



Seek first the kingdom of God and his righteousness, and all these things will be given you besides.

Matthew 6:33

Helping Hands Healing Ministries, Inc.

Volume 1 Number 2

Quarterly Newsletter

June, 2003

President's Corner

Two big hurdles for **Helping Hands Healing Ministries, Inc.**, obtaining 501(c)(3) nonprofit status and a bulk mailing permit, have been overcome! We are especially thankful to **Mr. David L. Beckman, Jr.** of **FrostBrownTodd, LLC** for his pro bono help navigating the IRS requirements and forms completion.

We would also like to thank **Allegra Print & Imaging East** for their help in printing these newsletters.

Our board members continue to brainstorm on ways to raise the monies needed for the outreach that this ministry would like to attain. Many thanks for their hard work!

Also, we are currently forming our professional advisory board and will include the names of those board members in our next newsletter.

May God bless you abundantly and keep you in the light of His love and peace.

Sincerely,

Margie C. Sweeney, M.D.



GIVING

Our money is a symbol of our earnings and represents the fruits of our labor. We would not have labor were it not for the grace of God. Therefore, we could not have fruit for labor without labor. An offering is the tangible deposit from our labors that we can give regularly to the service of God through the church. The offering is a way of giving ourselves to God, and it symbolizes our personal commitment to God.¹

Howard W. Roberts



Current Outreach Needs

The following requests were received in June. They are all urgent and the funds are needed by early August.

1. \$1,800 are needed for tuition for a nursing student in Machakos, Kenya who is entering the third year of training. Of this amount \$600 are for the year currently completed.
2. \$3,000 are needed to furnish an elementary school in Morogoro, Tanzania. They need to add 3 tables, 3 chairs, 69 desks and furnish-

¹Howard W. Roberts, Praying Like Jesus (Cleveland, Ohio: United Church Press, 1999), p. 143.

4013 Deer Creek Dr. Louisville, KY 40241-1581 502-419-5732

ings for 2 playgrounds for the fifth through seventh grades that are being added. The school has full classes for the first through forth grades and this school year needs to add the fifth grade to its enrollment.

3. \$6,600 are needed to start a dairy farm in Mgeta, Tanzania to supply milk for the needy of this community of 7,000. In this parish there are some 150 orphans, 250 persons with HIV/AIDS, and 160 destitute elderly that suffer from protein malnutrition. This dairy farm will consist of 10 cows, one bull, and material needed for fencing and a shed. If the monies are not received by early August, this project will have to be put off for another year!

As you can see, your generous donations will bring relief and blessings to those in urgent need!



\$

Fundraising Opportunity!

If you live in KY, OH, IN, IL, or CT you have the opportunity to support **Helping Hands Healing Ministries, Inc.** through a purchase program, where the ministry receives a 5% rebate for your purchases. For more information on how you can help please call 502-419-5732 or email drmargie@hhhm.net. Thanks in advance for your support!

\$

Frequently Asked Questions

This new section will be included in future newsletters as needed to address questions that you may have regarding this ministry.

1. Are my donations tax deductible?

Yes! **Helping Hands Healing Ministries, Inc.** is a 501(c)(3) corporation so all donations are tax deductible.

2. Do my donations pay for the travel expenses of persons making trips abroad?

Funding mission trips is not in the scope of activities of **Helping Hands Healing Ministries, Inc.** While members of our board may travel to other countries on mission trips, they do so from their own personal funds.

3. Do my donations pay for anyone's salaries?

No. **Helping Hands Healing Ministries, Inc.** has no employees. Additionally, board members receive no compensation for their work for the board. All work done for this ministry is on a volunteer basis.

4. I have not received acknowledgement of my donation. How do I request a statement?

To save on postage, only one statement for all donations received in 2003 will be sent in early January, 2004. If you need a statement prior to this time, please make that request in writing to:

Helping Hands Healing Ministries, Inc.
4013 Deer Creek Dr.
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Zambian Reflections by **Therese Brennan**

Supper

Josephine and Paul are caring for 24 children. Four are their own. The rest are orphans. Josephine and her daughter Anna were obviously preparing supper. I asked what I could do to help.

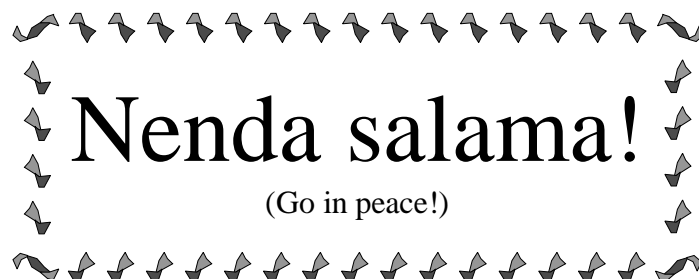
With a meaningful grin that I didn't catch at first, I was asked if I'd be willing to stir the nshima. The pan was large enough to allow a rack with 10-12 baby bottles to sit in it. It sat on one of two small charcoal braziers. A huge wooden paddle was standing up in the middle of the nshima. I stirred. Or rather, tried. "I think you'd better do it. I'm afraid it's going to burn." Josephine laughed and took over. I wasn't strong enough! The stuff looks like cream of wheat but is as thick and gooey as cold oatmeal. Tomatoes I could cut so did contribute to the meal preparation. We had cooked cabbage and tomatoes, chicken and, of course, nshima.

We dished up food in several serving containers. The little children had their common dishes on a mat on the floor of the living room. Other dishes were for the older boys who would eat outside. Josephine, Paul, Anna and I had our own plates and ate at the table with a few of the other children. Nshima is used to pick up the food but I was offered utensils (silverware) as well. Two candles and a tablecloth graced our table. Someone brought me warm water to wash prior to and after eating. "We have no towels" Josephine apologized, "just use the table cloth." Conversation was much the same as it was for me growing up. Stories were shared – about work, sick neighbors, crops, and school events. Yes, basically a normal family supper.

I thought it strange that so much food was left over. I remembered my brothers' appetites when they were the age of many of these boys. I also knew the kids hadn't eaten an official meal yet that day. Throughout the day I could see people eating nshima. And, everyone munches on corn that cooks inside the brazier during supper preparation. (Darn, I just realized that I forgot to ask what food is taken to the fields. My guess would be nshima and maybe something else like beans.) Then I realized something. "Where are the older boys?" It was pitch dark. All was very quiet. I was clueless. "Their tutor is working with them outside." It was then I realized that there was study being done outside with burning charcoal for light. Those kids weren't even using candles! After their tutoring session, the older kids and the tutor would eat.

Nshima

"Is there something to eat?" and "Is there any nshima?" is the same question. From maize comes the staple of Zambian diet – nshima. Nshima is so important and traditional a food that if you invited a Zambian to your home for dinner, served six courses, but did not include nshima, your guest would report to friends that he visited your home and you offered no food. Definitely a faux pas in Zambia. Never is one to be invited to a home without being served something, usually cake or biscuit (spelled very differently but I don't remember how), and soda or tea. But if it is to be a meal, nshima must be present. By the way, I thought maize was corn. It is but more closely resembles our field corn than sweet corn.





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(Kindest thanks for your many prayers also.)



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To save on postage, statements for receipt of donations made in 2003 will be mailed out in early January, 2004. If you require a receipt prior to that time, please let us know.