Your Gifts and God’s Call Sent Jonah on a Mission!

Jonah Woira has a passion for growing organic, sustainable food, and developing people! FARM STEW hired him as a trainer thanks to your generous gifts. We quickly realized his skills as an Agronomist needed to be shared, so we made him FARM STEW Uganda’s Agricultural Leader, bought him a motorcycle, and mobilized him to share with all our FARM STEW training teams. We even sent him to Rwanda for a partnership planned for 2020!

“It has been an exciting, challenging, and learning experience for me in that it has opened my mind to the people’s potential and willingness to learn, practice, and help their communities. Many locals are adopting the farming skills. They also ask for Bible studies because we give freely. The love, joy, and humility we show intrigues them.”

Thank you, beloved donor, for sowing vegetable seeds and also seed from the word of God. Let us pray that all the seeds germinate and grow!

“**They have the best vegetables I have seen this year.” - Jonah Amazing considering it’s a 2-mile walk to get water!**

Farmers of Kalungami Village face challenges. Their community water pump broke two years ago, yet the FARM STEW Farmer Field School members diligently water their vegetable seedlings. Jonah taught them micro-irrigation techniques using discarded plastic bottles upside down.

Is it worth all the hard work? Saidha (left) thinks so. She is a FARM STEW volunteer and chair of the village water committee. She’s thrilled with her pepper plants, grown from donated Baker Creek Seeds!

The members strongly testify of the income they are earning from their gardens. Won’t it be amazing to see what they can grow once their pump is fixed? Kalungami Village is one of the first six communities for whom your gifts designated to water will soon provide “Freedom From Disease and Drudgery”!
Opening Heart & Home
by “Mama” Betty Musiro, FARM STEW
Uganda’s Deputy Country Director

“I got a call from an evangelist asking if I could help. I asked “What?” He explained that he had met a desperate mother, Barbara, with a little boy named Yunusu. The child was 2 years old but only weighed 4 kg (8.8 pounds) and was being admitted to the children’s hospital in Jinja. Sadly, Barbara had never gone to school and is HIV positive. She didn’t know what to do.

“I prayed to God to give me strength and went to visit them. A week later after little progress, they were discharged but had no home where to go. I decided to accommodate them in my home. I introduced them to soya milk porridge and as I am writing Yunusu has started growing and he is weighing 8 Kilograms now and is a happy boy. Thanks to FARM STEW which equipped me with nutritional skills.”

Betty was recently appointed to the District Nutrition Coordination Committee in Jinja, Uganda after local officials have taken notice of the power of FARM STEW. She’s a mother of three grown daughters who help her care for the eight orphan children she already has living in her home. Their huge FARM STEW garden helps to feed them all.

FARM STEW Trainers Have the Answers
by Dawna Sawatzky, MPH, RN, FARM STEW Intl.
Board Member and volunteer Health Educator for 50+ years.

Last fall I joined Joy on a trip to Africa as a FARM STEW board member and curriculum writer needing to become more acquainted with the program. What an amazing and interesting trip it was! Uganda is a beautiful, sub-tropical, fertile country with an abundance of curious children. I was most impressed by the quality of our FARM STEW trainers. Many suffered from poverty, abuse, and neglect in childhood, but each of them has risen above the pain to become sympathetic, tenderhearted and truly caring for the needy.

Each team member was well informed, competent, and totally dedicated to the philosophy of FARM STEW. I was particularly impressed with an ever-smiling “Auntie” Betty. Her early years of life were rough and as a result, she is shy and quiet, but underneath she is a dynamo health educator. She is also humble.

We spent a good 8+ hours in a hot, overloaded car where she and Phionah, another trainer, were jammed in one back seat, yes one seat for two people, buried beneath excessive luggage. It was a trying, uncomfortable situation but there were only smiles from them, never a peep of complaint.

When teaching she sincerely and earnestly addressed the needs of the people reassuring them over and over that FARM STEW has answers for their hunger, sickness, poor relationships and lack of money. Her kindness and love poured forth as she patiently taught simple, practical, yet critical life lessons. These were common qualities among the trainers.
You made FARM STEW's “Mission Possible” in South Sudan! In 2019 in 10 villages, our trainers conducted 348 trainings involving 19,503 participants in hands-on, skill-building for abundant life. This intensive effort is reaping great rewards in the land torn by war. Yet the call to reach the nation rang loudly in our ears. So, in October, I joined our trainers to begin spreading FARM STEW to church leaders across the country through a 4-day intensive training of trainers (TOT).

We had a very special visitor! Alistair Short of the U.N.’s Food and Agricultural Organization who later wrote: “In the short time I have known FARM STEW I have been greatly inspired and encouraged after attending part of a TOT training they conducted and then hearing their lead trainer present...The FARM STEW approach provides a very practical and grounded way for our partners to learn and, we hope, implement in their own areas of operation. I would very much like to endorse and support FARM STEW’s work.”

We had 62 graduates, FARM STEW Planters, who each went home with our newly published FARM STEW Basic Curriculum manual and flip chart, 10 kg of non-GMO soybean seed, and ten packets of organic vegetable seeds donated by Baker Creek. We are so grateful to our donors who made our effort possible. Our prayer is that we will have “Freedom to Grow” our South Sudan teams to further equip them in 2020!

You Are Reaching South Sudan by Training Church Leaders
by Joy Kauffman, MPH

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YOUR IMPACT

FARM STEW’S IMPACT IS GROWING!
The FARM STEW teams have collectively led 2,500 full-day, hands-on training events averaging 6 1/2 hours and 31 participants. Over 80,000 participants, 70% of whom are women, have participated in a full-day, hands-on FARM STEW training, each learning and experiencing the FARM STEW recipe for abundant life. FARM STEW has now spread to many parts of Uganda, Zimbabwe, and South Sudan. In 2020 we plan to launch in Rwanda and are exploring other counties as well.

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You are now providing even more people “Freedom from Shame”!

FARM STEW’s “Freedom from Shame” effort is designed to help girls stay in school, and it is working! Thousands of testimonies from students and teachers alike attest to its success. Thanks to your generosity, over the last three years, we’ve shared washable, cloth AFRIPads Hygiene Kits and panties for 6,100 girls!

This past year we added an exciting element inspired by a simple question. Why not reach two vulnerable populations instead of one?

There seem to be so many deaf people in Uganda. I wondered why until I learned that the medicine given to those sick with malaria could cause it, even for a baby in the womb. Our trainers interacted with a large Christian deaf group in Jinja, Uganda, who did not have jobs. When we hired Juliette, one of the deaf women, as a FARM STEW trainer it sparked hope in them all.

At the same time, we were buying low-quality underwear from China and the girls had no place to keep their private supplies clean, dry, and secure.

That hope and the necessity for better quality and privacy became the mother of inspiration. We transformed YOUR generous gifts into five sewing machines, fabric, and a newly rented space for FARM STEW’s Sewing Enterprise, led by the deaf. We hired a local church member who is an expert seamstress to train them and worked diligently to source the fabric needed.

The Sewing Enterprise is enabling them to acquire valuable skills and improve their livelihoods. They are in full production mode now, preparing for the 5,000 girls we hope to reach with your “Freedom From Shame” support in 2020!!

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Those who look to Him are radiant; their faces are never covered with shame.” Psalm 34:5

Your gifts can be sent to: P.O. Box 291 • Princeton, IL 61356
or give online at: www.farmstew.org

“The recipe’s secret ingredient, LOVE!”

One of the latest discoveries from the “Blue Zones” is that the top two predictors of a long life are close relationships and social integration. A researcher noted, “Friendships create a biological force field against disease and decline.”

Volunteerism has an even more significant effect, as discovered by many of the FARM STEW Volunteers in Africa and in the FARM STEW Crews and Board of Directors in the USA who come together to support the work.

Giving also has significant health benefits. Science is now proving that Jesus was right; “it is better to give than receive.” Thank you for testing this.

Real friendships take work, volunteering takes time, and giving is a sacrifice, but the rewards of each are great! These are all acts of love, FARM STEW’s secret ingredient in the recipe for abundant life!

Thank you, beloved FARM STEW friend, for YOUR LOVE!
May all our relationships promote health, longevity and freedom in Christ.

FARM STEW International Leaders, from left to right: Cherri Olin, Board Member/Assistant to the Exec. Director; Susan Cherne, J.D. Board Chair; Jen Dysinger, MPH, Curriculum Team; Edwin Dysinger, MPH, Board Member; Dawna Sawatzky, MPH, RN, Board Vice-Chair; Lucia Tiffany, MPH, RN, CLC, Curriculum Team; and Jim Tiffany, PE.