in 1979. In the years that followed, the hospital saw an enormous number of patients with TB.

"The pressure of so many TB patients was very high at that time. I personally had to inject about 60 to 70 TB patients every day," recalls Luka. "Despite being very busy, I enjoyed my work and learnt health knowledge and skills that have been valuable throughout my life."

After eight years at the clinic the TB work in Pokhara was handed over to the government hospital and Luka was transferred to the Mid-Western Region where he worked in some of Nepal's most remote areas, in particular Dang, and later, Jumla. This was at a time when no other hospitals were treating patients with TB or leprosy in the region so INF's role was critical.

"Life in Jumla was tough," says Luka. "In those days, there was no road in, no electricity, and everything had to be transported by plane making prices very expensive." Luka ended up working in Jumla for 14 years until recently.

"INF is one of the best organisations, working for 63 years in Nepal," says Luka. "INF has really focused on serving those who are extremely poor and marginalised."

Despite giving his working life to the organisation he says he has received more from INF than he has given. Luka and his wife credit INF for enabling them to give their children a good education and their daughter now works as a fundraiser for the organisation. His church in Pokhara still pray for him weekly, seeing his work in remote Nepal as God's calling.

Luka will spend his final year working in INF's Surkhet Clinic in the Mid-West Region.

PRAY | GIVE | GO | SHARE – Please pray for Luka Thapa as he moves towards retiring later this year. Thank God for his service, in particular for his work helping Nepalis affected by TB or leprosy over the past four decades.

a quiet **HERO**

"I AM SO HAPPY TO HAVE WORKED WITH INF, A NON-GOVERNMENT ORGANISATION GUIDED BY GOD SINCE ITS VERY BEGINNINGS."

Luka Thapa



PHOTO: ROWAN BUTLER



Chickens & Training

Looking for a gift this Easter? This gift could help a family to start their own small poultry business by providing twenty chickens, as well as training on how to look after them.

gift code E5



Wheelchair

This gift could provide a wheelchair for a person with a disability, enabling them to move around their home independently and participate in community life.

gift code A3

Want to give a REALLY GOOD GIFT?

INF's really good gifts are a great way to celebrate special occasions with family and friends. The 28 gifts include clean drinking water, a Christmas party for Nepali migrant children, and advocacy training for women.

To order a printed catalogue, call or email your nearest INF office [details page 2].

YOU CAN BUY GIFTS ONLINE AT WWW.INF.ORG/GIFTS



delivering **HOPE**



Ganga's happy family
PHOTO: REEMA SHRESTHA

- Shirley Heywood writes

Ganga's life was shattered after her first baby was still-born. Birth complications saw her become incontinent. Fortunately she was able to attend an INF fistula camp, which transformed her life and returned her joy with the birth of a healthy baby boy.

Ganga lives in Rolpa District, Mid-Western Region of Nepal, with her husband and both his brother and father. As the only woman in the house Ganga was treated with respect and helped with the heavy work around the house. Life was good and the family got on well together.

During Ganga's first pregnancy she was advised by the local health post that while her baby was not in the best position her labour would be fine. With no hospital close by Ganga prepared to birth at home. After labouring through the night she walked with friends from her mothers group to the health post, an hour away. After three days she no longer felt the baby moving. After another two days it was decided she would be sent to Nepalgunj for medical help.

The journey was long, she was carried on a stretcher for 16 hours and then travelled by ambulance to Nepalgunj. There the baby was delivered still born and Ganga herself was very ill. She began to leak urine constantly and a once happy life, changed dramatically. Her mothers group friends no longer visited her as they said she was smelly and told her that her husband would leave her because that is what most men would do. This made her very depressed. But her friends were wrong— her husband did not leave her but instead stood by her throughout.

One day she heard a short drama on the radio produced by INF to advertise its upcoming fistula camp. Ganga realised her incontinence may be from obstetric fistula [a hole between the bladder and the birth canal]. She called the fistula team at INF Surkhet who reassured her that treatment was available.

Ganga and her husband travelled to the INF fistula camp in 2012 and she discovered she was not alone. Ganga was able to travel to and from the camp with her husband and have the surgery free of charge. The surgery was successful and Ganga returned home dry with advice for ongoing management. She was also advised that should she fall pregnant she should have a caesarean section.

Last year Ganga rang INF with the good news that she was expecting a baby. Without a hospital in Rolpa that can perform caesarean section she chose to travel to INF Surkhet where she was given full support until the birth of her healthy baby boy. Her husband and family, and the staff and patients of INF's Surkhet Clinic were delighted by his arrival. The joy of seeing a woman's health restored after obstetric fistula and the gift of a healthy baby in her arms ending the grief and emptiness suffered was a huge privilege for INF staff.

PRAY | GIVE | GO | SHARE – Please pray for women like Ganga who suffer from social isolation and grief from obstetric fistula and often the loss of a baby. Pray especially for those who do not have the support of a good husband and family. Thank God for the work of INF's fistula team restoring women to full health. To donate to INF's fistula work please visit www.inf.org/donate

letterbox

EMAIL

Our trip was definitely one of vision and we all loved being a part of the Nepali culture during our month overseas. We have been talking and praying about what we can further do to support such incredible ministries, especially after seeing their true benefit and blessing to Nepal.

Thank you to all of the INF staff who were so kind to us during our visit, we met inspiring individuals along the way. Thank INF for all you do, and the way you do it with such grace and humility out of love for our Lord and Saviour, Jesus Christ.

Mel Gray, Glenbrook Baptist Church, Australia
[A group from Mel's church visited INF's work in December 2015]

SOCIAL MEDIA COMMENTS

TWITTER



Jamie Ranse @jamieranse
Nepali People Help Each Other | International Nepal Fellowship inf.org/news/inf-nepal...
#NepalEarthquake



Ben Keenan @BenjaminKeenan
Great story from @INFnepal #NepalQuake "I feel alive and hopeful for my future" | International Nepal Fellowship inf.org/news/inf-inter...

FACEBOOK

the blockade

- 
- Jane Fulford** Prayers answered and it needs to stay open so many have suffered through it. We still need to keep praying for wisdom and right sensitive government reapsonse
Unlike · Reply · Message · 1 · February 10 at 4:08am
 - Martinpaula Connor** Fantastic an answer to our prayers thank you God
Unlike · Reply · Message · 2 · February 9 at 7:09pm
 - Margaret Shawhamilton** Really good news, an answer to prayer.
Unlike · Reply · Message · 1 · February 10 at 10:37pm
 - Margaret Cheale** That is wonderful. Prayers for the protesting parties and a just resolution.
Unlike · Reply · Message · 1 · February 10 at 3:11am
 - Judi Arthur** Very thankful for answered prayers!!
Unlike · Reply · Message · 1 · February 10 at 5:33am
 - Hilary Jones** Praise God, so wonderful!
Unlike · Reply · Message · 1 · February 10 at 12:11pm
 - Lesley Wheaton** Just in time for my visit!
Unlike · Reply · Message · 1 · February 10 at 1:38am
 - Jacqui Conlon** Praise the Lord!
Unlike · Reply · Message · 1 · February 10 at 4:52pm
 - Pam Barry Rendell** 😊 very thankful
Unlike · Reply · Message · 1 · February 10 at 3:23am
 - Heather Thrussell** Great news Jacky Madsen.
Unlike · Reply · Message · 1 · February 11 at 2:59am
- 1 Reply



Sue Tucker We've loved our 4 months in Nepal, and the opportunity to meet so many INF staff in Pokhara, Nepalgunj, Jumla, Mugu, Bajura, Surkhet & Dang. It's been great to share with you and learn more about what INF is doing in these remote areas.
Sad that we weren't able to get to Kapilvastu (maybe next year), and looking forward to meeting some of the Kathmandu team next week.
Unlike · Reply · Message · 1 · December 6, 2015 at 10:35pm · Edited

ear centre



Jackie Lloyd Williams Wonderful news that this centre is open. Thanks and God's blessing on all involved.
Unlike · Reply · Message · 1 · November 12, 2015 at 4:09am

LIKE what INF is doing in Nepal?

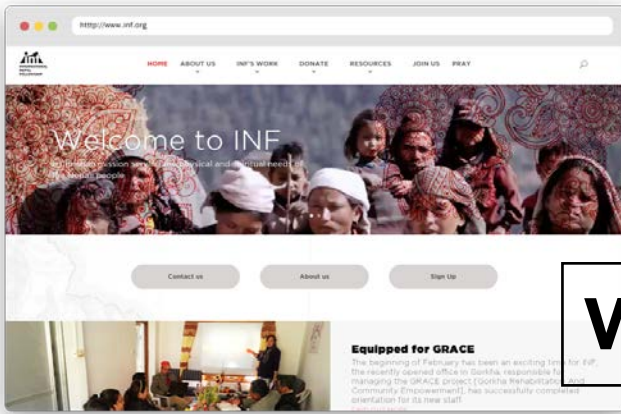
Want to **SHARE** the story or **PRAY** for God's work with the poor and marginalised?

Become a **FRIEND of INF** on Facebook and invite your friends to **LIKE** us too: www.inf.org/facebook

PLEASE NOTE

Letters and emails are most welcome and should be addressed to TiN, The Editor, INF, PO Box 1230, Kathmandu, Nepal / tin@inf.org or get in touch via Facebook or Twitter.

Readers are welcome to re-use articles from "Today in Nepal" with due acknowledgement to INF – Ed.



NEW INF WEBSITES!

We are excited to have recently launched our new and improved website: **www.inf.org** - now suitable for phones and tablets! We have also developed **www.inf.org.uk** especially for our UK and Irish supporters.

www.inf.org

MAKING A GIFT IN YOUR WILL

A supporter contacted INF about making a gift in her will. She wrote: “No doubt there will be quite a large number of people who will appreciate guidance about a legacy and I trust and pray there will be a generous response. God is doing great things in and through INF and it has been simply wonderful to see Him at work through his beloved children.”

Would you consider making a gift in your will for the work of INF? If so, please contact your nearest INF office [details on page 2] for information.

PRAYING FOR INF

INF could not function without prayer. If you'd like to pray for INF, please contact your nearest office [details on page 2] for our regular prayer newsletters or sign up on the new website. Also available is the annual “Partners in Prayer” [pictured], a comprehensive guide to INF personnel and their work. There may be an INF prayer group in your local area which you could join – if not, maybe we could help you start one?



PASS IT ON!

According to recent surveys, two or three people read each copy of a contemporary mission magazine. After reading it, why not pass on your copy of “Today in Nepal” to a friend? Or share the magazine online at **www.inf.org**



FEELING LISTLESS?

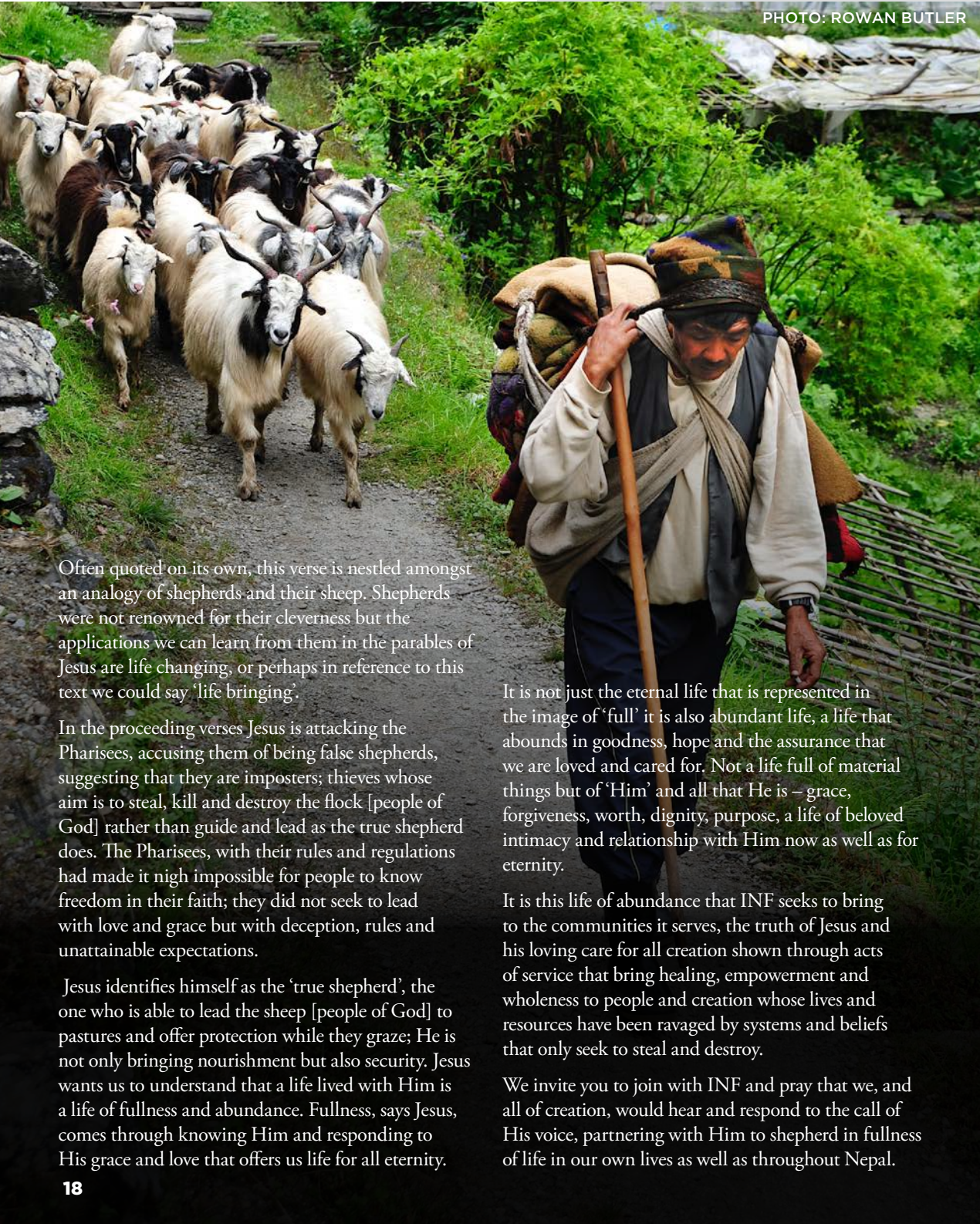
Are you on the mailing list for “Today in Nepal” magazine? If you're not, and you'd like to be, contact your nearest INF office [details on page 2], or sign up online [**www.inf.org/sign-up**] and let us know you'd like to receive “Today in Nepal”. Please include your name and address. If your personal details are incorrect or you would like to be removed from the mailing list please let us know.

bible SPOTLIGHT

THE THIEF COMES ONLY TO
STEAL AND KILL AND DESTROY;
I HAVE COME THAT THEY
MAY HAVE LIFE,
AND HAVE IT TO THE FULL.

JOHN 10:10 [NIV]

PHOTO: ROWAN BUTLER



Often quoted on its own, this verse is nestled amongst an analogy of shepherds and their sheep. Shepherds were not renowned for their cleverness but the applications we can learn from them in the parables of Jesus are life changing, or perhaps in reference to this text we could say 'life bringing'.

In the proceeding verses Jesus is attacking the Pharisees, accusing them of being false shepherds, suggesting that they are imposters; thieves whose aim is to steal, kill and destroy the flock [people of God] rather than guide and lead as the true shepherd does. The Pharisees, with their rules and regulations had made it nigh impossible for people to know freedom in their faith; they did not seek to lead with love and grace but with deception, rules and unattainable expectations.

Jesus identifies himself as the 'true shepherd', the one who is able to lead the sheep [people of God] to pastures and offer protection while they graze; He is not only bringing nourishment but also security. Jesus wants us to understand that a life lived with Him is a life of fullness and abundance. Fullness, says Jesus, comes through knowing Him and responding to His grace and love that offers us life for all eternity.

It is not just the eternal life that is represented in the image of 'full' it is also abundant life, a life that abounds in goodness, hope and the assurance that we are loved and cared for. Not a life full of material things but of 'Him' and all that He is – grace, forgiveness, worth, dignity, purpose, a life of beloved intimacy and relationship with Him now as well as for eternity.

It is this life of abundance that INF seeks to bring to the communities it serves, the truth of Jesus and his loving care for all creation shown through acts of service that bring healing, empowerment and wholeness to people and creation whose lives and resources have been ravaged by systems and beliefs that only seek to steal and destroy.

We invite you to join with INF and pray that we, and all of creation, would hear and respond to the call of His voice, partnering with Him to shepherd in fullness of life in our own lives as well as throughout Nepal.



Devika works in the Kathmandu INF office, faithfully keeping the office clean and preparing morning and afternoon cups of tea and coffee for staff. This is her recipe for 'pukka' Nepali spiced tea – none of that sickly sweet chai syrup from western coffee shops here, just a simple tea brewed with milk and water, flavoured with real spices – it's delicious and simple to make.

PHOTO: ROWAN BUTLER

Devika's **PUKKA MASALA CHIYA**

- 3 cups of full cream milk
- 1 cup of water
- 4 tsp black tea leaves
- 4 tsp sugar [or to taste]
- 8 cardamom pods
- 4 cloves

Bruise the cardamom pods and cloves and combine with water in a large saucepan, bring to boil. Turn off the heat and allow the spices to infuse for 10 min. Return to heat, just before boiling remove from the heat again and add the tea leaves. Allow to brew for approximately four min, return to the heat, add the milk and heat to just before boiling. It is important not to boil the tea leaves. Add sugar and serve, pouring through a strainer. [Serves 4]

Check out the new 'fun stuff' page on the INF website: www.inf.org/resources/fun-stuff

quiz

Having worked in Nepal for over 60 years INF is one of the longest serving Christian missions in Nepal but do you know exactly how old we are and what year we started working in Nepal?

High in the mountains there are lots of yaks, did you know the noun 'yak' actually refers to the male only, can you guess what the noun for a female yak might be?

- A) Yakina
- B) Nak
- C) Yow
- D) Yakess

Nepal is home to over 200 different people groups, that's a lot of different cultures and languages. Nepali is the common language, do you know the names of any other languages?

DON'T TRY THIS AT HOME...



Newari New Year's Eve 14, Patan Durbar Square
PHOTO: ROWAN BUTLER

CRITICAL VACANCIES

Is God calling you to Nepal?

Missions Development Director

We are looking for an experienced Christian leader with an understanding of integral mission as we support Nepali partner organisations who share our vision and mission.

Pastoral Carer

INF needs a Christian with experience in pastoral care to work alongside our expatriate staff in Nepal. This role includes offering guidance in areas of family, relationships, work and faith.

Editor/Digital Communications

Has God gifted you with the skill of storytelling that inspires and motivates others? If so, our Communications Department needs you.

Palliative Care Specialists

INF has new positions available for medical, nursing and allied health professionals. The roles may include giving palliative care consultancy in local hospitals, academic training and supporting other palliative care endeavours.

Fundraiser

INF Nepal needs a Christian with experience of fundraising, PR or donor relations to lead and work with Nepali colleagues and develop their capacity to support programmes.

Personnel Manager

This is an exciting and challenging role that involves contributing to the wider strategic work of INF as well as leading the Personnel Team. The Personnel Manager is responsible for ensuring that expatriate mission personnel are recruited, suitable for their roles, properly orientated, well looked after and enabled to use their skills fully whilst in Nepal.

If you're a Christian interested in working in an exciting, international, cross-cultural mission, email recruitment@inf.org