



LIFT UP
UGANDA

LUU NEWS

Lift Up Uganda, Inc. Board

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- Rachel Cunningham, Secretary
- Darrell Fox, Treasurer
- Richard Okello, Uganda Director

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ISSUE I

WINTER 2020

Welcome

Lift Up Uganda, Inc. (LUU) became a Charity Nonprofit 501c3 on December 15, 2015. This issue outlines the first five years of our accomplishments achieved with your support, ideas, and prayers.

Sue Nelson first traveled to northern Uganda in 2008 on a medical mission through Orthodox Christian Mission Center (OCMC). She returned on additional missions as a team member, then as a team leader. Seeing so much need, Sue began organizing her own mission trips.

Sue met Simon Menya in 2008 and he became her translator and cultural mentor. When Simon was accepted into St. Vladimir's Orthodox Theological Seminary in New York, she started LUU to provide Simon support.



Lift Up Uganda's vision is to improve **Health** and **Education** for people of all ages in northern Uganda. LUU welcomes your ideas, support, and prayers on all our projects. Providing **Health** and **Education** encourages self-sufficiency which improves the futures for both families and communities.

We invite you to join us on a mission trip to Uganda, the Pearl of Africa, and experience what your love and support has accomplished. Your life will be forever changed.

The COVID-19 pandemic reminds us how close we are to each other. Working together we can make a difference worldwide.

Simon Menya



Simon Menya was the first man from northern Uganda to attend and graduate from St. Vladimir's Orthodox Theological Seminary.

He began his studies in August of 2015 and in August of 2017 was ordained a Deacon. Simon graduated in May of 2019 and was ordained a Priest in July of 2019. After four years of study, he earned his Master of Divinity (M.Div.) degree and returned home to serve his people.

In July of 2019, Fr. Simon initiated what has become his long-term project Northern Uganda Self-Sufficiency Program (NUSSP).



For more information visit: nussp.org.

Richard Okello



In August of 2021, Richard Okello will be the second Ugandan man to enter the St. Vladimir's Orthodox Theological Seminary. Due to COVID, his education was delayed for one year. Like Fr. Simon, we know we can expect great things from Richard.



St. Nektarios Health Center Timeline

- December 2012 - Groundbreaking
- January 2014 - Grand Opening
- August 2015 - Water Well
- March 2016 - Solar Power
- August 2016 - Maternity Wing Opens
- August 2018 -Ultrasound
- January 2020 - Staff Quarters Opens
- 2021 - Motorcycle Ambulance Arrives



St. Nektarios Health Center

St. Nektarios Health Center is a certified Level III Health Center and serves all the people of the Akonyibedo Village and surrounding villages. It provides primary care, emergency care, and maternity care. The Health Center is considered both an outpatient and inpatient facility and operates 24 hours a day, seven days a week. Outreach operations for remote villages originate from St. Nektarios.

On Sue's first Orthodox Christian Mission Center (OCCM) medical mission, she asked the host priest, Fr. George, what was most needed by his people. He answered, a

clean and safe place for mothers to give birth. His dream eventually became a reality. Fr. George drafted written plans, Dr. Peter bought the land, and Fr. Joseph and Sue committed to getting the Health Center built. Fr. Joseph's parish provided construction funds and Sue's parish and friends provided the medical supplies, equipment, motorcycle, and everything needed for the day-to-day operation.

Soon after opening additional items were added. A water well, solar power including a solar refrigerator, and most importantly, a maternity wing

with an ultrasound and baby warmer.

In 2020, a 4-plex staff quarters for two doctors and two nurse midwives was opened. This addition allowed St. Nektarios staff to more easily provide 24-hour care.

Recently, Sue sought and obtained funds for a motorcycle ambulance that will provide fast transportation to the Health Center or another advanced care facility. COVID has delayed the delivery of the motorcycle, but it is expected in 2021.

St. Nektarios in 2020 with maternity ward, staff quarters, water well, solar panels and soon it's own motorcycle ambulance.



St. Nektarios Nursery School

The preschool was started in 2010 and focused on the educational experience for 3, 4, and 5 year old children. Since its inception, the school has been rebuilt and expanded, a testimony to the importance of education to the Akonyibedo Village and surrounding villages.

Open five days a week, the school provides one meal for each student. A fence was

added for additional security and special playground equipment was built. Students and teachers receive school supplies from Lift Up Uganda, Inc. (LUU).

In 2020, additional classrooms were added for children in primary grades 1 and 2. In the future, LUU intends to add additional classrooms for primary grades 3 through 6.



Parents know that education is a means to a better future for their children, families, and the entire community.



St. Anthony the Great Primary School

Funds from Lift Up Uganda, Inc. (LUU) provided a new metal roof, desks and chairs for this recently created primary school. Additionally, the existing water well was replaced providing clean and safe water for both the school and the community. Also, latrines were constructed for boys and girls.

School supplies are regularly provided for both students and teachers. If you are interested in donating selected supplies, please refer to our Wish List on Amazon. All donations are greatly appreciated.



Children at St. Anthony the Great Receive School Supplies.



Mother's Union

St. Nektarios Orthodox Women's Association of Akonyibedo Village, Gulu

This group of Mothers formed a union to help families in their community, Akonyibedo Village. This village was established by Internationally Displaced Persons (IDP) who had been living in camps due to Joseph Kony's (Ugandan insurgent and leader of the Lord's Resistance Army) 20-year war. Kony exploited children and made them serve in his army. He also carried out mass killings, creating a reign of terror throughout the area. Akonyibedo Village became the mothers' haven.

The mothers created a business and sold bracelets and necklaces made from their

paper beads. School fees are paid with their earnings. Lift Up Uganda, Inc. (LUU) sponsors the Mother's Union and through sewing has helped them expand their business. Treadle sewing machines, various tools, and a building to work in has been provided by LUU.

A variety of products are now made including aprons, bags, skirts, totes, and African animals. These items are sold at fairs, festivals and church bookstores in the United States. They also sew washable menstrual supplies to give to girls and women.

The Mothers goal is to send as many boys and girls to school as possible.



Paper beads for necklaces and bracelets.

Soon these products will be available on the [Lift Up Uganda website](#).



Archangel Michael Orthodox Secondary School

This school was built by the International Orthodox Christian Charities (IOCC) and the St. Nektarios Education Fund. Lift Up Uganda provides school supplies, sports equipment, and menstrual supplies regularly.

Every year a Christmas wreath sale at St. Luke Orthodox Church in Erie, CO provides mosquito nets for all boarding students and teachers to prevent Malaria. →

Fr. Simon was the Head Teacher at this school before starting Seminary in the United States. Richard Okello, is a current teacher at this school while he awaits departure to St. Vladimir's Orthodox Theological Seminary.



Youth Garden

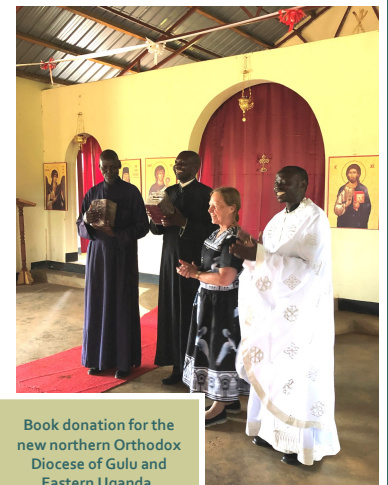
Lift Up Uganda, Inc. (LUU) sponsors an Orthodox Youth Garden. The intention is to grow, raise, and sell vegetables to raise money for school fees for those in need. Land rental, seeds, and tools were provided by LUU.



Library

In 2019, Lift Up Uganda, Inc. (LUU) donated books so that a Church Library could be started at the new northern Orthodox Diocese of Gulu and Eastern Uganda.

A children's Library is being planned for 2021. Most children have never even held a book and reading will expand their world. The Library will provide excellent resources for education and learning.



Book donation for the new northern Orthodox Diocese of Gulu and Eastern Uganda.

Reading can open the world to the children of northern Uganda.

Mission Teams

Lift Up Uganda, Inc. (LUU) sponsors between one and three mission trips per year with the intent of exploring medical and educational needs. In addition to working out of the St. Nektarios Health Center, the team travels to remote villages near Gulu and Lira to provide health care and much needed education.

Physicians, nurses, nurse practitioners, physicians' assistants, physical therapists, occupational therapists, pharmacists, psychologists, and teachers are a few of those who have participated on the [Lift Up Uganda Mission](#) teams. Other support people complete these teams and provide help when and where it's needed.

The World Health Organization's series of classes on Helping Mothers and Babies Survive was started in 2019. These are annual classes that originated in Iganga and have expanded to Gulu. Nurses, doctors, and midwives address and discuss the high mortality rate of both mothers and babies. Those attending these classes become master trainers and lead classes throughout their communities. Helping Babies Breathe was the first class offered. In 2021, the class offered will be Essential Care for all Babies.

Future classes for clergy, teachers, and counselors are planned for 2021. Two examples of classes are Journey Through Trauma and Small Business Enterprise which are created and taught by [Thrive Life Skills](#).

To learn more about future mission trips, please contact [Sue Nelson](#).



Gifts and Donations

Lift Up Uganda, Inc. (LUU) facilitates delivery of all donations to northern Uganda. Donations such as baby blankets, sweaters, clothing, shoes, books, Bibles, Icons, vestments, crosses, eyeglasses, tooth brushes, soap, laptops, cell phones, and school supplies are welcome. Personal protection equipment (PPE) is critically needed due to COVID. All items donated in the United States are well received in Uganda.

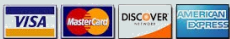
Several villages have received small goat herds which teach children a vocation and provide for community needs. Self-sufficiency is always the desired goal. ↓



Mother's Union booth in the United States.

How to Help?

Make a donation via [PayPal](#)



Shop using [Amazon Smile](#)



Donate with the [Amazon Wish List](#)

Follow Lift Up Uganda, Inc. (LUU):

Facebook: <https://www.facebook.com/liftupuganda>

Instagram: [@liftupuganda](#)

Additional ways to give will be added to the website as they become available.

To further support Lift Up Uganda's efforts you can send **donations** and **ideas** to:

[Lift Up Uganda, Inc.](#)
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Lift Up Uganda, Inc. is a non-profit 501 (c)(3) organization eligible to receive tax deductible contributions. EIN: 81-0809638.

Thank you for being a part of our journey. Without your generous donations and prayers our accomplishments wouldn't have been possible. Looking forward to the next five years we hope to continue to bring **Health** and **Education** opportunities to the people of northern Uganda. Please visit our website: liftupuganda.org and learn more.

Sincerely,

Sue Nelson

