



WELCOME!

Our last mission trip to Gula and Lira was in October 2021. We were more than ready to return and continue our goals of improving Health and Education in Northern Uganda.

 **HEALTH UPDATE**

- St. Nektarios Health Center offers 24/7 medical care: Primary care, Emergency care, and Maternity care. The Akonyibedo community is growing with an influx of new families, which has increased the need for local healthcare. We are pleased that there have been no more lightning strikes!
- St. Nektarios Ambulance has been fully equipped and meets all certification of the Ministry of Health. Our dedicated driver has made several trips to Gulu hospitals when advanced care is warranted.
- The Maternity program is quickly growing with new families in the community. Prenatal, postnatal, delivery, new baby care, immunizations have all increased.
- Our first health center nurse, Eunice continues her studies for Nurse Midwifery.
- Disability Team - Inclusion Collective, joined our medical outreach clinics to assess handicapped persons of all ages and to refer to local resources.
- Engineers from GA 2030 partnered with us to teach and to provide 213 clean water systems to poor people who did not have access to clean water.

 **EDUCATION UPDATE**

- Richard Okello finally traveled to the US to start his MDiv studies at St. Vladimir's Orthodox Theological Seminary.
- Teacher Frances taught every student at St. Nektarios Nursery and Primary School about good tooth brushing and hand washing. Personal safety education was completed. A new concept of trash pickup and proper disposal was introduced. Trash cans and a wire elephant for Recycle were placed.
- Mama Susan continued building on her 2021 Thrive course "Moving Forward Through Trauma" by offering an "Identity" course to the same 25 members of the clergy. Plans to establish a counseling center continue.
- Nurse midwives Lipsy and Dorine were assisted by Teacher Frances and Dr. Sue to offer "Essential Care for all Babies" to 20 midwives and doctors. Since June they have taught 3 additional classes.

Save the Date!

GIVING TUESDAY
November 29th, 2022

Time to get ready for Giving Tuesday!

On Tuesday, November 29th take the opportunity to remember the ongoing needs of non-profits. Your donation of any size will help support organizations like 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 in order to improve their futures.

Visit liftupuganda.org or scan the QR code for ways you can support LUU.



Thank you for your generosity.



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

For more information visit nussp.org



LIFT UP UGANDA NEWS

Welcome Richard



In August, following in Fr. Simon's footsteps, Richard Okello, from Gulu, Uganda started his studies towards his MDiv at St. Vladimir's Orthodox Theological Seminary. Before seminary, he was a teacher at Archangel Michael Orthodox Secondary School. Having been delayed for 2 years due to Covid-19, he is finally living in the US, following his dream of getting his MDiv and enjoying the "American style" of learning. While adjusting to living in the US he is grateful that fellow seminarians, faculty, and staff are always ready and willing to help.

Upon leaving Uganda, he boarded his very first flight bound for the US with Sue. Everything in the US is new and exciting to Richard. After getting the essentials for his dorm room and touring the campus, Richard came to Colorado with a warm welcome from the St. Luke Church community. He saw his first mountains and experienced his first snow.

Heading back to New York, he began his time at St. Vladimir's with orientation, classes, temple twice a day, and community service of kitchen duty. He has discovered that African time is nonexistent here and time management is a must in order to accomplish his busy schedule.

Richard left behind his wife Wini, a daughter Anastacia, 5 and a son Alexander, 2. Having access to Facetime has been a great way for them to communicate with each other. They are all looking forward to being together again during the Christmas Holiday.



St. Nektarios Health Center - Level III



Since opening in 2014, the SNHC gives 24/7 medical care, emergency care and maternity care. Out of a need for patients that receive care around the clock, the waiting room has been transformed into 3 inpatient rooms. Two beds each for women, men, and children. Our two doctors and two midwives have living quarters on site as they have 24-hour call duty every other day.

In October, our Ambulance was operating in full service after being certified by the Ministry of Health. All necessary medical equipment, oxygen, and medications are now available. Initially planned for mothers delivering babies who are having complications, the Ambulance and its dedicated driver can now transport any patient who needs advanced care to Gulu hospitals. We can also transport needy patients from neighboring villages.

Our two nurse midwives have expanded the maternity program based on the community's growing needs. They offer Prenatal and Postnatal Care, Delivery, Well Baby Care and Immunizations for all.



To lower the risk of maternal and newborn death, the two nurse midwives teach WHO courses Helping Babies Breathe and Essential Care for All Babies.

St. Nektarios Nursery & Primary School

Teacher Frances was enthusiastically welcomed by the teachers and students of the nursery and primary school. She taught about self care with good tooth brushing and hand washing. The students all received a toothbrush, toothpaste and soap.

Trash is also a big problem in Uganda and many other African countries. Frances addressed the trash issue by teaching everyone to care for and protect our Earth. She then placed trash cans around the school and encouraged students to use them. She used a large wire elephant teaching students how to recycle by using plastic bottles to feed the elephant. Reduce and recycle were stressed to ensure that Uganda can continue to be the Pearl of Africa. Hopefully these students will teach their families and communities about preserving their land and water for everyone to enjoy.

Lastly, she covered the topic of Personal Safety. We are all made in the image of God. Our bodies belong only to us. The teachers will remind the children to always NO, GO, TELL.

Teacher Frances was very popular at the school and plans to return. In 2023 a teacher survey and Vacation Bible School are under consideration.





Mother's Union

The Mother's Union is growing under the guidance of Mama Susan from Thrive Life Skills. Also a seamstress, she continues to encourage the creation of new products for the local Uganda market.

Women who work with Uganda women to promote their small business will continue to further advance this ambitious group of women. Their continued goal is to provide school fees for as many children as possible.



Clean Drinking Water

Global Access 2030 traveled to Gulu to start a pilot project with LUU to bring clean drinking water to people in poor villages. Two water engineers educated 100 families in 2 villages on how to assemble and use the water filters and buckets. Students and a teacher from Archangel Michael Secondary School also participated. After the 2 villages they also taught all of the teachers at the St Nektarios Nursery and Primary School in order to provide clean drinking water in every classroom.



Their pilot project was a huge success and many more families came than were registered. At a 3 month follow-up, all water filters units were being used correctly. There have been many reports of decreased water borne illness by simply drinking clean water. Goal for 2023 is 500 units.

Please consider a donation of \$12 to fund a water filter unit which lasts for 3 years.



St. Nektarios Community Children's Library

Beginning in November 2021, construction of the Library was completed in July 2022. The opening has been delayed due to difficulties in securing a shipping container and cargo ship for the over 6000 donated books, library supplies, and furniture. We are praying that soon the shipment will leave Denver to travel by rail to the port at Long Beach, CA then by cargo ship to Mombasa, Kenya then travel by truck to Gulu.

Molly, a student of Library Science will help Sue and our new Librarian setup the library in 2023. Reading books will open up the world to the children to have a brighter future for themselves, their families, and their communities.

Thanks to the many volunteers who helped to prepare and pack the books.

A book is like a seed, and when planted in the mind, a book will help it grow. Lift Up Uganda with the help and support of many donors from across the world, dedicates the St Nektarios Community Children's Library to all the young minds and the stories they will produce.

PLEASE DONATE TO GO FUND ME AT:
<https://gofundme/18bec26c>
TO HELP WITH SHIPPING COSTS.

Thrive Life Skills



Mama Susan taught her self-developed Thrive Life Skills course, "Moving Forward Through Trauma" in June and October 2021. Building on the course, she taught another course "Identity" to 25 clergy. They were very grateful for this new knowledge and skills and immediately began sharing in their individual parishes.

Newly appointed Bishop Nektarios of Gulu and Northern Uganda Diocese was present for the opening and closing prayers. He then held a very positive discussion with the clergy as they shared what they learned. This course and discussion has led to continued planning of a proposed counseling center in Gulu.



Bishop Nektarios



How Can You Help?

Use any of the following resources to donate today.



Scan the QR code to learn more about Lift Up Uganda.



Make a donation via [PayPal](#).



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Use the Amazon Smile link to do your Holiday shopping and Amazon will donate a portion of your sales to Lift Up Uganda.

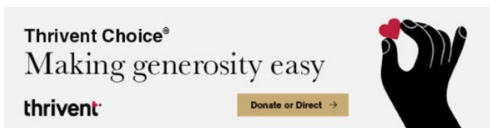
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JUNE MISSION

This year **Lift Up Uganda** tried a new approach to offer more specialized services with other Colorado non-profits. Below are a few of our success stories.



• Susan Habegger of Thrive Life Skills returned to teach another Thrive course called "Identity" to 25 clergy. This followed the 2021 Thrive course "Moving Forward Through Trauma". She was excellent at the newly added Prayer Station at our outreach clinics



• Frances Reda, Early Childhood Special Education Teacher and Education Director at St. Luke Church was invaluable to our mission. Her teaching of all students and teachers at St Nektarios Nursery and Primary School provided much needed skills and education. During the class, Essential Care for All Babies, Frances helped with clinical practice and skill checks. She also assisted with the Thrive "Identity" course. Teacher Frances aptly served in our Education Station in our medical outreach clinics.



• Inclusion Collective of Lafayette, CO sent a team of four people to study and learn about Gulu resources and what is available for handicapped people of all ages. Working with Gulu Handicapped Persons Union (GHPU) they offered comprehensive assessments and screenings at our outreach medical clinics. The referrals and education were recommended in order to encourage handicapped people to reach their full potential.



• Global Access 2030 sent a team to Uganda. After the Uganda pilot project, they resumed their work in Rwanda. Their goal is to have clean drinking water available for all by 2030. Two remote villages had registered 100 families each to receive education and all the necessary equipment to prepare clean water. At St. Nektarios Nursery and Primary School they taught all the teachers how to make clean drinking water for all of the classrooms. At a three month follow-up, all 213 recipients were using their systems correctly and daily. There are many reports of less diarrhea and stomach pain and even some weight gain in children - all due to clean drinking water. The goal for 2023 is 500 water filter units to be distributed in northern Uganda.



• With the added man power we were able to offer outreach medical clinics in remote villages averaging 500-600 patients each. Patients were commonly seen for tropical diseases like malaria, typhoid fever, worms, parasites, skin rashes and infections. Injuries of all types were evaluated and transportation to a Gulu hospital was done by our fully stocked Ambulance.



A Word from Dr. Sue

Lift Up Uganda grew in many ways in 2022. Thank you for being a part of our journey. Every one of your donations, ideas and prayers are very much appreciated. Please visit our website and learn more about how you can help Lift Up Uganda.

Sincerely,
Sue Nelson



Help Lift Up Uganda Grow

To help support our efforts at Lift Up Uganda, please send your donations and ideas to:

Lift Up Uganda, Inc.

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