



WINTER 2025

A Decade of Giving, Growing, and Community

In Uganda, the tree symbolizes growth and healing. In 2008, I planted this mahogany tree in Uganda and I knew then my ministry would be to help the Ugandan people. As I go back to serve, many more trees have been planted. As you spend time looking at the leaves, the branches, the trunk, and imagining the roots and soil its grown in, I can't help but think of how Lift Up Uganda has grown the same. Since my first visit to Uganda in 2008, incorporating Lift Up Uganda in 2015, and my trips back every year, none of this would have been possible without the strong roots each of you has planted in developing the community we've created. I can't put it all into words all that we've accomplished, and our road has not been without bumps, but it has been full and rewarding.



This last decade would not have been possible without our partners at Thrive Life Skills, Mighty Water, The Inclusion Collective, the Northern Uganda Self-Sufficiency Project, Engineers without Borders, and all of you!

2008
Sue Nelson first visits Uganda on a medical mission with the Orthodox Christian Mission Center (OCMC). There, Sue fell in love with the people, culture, and the possibilities. Sue formed a life-long friendship with Simon Menyha, whom she later supported through Lift Up Uganda to complete his MDiv degree at St. Vladimir's Orthodox Seminary in New York.

2009-2014
After additional visits and meetings, the initial construction was complete on the St. Nektarios Health Center. Across from the Health Center, the St. Nektarios Nursery and Primary School opens. The school will serve Kindergarten, 1, 2, 3, and Primary 1, 2, 3, 4, 5, 6, 7.

2015-2019
LIFT UP UGANDA INCORPORATED DECEMBER 15, 2015
The St. Nektarios Health Center obtains its level III certification, and a water borehole, solar power, fencing, and a motorcycle ambulance are provided. The maternity program begins with nurse-midwives.

2020-2022
The St. Nektarios Health Center has expanded to include a staff quarters, a van ambulance, a solar refrigerator, an ultrasound machine, a baby warmer, and WiFi. With the Health Center growing, Sue sets her sights on building a library and completing the St. Nektarios School.

2023-2024
After years of work, a dream is realized as the Community Children's Library comes to fruition. The St. Nektarios School expands to include classrooms through Primary 7. The Mother's Union continues to make great strides in quality and products offered - all use their proceeds to pay for school fees for their children.

2025
The St. Nektarios School is complete, and the first graduating class take their National Exams. The Community Children's Library continues to flourish. The Health Center adds a new sanitation and water project, including a drainable latrine, showers, and a solar water pump. Clean drinking water initiatives, composting toilets, health classes, Mother's Union sewing classes, education programs, and more continue.

Lift Up Uganda has completed numerous projects through your prayers and support, and many more projects are planned for the next 10 years.



Thank you for being on this journey with Lift Up Uganda.

2025 Highlights

1st Day of School

Medical Outreach Clinic

Clergy Retreat - Thrive Life Skills Partnership

Community Children's Library

1st Composting Toilet

Mother's Union Sewing Project

Prenatal Classes at the Health Center

Clean Water - Mighty Water Partnership

15th Annual Eritrean Dinner Fundraiser

Sponsored Student

St. Nektarios Primary 7 Classroom Completed

Health Training by Our Nurse Midwives

Women's Retreat - Thrive Life Skills Partnership



LIFT UP UGANDA NEWS

School Sponsorships



Lift Up Uganda started a school sponsorship project in 2023, at our [St. Nektarios Nursery and Primary School](#). Each year, more students are being helped with school tuition and a uniform for \$150 per school year. When selecting students for sponsorship, Lift Up Uganda gives priority to orphans and those living with a single parent. Girls are encouraged to attend school. Parents/guardians partner with the sponsor to provide food, firewood, paper, and cleaning supplies. Letters and photos are exchanged throughout the year.

In 2025, LUU donors sponsored **96 students** of the 400+ students attending from K1 to P7. Because of you, students were able to attend year-round school for all three terms. Lift Up Uganda is always looking for new student sponsors. The next school year starts in February 2026. If you want to support a student this school year [please review our Giving Catalog online](#).



St. Nektarios School Update

The St. Nektarios Nursery and Primary School was completed in 2025 with the addition of the [P7 Classroom](#). Lift Up Uganda's long term goal of converting the school's pit latrines to dry compost toilets made a test run this year (shown to the right →) and will continue to be a focus in the coming years.



In 2025, teachers from the U.S. traveled to the St. Nektarios School to teach classes on Kindness, Body Awareness and Safety, and to the older students a Puberty class. A local midwife, senior teachers and our librarian assisted with the teaching. As a result of this teaching, students have started their own Kindness Club.

Topics in past years included Toothbrushing, Hand Washing, Personal Safety, and Recycling.

Lift Up Uganda will continue to teach and interpret new topics with the teachers and students at the school.



Community Children's Library

In 2023, the [St. Nektarios Community Children's Library](#) opened at the school and is changing learning - one child at a time. Our librarian, Daniel, works with each student to develop a love of reading and books. He has started many new programs both at the school and in the community. The teachers at the school use the library for classes, research, story hour, and computer training. They use the computers in the library to prepare for their classes and special projects. Our librarian goes out into the community to welcome children who do not attend school to invite them to use the library.

The Community Children's Library has a continual need to purchase books. [Please review our Giving Catalog online](#) to see how you can provide books. Give a child a book and their life is open to learn!



Water, Water, Water

Below is a proposed new water collection system from the roofs of all the classrooms provided by our Engineers Without Borders consultants. This rain water collection system, plus the underground pipeline from the Health Center's water pump, will greatly improve the amount of water at the school, especially in the dry season.





St. Nektarios Health Center Update and Teaching

Several new items have been purchased for the [St. Nektarios Health Center](#) this year, but the best will come in late 2025-early 2026. Engineers Without Borders has been evaluating the water supply to convert to a solar water pump at the Health Center, and LUU is pleased to share the borehole passed with flying colors! With this news, Lift Up Uganda is working to coordinate building a new drainable latrine. In addition, an underground pipeline will be installed to transport water to the school.



Future goals include buying more land to build an in-patient wing for patients who need 24-hour intensive care. The demand for the current beds often means there are two patients to a bed.



← Teaching Helping Mother's Survive (Bleeding after Birth, Eclampsia).



← Nurse midwife giving a [mosquito net](#) (from Christmas wreath sale) to a mother who delivered at the St. Nektarios Health Center.

Medical Outreach Clinics

Imagine hearing the good news that a [medical team](#), complete with U.S. health providers, local health providers and missionaries, is coming to your village to offer medical care and medications. The team will see approximately 500 ill or injured people of all ages at each clinic.



The team travels far to arrive early in the morning. Lift Up Uganda quickly sets up the triage, exam areas, pharmacy, and lab testing. People from the community manage traffic control, and the local priest offers an opening prayer. Then they begin and do not stop until darkness comes. Everyone who comes is served for no cost.

Many tropical diseases are seen, often the first time for the providers - malaria, yellow fever, dengue fever, typhoid, worms, and parasites. Many have illnesses that are commonly found in the U.S. - pneumonia, ear infections, sore throats, skin rashes, diarrhea, urinary infections, and headaches.



After the clinic, the team will debrief and discuss what we saw, always learning more information that we can use for the next clinic.



Deacon Richard Okello

[Deacon Richard Okello](#) graduated with his MDiv from St. Vladimir's Theological Orthodox Seminary in Yonkers, NY. Plans for his Ordination to the Holy Priesthood are underway for December 21, 2025. Axios Deacon Richard! Well done!



← This is Deacon Richard's land marker where he hopes to build his church.

Eunice Ajok

[Eunice Ajok](#) was the first nurse at the St. Nektarios Health Center when it opened in 2014. For the last two years she has been a student at the St. Francis School of Midwifery and will earn her Certificate. In two more years she will have her Diploma. Her plan is to return to the St Nektarios Health Center as a Nurse Midwife. Way to go Eunice!



Clean Water Project



Lift Up Uganda partnered with Mighty Water in 2022 to provide 200 families with instruction and equipment for clean water. Four local volunteers were taught

to do regular follow-up and water testing. There was a significant decrease in water born disease and children were growing well with no stunting. Since 2022, the [Clean Water Project](#) has provided nearly 2,000 clean water units to families, schools and health centers. Lift Up Uganda is grateful for our continuing partnership with [Mighty Water](#).

[Please review our Giving Catalog online](#) to continue our efforts to provide clean water units.

How Can You Help?

Use any of the following resources to donate today.



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



Sign up with your King Soopers or City Market Shopper's Card

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

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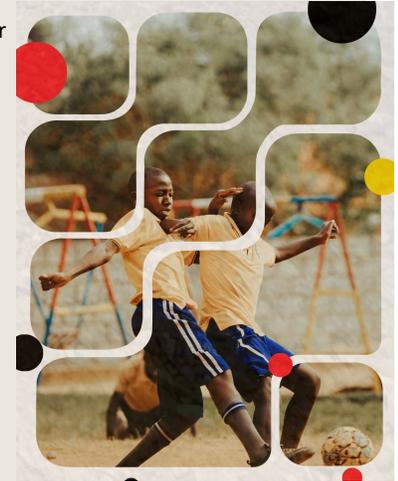
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Tis' the Giving Season and 2026 Goals

With the completion of the [St. Nektarios School](#), one goal for Lift Up Uganda in 2026 is to provide a sports field for the community children to continue to expand their interests, exercise, learn teamwork, and more. This effort will be from the ground up - acquiring the land, leveling and preparing the land, planting grass, building wood bleachers, and providing all the needed equipment and apparel. The northern Ugandan children are eager to learn your favorite sport, whether it be soccer, American football, baseball, softball, field hockey, volleyball, or badminton - if you can think it, they want to play it.

With your [generous donation](#), the children in northern Uganda will have a safe place to run, play sports, learn teamwork, build friendships, and grow.



December 2, 2024

GIVING TUESDAY

[GivingTuesday.org](https://givingtuesday.org)



2026 brings many more opportunities to grow the community around us and with our friends in northern Uganda. Lift Up Uganda is participating in [Giving Tuesday](#) on December 2, 2025 as well as [Colorado Gives Day](#) on December 9, 2025. Whether you choose to support Lift Up Uganda this Giving Season or another nonprofit, this season reminds us of how much we can accomplish together.

A Word from Dr. Sue

I had the opportunity to plant another tree in 2025 because of you and your support of Lift Up Uganda. Lift Up Uganda is looking forward to another 10 years of helping people of all ages through your prayers and support in northern Uganda with improved Health and Education toward Self-Sufficiency. Please visit [our website](#) and learn more about what your support has accomplished.

Sincerely,



Mission: To improve [HEALTH](#) and [EDUCATION](#) while encouraging SELF-SUFFICIENCY for all Ugandans.

Faith: Lift Up Uganda, Inc. is a Christian, non-denominational nonprofit organization whose purpose is to assist Ugandans with educational and healthcare needs.



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