



LIFT UP
UGANDA

LUU NEWS

ISSUE 2

WINTER 2021

Lift Up Uganda, Inc. Board

- Sue Nelson, President
- Stacy Loejos Morrison, Vice President
- Rachel Cunningham, Secretary
- Sascha Mules - O'Roak, Treasurer
- Richard Okello, Uganda Director

Inside this issue:

- Explore Uganda **2**
- COVID-19 in Uganda
- One in a million lightning strike...
- Patriarch Theodore II of Alexandria
- Papahdia Retreat
- Missions **3**
- St. Nektarios Health Center
- Motorcycle Ambulance

Welcome

Our last mission trip was in October 2019, and although we were anxious to return to Uganda, due to COVID we could not until this year. In addition to our inability to travel, most of the Lift Up Uganda projects were put on hold. Thankfully, things changed, and we were especially grateful to be back in Uganda this June and October. Thanks to your support and prayers, [Lift Up Uganda \(LUU\)](#) could continue its goals of improving **Health and Education** for the people in northern Uganda.

The St. Nektarios Nursery/Primary School Primary 5 classroom is newly finished and will welcome students when school reopens in January. With the new success of the Mother's Union stressing quality and learning new business skills more children will be able to go to school.

Looking forward to 2022, Lift Up Uganda continues the efforts of improving **Health and Education**.

- The Children's Library at the St. Nektarios Nursery/Primary School will be completed and opened to the community.
- The St. Nektarios Health Center will continue to offer excellent medical and emergency care. Maternity care is expected to grow and expand to keep mothers and babies safe and healthy.
- An ambulance will be outfitted and provide needed medical transportation.
- Mission Teams are planned for both **Medical and Educational** needs.



SAVE THE DATE!

Giving Tuesday

This year Giving Tuesday is November 30th. It is a good time to remember the ongoing needs of non-profits. Donations of any size are welcome and will **support Lift Up Uganda (LUU)** with the means to continue improving **Health and Education** in northern Uganda. The vision of LUU is to encourage self-sufficiency for individuals, families, and communities to improve their futures. Go to: www.liftupuganda.org/giving/ for ways to support LUU.



Richard Okello



Richard was delayed a second year to start his MDiv at [St. Vladimir's Orthodox Theological Seminary](#) due to COVID restrictions. He hopes to start in August 2022. In the meantime, he continues to help the priests and the church with a variety of needs.

NUSSP

For more information visit: nussp.org.



Lift Up Uganda continues to partner with the [Northern Uganda Self-Sufficiency Project \(NUSSP\)](#). Fr. Simon sends his warm greetings to all.



Lift Up Uganda, Inc.
a 501 c3 Organization
EIN: 81-0809638
950 10th St.
Berthoud, CO 80513

Phone: 970-391-2690
E-mail: sue@liftupuganda.org

Explore Uganda



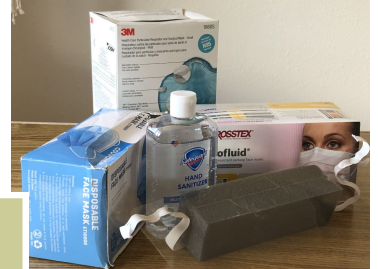
Fun Fact: After visiting it's vast landscapes, British Prime Minister Winston Churchill referred to Uganda as "the pearl of Africa".

COVID-19 in Uganda

COVID-19 continues to ravage the people of Uganda. Most places across the globe closed in March 2020 with strict lockdowns, and Uganda was no different. Everyone in northern Uganda was impacted by these changes when home quarantine was enforced.

Transportation, markets, schools, and churches were seriously impacted. The airport was closed for almost a year. Today, the original standing operating procedures of frequent handwashing, wearing face masks, and social distancing remain in effect.

Gradually, things will begin to open, allowing all of us to learn a "new normal" of living. Immunizations are limited because of the wait time for donations but availability is slowly increasing.



LUU thanks all who donated PPE and funds for our St. Nektarios Health Center, churches, clergy, and schools. Many supporters used our [Amazon Wish List](#) to donate.

One in a million lightning strike...

While on our June Mission, there was a violent thunderstorm in Gulu. During the night, lightning struck the roof of the St. Nektarios Health Center which severely damaged the solar power system. Despite the lightning arrestor decreasing the severity of the strike, immediate repair was needed. Strict COVID lockdowns delayed the needed parts coming from Kampala. For five weeks there was no light, no computer, no telephone, and no working microscope for this 24-hour Health Center. The Midwives delivered babies by flashlight and kerosene lanterns until repairs were made and power was restored. Then long-awaited Wi-Fi was installed to assist the Doctors and Midwives for consultation and continuing education.



Roof repair and Wi-Fi installation at the St. Nektarios Health Center.

Hopefully lightning never strikes twice in the same location!



Patriarch Theodore II of Alexandria

Metropolitan Jonah of Kampala and All Uganda, now of Blessed Memory passed on September 5, 2021, in Greece. Patriarch Theodore II traveled to Uganda to offer his 40-day memorial service, and while there, the Pope spent two days in Gulu. Wherever he went with his Team, he was greeted with great enthusiasm, love, and respect. A special honor was his traveling to our St. Nektarios Health Center to bless the clinic and staff.

At Akonyibedo village he was welcomed by a mass of cheering people and clergy, complete with a marching band; African singers and dancers; women waving branches; and lots of smiling children in his path. Sue welcomed him and gave him an icon of St. Luke and a wooden cross made by a parishioner. The Pope used this cross to bless the entire clinic and staff. A baby girl had just been born and was given a special blessing. LUU's Mission Team will never forget the Patriarch's blessing on us. Meeting him and hearing his words of love and encouragement to all was inspiring.

Papahdia Retreat

Papahdia Annette offered a Retreat for 12 priest wives called Papahdias. As a priest wife herself, she was more than qualified to lead this group. This retreat was the first one of its kind to address their special needs. Fellowship, prayer, and scripture often led to spontaneous singing and dancing due to their joy of being together. Eunice, our Lift Up Uganda Nurse-Midwife student, served as the translator. Bibles, crosses, and icons were happily received by the Papahdias. More retreats are being planned due to overwhelming success.



Papahdia Annette and Eunice



Missions



Mama Susan

While 2020 didn't allow for mission trips, 2021 has blessed Lift Up Uganda with two. Both trips primarily focused on Education to train the trainers. Susan (Mama Susan) of [Thrive Life Skills](#), Kh Annette (Papahdia Annette) of St. Luke Church partnered with Sue (Dr. Sue).

The [Thrive Life Skills](#) course "Moving Forward from Trauma" was taught in both Gulu and Lira. As a result of this course, the clergy have been meeting to explore ideas on how they can share this new knowledge in their communities. All northern Ugandans experienced severe trauma from living through the terror of the 20-year war with Joseph Kony.

The 27 participants in Gulu and 15 in Lira included clergy, seminarians, teachers, nurses, and social workers. Everyone who attended benefitted both on a personal and professional level.

This first joint mission with [Thrive Life Skills](#) and Lift Up Uganda was a success, and more courses are being planned.

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



Gulu, Uganda



Lira, Uganda



St. Nektarios Health Center

This Certified Level 3 Health Center remained open 24 hours a day during the COVID pandemic. People were afraid to travel to the Health Center due to the lockdown, but they met those challenges. Some staff contracted COVID and have since fully recovered. All the St. Nektarios Health Center staff have finally been vaccinated for COVID.

Our Nurse-Midwives have continued to be busy handling increased need for antenatal care, deliveries, post-partum

care, well-baby care, and immunizations. During COVID lockdowns and school closures, many young women became pregnant and are presenting with many challenges and needs. Antenatal classes have started for two groups: 10 to 19-year-olds and 20+ year-olds. Educational needs and support are being tailored for the age of the mothers. Immunization clinics have increased to Monday, Wednesday, and Friday, and time is provided for all mothers to receive education on infant care.



Antenatal Class

Motorcycle Ambulance

Starting in 2019, funds have been raised to purchase an attachment fitted to a motorcycle to emergently transport patients, especially expectant mothers and babies with complications to Gulu Hospitals. This ambulance would also serve patients from surrounding villages who need to come to the St. Nektarios Health Center for care. Unfortunately, due to COVID the factory that builds these motorcycle ambulances permanently closed.

Fr. George, the Health Center Director and staff have asked for a vehicle to be converted to a medical ambulance. A van was located and purchased meeting the guidelines of the Ministry for Health. Required certification and registration were recently completed. The van is currently being refurbished as a certified medical ambulance. Two drivers will be on call 24 hours a day, seven days a week to transport patients needing advanced care. A small garage is being built at the Health Center for the ambulance.



Supporter donations provided for this much needed ambulance.



How to Help

Make a donation via [PayPal](#)



Shop using [Amazon Smile](#)

Donate with the [Amazon Wish List](#)



Use the [Amazon Smiles link](#) to do your holiday shopping and Amazon will donate a portion of your sales to Lift Up Uganda.

Join our supporters who contributed using our [Amazon Wish List](#).



Sign up with your [King Soopers/City Marker Shoppers Card](#)

This new initiative raises money from simply [linking your card online to Lift Up Uganda](#) and using your loyalty card at the checkout.

Donate Using [Thrivent](#)



Follow Us



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



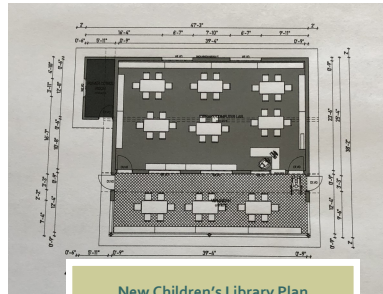
Instagram: [@liftupuganda](#)

St. Nektarios Nursery/Primary School

This school started in 2010 as a Nursery School for 3, 4, and 5 year-olds. Primary grades 1, 2, 3, and 4 were added later at the request of parents. Plans were finalized to add the Primary grade 5 classroom, and construction is now complete.

Due to a strict COVID lockdown, the Mission Team could only spend one day at the school before the students and teachers were required to leave for home. We were warmly welcomed by the students with singing, dancing, field sports, and planting in their school's garden. Sue was able to tell them some good news – a Small Lending Library was brought to their school, generously built by a carpenter from Boulder, Colorado, along with 100 books. The schoolteachers will provide instructions on respect and care of books, and how to check out and return books which is new to the children. Inspiring a love of reading and books can open up the world to children. Having learned about books from using their Small Lending Library, children will be better prepared for the St. Nektarios Children's Library that is being built on the school grounds and will be open to the entire community. In November 2021, construction began on this huge project. A search is underway for a Librarian. Your generous support made this Children's Library possible and will benefit many children in the future.

Books both new and used are most welcome. Our goal is to have at least 4,000 books for ages infant to college. Please contact [Sue Nelson](#) for information about book needs and how to donate.



Donated Lending Library from Boulder, CO (USA) with Teachers and Fr. George.



New Primary 5 Classroom

Mother's Union

The Mother's Union made many improvements in quality and business skills with the guidance of Susan from [Thrive Life Skills](#), a skilled seamstress herself. She started working with the Mothers online for months before she came in person to continue her teaching. New skills have led to new products of high quality. Lift Up Uganda continues to sell their products in the United States. Uganda markets are being explored.



Singing and laughing together in fellowship can be heard as the Mothers work together. Their goal has always been to provide school fees for their children. They know how important education is to prepare their children for a better future.

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

[Lift Up Uganda, Inc.](#)
950 10th Street
Berthoud, CO USA 80513-1106

Phone: 970-391-2690

Email: sue@liftupuganda.org

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

The last two years have been difficult for everyone. We could not have achieved everything we have done and plan to do without our loyal supporters. Every one of your donations, gifts, ideas, and prayers are much appreciated. Please visit our website: liftupuganda.org and learn more.

Sincerely,

Sue Nelson

