

# today **in** nepal

The magazine of INF | Number 238 | September 2019

## Stronger together

Practising radical inclusion by empowering the rejected and ignored



## EDITORIAL

### Radical Inclusion

This issue of Today in Nepal focuses on INF's commitment to inclusive and empowering projects that radically advocate with and for those often kept at the margins of society. While the caste system in Nepal has been abolished there are many families previously considered 'low caste', in remote parts of Nepal, that are still treated with discrimination. INF has recently begun a new project called - Inclusive Development through Empowerment And Livelihood [IDEAL]. Working in both Bajura and Mugu in Nepal's far west, INF staff are partnering with communities at the margins by forming Self-Help Groups, which bring change from the grassroots up. Read about INF's work in this region on page 1.

### Grace abounds

INF's Gorkha Rehabilitation and Community Empowerment [GRACE] project, following the devastating earthquake of 2015, focused on including and empowering people with disabilities in Gorkha district, the epicentre of the quake. Now in its final stages an independent review has found that the project has had a transformative effect 'reach[ing] previously unreached sections of the community [to] serve poor, marginalised people living in the remotest of areas'. Read more on page 6.

### Healing and growing

The farm at Green Pastures Hospital continues to provide stable employment and housing for 11 families, supporting men and women who have recovered from serious illness. Puma's family is one of many who have benefitted greatly from INF's Initiative for Financial Sustainability. Read his story on page 10.

**Krishna Adhikari**

*Executive Director, INF Nepal*

# CONTENTS



- 1 Building an IDEAL life
- 3 Finding her voice
- 4 Walking into a new future
- 5 A new season
- 6 Experiencing Grace
- 8 What's happening around the world
- 10 Growing together
- 12 Sounds incredible
- 13 Critical vacancies
- 14 Partners in prayer
- 16 Bible spotlight
- 17 Fun stuff



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

### todayin nepal

© INF Nepal, Partnership and Communications Department 2019

#### Cover

INF gave **Hom Bahadur Gurung** an assistive device to help him walk and built him an accessible toilet. He makes a living selling ropes used for carrying baskets, in Gorkha district.  
**Photo:** Anil Rai



Khale with his family at his home **Photo:** Naradeep Oda

# Building an IDEAL life

INF's **Deepak KC**, Partnership Officer takes us into the mountainous regions of Mugu and Bajura in Western Nepal to see how INF's new Inclusive Development, Empowerment and Livelihood [IDEAL] project is transforming the lives of the country's most disadvantaged.

In the remote and mountainous village of Pipaldali in Bajura, in Nepal's far west there is a group of people who've been kept at the margins. Most families in the village were part of a lower caste referred to as 'Haliya', which literally means 'one who ploughs'. 'Haliya' were often caught in debt bondage. A loan taken out from their landlord or a moneylender saw family descendants forced to work off the repayments for generations. Rarely receiving wages, 'Haliya' survived sharing crops and old clothes. They barely earned enough to feed their families, let alone pay off their debts.

**Khale Lohar** is 63 years old and lives in Pipaldali with his family. He's married and has five daughters and a son. His brother, who has a disability, also lives with the family. The family was 'Haliya' until the Nepali government abolished the caste system in 2008 but life remains difficult. The family worked for their landlord washing, cleaning, collecting animal feed and firewood but the harsh and cold winter weather in Bajura took its toll. Khale's children

also worked for the landlord and were unable to go to school.

Despite being freed from debt bondage along with 20,000 other 'Haliyas', there are few alternatives for many families. Khale had no land and no savings. He has since built a small hut on public land and has picked up laboring work in the village but it's barely enough to support his family and he still can't afford to send his children to school.

Bajura sits at a high altitude and, despite several new roads, the district is largely inaccessible with limited infrastructure. The challenging landscape means much of the land is difficult to irrigate, prone to drought and natural disasters, and there is an ongoing food production deficit.

Despite this, agriculture provides a livelihood for more than 90% of the households in the district. Popular crops include rice, wheat, maize, millet and potato. Families also farm cattle, goats and

fowl. Many men also migrate to larger cities in Nepal and India in search of work to provide for their families.

Gender based violence and discrimination is still prevalent in Bajura making it difficult for women to actively participate in society. 'Chhaupadi' is still practiced whereby women are considered untouchable during the first five days of their menstrual cycle and must remain separate, often banished to a shed outside the family home.

It's here in Bajura, and nearby Mugu district, that INF has started a new project - Inclusive Development through Empowerment And Livelihood [IDEAL]. Bajura and Mugu share similar challenges both geographical and societal.

Villagers across both districts experience gender and caste based discrimination; a lack of employment opportunities and high seasonal migration to India; socio-economic exploitation; high infant and maternal mortality rates; low literacy; inadequate agricultural production and extreme climatic conditions.

When the INF team first visited Pipaldali village and spoke with community members the grief and heartache of daily life was evident. Residents wanted to work through these challenges but meeting their daily needs made it difficult to see a path through.

The IDEAL project seeks to improve the quality of life for people like Khale and his family. The project has three parts – to improve food security and income; to empower communities to take action; and to improve health across the



Caravan along the Karnali River, Bajura **Photo:** Rowan Butler

community. Through INF's successful Self-Help Group [SHG] model, changes are beginning to take place. There are already 90 SHGs in Bajura with more than 1,800 members. The majority of members are women enabling them to have a voice in the decision-making for their community. In total, more than 5,500 residents will benefit from the project.

INF has recruited local residents into Community Mobiliser roles who are vital in seeing the changes implemented and encouraging the SHGs in their work.

## Bajura backstory

INF Nepal first started working in Bajura in July 2013. It's initial five-year livelihood project finished in June 2018 in Bajura's Kartikswami Rural Municipality. The villages involved have seen life-changing improvements in their communities' health, sanitation and nutrition. The IDEAL project builds on INF's commitment to this remote region of Nepal, bringing life in all its fullness to families such as Khale's.

### **PRAY | DONATE | JOIN US | SHARE**

Please pray with us for the Self-Help Groups across Bajura and Mugu who are working from the ground up to find life in all its fullness through new employment opportunities and better health access in this geographically challenging part of Nepal.



Kolti valley, Bajura **Photo:** Rowan Butler

# Finding her voice

Since joining an INF Self-Help Group Basanti's entire life has transformed in ways she never thought possible. Today she is helping to transform her entire community.

MEENA MAHATO AND SHARON JOSHUA REPORT

**Basanti Kori** had no voice. She had no avenue to speak up for herself or her children. She was powerless and marginalised.

Basanti lives in Bangaai village on the flat Terai belt of Nepal in Kapilvastu district. She lives with 20 other family members, who are all from the Dalit [low caste] community. The family lives in poverty and has always experienced discrimination because of their social standing. Basanti knows this is worse for the women and girls in the family.

"I used to feel that being born as a daughter in a Dalit community is my fate and I have no other choice than to live the way it is 'without a voice and without any expression'." None of the children in the family went to school and education around sanitation and cleanliness was limited. As a result the community often suffered from illnesses including dysentery and cholera.

Basanti decided to join a Self-Help Group when INF began working in her municipality of Kapilvastu in 2013 but even then, higher caste members of the village questioned why she was trying to have a voice, trying

to be equal. Motivated and encouraged by other group members as well as INF staff she remained in the group and began learning about health and sanitation, education and issues around child marriage. Soon Basanti and other Dalit members of the group felt confident to start sending their children to school.

"Through the SHG savings fund I started to rear goats and from that income I started a small tailoring business so I could earn my own income and financially support my family."

The transformation in Basanti's life has continued over the years since she first joined the group. She decided to stand for local government on behalf of the Dalit community and was elected. She now has a voice to speak up for the oppressed and marginalised. She has also joined the local school's management committee and advocates for better access to education for low caste children, particularly girls.

"Now I get respect from people in the community and they want me to speak up about development in our village. I feel proud and privileged to take on this responsibility."

She has also coordinated a three month tailoring program for Dalit women, and joined the local school's management committee to advocate for better access to education for low caste children, particularly girls.

Basanti's story is one of many extraordinary examples of how INF is helping empower those on the margins to find their voice and transform their own communities.

**WATCH BASANTI'S STORY:  
POVERTY IS NOT INEVITABLE**  
<https://youtu.be/E8PY16Gefr8>

# Walking into a new future

An accidental burn as a toddler has had lifelong repercussions for **Abina Rimal**. Finally, after a referral to Green Pastures Hospital she has received much-needed treatment allowing her to walk into a more hopeful future.

**DINESH RAJ PATHAK, PARTNERSHIP OFFICER, REPORTS**

Ten-year-old Abina is from Tanahun District to the east of Pokhara. Her family is dependent on farming and she is currently studying at school. When she was only eighteen months old a candle accidentally set fire to her bed sheets, leaving her badly burnt along the left side of her body.

Abina's parents immediately took her to hospital where she received temporary care but the wounds didn't heal well and she was moved between several hospitals before finally having surgery. Several years later at age four her wound became badly infected again and Abina was back in hospital. Unable to treat her, doctors suggested Abina go to Green Pastures Hospital [GPH] due to the seriousness of her situation.

As she awkwardly walked into the hospital, GPH staff soon realised the post burn contracture on Abina's left knee also had a discharging sinus wound. The contracture was so severe Abina could only extend her knee 90 degrees, which had been making it incredibly difficult for her to walk. She also had bad scarring across her ankle joints, toes and bottom.

After careful examination and conversations with Abina's mother, hospital staff performed a burn contracture release. She began recovering and after several physiotherapy sessions was able to walk again. Abina continues to receive follow-up treatment at the hospital and is back at school. Her mother feels a renewed sense of hope for her daughter's future and is thankful for the caring and specialised work of the GPH staff.



**PRAY | DONATE | JOIN US | SHARE**

Please pray for Abina as she continues to recover and learns to walk again. Thank you for the care and treatment available at Green Pastures Hospital in Pokhara.

*\*Abina's name has been changed to protect her identity.*

# A new season

*“An immense privilege, with plenty of challenge.”*

This is how **Chris Drew** describes his role as INF’s International Country Director over the past four-and-a-half years. Chris, Debbie and their four children have recently packed up their life in Kathmandu and headed to the UK for a new season.

“It’s been encouraging seeing INF Nepal grow, take on more responsibility and develop an exciting vision for the future,” says Chris. “As a family, we’ve loved living in such a beautiful and vibrant country, as well as having the opportunity to make good friendships.”

During Chris’ time in the role there have been substantial and unexpected events including the devastating earthquake of 2015 and significant challenges in government liaison. “These caused a lot of additional stress to people’s lives,” reflects Chris. “My advice to Phil Morris [the new Country Director] would be to rely on God, and be prepared to be both patient and courageous.”

Despite the challenges Chris says he’s seen God consistently bring along the right people to keep the work going. “The Morris family and Krishna Adhikari are examples of that – we should be encouraged that God has plans for INF’s future.”

Debbie has spent much of her time assisting in the governance of KISC, the international school founded by INF and UMN. More recently she’s also provided leadership and management development and support to INF Nepal. She describes both of these roles as a real privilege. Change is often hard and so it was with sadness that Chris and Debbie’s children said farewell to their close friends. They have loved living in Nepal and attending KISC.

## **PRAY | DONATE | JOIN US | SHARE**

Please pray for Chris, Debbie and their children Rebekah, Sam, Tabea and Josh as they establish a new life in Leeds and settle into a house, school and new jobs. We also pray for Phil Morris, who took over from Chris in July, and his family as they settle into their new life in Kathmandu.

Written by **Alex Barwick**, INF Australia



From l to r: Chris, Rebekah [16], Josh [8], Sam [14], Tabea [10] and Debbie

# Experiencing *Grace*

On 25 April 2015 the mountains and valleys of landlocked Nepal heaved and jolted like a thunderstorm at sea. Within moments, the 7.8 magnitude quake had flattened homes, buried entire villages, and left thousands dead and injured. Aftershocks carried the damage and terror well beyond that initial devastation.

**BEN THURLEY, INF AUSTRALIA CEO, REPORTS**

In Gorkha district alone [the earthquake's epicentre] 450 people were killed, almost a thousand injured, while more than 65,000 homes were destroyed and another 63,000 severely damaged. INF quickly established the Gorkha Rehabilitation and Community Empowerment [GRACE] project in response.

Nearing the end of its implementation phase, GRACE has been an innovative mix of short-term disaster relief, medium-term reconstruction [of homes, schools and public facilities] and long-term community empowerment and transformation. INF mobilised, along with local churches and organisations, to ensure that treatment, medical referral and home-based therapy, as well as counselling was accessible to earthquake-affected people in some of the hardest-to-reach parts of Gorkha district.

An independent review found that the project has been having a transformative affect, "reach[ing] previously unreached sections of the community [to] serve poor, marginalised people living in the remotest of areas."



Mitra's new accessible home

One of GRACE's most significant achievements, though, has been the inclusion and empowerment of people with disabilities.

Before the earthquake, 38-year-old **Mitra Bahadur Nepal** had suffered a spinal cord injury from a fall. As a result he struggled to provide for his family of four. The earthquake devastated them further. Their home was completely destroyed and they were forced to live in a simple shack made of tin sheets. Mitra could not move far from the home and soon sank into depression.

INF worked with Mitra and his family to rebuild their home, providing funds and technical assistance for design and construction. Their new home is wheelchair-accessible.







Juth who suffered a spinal cord injury during the 2015 earthquake in front of his newly rebuilt house by INF **Photo:** Prem Bahadur GC

The family also received support to stock goats and chickens to improve their income. Since the completion of the house, Mitra has found his confidence restored, and is able to access his toilet, garden and to prepare meals for his family in the reconstructed kitchen. Mitra's home is one of 105 homes, serving people with disability, that INF has helped rebuild to be earthquake-resilient and disability-accessible.

The kind of change Mitra experienced has been repeated thousands of times through the GRACE project, as people with disabilities have received support to rebuild homes, or start new businesses such as 'tunnel farming' or beekeeping, or assistance in accessing government benefits for the first time.

The transformation, though, has not simply been for individuals. By raising awareness and advocating for, and with, people with disabilities, INF has helped to transform attitudes towards disability across entire

communities. Previously shamed and stigmatised, people with disabilities ran at recent local elections, are establishing new businesses and are taking new positions of leadership within Nepal where once they might have been scorned or ignored.

*“One of GRACE’s most significant achievements, though, has been the inclusion and empowerment of people with disabilities.”*

Empowerment for people with disabilities. Transformation of heart and mind for those not living with a disability. An experience of grace for all.

#### **WATCH**

Watch the new video about INF's GRACE project  
<https://youtu.be/DZ6Vsf5ou2M>



#### **PRAY | DONATE | JOIN US | SHARE**

We are thankful for the lasting effect of INF's work with people with disabilities and their communities as INF's GRACE project finishes up in Gorkha District.

# What's happening

BE ENCOURAGED TO PRAY | DONATE | JOIN US | SHARE

## INF AUSTRALIA

### RETURN TO NEPAL

Supported by INF Australia, **Phil and Elle Morris**, along with **Evie, Isaac and Jude**, arrived in Kathmandu in July. Phil, the former CEO of INF Australia, has taken up the role of INF International Nepal Country Director. In his new role Phil will ensure good relationships continue with the Government of Nepal, support INF's team of expatriate technical advisors, manage INF's Kathmandu office and support the leadership of INF Nepal. You can sign up to receive news and prayer updates from Phil and Elle via e-mailing: [philip.morris@inf.org](mailto:philip.morris@inf.org).



### CALLED CONFERENCE

In April and May, INF Australia held its annual conference in both Alice Springs and Sydney themed "Called: Being God's People in God's World." Both gatherings were blessed to have Nepali church and community development leaders Ramesh and Prema share with them as they explored the church's calling to love and serve. Participants also enjoyed plenty of delicious Nepali food and some beautiful live music!

### SURRENDER

INF Australia joined the Surrender conference in Melbourne in March. They were thankful to have some amazing Nepali volunteers from Sydney and Melbourne help them serve hundreds of momos and mango lassies to conference attendees. It was a great opportunity to connect with people and share INF's story.



## INF UK

### INF UK DAY CONFERENCE

More than 100 people gathered in Birmingham in June to hear from INF colleagues and partners in Nepal. There were interesting presentations via Skype from **Krishna Adhikari** [INF Nepal Executive Director], **Dr Ruth Russell** [Palliative Care Specialist], and **Raju Adhikari** [from our partners at Asal Chhimekee Nepal].

### Dr Shirley

**Heywood** was able to be with us and talked about the Fistula Centre in Surkhet. The day also provided a great opportunity for old friends and colleagues to catch up with one another.



## INF NEPAL

### PARTNERSHIP CONFERENCE

INF Nepal is organising its first Partnership Conference in Pokhara from 20-22 November 2019. If you are, or want to become, a partner organisation of INF Nepal, we would like to welcome you to join us. Let's come together to share, learn from each other and develop our future partnership **to serve** the most disadvantaged people of Nepal. Walking together!

### PASS IT ON

According to recent surveys, two or three people read each copy of a contemporary 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)

todayinnep



PASS IT ON!

# around the world...

## INF NEW ZEALAND

### FELLOWSHIP WITH YOUNG PEOPLE

Sean, INF New Zealand's Director, recently attended the Tertiary Student Christian Fellowship annual week-long summit involving around 120 university students from across the country. It was a great opportunity to engage with students about Nepal, INF's work and ways to get involved. As part of the summit they held a 'missions night' where representatives from each organisation shared their work with groups of students.



### VISION TRIP PLANNED

INF New Zealand along with the TSCF are bringing a team of university students to Nepal at the end of November for two weeks. The trip will include an opportunity to see INF projects first-hand, enabling young people from New Zealand to see how the organisation is meeting the spiritual and physical needs of some of Nepal's most marginalised.



### PLEASE NOTE

Letters and emails are most welcome and should be addressed to TiN, e Editor, INF, PO Box 5, Pohkara, 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.

### INSPIRED OR ENCOURAGED?

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 go to our website to see how you could support us through praying, donating, serving with us, or sharing our stories!

## the GRACE

In Gorkha district alone [the earthquake's epicentre] 450 people were killed, almost a thousand injured, while more than 65,000 homes were destroyed and another 63,000 severely damaged. INF quickly established the Gorkha Rehabilitation and Community Empowerment [GRACE] project in response.

We have made a video encompassing the work of INF through the GRACE project.

### FRAME BY FRAME



### WATCH

<https://youtu.be/DZ6Vsf5ou2M>

# GROWING TOGETHER

INF's Initiative for Financial Sustainability has provided a stable home and income for **Purna** and his family after he was cured of leprosy at Green Pastures Hospital.

## DEEPENDRA PAHARI, IIFS MANAGER, FOLLOWS HIS JOURNEY

A church pastor in Salyan district, western Nepal, suggested Purna go to an INF clinic nearby. He knew something wasn't right. When the doctor found a strange dot on Purna's back during the check-up, he asked Purna to stay for follow-up treatment.

Soon after, Purna was diagnosed with leprosy. Treatment went well and he was physically very fit but unfortunately he lost the fingers on his right hand.

After Purna married he felt the weight of responsibility to provide for both his wife and his widowed mother and so he travelled to India for work. Several years later Purna noticed more unusual symptoms on his right leg. He went to the local hospital in India and was again diagnosed with leprosy. Without enough money he knew he couldn't afford treatment in India and so travelled

back home to Nepal. Purna's wife took him to INF's Green Pastures Hospital in Pokhara. There he received proper care and treatment for leprosy and was completely cured of the disease.

Once he'd recovered Purna joined INF's Initiative for Financial Sustainability [IIFS], working alongside his wife growing vegetables on INF's farm. As Purna grew in experience he took over as supervisor on this section of the farm. The work has given him purpose, dignity and a good source of income. The whole family now live in a house provided by INF on the farm and their two children attend the nearby school.

Since starting at INF Purna has taken field trips to other farms and attended training in the use of modern technology in vegetable farming. IIFS has not only supported Purna after his treatment but it's equipped him with lifelong agricultural skills. Purna believes his children now have a better future.



Buffalo produce milk to be sold



Laying chickens



IIFS also operates a café



Organic produce for GPH patients and to sale to the community



Purna with his family **Photo:** IIFS team

He and the team working at the farm have seen substantial growth in vegetable production over the past 12 months. These vegetables supply the hospital canteen where patients with leprosy or disabilities directly benefit.

There are 11 families, almost 50 people in total, who live in the farmhouses and tend to the livestock and vegetables.

**PRAY | DONATE | JOIN US | SHARE**

We are thankful that INF's IIFS is providing life in all its fullness for so many families, and that the food produced is providing healthy, nutritious produce for the hospital canteen - benefitting staff and patients alike.



Okra farming



Canteen inside GPH



Cauliflower



IIFS also produces handicrafts

# Sounds incredible

**Samrat Sunar** found it difficult to listen and join in on family activities. An ongoing ear infection meant he was often in pain and couldn't hear properly. Fortunately an INF outreach ear camp means Samrat's future is sounding brighter.

**NIRUPAMA POKHREL, PARTNERSHIP OFFICER, REPORTS**

Samrat grew up in the hills of Rolpa district, in midwest Nepal. At birth he had an infection in his left ear affecting his hearing. The cause of the infection was unknown and his family didn't know how to help him. Despite getting medical advice he continued to have ongoing pain in his ear.

An INF outreach ear camp in Rolpa meant Samrat's family could bring him to be assessed by the medical team. The doctors confirmed he needed surgery, a 'permeatal myringoplasty', to restore his hearing. He was the youngest patient to have surgery at the camp. The surgery went

well and after Samrat regained consciousness he began singing – to the surprise and delight of the INF camp staff.

A year on Samrat is enjoying being at school and has had no problems with his hearing since the surgery. His parents are pleased to see him doing well in his studies and are thankful he is no longer in pain.

With his hearing restored Samrat now enjoys being part of everyday activities with his friends and family. Samrat can now reach his full potential.



## **PRAY | DONATE | JOIN US | SHARE**

We are thankful for Samrat's restored hearing and for the outreach ear camp team that travelled to Rolpa district. Thank you for INF's ongoing outreach camps that bring much needed medical treatment to often remote places across Nepal.

Samrat enjoys talking over a phone few days after the operation

# 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 and middle school teachers to work in our small study centre in Pokhara. We have an urgent need for teachers for the 2019/20 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.

## 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 physiotherapist to help support the expansion of its rehabilitation work.

## EAR SURGEON



Green Pastures Hospital is looking for an ear surgeon to take the pioneering work of the Ear Centre forward as it provides a much-needed service to the west of Nepal.

## 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.

## FUNDRAISER/DONOR RELATIONS SPECIALIST

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

## 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 are a Christian interested in working in an exciting, international, cross-cultural mission then email [recruitment@inf.org](mailto:recruitment@inf.org)



# 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 PrayerNotes.





From l to r: Dipak, Manju, Thomas, Krishna and Stephen **Photo** Alan Barker

This edition features INF's Senior Management Team. The Senior Management Team [SMT] has been formed following a restructure of the organisation. It is the most senior leadership team within INF Nepal following the INF Nepal Board.

The newly SMT comprises four key areas; Medical Services Director [**Dr Dipak Maharjan**], Community Programs Director, Finance Director [**Manju Thapa**], Partnership and Communications Director [**Thomas Meier**] plus the Executive Director [**Krishna Adhikari**]. In addition, **Stephen Brown** is currently supporting the changes in INF's community work and contributing his experience in organisational change to the overall process.

A new season is beginning for INF. One that brings everyone together from across all areas of its work, to work collaboratively together. Through the new structure, INF Nepal hopes to better achieve its vision of life in all its fullness. Please pray for all staff to have passion and compassion as they serve the poor and disadvantaged. INF Nepal has an optimistic mindset towards the future and a deep commitment to its vision.

**LIFE IN ALL ITS FULLNESS  
FOR NEPAL'S POOR AND  
DISADVANTAGED PEOPLE  
AND COMMUNITIES**



### **PRAY FOR INF'S LEADERS**

- We thank God for the new leadership team who will guide INF in its vision to bring life in all its fullness for Nepal's poor and disadvantaged people and communities together with INF staff and partners.
- Please pray for passion, for conviction and dedication to their responsibilities as changes continue to be implemented.
- Pray for encouragement in their decision-making and leadership as they guide INF Nepal into the future.
- Please give them vision, wisdom and strength to administer their duties in a manner that is pleasing in God's sight.
- INF Nepal is in the process of recruiting a community director. Please pray that the recruitment process goes smoothly and a new community director is appointed.

# Radical inclusion

bible  
spotlight

STEVE BARNETT, INF AUSTRALIA

You don't have to look too closely to see that societies have always been fractured. That's definitely true of New Testament times. Roman citizens of good social standing enjoyed prestige and prosperity, while countless slaves [captured through military conquest] were commodities to be bought, mistreated and sold. In Palestine, Jews avoided contact with Gentiles, who they considered ignorant, unclean, sinful and God-forsaken.

The Gospels abound with stories of Jesus showing absolute disdain for these cultural norms. He dined with “tax collectors and sinners”, touched lepers and visited [and healed] members of Roman households. Even more shocking was the way he radically subverted conventional attitudes to towards women – he initiated a conversation with an un-chaperoned Samaritan woman, praised a “Canaanite” for her faith and then had the audacity to forgive, heal and restore them!

Paul's ministry to the Gentiles was powered by his conviction that “There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus” [Galatians 3:28]. As he says in Ephesians 2:15-16, “[Jesus’] purpose was to create in himself one new humanity out of the two, thus making peace, and in one body to reconcile both of them to God through the cross, by which he put to death their hostility.”

*He dined with “tax collectors and sinners”, touched lepers and healed members of Roman households*

INF seeks to embody Jesus' radical inclusiveness among some of Nepal's most marginalised communities. On a recent visit to Green Pastures Hospital in Pokhara I was deeply moved to see medical staff treated leprosy patients with grace and dignity. They went out of their way to make physical contact with people who have grown accustomed to being shunned, and prayed with them for courage and healing.

While visiting communities in remote districts like Jumla and Rolpa, I was able to see first-hand the way women are being empowered to address deeply entrenched inequality. Self-Help Groups provide Dalit [low caste] communities with tools to identify and address local problems and access resources from their local government. People with disabilities are sought out, listened to and included in decision-making.

How can we embody Jesus' radical inclusiveness in our own lives? In what ways can our faith communicate the power of the Gospel by breaking down barriers and reaching out to people shunned by our culture?

# Nepali fried chicken

On special occasions fried chicken often accompanies dal bhat [boiled rice] and tarkari [vegetables curry].

## INGREDIENTS

|              |  |
|--------------|--|
| 2 tablespoon | oil                                      |
| 4            | large onions, chopped                    |
| 1 teaspoon   | cumin powder*                            |
| 2 teaspoon   | coriander powder*                        |
| pinch        | chili powder                             |
| 1 tablespoon | fresh ginger, crushed to a paste         |
| 1 tablespoon | garlic, crushed to a paste               |
| ½ teaspoon   | turmeric                                 |
| ½ teaspoon   | pepper                                   |
| 1 teaspoon   | salt                                     |
| 1 kg         | chicken, chopped into egg-sized pieces** |
| 3            | bay leaves                               |
| 4            | whole cloves                             |
| 3            | cardamom pods, crushed open              |
| ½ cup        | fresh coriander, chopped                 |

## PREPARATION TIME

45-60 min

## SERVINGS

4-5



- In a heavy-bottomed pan or pot, heat oil until very hot.
- Fry chopped onion until well browned.
- Add cumin, coriander, chili powder, ginger, garlic, turmeric, pepper and salt to onions and stir for a minute.
- Add chicken pieces. Stir to coat with spices and fry on high heat for 10–15 minutes, stirring regularly.
- Reduce heat and continue cooking slowly until chicken is tender [another 10–20 minutes].
- Add bay leaves, whole cloves, crushed cardamom pods and fresh coriander.
- Stir for a minute or two, then keep warm until ready to serve.

## \*INFORMATION

In Nepal, a premixed masala of cumin and coriander powders is available in the bazaar, so in this recipe, 3 teaspoons of cumin-coriander masala would be used.

## \*\*EXPLANATION

The small splinters of chicken bone produced by vigorous chopping, are an integral part of authentic chicken dal bhat!

Bay leaves may be used, fresh or dried or if not available 2 ½ cm cinnamon stick may be used instead.

## VISIT

Visit the FUN STUFF page on our website for other activities and recipes:  
[www.inf.org/resources/fun-stuff](http://www.inf.org/resources/fun-stuff)



## Do you like what you've read in this magazine?

If so please consider giving to support INF. Our work is dependent on the generosity of people like you. Your financial gift enables us to bring life in all its fullness to Nepal's most disadvantaged.

Contact your local office for details or give via [www.inf.org/donate](http://www.inf.org/donate)

INF's GRACE project helped rebuild five schools affected by the 2015 earthquakes. They included live-in hostels for children with disabilities from remote areas, so that they can receive an education **Photo: Anil Rai**

## INF offices

### NEPAL

PO Box 5, Pokhara, Nepal  
T +977 [0]61 520111  
F +977 [0]61 520430  
info@nepal.inf.org

### INTERNATIONAL

PO Box 1230,  
Kathmandu, Nepal  
T +977 [0]1 552 1183  
+977 [0]1 553 9850  
+977 [0]1 554 1063  
info@nco.inf.org

### USA

PO Box 27947, Omaha,  
NE 68127, USA  
info@us.inf.org

### CANADA

PO Box 91112,  
Royal Oak R.P.O.,  
Calgary, AB T3G 5W6,  
Canada  
info@ca.inf.org

### AUSTRALIA

PO Box 5400,  
West Chatswood  
NSW 1515, Australia  
T +61 [0]2 9411 1195  
ausoffice@au.inf.org

### NEW ZEALAND

PO Box 91731,  
Victoria Street West,  
Auckland 1142,  
New Zealand  
T +64 0272 203931  
director@nz.inf.org

### UK

24 Weoley Park Road  
Selly Oak  
Birmingham  
B29 6QX  
T +44 [0]121 472 2425  
enquiries@inf.org.uk