

todayinnepal

The magazine of INF | Number 231 | September 2016



Clinical vision

PROVIDING WHOLISTIC CARE
TO OUR PATIENTS



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 in nepal

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Cover

Patients share their happiness with doctors and nurses after their fistula surgery Surkhet

PHOTO: SANDRA CHINNERY

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MCC, SIM, WEC, WMPL,
WorldVenture

WEST AFRICA

SIM

EDITORIAL



clinical vision

Thank you for your ongoing prayer and support for the work of INF across Nepal, it would not be possible without you.

I'm excited to share with you in this edition of "Today in Nepal" the vision for transition at Green Pastures Hospital [page 4 & 5] and the stories of success coming from our work in Surkhet [page 12]. As our work evolves to meet the changing needs across Nepal, we remain committed to partnering with, and empowering those most in need.

Our thoughts have been with the many expatriate INF workers impacted by visa delays in recent months. On page 15 I've shared my thoughts on the vital role expatriates play in providing technical expertise and in being a visible demonstration of God's Kingdom. Please take time to consider the three critical vacancies currently within INF [back page].

We also pray for our Nepali colleagues continuing to walk alongside the poor and marginalised, often in very literal ways. Meet Kripa, Dil [page 13] and Farshu [page 8], some of our extraordinary field and rehabilitation workers.

Finally, our Disaster Response and Resilience Department [formed after the devastating earthquake of 2015] continues to respond efficiently and effectively to natural disasters [page 9].

Grace and peace

Alastair

Alastair Seaman

INF International Director

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Construction begins on the old operating theatre



Foundation work near the main entrance



Renovating inside ground floor rooms

A VISION FOR TRANSITION

- Kshitiz Chandra Tiwari reports

THE LEGACY

Green Pastures Hospital [GPH] has been integral in the fight against leprosy in Nepal. Over the past 60 years, it has given treatment and rehabilitation to countless people. Its vital and vibrant service to the community has been acknowledged by the Government of Nepal with praise. GPH has left a lasting legacy in the area of leprosy and today it seeks to forge a new future amidst both challenges and opportunities.

THE CHALLENGES

Over the years of providing care, GPH's buildings have significantly aged, with equipment out-dated and in need of replacement. The health of the nation has also changed, with a reduction in leprosy cases and a growing need for disability services. To reflect and respond to these changes, GPH has started its transition to providing an expanded range of services.

There is a wave of optimism following the appointments of Dr Dipak Maharjan, one of Nepal's most experienced surgeons in spinal disorders and orthopaedics, as Medical Director for GPH, and Mr Dhakaram Budha Magar as Operations Director.

Under their leadership, GPH will aim to use its land, legacy and highly experienced staff to become a centre of excellence in disability services.

THE PLAN

GPH has developed a long-term plan towards becoming this centre of excellence in disability services. This includes:

- Expanding its scope of care to include, alongside leprosy, spinal cord injuries and disorders, trauma, other physical disabilities, problems of the ear and palliative care
- Continuing to build on the Christian identity of INF to deliver holistic care marked by the love first shown by Christ
- Ensuring financial self-sustainability through expert technical human resources and promotion of the new services offered by GPH

CONSTRUCTION BEGINS!

We are excited to announce that the proposal for Phase 1 of expansion was recently approved by INF UK, which means work has begun on the renovation and refurbishment of existing GPH infrastructure, the purchase of up-to-date equipment and the recruitment of technical experts.

Construction began with the knocking down of walls in the old operating theatre. The ground near the main entrance has been dug up for foundation work and renovations are beginning in most of the rooms on the ground floor.

Construction will continue well into 2017, but the day-to-day running of the hospital will remain as normal as possible, with some patients relocated to the spinal cord unit temporarily. On completion of Phase 1, wards will be less cramped, the operating theatre will be able to support more sophisticated surgery, and clients and staff alike will benefit from the use of up-to-date equipment.

HOW CAN YOU HELP?

There are challenges ahead but you can partner with INF in this vital work in the following ways:

- prayer support
- financial support
- opportunities for training
- volunteering with us in an area of need

PRAY | DONATE | JOIN US | SHARE – Please pray for the staff of GPH as they continue to provide much needed services to Nepali people. Pray for wisdom for the leaders of GPH as they lead their team. To support GPH financially please visit www.inf.org/donate.

BACK-BREAKING LABOUR

- Sam Williams writes



Dhan, getting ready for his surgery
PHOTO: KSHITIZ CHANDRA TIWARI

Dhan's life was tough. Like thousands of other labourers in Nepal, he lined up every morning hoping to get a day's work carrying bricks or cement. No work for the day meant no money, and no money for a few days in a row meant hungry evenings for Dhan and his little family of three.

Day after day Dhan would walk from truck to building site, carrying 30kg sack of cement on his back using just a *namlo* [headstrap] over his forehead for support. 25-year-old men are strong, but for Dhan, this work became literally back-breaking. One day on the work site, under the heat of the midday sun, about 100 cement sacks fell on him while loading up a truck and he severely injured his spine.

At this point, the story could go two ways. In many of the more remote regions of Nepal, where there is limited access to medical services and little knowledge about basic healthcare, Dhan could be left disabled for life. Unable to work and incapable of supporting his family, the future would be bleak and uncertain.

But this was not Dhan's story. Having heard of INF's work, two of Dhan's relatives travelled to the clinical centre in Surkhet to seek help, and the INF team stepped in.

An INF physiotherapist visited Dhan's home with a spine brace, and taught Dhan's family and friends how to properly move and handle him to ensure no further damage to his spinal cord. Meanwhile, the INF Surkhet programme contacted Green Pastures

Hospital [GPH] in Pokhara to seek professional advice about what the best next steps would be for Dhan.

Upon INF's advice, Dhan travelled to Pokhara with a few relatives to receive surgery at GPH. With its recent upgraded services, his surgery could be performed at GPH. A few weeks later, and with lots of help from INF's rehabilitation staff, Dhan can now walk on his own!

We love seeing the way that so many different members of the INF team – from administrative staff in Surkhet to surgeons in Pokhara – can use their gifts and skills to transform a life like Dhan's. When access to professional medical services is a distant dream, INF's programmes like the one in Surkhet help to make these services accessible. Through these programmes, INF's vision of serving the physical and spiritual needs of Nepal's poorest and most remote communities becomes reality.

Although the road to complete recovery is a long one for Dhan, with renewed hope and support his future is looking much brighter.

PRAY | DONATE | JOIN US | SHARE – Please PRAY with us in thankfulness for the way that the INF team can work together to bring healing and restoration to Dhan's life, and ask that we would continue to be able to serve those in remote communities in greatest need.

ETHICAL BUYING

- Jill Palmer reports

Many people love a bargain but bargains are usually made by employing someone who will work for less and by using the cheapest of materials. Sadly, there are very real human consequences to squeezing profit out of a system. In Nepal, it is easy to find someone to work longer hours in unsafe conditions for less money.



The world's insatiable demand for cheap products means that there are millions of people kept in poverty because of oppressive working conditions. Low wages, unsafe conditions, discrimination and child labour are the reality for many in Nepal.

What is a sustainable alternative? It is not traditional charity. It is the system of fair trade. Fair trade is based on the premise that trade, if organised and regulated properly, can lift the world's poor out of poverty.

The World Fair Trade Organisation has created ten principles that fair trade organisations must follow in their day-to-day work, and carries out monitoring to ensure these principles are maintained.

All over the world small businesses are working within the principles of fair trade. A fair trade business employs people who might otherwise be in poverty and guarantees it will not use forced labour or child labour, employing without discrimination. A fair trade business uses transparent trade practices and supply lines, as well as ensuring environmentally responsible production.

Supporting fair trade is one of the ways we can love our neighbours around the world. People we do not know and will never meet, but on whose work we depend for our daily needs and wants.

Fair trade is a new concept in Nepal, but things are changing, particularly in the world of fashion manufacturing. Purnaa is an ethical clothing manufacturer in Nepal. Purnaa's 'employee of the month' Laxmi said, "Every day is a new day, and coming here doesn't feel like coming to work, but coming to my home. And best of all, there is no more slavery in my life." INF has chosen to work with Purnaa to develop its latest "INF T-shirt". Go to www.inf.org/purchase/t-shirt to purchase yours!

INF's craft centre is also working towards becoming fair trade certified. INF partner Baptist World Aid Australia has produced an 'Ethical Fashion Guide' that help people in Australia and around the world to purchase ethically. You can order the guide here: <https://www.baptistworldaid.org.au/get-involved/be-fair/BehindTheBarcode-Fashion/>

Fair trade is not only important in clothing manufacturing, electronics and food suppliers are also starting to work ethically and earning fair trade accreditation. As demand for fair trade products increases, more businesses will adopt ethical principles, and more employees' lives will be improved.

What is the opposite of fair trade? Oppression, slavery, sweatshops and child labour. Indeed, when God demands we stand up for the poor and oppressed he is asking us to do things a better way. Supporting fair trade is a better way.

PRAY | DONATE | JOIN US | SHARE – Please be prayerful about taking the time to understand whether the clothes, products and food you purchase are fair trade and ethically made or whether they have been made by workers in unsafe or oppressive working conditions. For more information on INF craft products or to place an order please e-mail manager@iifs.nepal.inf.org

A HEART FOR REHABILITATION



PHOTO: KSHITIZ CHANDRA TIWARI

- Farshu Ram Panthi writes

My name is Farshu Ram. I was born in Gulmi District, Western Region of Nepal but moved to Pokhara for further study and employment. I soon heard about INF's Green Pastures Hospital [GPH] and was excited to hear about a non-governmental organisation providing such vital services. It was helping people with disability and leprosy, and in doing so was providing healing, hope and dignity to some of the most discriminated and marginalised people in the community. As a Christian I learnt more about INF and regularly prayed for its work – I felt a strong desire to join the organisation and contribute my own skills.

In 2007 I joined INF's Partnership For Rehabilitation as a social worker. My role involved assessing the needs of GPH patients for social and/or economic rehabilitation as well as work in the field.

My fieldwork covered various districts in the Western Region and was full of challenges. Transportation was scarce and I would often have to climb steep hills and walk through dense forests to reach clients. The risk of landslides or being robbed was often on my mind but seeing the response of those clients we worked with made me quickly forget the difficulties. Witnessing the transformation in their lives, I saw transformation in my own life.

The assistance that INF provides directly to its clients in the field is equally as important as the much-needed medical services INF provides through its hospitals and outpatient clinics. Often clients return to their communities positive and full of hope only to face discrimination, depression and relapses. INF's community workers help clients reintegrate back into their families and communities.

For those affected by spinal cord injuries and other disabilities, modification to their house and public buildings enable them to relearn daily activities and regain maximum function. INF's vocational training further empowers and equips clients to lift themselves out of poverty and actively participate in society. Counselling enables them to cope with the emotional effects of their disability.

'Rehabilitation' is at the heart of INF's work. It is what makes INF's work wholistic, impacting the lives of many beyond the physical healing and continuing well beyond INF's involvement.

PRAY | **DONATE** | **JOIN US** | **SHARE** – Please **PRAY** for field workers such as Farshu Ram who are helping to provide fullness of life through INF's Direct Client Assistance work with clients in their own homes.

DISASTER RESPONSE

- Huy Tran writes

Nepal has no shortage of natural disasters; its landscape is prone to flooding, landslides and earthquakes. Since INF began working in Nepal in 1952 it has responded to disasters recognising that they disproportionately affect the poor, marginalised and vulnerable of Nepal.

In April 2015 more than 8,500 people died and thousands more were left homeless when a 7.8 magnitude earthquake struck Nepal. INF coordinated the first team to bring aid to villages in Gorkha, the epicentre of the quake. In the months that followed INF brought relief and rehabilitation to those impacted by the natural disaster included the building of Temporary Learning Centres [TLCs] for students whose schools had been destroyed.

In December 2015 INF officially launched its Disaster Response and Resilience Department [DRRD]. The DRRD aims to minimise the impact of natural disasters by boosting community disaster resilience, and preparing INF Departments for disasters and subsequent coordination of aid responses.

One of the first tasks of the DRRD was the Winterisation project, which continues to support earthquake-affected people in Gorkha. Blankets and warm clothing have been provided to over 2,700 households and 146 tarpaulins delivered to insulate TLCs and provide a barrier to cold winds.

Using extensive resources and working in partnership with other organisations, thousands of other desperately needed items were also distributed throughout communities.

In February of this year, devastating fires in Dang District destroyed 12 houses and damaged a further nine. The DRRD was able to respond immediately. Working closely with other aid agencies, it sent a team to assess the situation the following day, and provided financial relief to affected families. In the weeks that followed the DRRD distributed relief packages consisting of warm clothes and kitchen utensils to affected families.

PRAY | DONATE | JOIN US | SHARE – Please **PRAY** for those affected by natural disasters in Nepal and consider **GIVING** to the newly formed Disaster Response and Resilience Department that helps those most in need in these times of crisis.



A man standing in front of his house burnt to ground in a fire in Dang on February

PHOTO: INF-DANG STAFF



VOLUNTEER REFLECTIONS

Marika Mayrdorfer-Muhr, from Austria, volunteered on an INF fistula camp. Here is a window into her experience working alongside the women of Nepal who travel for days over mountainous terrain in the hope of regaining their dignity.

“I am sitting in the regional hospital in Surkhet, a bustling town and central hub for those who live in the Mid-West of Nepal. Today the lady before me has not made the three-day journey to do her shopping or stop off on the way to Kathmandu. Dil Kumari has travelled to Surkhet because she wants her dignity back. She has heard that INF is running a fistula camp.”

“I wonder what life is like for Dil Kumari. Today she is 55 years old but at age 21 she spent four days in labour before giving birth to her daughter. Sadly her baby died.”

“What was it like for 21 year old Dil Kumari as she laboured for four days? Was a family member with her? Or, like many village girls was she left in the cowshed, alone, as she laboured?”

“How did she survive the physical and emotional pain when her baby died? What did she think when she realised that she was now incontinent, constantly wet with leaking urine?”

“How was it for her to be childless? What hopes and fears filled her mind as she spent three days on that crowded bus coming to camp?”

“I look into the face of Dil Kumari. She smiles at me. I smile back. I hope she feels the love and compassion in my smile, that she knows I understand some of her journey; and I hope that through the operation she is waiting for her dignity will be returned.”

KIWI CURRY NIGHTS

INF New Zealand holds a curry night several times a year. It's a great way to connect with others who love Nepal, learn more about INF and pray. If you would like information about these events please email nzoffice@inf.org.nz

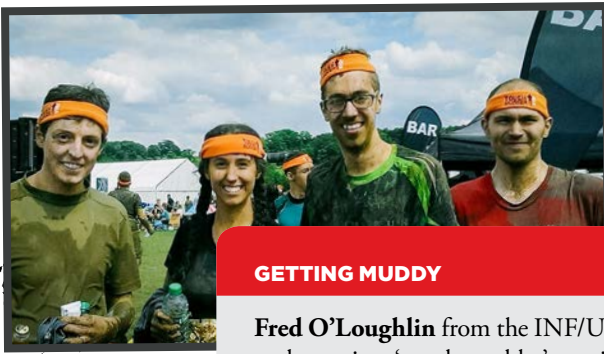
Around the world

Be encouraged

PRAY | DONATE |

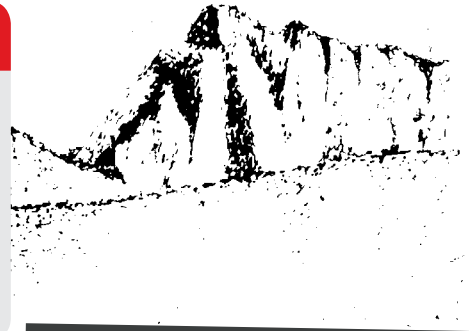


Nepali NCO team manages the Kathmandu office while their expat colleagues wait for their new visas



GETTING MUDDY

Fred O'Loughlin from the INF/UK office took part in a 'tough mudder' race in May 2016. He raised nearly £400 for the new health post in Ampipal as part of INF/UK's fundraising campaign this spring. He had a great time with friends tackling many muddy obstacles. Well done Fred!



FUNDRAISING - IT'S AS EASY AS ABC

In March 2016, a group of six women from Sydney, Australia, travelled to Nepal to trek up to the Annapurna Base Camp and also see INF's work first-hand. In the process they raised AU\$ 27,000 for INF's work – congratulations and thank you ladies! The group reported that their trek was a fabulous experience enjoyed by all. The women, led by former INFer, Elle Morris, were touched by the welcome they received from INF staff and have returned to Australia with many personal stories to share. Two highlights included reaching Annapurna Base Camp and personally witnessing INF's work. One trekker commented, "It was such a privilege to be there and to see the wonderful work of INF. We were greatly encouraged by the love and care shown to patients at Green Pastures Hospital and to see how it didn't just stop once they were discharged."

INF Australia is hoping to organise a similar trip for 2017. If you are interested, please contact the Australia office ausooffice@au.inf.org

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world

uraged to
JOIN US | SHARE

If you have been encouraged or inspired by any of these activities and would like to run a fundraising and/or awareness-raising event, contact your local INF office for assistance [details on page 2] or visit www.inf.org.

SERVING IN SURKHET



PHOTO: ROWAN BUTLER

- Reema Shrestha reports

INF Surkhet has a lot to be excited about. Construction of the much needed fistula hospital has just started, plans for a hydrotherapy centre are unfolding and a new nursing college will open its doors in the coming years, delivering high quality medical training.

It has been a long journey since INF Surkhet was first established in 1977 to serve the needs of Nepalis in the Mid- and Far-West regions of Nepal.

Today INF Surkhet runs a 32-bed clinic and is the Government of Nepal's counterpart for dealing with leprosy in the Mid-West. INF staff in Surkhet pioneered treatment, care and management for leprosy complications, rehabilitation services and therapeutic interventions for people with disability. They also continue to provide technical support to the Government's Mid-West Regional Hospital [MWRH] and organise annual fistula camps.

INF Surkhet was originally opened to serve the poor who were affected by leprosy in the Mid-West.

Today its services assist a much larger base across Nepal and even stretch to include patients from India. In addition to helping those with leprosy, INF Surkhet assists patients with a range of disabilities and conditions including spinal cord injury, stroke, cerebral palsy and obstetric fistula.

Love, compassion, care and service are some of the INF values that guide the work that seeks to provide wholistic patient treatment, both medical and spiritual. INF Surkhet holds an optional weekly fellowship with its staff and patients that includes worship, reading the bible and praying together. Staff members reflect on seeing the 'impossible made possible' as patients who have been told their disease is incurable have recovered, and others who have been told they would never walk again have done just that.

Patients labelled 'a burden' by their family now contribute to the household income, and others shunned by their family and community because they leaked urine have become dry [and blessed with babies].

INF Surkhet's future is exciting as they have received final approval from the Government to build a fistula hospital in the MWRH. This will be the first facility of its kind in the whole of western Nepal. Plans to upgrade INF Surkhet's current clinical facilities and build a hydrotherapy centre are also in train and amidst all this, there is a vision to establish a nursing college.

The services provided by INF Surkhet are possible only thanks to the generosity and prayers of its funding partners.

PRAY | DONATE | JOIN US | SHARE – Please **PRAY** that INF Surkhet can connect with more partners around the world to share in this exciting future to serve the poor in His name. If you would like to give to the work of INF Surkhet please visit www.inf.org/donate

WALKING WITH WOMEN

- Leigh Filmer writes

INF's field staff often walk for days through difficult terrain to deliver much needed training in some of the most remote parts of Nepal. In this edition of "Today in Nepal" we meet two of them.

PHOTO: REEMA SHRESTHA



KRIPA CHAUDHARY

INF field worker Kripa travelled through Awalching in Surkhet District for six days providing obstetric fistula prevention training to Female Community Health Volunteers [FCHV] in five health posts. On the first day she walked for four hours from the end of the road to reach the health post. There she held a training session but only after waiting patiently for a while as participants arrived, many of whom had also walked long distances.

Kripa educated the group about obstetric fistula, shared case studies and screened an awareness raising film "Mayako naya sari". The participants discussed how they could best share the information with their own mothers' groups.

After the session Kripa walked to the next health post. The walk was long and so she had to find accommodation along the way. Hotels are scarce so she often asks around for a spare bed. The constant travelling can be lonely but Kripa is thankful she can return each Saturday to Surkhet to spend time with her husband and two-year-old, and go to church. As she walks from health post to health post she knows her family are praying for her, and that God is always with her.

Despite the challenges Kripa says her work is incredibly rewarding as she sees women become equipped to reduce obstetric fistula in Nepal's most remote areas.

PHOTO: ROWAN BUTLER



DIL KUMARI GIRI

Travelling across Nepal's difficult terrain to provide obstetric fistula training is also challenging for Dil Kumari. On a recent trip to Dharapani, Dil could not find a companion and feared she would have to walk through the forest alone. Eventually she met a woman who was also walking to Dharapani. Dil was relieved and thankful that the woman was also able to help her find a place to stay while she was delivering the training.

After washing at an outdoor tap Dil delivered the training at the health post. Like Kripa, travel is a big challenge for Dil and walking through the jungle can be dangerous. It is easy to get lost and the fear of being assaulted or robbed is very real. Dil prays as she walks which helps her feel at peace.

Dil's husband looks after their three children with the help of a former fistula camp patient. Dil is passionate about working with the women, educating and encouraging them. She says there is nothing more satisfying than seeing them restored to fullness of life.

PRAY | DONATE | JOIN US | SHARE – PRAY for Kripa, Dil and all INF's field workers as they travel long distances across difficult terrain to deliver training in remote parts of Nepal.



gift code C1

Awareness raising materials

This gift provides awareness material for volunteers to give to Nepali migrants who, forced to travel to India to look for work, are particularly vulnerable to abuse and exploitation. Churches are given a chance to connect with those travelling to look for work, and explain to them the dangers and risks they might face and how to avoid them.



gift code A2

Physio & Occupational Therapy

One of the hardest things about having a physical disability can be the loss of mobility and independence. A specially trained therapist at one of INF's medical centres helps patients to build up muscle strength and relearn how to do daily tasks that can so easily be taken for granted, restoring dignity, confidence and mobility.

Want to give a REALLY GOOD GIFT?

Team up with family or friends to contribute to the needs of Nepalis. Funds raised by you in one small event can make a big difference in a Nepali's life. Dig deep and reach far!

You can buy gifts online: WWW.INF.ORG/GIFTS or to order a printed catalogue, call or email your nearest INF office [see page 2 for details].



EXPATRIATES: WHO, WHAT AND WHY?



INF Expat Conference 2015
PHOTO: CLIVE THOMAS

INF's International Director, Alastair Seaman, describes the vital role that expatriate mission workers play and highlights some of the current key people needs.

INF is an *international* fellowship bringing together Asian and Western people and cultures. The result is a breadth of perspective, experience and networks that is deeply enriching and which improves our ability to make a difference in the lives of the people we serve.

Although Nepali staff play a foundational role, making up more than 90% of INF's staff, expatriates play a vital role in technical areas where there is limited Nepali Christian expertise. Our expatriates' focus is always on skill-sharing and training Nepali colleagues. They are often able to bring a different perspective that enriches our work and they can assist us in connecting with international partners.

However, we believe that the collaboration of Asian and Western Christians in INF goes well beyond these benefits. It is a visible demonstration of both God's Kingdom to a fractured world and of Christ's reconciling work as he draws all people and nations to himself. Our international fellowship is also a great opportunity to build bridges between the church in Nepal and the West. There is much that the church in the West can learn from our Nepali brothers and sisters and our expatriate mission workers are uniquely placed to share these lessons with Christians in their home countries.

I would like to share with you three of our most strategic personnel needs that would make a significant difference to the impact of our work:

- We need a **Human Resources Manager** to lead on supporting, nurturing and developing our amazing expatriate mission personnel in Nepal.
- We require a creative and visionary **Missions Development Director** to lead our work in migration, health partnerships, strengthening indigenous Christian development organisations and equipping Nepali Christian professionals for missional service in their workplaces.
- We need an **Editor/Digital Communications Coordinator** to help us share about our work in fresh and innovative ways with our supporters and partners around the world.

We are looking for mature Christians with a servant heart, an ability to be flexible and a desire to combine their faith and professional skills in God's mission. Do you know anyone who might fit these roles? Can you share these needs through your own networks? Or is God calling you?

PRAY | DONATE | JOIN US | SHARE – Please **SHARE** the link below with anyone you think might be open to serving in Nepal. More information on all our personnel needs at www.inf.org/join-us

LETTERBOX

Some of our stories

PLAYING THE RIGHT CARD

A disability identity card can transform life for a person with a disability in Nepal, but for many, the challenge of obtaining one is insurmountable. When INF organised a camp to facilitate access to these cards, it unlocked a world of possibilities for many families in Banke District, and won the favour of local authorities.

SITALI MOVES HOME

When Sitali contracted leprosy at the age of 12, she left her village and lived alone in the jungle for 60 years. After reading her story in a national newspaper, INF did everything in its power to get Sitali back home.

REMEMBERING NEPAL EARTHQUAKE - A YEAR ON

2015 was a devastating year for Nepal, featuring one of the worst natural disasters in Nepal's living memory. 12 months on, though the spotlight has shifted, INF continues to help communities on the long journey to rehabilitation.

EMPOWERED FOR LIFE

Widowed, in debt, and afraid, Pyari sold everything she had and moved to Pokhara hoping for a better life. With the help of INF's Initiative for Financial Sustainability, and her own determination and hard work, Pyari's confidence has been restored.

Visit our website www.inf.org for latest news and stories.

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

FACEBOOK

Rosie Pitman, Sandra Rees and 2 others Top Comments ▾

Write a comment...

Sue Swift It was really good to hear about the positive things that have been happening after such a devastating event. Thank you so much!
Like · Reply · Message · April 19 at 12:13pm

INF Thanks Sue! We're so pleased you enjoyed it 😊
Like · Reply · Commented on by Rosie Pitman (?) · April 20 at 6:29pm

13 shares 2 Comments

Write a comment...

Sue Tucker Wonderful news! Thanking God for the medical and administrative team that made this possible. And continuing to pray for the women of Bajura District in need of surgery.
Unlike · Reply · Message · 1 · April 12 at 2:45pm

Rosemary Winderlich A wonderful day for her...and each one who comes for treatment. When you have sad or frightening times, these stories will carry you through. God be with you and all the staff involved.
Like · Reply · Message · April 13 at 2:35am

Empowered for life - International Nepal Fellowship

Pyari was left alone and with debts at a young age when she lost her husband to an illness. Not willing to give up on life, she has overcome her challenges with determination and hard work. After the untimely demise of her husband in 2006,...

INF.ORG

2,967 people reached Boost Post

Like Comment Share

INF, Becky Hagen, Rosnee Shahi Heitz and 51 others Top Comments ▾

1 share 2 Comments

Write a comment...

JanetandJoe Peczka A lovely story. Good luck for the future Pyari.
Unlike · Reply · Message · 1 · May 17 at 4:16pm

INF Thank you JanetandJoe Peczka. I will pass on your message to Pyari 😊
Like · Reply · Commented on by Song Gurung Singh (?) · May 19 at 11:28am

Deborah Forbes Great story, a life turned around!
Unlike · Reply · Message · 1 · May 16 at 1:01pm

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.

MAYA KO NAYA SARI [Fistula film]

Since 2009 INF has been dedicated to the fight against fistula, running camps in the remote western districts of Nepal, healing women and working to end the often life-shattering stigma associated with fistula. Today, plans to open a fistula centre that would provide treatment and counselling all year round are beginning to unfold. The centre will also provide training to doctors and nurses in obstetric fistula.

In April 2016, INF produced an educational film about obstetric fistula in Nepal – “Maya ko naya sari” which means Maya’s new sari [traditional



Nepali clothing for women]. It is a fictional film based on the real life stories of women suffering from obstetric fistula. You can watch the film on our YouTube channel [www.inf.org/youtube] or contact communications@inf.org to purchase the DVDs with subtitles in English, German, Portuguese and Dutch!

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 [www.inf.org/sign-up]. 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/resources



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]. 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

ISAIAH

1:17 Learn to do right; seek justice. Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow.

MICAH

6:8 He has shown you, O mortal, what is good. And what does the LORD require of you? To **act justly** and to **love mercy** and to **walk humbly** with your God.

God's heart for justice is the focus of His story. From creation to restoration the theme of justice is woven into the story of God's love and concern for all of creation. Images of justice permeate the biblical narrative, expressing God's character as he calls His people, Israel, to be a light for the nations as they provide refuge, compassion and opportunities for poor and marginalised people in their community.

As such a defining theme of God's character and intent for creation, it should not be surprising that justice is one of INF's values. *Mishpat*, the Hebrew word often translated as justice, appears 425 times in the Old Testament and can be translated as either justice or judgement. *Mishpat* [biblical justice] is best understood as the means by which everything will be put right, it is the redemption and restoration of all things to their right place. This process may involve judgement but at its heart is the returning of all things to the original *shalom* that God intended.

Therefore, in our context, justice is **renewal** as Amir's school in Gorkha, that collapsed in the earthquake, is replaced by an INF Temporary Learning Centre [www.inf.org/news/hope-in-a-bag]; justice is **restoration** to Durga as she receives rehabilitation treatment at Green Pastures Hospital and house modifications to improve her independence after having suffered spinal cord injury [www.inf.org/inf-work/general-physical-rehabilitation]; and it is **redemption** to Trisana whose frail body regains strength after a time of treatment at the INF nutrition centre in Jumla [www.inf.org/inf-work/nutrition].

But justice is not just a characteristic of God that is lived out in the mountains of Mid-Western Nepal, or the slums along the Bagmati River in Kathmandu, where the needs are so obvious. It is possible for all people everywhere to honour God's call to act justly. Justice can be known in every community, whether you choose to shop ethically [see article about ethical buying [page 7]], befriend and advocate for refugees in your community, or reduce your household waste. Justice will be made known and it will shine God's light in all places it is enacted.

FUN STUFF

तपाइको नाम के हो ?

WHAT IS YOUR NAME?

Learning to speak Nepali as a second language is hard work, especially considering you have to learn a whole new alphabet. Many Nepali schools now teach a majority of their curriculum in English so it is common for educated Nepalis to be able to speak English well, especially in the cities. Sadly, most expatriates working with INF did not get a head start with Nepali lessons at school so they must work hard mastering the new symbols and sounds when they first begin language learning. It can be quite fun, a bit like cracking a hieroglyphics code – would you like to have a go?

Visit the **FUN STUFF** page of our website and download the ‘Tapaaiko naam ke ho?’ PDF and then have a go at writing your name in Devanagari Script, it’s a challenge and a laugh rolled into one.

www.inf.org/resources/fun-stuff

Binti बिन्ती

Ramesh रमैस

Simon सिमोन

Karen कैरेन

A MOMOLICIOUS PRAYER MEETING

You have not tasted Nepal until you have eaten a momo. They are great fun to make, if a little time consuming, and a great way to get together with a bunch of friends to pray for Nepal – you can pray while you make ‘momos’ and then finish off your evening eating your hand made delights.

You can find our prayer cards here [www.inf.org/pray] and a delicious momo recipe here [www.inf.org/resources/fun-stuff] – why not plan to combine the two for a night of fun, fellowship and prayer for INF and Nepal? Your guests can then take a prayer card home and keep praying for their chosen topic.



PHOTO: ARUN GURUNG



CRITICAL VACANCIES

Missions
Development
Director

Is God calling you to Nepal?

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 needs a Christian with experience in fundraising, PR or donor relations to lead and work with Nepali colleagues to support programmes.

Personnel
Manager

This role 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

To explore more opportunities to serve please visit www.inf.org/join-us