

# today**in**nepal

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## Reaching out

INF's community development work expands into new and increasingly remote communities



## EDITORIAL

### REACHING OUT

Thank you for partnering with us as we walk together with the people of Nepal. It is with joy and prayer we are able to share with you the impact of our community work in the Karnali region and our commitment to continue this work in the least developed districts of the region. [pages 1 and 2]

### THIRD ANNIVERSARY

Three years after the devastating earthquake of 25 April 2015, INF continues to work with the people of Gorkha to rebuild houses, schools and community buildings. The SHELTER programme and disaster risk reduction training is equipping communities for future natural disasters. [page 4]

### SAYING FAREWELL

In mid-July, we will say farewell to INF Nepal's Executive Director Prem Subedi who will pass the role to longtime INF staff member Krishna Adhikari. We are thankful for Prem's enormous contribution to INF. [page 10]

Alastair Seaman  
INF International Director

*Alastair*



## Reaching out

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- Committed to Karnali ..... 1**
- A view from the inside .....3**
- Three years on – Rebuilding together..... 4**
- Steep paths to progress..... 6**
- Critical vacancies .....7**
- Whats happening, Around the world .....8**
- Farewell and thank you Prem..10**
- An emergency response .....11**
- To the furthest corners..... 12**
- Partners in prayer..... 13**
- Bible spotlight ..... 16**
- Fun stuff..... 17**



a Christian mission serving the physical and spiritual needs of Nepali people

WWW.INF.ORG

**INF's Vision**  
Life in all its fullness for Nepal's poor and disadvantaged

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**Cover**  
Dhan, in his kitchen garden, the produce from which he gives to his SHG members, Bajura.

PHOTO: ROWAN BUTLER

# Committed to Karnali

What does life in all its fullness look like in Nepal's least developed district?

Phil Morris reports



Jumla, Karnali  
PHOTO: PHIL MORRIS

Over the last three decades, INF's community work has steadily and faithfully expanded westward from Pokhara, both along the southern plains, and into the high hills.

The heart of this work has been consistent – to serve the physical and spiritual needs of the poorest and most marginalised people and communities, helping them to experience life in all its fullness.

Even in Nepal the Karnali zone, in the far north west of Nepal, is considered remote and dangerous, with disturbingly high levels of child malnutrition, and mother and child mortality; and inadequate access to healthcare and education.

INF has worked in Karnali since 1978, first running a leprosy and TB clinic in Jumla, before beginning its community health and development work in the surrounding districts of Mugu, Bajura, and now Kalikot. INF doesn't deliver 'one-size-fits-all' solutions to predetermined problems. Instead, INF helps communities to develop the skills needed to identify solutions to the problems they face.

The flow-on effects of this work are life-changing. They are heard through individual testimonies; and seen in children attending school, in people with disabilities being able to walk and work for the first time; and in mothers growing vegetables to feed their families or starting successful small businesses.

But it's also bigger than seeing a change in any one individual's life. There is evidence of communities coming together and services improving whether through the installation of drinking water systems, community clean-ups and rubbish disposal, roads being repaired and health posts providing maternity care. This is leading to dramatic change. As many as 40% of children used to die before their fifth birthday, often from preventable causes like malnutrition or diarrhoea. INF was delighted to hear recently of a Jumla community in which no children had died in the previous year – a first for that community.

The final aspect of INF's is more intangible but vital in terms of sustainability. It can be seen in the inclusion of people with disabilities, and of women being able to express their ideas and be listened to in a way they never have before.

Former UMN Executive Director and INF worker at the time, **Mark Galpin** visited Mugu in 2009 and reported in the June 2009 edition of TiN that 'we witnessed people and communities beginning to work together across traditional caste and social divisions, changing their own communities for the better. Small steps at first, yet hugely significant in their impact on people's worldview and self-belief.'

This is the beginning of **life in all its fullness.**

INF does not plant churches, and yet our work has helped to create an environment where the church can flourish. INF community facilitators are brilliant at including and encouraging those on the margins of society – the poorest and most disadvantaged, the widows and people with disability, helping them to see that they have value and that their voice is important.

IN 2017

INF facilitated **587** women's self-help groups

delivered training to **13,000** people

saw **387** receive small business grants

more than **4,000** villagers benefitted from the provision of clean drinking water and other infrastructure

New roads make access to healthcare and markets easier, but also bring accidents, and increase issues related to alcohol and people trafficking.

Only 10 years ago, it took two weeks to send a computer file between INF's offices in Pokhara and Jumla, a journey which involved long bus and plane trips. Now the INF team in Australia can hold video calls with counterparts in Jumla, and much of the region is reached by mobile phone.

Life in Karnali is changing rapidly. New roads, micro-hydro electricity and the extension of phone networks create new opportunities as well as new challenges. We are currently reviewing our community work to ensure that we remain relevant and effective in this rapidly changing world. Your partnership in this work through prayer and giving will be vital as we continue to serve some of the poorest communities in this region for years to come.

**PRAY | DONATE | JOIN US | SHARE –** Although designed around the Sustainable Development Goals to reduce poverty, disease and inequality, and to provide access to clean energy and employment opportunities, our prayer is that INF's work will open people's eyes to the fact that they are made in the image of God and that they can experience life in all its fullness.

The realisation that all people have value over and above what they can contribute to society is a uniquely Christian view.

In some ways, life in Karnali has changed beyond all recognition over the last 40 years. Livelihoods in this area are being threatened by a climate that is changing rapidly, and communities will need help in adapting.



A women's self-help group meeting on the roof of a house  
PHOTO: PHIL MORRIS

# A view from the inside

INF Ambassador **Naomi Reed** shares two conversations with INF staff members during her recent visit to see INF's work in west Nepal.

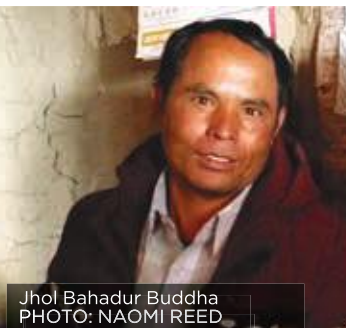
**In the Jumla region, INF has been facilitating nearly 200 self-help groups over a period of 15 years and seen long-term change in the communities as a result. At the same time, INF staff members working in the area have experienced change in themselves.**

Jhol Bahadur Buddha is an INF staff member who currently facilitates 10 of the self-help groups in the Jumla region. Before this role, he used to work in primary health care. "That was easy," he said, "The patients would come to me and I would treat their tuberculosis or their decaying teeth, and then they would go home again. I liked it. And I didn't want to do community health work. But then slowly, I began to enjoy it. I remember there was a time, ten years ago, when I was running a self-help group in Mugu. It was so poor and dry. The village had no drinking water. They had to go to other villages and sleep by the tap overnight to get the water. And the people said to me, 'Why did you come? We only want drinking water. And that is impossible in this village. Even the engineers can't do it. Nobody can do it. If you can't give us drinking water, then please don't come.' I wondered what to do, but then over time we were able to help them get drinking water. We asked the men of the village to stay home and help for six months, instead of going to India for work. And they did. That year, everybody stayed home and helped and now there's lots of water! The villagers can wash their clothes. There is a toilet, and a kitchen garden. They learnt that if everyone helps, the change they want can happen. Something impossible became possible! And I learnt that change can happen in a whole community, if everyone works together. That's why I love my work now!"

Samjhana grew up in a small village on the other side of the river in the Jumla valley. She has now been working with INF, managing the community health and development work for 14 years. "I love working with the groups," she said. "Sometimes the women have never been out of their village. But then after we form a group, they tell me that they can see their own problems and work out what to do. Before, their problems were hidden. There was one lady some years ago who had leprosy – an ulcer on her foot. She didn't know what it was. She'd never heard of leprosy. Then she showed me her foot because she trusted me and I helped her to get treatment. I learnt about God's timing and I'm thankful for God's timing. If INF hadn't been there, she would still be unwell. And another lady was being beaten by her husband. She couldn't tell anyone, she was too embarrassed. So in the group, we talked about human rights and then she realised it wasn't right and she shared with me. The couple had counselling and now they're okay, most of the time. Things slowly change, and I've seen that, and it's wonderful to be a part of it."



Samjhana participating in one of the mothers' group meetings in Jumla  
PHOTO: NAOMI REED



Jhol Bahadur Buddha  
PHOTO: NAOMI REED

**PRAY | DONATE | JOIN US | SHARE –** Please pray for INF staff working in remote areas of Nepal, for safety and strength as they travel great distances and in extreme geography to work alongside communities. Please also consider partnering in this new work in Karnali through the INF website [www.inf.org/donate](http://www.inf.org/donate)

# Three years on – Rebuilding together

Pratima Kafle reports

It's been three years since Nepal experienced its worst natural disaster in 80 years on 25 April 2015. A 7.8 magnitude earthquake struck Nepal killing over 9000 people, destroying over 500,000 homes and flattening entire villages. Gorkha District, the epicentre of the quake, was one of the hardest hit. Over 400 people were killed, more than 950 injured, over 44,000 houses destroyed and 90% of the schools were extremely damaged.

Since the day the devastating earthquake struck INF has remained committed to working alongside Nepalis as they rehabilitate, rebuild and develop disaster resilience for the future.

Through programs like GRACE [the Gorkha Rehabilitation And Community Empowerment project] INF continues to provide community based rehabilitation to those affected by the earthquake. The project is supporting over 1,500 persons with disabilities who were severely affected by the earthquake. It is empowering them to re-integrate back into their families and society and regain independence. This is being achieved through psycho-social counselling, physiotherapy and the provision of assistive devices, support for medical and surgical treatment, livelihood support and empowering them to work collectively in self-help groups, increasing their independence and dignity.

As part of its reconstruction and community resilience work, the GRACE team in Gorkha and SHELTER [The Safer Housing Exercise in Lamjung through Training and Empowering for Resilience] Team in Lamjung are rebuilding damaged structures including houses, schools and government buildings.

The SHELTER project was established in late 2017 and focuses on providing high-quality masonry training to local workers, constructing model disaster resilient houses and has provided resilient housing technology training to over 4,000 community members. Disaster Risk Reduction related support is also being provided to communities in both projects, and to local governments to develop community resilience and to strengthen government systems for future natural disasters.

## together

- 105 families have received housing support
- 350 home-based physio sessions
- 223 livelihood projects
- 68 self-help groups formed
- 5 residential schools reconstructed for children with disabilities
- 1 earthquake resistant disability friendly infrastructure

### INF HANDS OVER A BUILDING

The ward office in Thalajung, Gorkha, was completely destroyed in the 2015 earthquake. When INF's GRACE team met with officials they agreed to make a disability friendly ward office in the district. It took a year and a half to complete the earthquake resistant building.

INF handed over the newly constructed building, along with some furniture, to the local government in May.

The event was celebrated with a large community turnout.



Executive Director of INF Nepal being felicitated by Thalajung, Gorkha



Newly built earthquake resistant house by INF for a client living with disability in Muchok, Gorkha  
PHOTO: ANIL RAI



Newly built earthquake resistant ward office building in Thalajung Gorkha.  
PHOTO: ANIL RAI



### A REASON TO LIVE

19-year-old **Gammaya** has had pain in her right leg since she was three. She suffers from a bone infection called Osteomyelitis, which has seen the pain increase throughout her life.

Treatment at various hospitals had brought Gammaya no relief and her family were unable to afford the necessary surgery so she eventually returned to her village.

When INF began working in Gorkha after the 2015 earthquake Gammaya told staff she wished she were dead rather than put up with the chronic pain any longer. Staff assessed Gammaya and she was sent to Green Pastures Hospital in Pokhara. She had surgery at the hospital and returned to her village three weeks later with crutches. After doing regular exercises and making follow-up visits to the hospital she was able to walk using one crutch within a month.

Today, Gammaya walks independently without pain and is able to help with housework in the family home. She has also begun training as a social worker and is keen to help others with similar conditions to hers. She is thankful to INF for giving her a reason to live again.



Gammaya

PRAY | DONATE | JOIN US | SHARE – Praise God that the vital coordination with the local government authorities has been successful and that the planned activities are mostly being completed smoothly and on time. To make a donation visit [www.inf.org/donate](http://www.inf.org/donate)

# Steep Paths to Progress

"Maato, maato, dhunga dhunga," Krishna said to me. "And ukaalo, oraalo" he added as he described the narrow paths he and other INF staff daily traverse in Bajura District in Nepal's north west. This translates to "dirt, dirt, stones, stones" and "steep up, steep down". It was an accurate description I agreed as I trudged behind him. Far below us was the Karnali River, cutting its way through the mountainous land as it zigzagged towards the Ganges plain. The peaks above were snow-capped after a storm two nights before. Spectacular country but it took real effort to move about in.

Krishna and other INF staff members introduced me to many people who have been helped by the Mountain Livelihood Project. Some now have kitchen gardens, many with greenhouses made from clear plastic sheeting, and there are concrete water tanks provided by INF to hold and distribute water for the gardens, often on the otherwise barren ground. The produce is eaten by the family, sold, or shared with members of their self-help group that INF Community Mobilisers and other staff have established. Some group members have taken income generation loans and opened small shops or were breeding goats or other animals. Many now have smokeless stoves in their houses instead of open fires.

Schooling support has been given by INF to some students I met, who otherwise would not have been able to get an education and one boy had been given help after he broke his knee. INF has also provided equipment and infrastructure for a number of health posts, supplying things such as birthing chairs, beds, sterilising equipment, shelving, cupboards, scales, toilets and incinerators.

One group has established an apple farm along with a government department, high up on a slope at the edge of a forest. In three to five years their investment of hard work should see them reap the benefits. A crop of wheat was sprouting amongst the young trees, making the most of the ground in the meantime.

I was impressed with the Community Mobiliser staff who walk alone through their areas, visiting a dozen self-help groups every month, encouraging and guiding them as they go about solving their problems. It is a difficult working life, away from family and friends, and is worthy of recognition as they labour on the front line of INF's community development work.

## PRAY | DONATE | JOIN US | SHARE

Please prayerfully consider partnering with INF in its community development work in some of the most remote places in Nepal. To donate to our community work visit [www.inf.org/donate](http://www.inf.org/donate)

Rowan Butler, former INF Communications worker, recently toured part of INF's work in Bajura District. He reflects on the physical difficulties INF staff face and the fruit of their labours.

# Critical Vacancies

Is God calling you to Nepal? INF uses a special combination of expatriate and Nepali expertise to apply international level practice in a way that is relevant to the local context, always with the aim of increasing capacity in Nepal. Here are a number of current key expatriate needs in the organisation - to explore more opportunities to serve please visit [www.inf.org/join-us](http://www.inf.org/join-us)

## PRIMARY AND MIDDLE SCHOOL TEACHERS



Many of INF's expatriate families live outside Kathmandu where the needs are greatest. To enable families to stay in these areas we need primary school teachers to work in our small study centre in Pokhara. We have an urgent need for teachers for the 2018/19 academic year.

## HUMAN RESOURCES ADVISOR



INF Nepal [our major implementing partner] needs help to develop its HR capacity so that the organisation can realise its exciting vision.

## MARKETING/MEDIA/COMMUNICATION SPECIALIST



Has God gifted you with communication and media skills to inspire and motivate others? Are you interested in sharing your skills to build the capacity of others? If so, our Communications Department needs you.

## ANAESTHETIST

Green Pastures Hospital in Pokhara is looking for an expatriate anaesthetist to work in the hospital and train up a Nepali counterpart.

## REHABILITATION PHYSICIAN/DOCTOR

Green Pastures Hospital in Pokhara is looking for a Physiatrist to help support the expansion of its rehabilitation work.

## FUNDRAISER/DONOR RELATIONS SPECIALIST

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

## CLINICAL PSYCHOLOGIST

Green Pastures Hospital is looking for a psychologist with an interest in developing the vision to provide holistic care for our patients

PRAY | DONATE | JOIN US | SHARE – If you're a Christian interested in working in an exciting, international, cross-cultural mission, email [recruitment@inf.org](mailto:recruitment@inf.org)



A warm welcome to Lily Rasailey who recently joined INF and will be supporting the expat team and Pokhara Study Centre as the new Admin and Support Coordinator.

Welcome

# What's happening, around the world...

Be encouraged to  
**PRAY | DONATE | JOIN US | SHARE**

## INF IN MOVING PICTURES



**Ivan Wannamaker** is the newly appointed chair of INF Canada. He has been a board member for two years and has been passionate about supporting Christians who work in the field of disability in Nepal for over a decade. As INF Canada has no staff, pray that he can find ways to connect closely with INF despite being a busy professional.



**Carol Scovil** previously worked at GPH as a rehabilitation specialist with a focus on assistive devices. She has recently been appointed Treasurer of INF Canada. Pray for her in this new role and her plans to visit Nepal in November.

### INF CANADA

There is a new tax-deductible way to support INF from the US: [www.give2asia.org/INF](http://www.give2asia.org/INF)

### INF UK

Over 100 supporters gathered in Birmingham in May for a Day conference. John Reynolds [CEO, INF UK] spoke about his recent trip to Bajura Nepal. The other speakers, **Dr. Shirley Heywood** and **Abraham Shrestha** also spoke about the new Fistula Centre in Surkhet and pastoral ministry with Nepalis in the UK respectively. **Karuna Tamang Gurung**, the Nursing Superintendent from Green Pastures Hospital [GPH], joined the conference via Skype to share about her vision for good patient care.



For nearly 30 years, **Loriendale Organic Orchard** near Canberra has been organising an annual community event to celebrate their apple harvest and raise money for INF. This year, **Owen and Noreen Pidgeon** raised \$3,500 for Green Pastures Hospital, with great support from family and friends at North Belconnen Uniting church and from local artists. Thanks to everyone involved.



In November last year, a group of Sydney ladies trekked to Annapurna Base Camp to raise funds for Greer Pastures Hospital [GPH]. The group raised over \$13,000 and were able to visit the hospital during their trip. Thanks to each member of the group and their supporters.

Contact the INF Australia [see back cover for details] office for details of upcoming trips.

### INF AUSTRALIA

We are excited to share with you our new films about our community health and development work, and our health work in Nepal.

#### POVERTY IS NOT INEVITABLE



INF helps some of the poorest communities in Nepal to unlock their potential and break the power of poverty. In this film, Basanti's story illustrates what this has meant for one woman and her family and demonstrates that poverty is not inevitable.

<https://bit.ly/2LhlLay>  
<http://bit.ly/2jd7hfy>

#### HEALING AND HOPE



Eighty percent of Nepali people living with a disability have no access to the specialist medical care they need and that could transform their lives. INF's vision is to bring healing and hope to these people through our three specialist disability hospitals.

<http://bit.ly/2Jts65E>  
<http://bit.ly/2Jc3izu>

#### 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](http://www.inf.org).

#### PLEASE NOTE

Letters and emails are most welcome and should be addressed to TiN, e Editor, INF, PO Box 1230, Kathmandu, Nepal [tin@inf.org](mailto: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.

If you've been encouraged or inspired by any of these activities, get in touch with your local INF office [see back cover for details] or our website on how you could support us through praying, donating, serving with us, or sharing our stories!

**Feel free to share these films at your church, your friends, or share it on social media.**

# Farewell and thank you Prem

Alan Barker reports



Prem with his family

This July **Prem Subedi** will officially step down as Executive Director of INF Nepal after five years in the role. He will confidently hand the leadership over to **Krishna Adhikari** who has served with INF since 1992.

Prem looks back at almost a decade with INF.

## CAN YOU SHARE WITH US YOUR JOURNEY WITH INF?

I joined INF in 2009 having been in the UK since 1998. I joined as Assistant Programmes Director. At that time all our work was arranged in district programmes and I had responsibility for looking after all the programmes. After two years I became Programmes Director and then in June 2013, I became Executive Director.

I really thank God for this opportunity to work with INF. When I returned from the UK everything was new for me; not only INF but the whole of Nepal was different too, so there was a lot to get used to!

## HOW HAVE YOU SEEN GOD AT WORK IN INF?

I can see God at work throughout the history of INF, right from the beginning with our fore-runners. INF has been through many tough times but God has always delivered. I've seen that personally too, in the time I have been with INF. There have been some significant challenges, such as personnel, funding and visas, but, reflecting back, I know God is sovereign and that even in the challenges there has been a purpose and God has been in control.

## HOW HAS GOD LED YOU TO MOVE ON FROM INF AND WHAT WILL YOU BE DOING NEXT?

A few reasons: family commitments among others.

When I first joined INF, I said I would stay for five to six years and that time has passed and I feel it is right personally, and for the organisation, for me to move on.

I feel called to work in Nepal and I shall be working within the church to help leaders, especially young leaders, understand the social dimension to the gospel – integral mission or holistic mission as it's also known. That will be mostly based in Kathmandu with family, but also travelling around Nepal. There will also be some trips to the UK to visit our two sons there. Our youngest goes to university there next academic year and our eldest is already there.

What will you miss most about leading INF?

I shall miss the family nature of working in INF; whether the staff, the board or the international family, we share a special family bond. There is that culture, that sense of belonging to a big family.

## WHAT ADVICE WOULD YOU GIVE THE NEW ED?

Do a lot of listening!

The challenge for INF now is how to work within the new federal structure and there is a need to be pro-active with long-term planning, especially when considering the different levels of the new government structure. There needs to be relationship building at all the new levels.

Krishna brings with him the great strength of knowing INF well and I wish him great success.

## AND FINALLY?

I want to thank all the supporters of INF both within and outside of Nepal. Thanks also to the INFN Board and the rest of the INF family here in Nepal and worldwide. I think also of, and thank, all the communities and clients that we have the privilege to serve. And, finally, once again, I want to thank God for the opportunity to have served in this great organisation.

**PRAY | DONATE | JOIN US | SHARE – Please pray for Prem as he passes on the role of Executive Director to Krishna.**

# An emergency RESPONSE

Nalome Rongong reports



GPHRC main entrance  
PHOTO: ROWAN BUTLER

## Establishing an Emergency and Acute Care Service at Green Pastures Hospital and Rehabilitation Centre [GPHRC].

In 2015, ambitious new plans were designed and approved by the INFN board for large-scale investment into GPHRC to upgrade and expand the facilities to ensure a technically excellent service going into the future. The core vision is that GPHRC will become a centre of excellence for the holistic care and prevention of disability, especially for the poor and marginalised. An important element to this vision is to establish an Emergency and Acute Care Service within the hospital so that we can provide a complete and specialised emergency treatment service to prevent disability.

Nepal does not have an established emergency response system for accidents and injury, which means that trauma patients often do not receive the emergency care they need. Many of these patients come to INF only after they have been to other hospitals, even some as far away as India. Other hospitals, without orthopedic and rehabilitation specialists, are not able to provide the type of treatment that such patients need. Our staff often find that these patients have not received proper care which results in complications and significantly worsened disability. Sadly, we also see that these people have spent all their savings on unnecessary tests and ineffective treatment resulting in an increased burden of poverty on top of their disability.

Through the creation of an Emergency and Acute Care Service, INF's GPHRC will be the only facility in Nepal that will be able to offer comprehensive treatment to people facing terrible disabilities. With this service, GPHRC will be able to deal with victims of trauma immediately after the incident and provide timely diagnosis and management of the issue, thus significantly reducing patients' chances of developing further complications and helping to avoid the cycle of poverty.

Our long-term plan is to run a comprehensive 24-hour Emergency Service. As patient flow and clinical capacity increase, so too will the services provided; until, in time, we can operate a full 24-hour service.

GPHRC has a new ambulance to help prepare for the establishment of this service. There will be on-call physicians and on-duty staff to receive trauma patients, allowing for them to have specialised handling and appropriate treatment immediately, including operations if necessary.

**PRAY | DONATE | JOIN US | SHARE – Please pray for renovations to start soon for emergency rooms; for new equipment for the Emergency and Acute Care Unit and dedicated staff to develop these important new services.**

# To the furthest corners

Since 1993, INF's Medical and Surgical Outreach programme [formerly 'Camps'] has been sending healing and hope to the furthest corners of Nepal.

In the last few months, there were three camps organised by INF in Banke, Jajarkot and Kalikot Districts of Nepal. The villages where these camps were held are hard to reach, isolated because the road in is rough and mostly only accessible by foot. Health and hygiene have been a low priority for families struggling to put food on the table. The local health posts have no doctors and even basic medicines are scarce. When residents need more urgent medical care, poverty often prevents them from travelling to hospital.

The camp in Banke provided medical treatment to over 1,300 locals with skin, teeth and other general problems. The Gynaecology camp in Jajarkot saw 155 women and 14 surgeries performed. The one in Kalikot focused on treating uterine prolapses, vaginal hysterectomy and repairing the pelvic floor, and saw 37 women, of which four underwent successful surgeries.



People waiting in lines for their turn in Banke



Health camp in Kalikot



Health camp in Jajarkot

## A PERMANENT FISTULA CENTRE

We are excited to announce that construction work for the fistula centre was completed in February. After the building's completion, the process began to set up the furniture, bed and equipment for the 17-bed facility. In the meantime, one INF fistula camp has been held inside the Mid Western Regional Hospital. 39 women visited the camp and among them, 23 women had fistula surgery. Although the surgery was performed in the government hospital, the women were admitted into the newly constructed fistula centre and were provided with necessary nursing care, food and accommodation.

For those women who suffer for years in silence thinking that there is no cure for their condition and feel too embarrassed to seek help, this centre means more than physical recovery for them, it provides hope for transformed lives.



The new Fistula centre building in Surkhet  
PHOTO: SANDRA CHINNERY

**PRAY | DONATE | JOIN US | SHARE** – Please continue to pray for our medical camps team, that we can continue to reach out to the remote communities of Nepal with much needed medical care. Please pray for the timely handover and functioning of the new fistula centre in Surkhet District.

# partners in prayer

Prayer is the foundation of INF's work.

We thank you for faithfully praying with us and enabling INF's work to bring hope and restoration to Nepal.

Each edition of Today in Nepal includes prayer points for one aspect of our work, covering all areas over the three editions published each year. For up-to-date prayer information go to [www.inf.org/pray](http://www.inf.org/pray), where you can also sign up to receive monthly Prayer Notes.

This edition features INF's Community Development work, and Disaster Response and Resilience work.

## COMMUNITY DEVELOPMENT

INF's community development work aims to sustainably improve quality of life, especially for the poor and marginalised living in INF's working areas. Our programmes use a participatory approach, primarily focused on the action through group formation.

INF's community work is led by **Dr Buddhi Thapa**.

The community funding team is led by **Deepak KC** as the Acting Funding Manager, supported by **Sharon Joshua Tiwari** as Funding Officer and **Alan Barker** as Donor and Funding Coordinator. The Technical Team is led by **Arvind Kushwaha** with support from **Nabin Subedi**.



DR BUDDHI THAPA



DEEPAK KC



SHARAON JOSHUA



ALAN BARKER



ARVIND KUSHWAHA



NABIN SUBEDI

## DANG CLUSTER [DANG, ROLPA, KAPILVASTU]

The work of Dang cluster is overseen by **Ram Bahadur Sinjali** with support from **Sita Thapa** and **Arjun Kapri**. **Bhagirath Bhandari** oversees the Donor Liaison and Monitoring for Dang cluster.

Maternal and child health is also a focus of Dang cluster, supported by **Inge Baumann-May**.

Three of the projects [HIV and Community Based Rehabilitation, CHD and Mountain Livelihood] in Dang will be phased out in mid-July 2018. New proposals have been made for upcoming projects.

## FOR YOUR PRAYERS

- Give thanks and pray for the funding team, they oversee the coordination between INF Nepal and its funding partners and support the cluster teams in developing and submitting proposals and reports
- Pray for the new proposals being reviewed by partners, pray that these proposals would be accepted and we would receive funding for these projects targeted to help communities most in need
- Pray for the next phase 2018/19 and beyond as we prepare ourselves to run projects in new communities
- Give thanks for each staff member who worked tirelessly this fiscal year
- Pray for renewed strength, motivation, and excitement for the community development team as they head towards a new fiscal year

## FOR YOUR PRAYER

- Pray for much-needed funding for the EDUCATE Rolpa and Mother and Child Health projects
- Pray that the cluster could reach more people and communities in need





RAM BDR SINJALI



SEETA THAPA



ARJUN KAPRI



NEIL AND INGE BAUMANN- MAY

### JUMLA CLUSTER [JUMLA, SURKHET, KALIKOT]

**Dhirendra Rai** oversees this community cluster, supported by **Jeewan Giri** [District Incharge] and **Amitdan Gurung** [Donor and Liaison Monitoring Officer].

Projects in Jumla include:

- Community Health and Development Projects in Tamti, Kalikakhetu, Rara and Kundari, Jumla
- Nutrition Project – supporting community nutrition centres, mothers groups and health institutions in various villages of Jumla
- Sabalata project – supporting people with disabilities in Jumla, Surkhet and Mugu
- Church and Community Project – supporting churches in Dailekh District to provide holistic development



DHIRENDRA RAI



JEEWAN GIRI



AMITDAN GURUNG

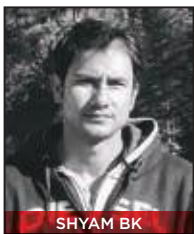
### BANKE CLUSTER [BANKE, MUGU, BAJURA]

**Shyam BK** oversees work of Banke community cluster with **Daljit Gharti**, **Avishek BK** and **Juwari Lal Karki** managing the work of Mugu, Banke and Bajura Districts respectively. **Esther Gurung** supports the team as the Donor Liaison and Monitoring Officer.

INF works in the most vulnerable areas in Banke district. To meet the different needs of communities CHD, CBR, MNCH and Anti Human Trafficking projects are being proposed.

Mugu is extremely dangerous to travel to during the monsoon. The livelihood and community based rehabilitation projects have brought real hope to the lives of community members.

The work done in Bajura is appreciated by communities and local government bodies.



SHYAM BK



DALJIT GHARTI



AVISHEK BK



JUWARI LAL KARKI



ESTHER GURUNG

#### FOR YOUR PRAYER

- Give thanks to God for opportunities to serve communities in remote parts of Nepal
- Pray for funding opportunities for the Kalikot Project
- Pray for the agreement of INF Jumla with KAHS [Karnali Academy of Health Science] to use the building over the long-term
- Pray for safety and God's guidance for staff
- Many projects are phasing out, pray for guidance and opportunities for staff affected.

#### FOR YOUR PRAYERS

- Pray for the safety of staff, especially during the monsoon, and for God's wisdom and guidance in the work they do

### KASKI COMMUNITY CLUSTER [KASKI, GORKHA, BAGLUNG, LAMJUNG]

**Bishnu Giri** leads this team, with support from **Ram Prasad Khanal** in Gorkha, **Dinesh Kunwar** in Lamjung and **Surya Bahadur Kunwar** in Kaski. **Nilisha Lama Karki** is supporting the team as the Donor Liaison and Monitoring Officer.

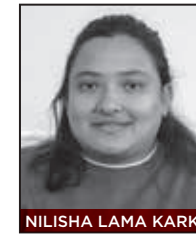
The cluster has been working in the areas of disability, reconstruction and community resilience. The staff continue their work with people living with disabilities, encouraging them to become active members of their communities.



BISHNU GIRI



SURYA BDR KUNWAR



NILISHA LAMA KARKI

### GRACE PROJECT

The Gorkha Rehabilitation and Community Empowerment [GRACE] project focuses on ten of the most affected areas of Gorkha District.

**Ram Prasad Khanal** is leading the project. The project is supporting over 1500 persons with disabilities to re-integrate back into their families and society.



RAM PRASAD KHANAL

### SHELTER PROJECT

The Safer Housing Exercise in Lamjung through Training & Empowering for Resilience [SHELTER] is led by **Dinesh Kunwar** [Engineer].



DINESH KUNWAR

### DISASTER RESPONSE AND RESILIENCE

INF has developed its capacity in disaster response and resilience with the formation of a Disaster Response and Resilience Department [DRRD]. The Department is led by **Thomas Meier** as the DRR Manager, supported by **Karna Bahadur Gurung** [DRR Coordinator], **Jyoti Bahadur Chhetri** [Safety and DM Coordinator], **Jeevan Gurung** [Logistics and Admin Assistant], **Hari Sharan Adhikari** [DRR Trainer] and **Roshan Gurung** [Driver].



KARNA BDR GURUNG



JYOTI BDR CHHETRI



THOMAS AND CHRISTINA MEIER WITH FAMILY



JEEVAN GURUNG



HARI SHARAN ADHIKARI



ROSHAN GURUNG

#### FOR YOUR PRAYERS

- Give thanks that this work has been highly appreciated by the communities and the local government
- Pray for the new project, 'Church and Disability', in Gorkha and Kaski Districts, that churches in these areas can be an example of the body of Christ accepting, embracing and celebrating people with disabilities in their churches and communities

#### FOR YOUR PRAYERS

- Give thanks that we have been able to complete and handover rebuilt houses and public buildings
- Pray for those staff members who will lose their jobs as the project phases out

#### FOR YOUR PRAYERS

- Pray that the workers trained can help bring real change in each community

#### FOR YOUR PRAYERS

- Give thanks for the good relationships with the local government
- Pray that INF and the team are equipped to respond efficiently to local disasters
- Pray for Thomas and the team to find a strategy that meets the needs of all parts of INF's work

# bible spotlight

## A Christian Response to Poverty

“Whoever oppresses the poor man insults his Maker, but he who is generous to the poor honours him.”  
Proverbs 14:31

“Whoever oppresses the poor man insults his Maker, but he who is generous to the poor honours him.” Proverbs 14:31

When Jesus began His ministry in the book of Luke, He starts with the proclamation of God’s Spirit being upon Him and of being appointed by God for a purpose of bringing God’s kingdom.

How is He going to do that? The answer is by proclaiming the good news to the poor. He uses words such as captives, blind, oppressed but the first word He mentions is poor.

We know the reason Jesus came into this world was to do the will of the Father and to honour Him [John 8:49b]. What a wonderful way to start His ministry, by proclaiming good news to the poor or being generous to the poor.

In the book of Proverbs, we learn that oppressing the poor is similar to insulting our Maker [Prov 22:2].

The original word in the Hebrew can also mean ‘doing wrong’ to the poor. Now the question is, how can we do wrong to the poor or can we even extend the question and ask what is not right in dealing with the poor? As a Christian we shouldn’t oppress the poor but the broader question to answer is: how can I wrong the poor? The answer: not considering the heart of Jesus for the poor and not making an effort to reach the poor with the love of our Lord.

The Bible clearly states that we need to have the mind of Christ and we are to be the imitators of Christ. We truly can have the mind of Christ when we imitate Him in our lives and what a beautiful start it would be if we started where Jesus started his ministry: having a heart for the poor.

As Christians, we are called to love the Lord and to love our neighbors.

We must understand that there are people in poverty living difficult lives and we, as His people, must honour Him by reaching out to them. We must be willing to love them as Jesus loved us all, offering hope in fullness of life. We are called to be agents of change to walk in partnership seeing lives transformed, in ways our Good Lord has promised to all who come to His care.

# funstuff

## ALU DUM

A Nepali potato salad that complements both dal bhat and western dishes.

Preparation time: 1 hr

Servings: 4

### INGREDIENTS:

7-8 medium potatoes  
2T oil, for frying potatoes  
1T oil, for frying spices  
pinch chilli powder  
1/2 t turmeric powder  
2 t salt  
4 onions, chopped  
2 green peppers, chopped  
1 t garlic, chopped  
1 t ginger, chopped  
4 cardamom pods  
4 whole cloves  
4 bay leaves, fresh or dried  
1/2 c chopped green onions  
1/2 c fresh coriander

### RECIPE:

Clean potatoes and boil in skins until soft.  
Let potatoes cool slightly. Take skins off and cut into 2 cm cubes.  
Mix with salt, turmeric and pinch of chilli powder [optional].  
Over medium heat fry potatoes in 2 tablespoons of oil until brown.  
Tip into large bowl.  
Heat 1 tablespoon of oil in frying pan and fry onions, green peppers, garlic, ginger, cardamom pods, whole cloves and bay leaves for about 5-6 minutes.  
Add chopped green onions for the last minute.  
Tip into large bowl with other ingredients, place coriander on top.  
Mix well by turning salad over carefully.

May be served warm or cold. It tastes good the next day too.

### SOURCE

MADE IN NEPAL, fifty international recipes in English and Nepali, published during the 50<sup>th</sup> anniversary of INF. Recipe contributed by Purna Laxmi.

### VISIT

The FUN STUFF page on our website to download the recipe and many other Nepali recipes as well as other fun stuff [www.inf.org/resources/fun-stuff](http://www.inf.org/resources/fun-stuff)



Life  
in all  
its  
Fullness

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Photo: James McLeod

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