

# JOURNEY WITH JUMLA

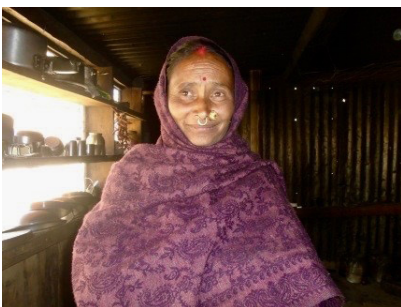
STARTING THE JOURNEY

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Go to [WWW.INF.ORG/JOURNEY-WITH-JUMLA](http://WWW.INF.ORG/JOURNEY-WITH-JUMLA) for videos, photo galleries, stories, and more.

**Journey with Jumla connects Australians with communities in Jumla, Nepal, as they work with INF towards 'life in all its fullness'.**

**By supporting the people of Kanakasundari in prayer and finance [\$25 per month], you will also take your own learning journey, joining us for an inside view of community development.**



Jadeni never went to school, but thanks to her experience in an INF self-help group, she has been elected to represent her community in local government.

International Nepal Fellowship is starting new work among the communities of **Kanakasundari Rural Municipality** in remote Jumla district.

In Kanakasundari, most families don't know from month to month whether they will have enough nutritious food – leading to poor health, times of hunger, and the stunted growth of children. This food insecurity forces families apart, as people have to travel to other parts of Nepal or even India in search of work. Many people in Kanakasundari also lack access to safe drinking water, and the villages – scattered throughout steep, terraced hills and valleys – are vulnerable to natural disasters and the impacts of climate change.

Recognising the pressing needs of Kanakasundari, and at the request of local government, INF has committed to work with these communities for long-term change.

INF has a strong history of working for transformation among poor and disadvantaged communities in Jumla. In other communities in this poor and remote district, we have worked to bring people together into self-help groups, empowering and equipping members to address challenges they face. Through this process, family livelihoods and incomes improve, people with disabilities are included and cared for, local authorities are made more accountable, and women are empowered.

Take **Jadeni**, for example. She grew up in a very poor family and never went to school. She also grew up in a community where women did not have a say in village affairs. But after joining an INF self-help group, Jadeni has become an elected local leader. Through the self-help group, Jadeni received leadership training and gained the trust of her village. Emboldened, she ran in the local elections and won.

*"I am now part of planning for the village, raising the voice of women," she says. "I am an illiterate person, but with the help of INF I have managed to reach this pinnacle in my life."*



# KANAKASUNDARI RURAL MUNICIPALITY



## JUMLA DISTRICT



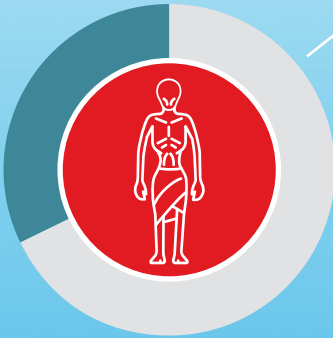
### ABOUT KANAKASUNDARI RURAL MUNICIPALITY

**Population:** 13,200

**Religions:** Hinduism, Buddhism and Christianity

**Elevation:** 2400-3000m

68%



68% OF THE  
POPULATION HAVE  
ENOUGH FOOD  
FOR LESS THAN SIX  
MONTHS OF EACH  
YEAR

98%



98% OF  
HOUSEHOLDS  
RELY ON  
SEASONAL  
MIGRATION FOR  
INCOME

9%



ALMOST 9% OF  
PEOPLE HAVE  
A DISABILITY  
[COMPARED TO  
THE NATIONAL  
RATE OF 2%]

50%



MORE THAN  
HALF OF ALL  
HOUSEHOLDS  
LACK SAFE  
DRINKING  
WATER

### WHAT WE AIM TO ACHIEVE IN KANAKASUNDARI BY 2023

- Help more than 1,500 people lift themselves above the extreme poverty line [living on less than USD 1.90 per day]
- Increase the number of households with adequate annual food consumption from 9% to 30%
- Halve the number of deaths of mothers, newborns and children under the age of five
- Ensure that more than 50% of children with disabilities attend school [from 10% currently]
- Double the number of people using safe, clean drinking water.







# FAMILIES IN JUMLA

## reflections and resources for families & children

Below is a traditional game played by children in Kanakasundari. Take time to read about and play the game, and use the questions below to stimulate discussion, reflection and prayer as a family.

- What games do you play together as a family?
- List the main games or play activities of children in your family or community. What equipment or resources are needed to take part in these activities? What about the games of children in Kanakasundari? How do they compare?
- Why do you think games and being able to play are important for children everywhere?
- What are your hopes and dreams for your future? How about for your family and community? What hopes do you have for the future of children in Kanakasundari?

Pray for the children and families of Kanakasundari.

### GITTI BALL गिट्टी बल

The game is played by two teams and uses seven stones and one ball. The stones are stacked to form a small tower. Then, from a distance, players line up and a player from each team takes turns to throw the ball at the stack. If a player topples at least one stone, his/her team becomes the 'runners', and the opposite team are the 'chasers'. Runners attempt to re-stack the stones and also avoid being hit by the ball. Chasers are allowed to throw the ball at runners. If a runner is hit below the knee, he/she is out of the game. Runners win by re-stacking the seven stones, while chasers win if they are able to get all the runners out by hitting them with the ball.



**Will you join us to Journey  
with Jumla over the next  
three years, in prayer and  
finance [\$25 per month]?**

**In addition to this quarterly  
newsletter, all Journey with Jumla  
supporters will receive regular online  
updates, as well as interactive and  
other experiential events, bringing  
you the inside story of community  
development work.**

**Become a monthly supporter, or  
share this resource with a friend.**

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WITH-JUMLA**

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**INTERNATIONAL  
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FELLOWSHIP**

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

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