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# THE CARING HAND

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Monday, 9th December, 2013

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### CHF PRESIDENT'S MESSAGE

**Dr. Charles R. Holt D.O.**



Perspective is everything. As I look back over the last year, it is clear that nothing seems to remain the same in this world. Change seems to be the norm nowadays. What's new, what's trendy? At times, I find myself "falling behind the world" and longing for some sense of tranquility (imagined or not) that

I remember growing up with as a child. The only place I now seem to find that peace and stability is when I am immersed in Scripture and meditating on one of God's promises for us as believers regarding our future. I have had several unique personal interactions with God that I liken to Paul's Damascus conversion or to the disciples witnessing Christ's transfiguration.

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Finance Director, Susan Nalugo showing one of the diapers donated by CHF to Sanyu Babies Home

**FULL STORY PAGE 4**

### YOUR CARING DOCTOR

**Dr. Mundaka John Bosco MD**

The past three years have been a litany of challenges and experiences which have molded me into the blossoming spiritual doctor and man who writes to you now. To work for charity is to bless your own soul, and trust me, this is the true source of eternal happiness. I like to believe everyone would enjoy giving to the poor; it's just that many can't afford it. How lucky and blessed I am to be in the position to always be able to give when called upon. Oh thank you Caring Hands!

My name is Mundaka John. I'm 30 years old now, and I recently shared my birthday with many wonderful people on June 20th.

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Dr. Kalyesubula attending to a kid while at Kasensero Medical Camp of June 2013

**FULL STORY ON PAGE 2**

### THE PRESIDENT'S SPIRITUAL MESSAGE

FROM PAGE 1

The memories of these experiences always seem to help me through spiritually dry times due to the spiritual magnitude of those events on my life. I rarely talk of them as simple explanations do not come close to expressing the holiness and eternalness God revealed to me at those times. I cherish them. I must confess though when everything seems to be coming apart, (and trying to head up a faith based organization certainly is an "opportunity" to develop trust that God really is in control); I have conversations with God asking Him, "How about some of that power you showed me years ago?"

My greatest contentment now comes from digging through the Old Testament prophets and the Revelation and being transported to a not too distant future when Christ is physically on earth again, David is sitting on a throne in Jerusalem, and the entire

Jewish nation is fully aware that Jesus is the true Messiah and relishes in it (Ezekiel 11:16-21). World kingdoms and powers will be required to travel from all over the world to Jerusalem yearly to celebrate the Feast of Tabernacles and to present themselves before our Lord, or it simply will not rain in their countries during the following year. I will be appearing in my ageless glorified body wherever or whenever the Lord needs me to fulfill some task He finds me qualified to perform. I marvel at the thought of seeing Israel transformed physically and spiritually and wading in the literal rivers of healing waters emanating from the new Temple that are promised to go forth filling the land with living waters. Though things in this world may not always go like we would like, this is one Christian who has found his joy and rest in what is coming my way and though I might not always demonstrate "perfect" Christ-likeness yet, I can always take comfort in my future. It is the only thing I find to be truly secure. And even that mindset is a gift from God. Yes, perspective is everything.



### A GREAT OPPORTUNITY TO SERVE FELLOW UGANDANS THROUGH CARING HANDS FOUNDATION Dr. Robert Kalyesubula

I was born in Kalagi, a secluded village located 65 km north from the noise and pollution of Kampala, the capital city of Uganda. During the first six years of my life, I was pampered by my loving brothers, sisters and parents. This familial harmony ended abruptly when war broke out in the Luwero Triangle in 1982. In short, I was separated from my family, my father died along with several of my sisters and brothers. I was the fortunate one as a Good Samaritan found me and relocated me to Kampala to live with my aunt.

I soon discovered that life at my Auntie's place was not a bed of roses. There were ten of us children sharing a single room and living on one meal a day. It was not long before I was forced to drop out of primary school due to lack of school funds, yet God indeed has a plan for each one of us! Right after I left school, I came to know of a man from Canada named Ray Barnett who took compassion on me and several other children. We were provided with food, a home, and decent education. It is through his supportive efforts that I became a physician and one of only four kidney specialists in Uganda, a country with a population of close to 35 million people.



Dr. Robert Kalyesubula issuing certificates of appreciation to participants of June 2013 Medical Camp at Kasensero.

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**DR. KALYESUBILA'S CARING HAND**

FROM PAGE 2

This same blessing followed me as I became acquainted with the President of Caring Hands Foundation, Dr. Charles R. Holt. He travelled from America to Uganda and his heart was touched to help those who he saw suffering within the abyss of Mulago Hospital. Mulago Hospital is the largest and only tertiary care hospital in Uganda serving close to 2,000 people as outpatients daily while housing an equal number of inpatients within its walls at any given time. Due to limited funds and provisions, care takers (often relatives) play a vital role in filling the gaps that the hospital cannot address like provision of drugs, food, and life saving investigations. With the limited resources at Mulago, it is not difficult to imagine what might happen to an unconscious patient having no identification who arrives at the hospital via the police with no family or caregiver. It is such people that Caring Hands enters the picture and provides a lifeline for their survival. I have witnessed firsthand multitudes of patients close to death who were resuscitated because the Caring Hands team was able to finance a crucial CT scan to diagnosis a traumatic brain injury, provide an intubation tube for life support, or secure a specific antibiotic to an ICU patient diagnosed with a multi-drug resistant infection. I am indeed amazed at how the patient's faces light up when they see our team approaching their beds. The Caring Hands Foundation medical team has established such a great working relationship with the hospital ward medical personnel that we have been christened the "magic team".

All this is made possible because of the sacrifice from each of the CHF team members and this includes the people who are willing to fund our efforts. The needs are great, but we are saving one life at a time and if you care to join us, our arms are open wide to you. We should all strive to make the world we live in a better place. Come and join our team!

**DR. MUNDAKA'S PERCEPTION OF CARING HANDS FOUNDATION**

FROM PAGE 1

I'm Ugandan through and through, and I love to swim. I come from the far eastern side of Uganda called Mbale, well known for traditional circumcision ceremonies where all boys are initiated into "true manhood". I'm happily married to my beautiful wife; together we have a very handsome two and half year old baby boy. I graduated as a medical doctor back in 2009, and since then, the Lord has used me to extend His tender loving care to the hopeless through this great organization of Caring Hands.



Dr. Mundaka addressing residents of Kasensero during the Medical Camp of June 2013

Being part of the Caring Hands team has been a true calling. Once during my rotations as an intern doctor, I had two very sick patients with no relatives. They required some investigations and drugs for us to care for them appropriately. Unexpectedly, two Caring Hands staff members appeared at the patient's bedside and by next morning, both patients had their medical investigations performed, and their prescription drugs provided. They had even been given food. This act of charity astounded all of us who were involved, as patients without family or caregivers at Mulago Hospital usually go without. You can imagine how this selfless act motivated all the doctors on the ward. It's from this point in time I realized where my passion really lay. As much as we doctors try to meet all of the many needs of our patients, we will always require an extra touch to get them to recovery.

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## FROM PAGE 3

We need all the “caring hands” that are available. My typical day starts early at 6AM with my domestic house work responsibilities, and by 8AM I am together with the Caring Hands medical team rounding on the wards attending to patients. It’s never been a bed of roses for our CHF team in Mulago Hospital in Uganda, and bureaucracy often times stops us from accessing some needy patients, with some even dying before we are able to arrive to provide life saving care. My worst nightmare is when a patient dies because of hunger or when medical personnel delay giving a vital drug. It’s difficult for me to get all these patients who die due to negligence out of my mind and this thought motivates me to make the extra effort to come up with creative ways to thwart the system.

My passion, as Jesus said, is to serve and not to be served, and I love taking on new tasks and challenges. By God’s grace, I hope to start my master’s degree this year. I wish to become one of the greatest gynaecologists of this nation. I’m sure through this effort I can effectively join the struggle against maternal and infant death, so the mothers of this world and their newborns can live to enjoy healthy and safe lives. I’m happy Caring Hands has shown me great support with this dream I am pursuing.

Caring Hands comes up with creative ways to effectively and efficiently manage patient care without limiting ourselves to bureaucratic boundaries, and I’m proud to be a part of all of it. Thanks to Dr. Holt, our president, Ms. Nalugo, our administrator, and our dear medical director, Dr. Kalyesubula, for being so inspirational to us all. I want to thank my team in a very special way. Grace, Ruth, Celina, and Allan, you guys make a great team indeed.

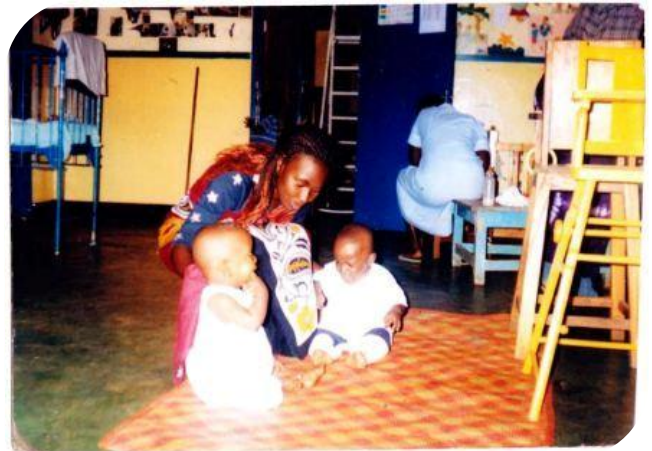
Your “caring” doctor,

## DISCOVERING SELF

**CHF Finance Director, Susan Nalugo**

In 2003, I was introduced to Sanyu Babies Home (SBH) by a friend of mine whose mother trained nannies and maids. Part of her training regiment included bringing her students to SBH (a home for abandoned babies) once or twice a year to gain experience in early childcare.

The invitation wasn’t very appealing to me at the time, but in the end, the experience revolutionized my life. As I grew up, I don’t ever remember having close relationships with babies. I do remember accidentally injuring a child’s finger while trimming her nails many years ago and that experience soured me on developing any maternal instincts. Later in life, I distanced myself further from children because I hated the fact that I couldn’t figure out why they cried at times. I preferred them quiet and peaceful. Those attitudes changed dramatically after my first visit to SBH, and I realized how selfish I had been up to that point in life.



The Finance Director playing with babies during her visit to Sanyu Babies Home

In the early 2000s, I underwent a lot of challenges and pain in my personal life. Uncertain of the future, living apart from my family, worrying about my brothers’ welfare, homeless, jobless, my chances for school becoming slimmer by the day, I was filled with self pity and I had lost all hope.

On my first visit to SBH I met many children, but there was one special baby who touched my heart. I consider this meeting to have been a divine appointment.

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## FROM PAGE 4

Staring into the little one's bright eyes as he genuinely returned my smile did not only warm my heart, but reminded me how privileged I was compared to him despite the fact that both of us were in the same boat on many levels. A few things became clear to me. I was grown up, I could make my own decisions, I would do any decent job to better my life, but this little one had no idea of what the future held for him. Right then all my hopelessness and self pity vanished. At the end of visit I went back home (I was living with a friend at the time) with this baby filling my thoughts. Although it wasn't possible to bring him home with me, there was no doubt that I had met someone very special and I knew I would do everything possible to keep him close to me. It was hard for me during the following week, as I missed my little one so much. I longed to see him again.



On my second visit, my little one looked as healthy and handsome as before. We spent all day together. I adored him as I carried him in my arms and cuddled him. He was the most wonderful child I had ever met in my life. I fed him, gave him a bath, and put him to bed at the end of the day. Before long, I requested for permission to volunteer at SBH and my request was graciously accepted. I consider this opportunity the best thing that has ever happened to me for it gave me a chance to discover who I really was and my purpose for living. The subsequent days were a bit challenging because I had a lot to learn. SBH caretakers became angry when I gave my little one more attention than the other children, because it was difficult to get him to stop crying whenever I left to go home. I spoke about

“my baby” whenever I was with friends and I brought quite a number of them to the home to meet him. SBH caretakers started addressing me as his mom, and I had never been happier. My little one loved me as much as I loved him. He became jealous whenever I cared for other children or whenever other children approached us when we were together. It was strange being a part time mom, but our relationship strengthened by the day and some of my friends even called my relationship with him an obsession.

Every road has its bumps, and one time my little one fell sick with diarrhoea and vomiting. His illness was a wave that swept through the home and I remember several children at SBH died during that period of time. My poor little boy became so weak, and lost so much weight that at times I thought he too was going to die. My heart and mind were restless. I spent more time at the orphanage making sure that his medical care was going well. I monitored his medications, provided him oral hydration that I bought with the little money I had received from a friend. I prayed more fervently than ever before and thankfully he recovered after eight days.

One may wonder why challenges come our way when we offer ourselves to serve others. My guess is that sometimes God wants us to draw lessons from these difficult times that He uses to develop our character. At other times, I think the trials of life enter our lives as the devil wants to distract us from discovering our purpose and if we begin to doubt, we consequently lose our joy and peace. I have also come to learn that if we pursue other people's dreams instead of our own, we can never be truly happy. Some people have idols in life and they want to be just like everyone else and forget the fact that although we are made in same image of God, we are all created unique and have diverging interests. I don't want to live striving to be like a famous musician or actress, or spend my time trying to live my mom or dad's life. I want to be who God made to be!

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Despite all the challenges I was undergoing, for the sake of my little one, I pressed on. As the memory of his sickness faded, another wave came. The number of children at SBH increased every day. There was hardly space to accommodate them all. It was time to transfer some of them to a children's orphanage. Although my little boy wasn't yet four years old, the age SBH by-laws stated transfers were initiated, his name was among the babies scheduled to be moved to Watoto Homes (a large childcare ministry run by one of the biggest Pentecostal churches in Kampala). I wept at hearing the news. I remember one of the caretakers called me privately to give me the news. I went directly to the home to negotiate his stay. I cared nothing about what the administrator would say to me. All I wanted was fairness, and my little boy was still too young for a children's orphanage. It must have been in God's plan to intervene as one of the care takers met with the administrator prior to my arrival to plead for my boy's stay. No promises were made by the administrator, but she assured me she was going to give the request serious consideration. Sorrow filled my heart at the thought of losing my baby. I wished I had a family, more so a mother, to adopt him on my behalf so he and I could become a part of that family forever! One deeply moving event that occurred during that time was while changing my little one's diapers; I spent the time crying over him in the private changing room. Amongst the tears, I made a promise to him that I was going to keep loving him and that even if he was taken to end of the world, I would look for him. The poor boy only stared back at me. He couldn't understand a thing I said. He was just happy with my being there with him. There were no concerns of the future. That wave also passed, but my heart remained restless. My dream to have somebody adopt him on my behalf was shattered as no one seemed interested. This uncertainty was made worse by my own jobless situation. I had no way to earn income to meet even his most basic needs. I prayed to God that if I wasn't to have him for my own, a family would adopt him and this family would let me visit him whenever I could. A year later a family from the northern part of the country visited SBH, and my boy turned out to be the perfect match. At first it was hard to accept, but later I realized this adoption was a

much better option than the orphanage. His new parents are great and they have kept me updated and included me in his life since the adoption in 2005.

Are you bored with life, frustrated, asking many questions but with no answers? Do things seem hopeless; do you feel like a failure, does life seem to be weighing you down? I have been in that situation. I understand what it means to wait, but without a sign that things are going to change. I advise you to go out and do something for somebody, join Caring Hands or any other charitable organization in order to change a life today. Don't wait for money to "give big". You already have what it takes to change a life. I was penniless when I started my voluntary work at SBH, and sometimes I even had to walk there to offer my free services because I had no money for transportation. Some organizations give volunteers a little something, but SBH never gave me anything in kind, but rather taught me life time lessons, restored my joy, and helped me discover the potential I had on the inside. I may not be where I wish to be in life yet, but I'm certainly not where I was in 2003. My life changed for good and I'll never be same again. If I asked you a question, "WHAT IS YOUR PURPOSE IN LIFE?", many people's response would revolve around making money, achieving wealth or fame, and others may not be able to answer the question at all. I would say step out and volunteer to help someone even less fortunate than you see yourself to be. You will be surprised at what happens to you, your attitude and your future. Be God's Caring Hands, and begin leaving a legacy that you and your family will forever be proud of.

Caring Hands Foundation is here to offer you an opportunity to sponsor one of our patients in Mulago, assist a child wanting to attend school, or be an instrumental part of our school construction project. You can donate money, construction materials, or mobilize a group of people to help us construct our project in Kasensero. Think of being a part of giving hundreds of children an ideal learning environment, seeing them playing with smiles all over their faces during class breaks, and watching them grow into tomorrow's leaders. Don't miss being God's Angel to someone in need. Don't despise your potential. Join us as we become world changers.

**CARING HANDS FOUNDATION MOULDED ME****Mr. Ntambi Allan**

My name is Ntambi Allan and I am currently serving as CHF Coordinator, where I work out of our small CHF office surrounded by a team of eight colleagues. I spend my days supporting my co-workers in a variety of ways as they go about caring for patients at Mulago. My responsibilities at Caring Hands include office management, photography, computer operator, errand runner, accountant, and at times I find myself in remote areas of the country negotiating terms of agreement with villagers concerning CHF sponsored events. You can say I wear many hats. I am also a beneficiary of a CHF financial scholarship. I graduated this November, 2013 with a degree in Business Accounting at Uganda Christian University Mukono.



CHF Admin Ass, Mr. Ntambi Allan after graduation at Uganda Christian University Mukono

In August 2009, I started pursuing a bachelor's degree in Commerce at Makerere University hoping that I would come up with the required university tuition before the end of the registration period. Unfortunately, this did not happen and I ended up dropping out. My dream had always been to obtain the highest qualification in education and at this point, my dream was **shattered**.

It is said that God never forgets any of his creations, and through God's providence, I realized I had not been forgotten as well. During the year I spent at home after leaving Makerere University, I did not realize I was being quietly observed by a long term friend for a potential ministry position. This friend turned out to be Ms Susan Nalugo who sits on the board of CHF. She suggested that I join CHF and take on the responsibilities of coordinating CHF's Kasensero School Project. In return for this position,

my entire university tuition fees were paid by CHF and now after nearly four years, I am about to see my one time shattered dream become a reality. If another opportunity comes my way, I would like to continue on towards a Masters Degree, and with this, I believe I will be able to make a great impact on our country and its people thanks to Caring Hands Foundation's investment in me.

CHF has been able to cater for a wide variety of individuals from different walks of life. The CHF team has been able to replace despair with hope through financial sponsorships, Christian evangelism, school construction projects, medical camps, along with our everyday ministry to patients at Mulago Hospital,

As I got my opportunity, I believe many other people are yearning to receive the same chance. This might not mean education, but medical and social assistance, spiritual motivation, along with all the other ministries that Caring Hands affords the hopeless. Please, let's join hands as Ugandans and all supporters out there in the world to see that all people in need also receive these opportunities. Remember, joined hands achieve more than a single hand can provide.

My sincere appreciations go to Dr. Holt, the President and Founder of Caring Hands Foundation, and CHF's Finance Director, Ms Nalugo Susan, for giving me an opportunity to pursue my dream. I believe God is abundantly blessing you for the good work you are doing. And not to forget my colleagues, I want to thank Dr. Kalyesubula, Dr. Mundaka, Ms Oziru Celina, Ms Sessanga Ruth, and Mrs Muhindo Grace for the tremendous work you are doing at Mulago Hospital, and please, keep fighting the good fight!

God bless Caring Hands and all our supporters.



Mr. Ntambi Allan

### CHF SOCIAL WORKER

**Ms Ruth Ssesanga**

For the past two years I have served with CHF, and my life has been greatly transformed in many ways. Through my opportunity at CHF, I have learned to value life more, accept people the way they are, and above all, thank God for who He has made me to be. Until I joined CHF, I had never seen people suffer physically, psychologically, spiritually, and emotionally to the degree I have now witnessed.



**Ms Ruth Ssesanga giving a bible to a patient**

Our Caring Hands Foundation team reaches out to all types of needy patients. Some have been assaulted and brought to the hospital unconscious by the police. Others have severe financial needs, and still others present to the hospital with no family or caregivers and need food, drugs, medical investigations like X-rays, ultra sounds, and CT scans, to mention but a few.

My role and responsibility as a Caring Hands Foundation social worker is to advocate for such patients and to assist them however necessary whether their need is physical, spiritual, or emotional, and share the Gospel demonstrating the love of Christ. From my vantage point, I have been able to reap spiritual fruit and it is a testimony to God's power that a number of our patients have given their lives to Jesus Christ and now have an eternal home. It brings me great joy when I see a smile on my patient's face after his or her needs have been met. This reflection of joy clearly demonstrates my efforts have not been in vain.

### CHF SOCIAL WORKER VOLUNTEER

**Mr. Mawanda John**



**Mr. Mawanda John at CHF offices in Kampala, Uganda**

People come to Mulago Hospital with various physical health problems, but beneath these symptoms lie social issues that often are a major contributing force behind a patient's more obvious healthcare concerns. These social aspects include poverty, unemployment, divorce, death of parents or relatives, relationship conflicts leading to estrangement or family neglect, refugee status, and child abandonment to name but a few. Faced with all these challenges, we give thanks to God for Caring Hands Foundation (CHF). He has blessed Mulago with a medical team, finances, and the will to take on the endless needs in the hospital and solve many of these problems.

Normally patients arrive hopeless, helpless, and lonely, but to discover that there is someone waiting to take care of their social, financial, medical, psychological and emotional needs is really something remarkable to behold.

The role I play as a social worker is to initiate the investigation of the patient's needs. After being informed of a possible case, I normally go to the wards, locate the patient, assess his or her social history which includes confirming community origin, garnering information on next of kin, occupation, marital and economic social status, determining his or her tribal origins and pin pointing the specific medical problem that brought the patient to Mulago. This information helps to identify if the patient is truly in need of CHF's help as we specialize in treating those with severe conditions or situations.

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### HE WORKS TIRELESSLY

FROM PAGE 8

If genuine need is confirmed, I inform the rest of the CHF team which includes the doctors, nurses, other social workers and counsellors to initiate the medical workup leading to CHF's involvement with that individual patient.

As a CHF social worker, I also go the extra mile to provide the patient emotional and spiritual support. If need be, we counsel the patient in order to ensure that they are rehabilitated psychologically and emotionally during their hospitalization. We provide support that gives hope and courage leading to resolution of many of their social issues, as we offer them spiritual encouragement to trust God while praying with them for divine guidance for their specific situations. At times we may even accompany the patient back to their homes to help them integrate back into their families and communities after a long stay in the hospital.

Whenever our patients' needs are met, I never tire of hearing their appreciation for us. I also join them in saying thanks to Caring Hands Foundation for the provision and care they provide which really makes a remarkable difference in the lives of many people throughout Uganda.



Susan Nalugo

**Director Finance**

*"Be God's Caring Hands, and begin leaving a legacy that you and your family will forever be proud of."*



Dr. Robert Kalyesubula  
**Medical Director**

*"... the patients' faces light up when they see our team approaching their beds."*



Dr. John Mundaka  
**CHF Medical Officer**

*"Being part of the Caring Hands team has been a true calling."*



Mr. Ntambi Allan  
**CHF Admin Ass**

*CHF has been able to cater for... individuals from different walks of life*

### THE HANDS THAT MAKE UP CARING HANDS



Dr. Charles R. Holt **CHF President**

*"..I remember growing up... as a child"*



Mr. Mawanda John  
**CHF Social Worker Volunteer**

*"...we give thanks to God for Caring Hands Foundation..."*



Ms Ruth Ssesanga  
**CHF Social Worker**

*"It brings me great joy when I see a smile on my patient's face after his or her needs have been met..."*

## EDUCATION

By Ms Susan Nalugo

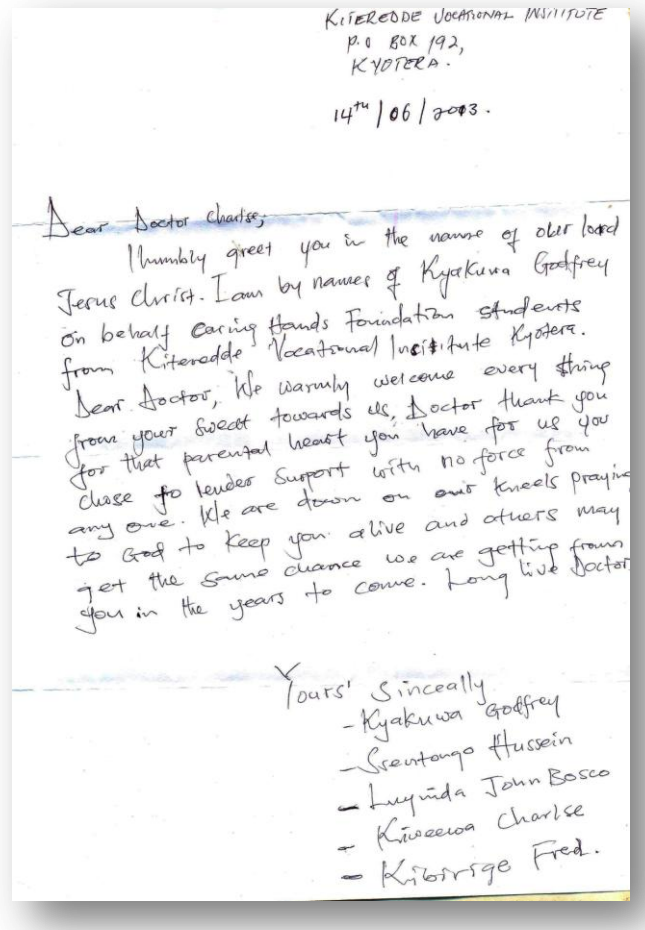
We hope that by the time you get to this section, you will have noticed that the focus of this year's newsletter declares God's intervention in all that Caring Hands is attempting to accomplish in Uganda. We know you believe in us, but we thought it would be good idea to include a photo-shoot of the His achievements during the past year. With the permission given to us from different institutions, we were able to obtain pictorial evidence of what our beneficiaries have achieved.



In the blue overall is the youth sponsored by CHF. He is practicing for his final exams.

In last year's news letter, we introduced to you some of CHF's educational scholarship recipients who we have supported for a number of years and who were awaiting their National Examination results. After reviewing their scores, the Caring Hands board of directors decided to continue their financial support through enrolling them in what westerners would recognize as a technical trade school program. In this program the young men would be equipped to develop skills in such trades as construction work, automotive mechanics, electrical contracting, and plumbing. Although initially this was not well received by the students, we were sure that it was the right thing to do given their individual performances on the National Exams and the level of unemployment for white collar job seekers at the national level throughout Uganda.

Months later, I visited them at school and their joy of seeing me was overwhelming. They wrote a letter to Dr. Charles expressing their gratitude (see copy below).



At the end of last school term, I revisited them to find out how they were faring. Fortunately the day I requested for a visitation was the same day their practical exams had been scheduled. I prayed a short prayer that the Principle would grant us permission to take photos with the exams in progress. Given the strict rules and regulations of many schools in Uganda, I wasn't sure what he would say, but much to my joy my request was granted!

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**CARING HANDS BOARD OF DIRECTORS DECIDED  
FROM PAGE 10**



The student sponsored by CHF to study Electrical Installation.

I was deeply moved as I watched these young men carry out their mechanical skills portion of their exams. I could not hold back my tears of joy. I felt like a mother watching her children growing and becoming useful citizens. I kept whispering to myself, "The glory goes to God." The credit also goes to the partners and Caring Hands family who have made it possible for these young men to become who they are today. Please read their earlier testimonies in our previous newsletter and you will understand how far they have come. Visit our website for more pictures and audio clips from these young people. I strongly believe that the last five years of Caring Hands' achievements are just the beginning of what God wants to accomplish through us. We encourage and invite you all to get online with us, make a donation great or small, and come over and join us on the front lines in Uganda.



A student sponsored by CHF while sitting his Final Exam of Mechanical Engineering.

**EVENTS FOR 2014**

1. Medical Camp, June 2014
2. Broaden the care given to patients in Mulago
3. Sponsor more children in Education
4. Develop the land for the construction of Kasensero School.



The Land for the School Construction at Kasensero

**KASENSERO****By Ms Susan Nalugo**

In June of 2013, Caring Hands Foundation sponsored a concurrent evangelical crusade during our medical camp in Kasensero. The crusade, which included door-to-door evangelism, was a resounding success. In reassessing our spiritual effort, we strongly feel we could have reached many more individuals had we organized more ‘laborers’ because the harvest in Kasensero is immense. Our prayer is that our commitment to the spiritual well being of these souls in Kasensero will awaken others with a heart to reach out and serve this languishing community that desperately needs God’s love. We are on the lookout for committed Christians to carry out continuous discipleship lessons for the newly converted. We strongly believe that our new “babes in Christ” and many Christians in Kasensero need to become grounded in the Word of God for true change to take root within of the community and the surrounding area. The present lifestyle these people live cannot be changed by a one crusade, medical camp or house call. What is needed is regular spiritual feeding from the Word of God delivered by faithful witnesses who are willing to count the cost of true Christian discipleship and demonstrate God’s love and mercy personally.

This last year I had the opportunity to travel to Kisoro, a community nestled on the slopes of the Muhavura mountains in far western Uganda just a short distance from the Republic of Congo border. In 2011 the CHF evangelistic team made its way to this remote area to lead a crusade and to formulate a bond of fellowship with a local group of believers making up the Liberty Church. When we arrived, we found a real thirst for Christ and many were saved during our crusade. Unfortunately, we found few Christians with any deep commitment of faith save Pastor Benon and his wife who shepherded the local flock, and who were greatly encouraged by our witness. At the time, they were struggling to finance a structure that the local believers could congregate for worship and Bible study. My mission was to assess the growth and development of the local body and to see how the donated CHF funds had been used towards constructing the new church building. I was impressed by the accomplishments the church had made

under Pastor Benon’s leadership during the 18 month period I had been away. The new structure that stood before me, including the shiny new galvanized roofing material courtesy of Caring Hands, had been completed. The congregation had constructed temporary urinals and had even started on an unfinished guest house (as shown in the photos below). They now have a well-built latrine which was nonexistent during my initial journey to Kisoro. This earlier visit is etched into my memory for many reasons, but one of my most vivid recollections was when I asked to use the bathroom and the pastor’s wife led me to an open space bringing along a piece of cloth in her hand. The woman, who spoke neither English nor Luganda (my native tongue), murmured instructions that I did not understand so she demonstrated for me what I was supposed to do in order to relieve myself. In retrospect, the look on my face must have been laughable, but being a visitor, I did not want to appear rude, so I assumed “the position” while she raised the piece of cloth to block curious onlookers from the “nature’s call show”. After this experience, I came to understand why the women in this area of the country clothe themselves with this extra material. It is quite uncommon to find a woman around Kisoro without this “privacy fabric” wrapped around either her waist or neck. May I say, “When in Rome....”



The place of convenience at the Church in Kisoro

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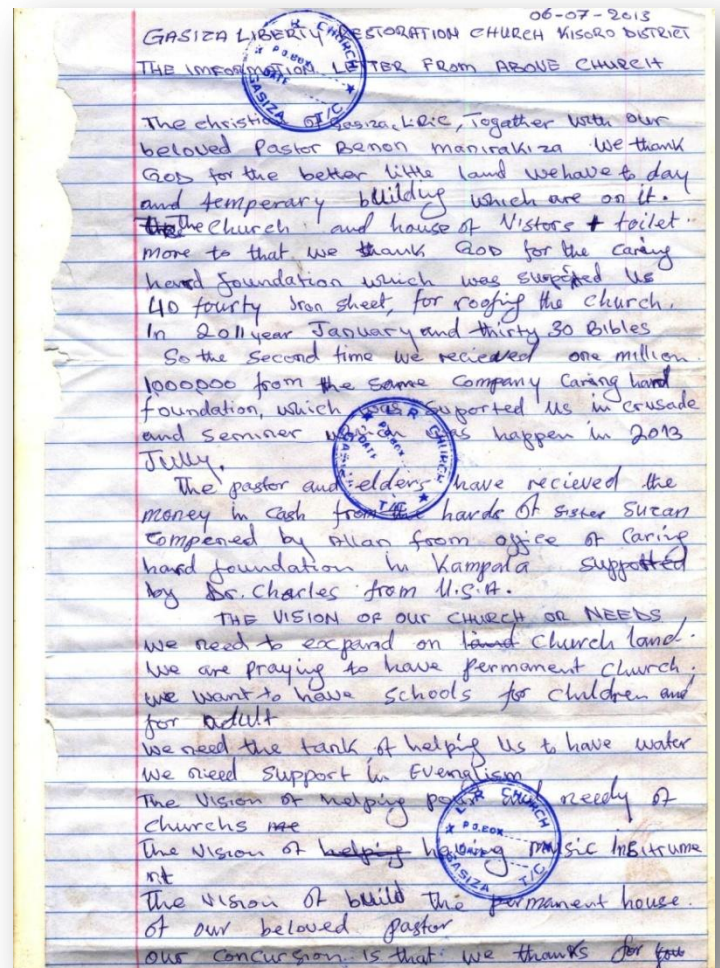
## CHURCH IN KISORO

FROM PAGE 12

Although the church has made physical progress, there is a desperate need for spiritual contractors to come and construct well built disciples. I noted that the believers in this church, like in many other churches throughout Uganda, are still quite spiritually immature. If CHF is to make a spiritual impact in this part of the country, missionary discipleship must take place. I noted that it was not unusual for church members to ignore worship services altogether because they were occupied with waiting in line to draw water for their daily needs or because they had stayed up late the previous night waiting their turn at the well. Water is certainly a scarce necessity, especially during the dry season around Kisoro, but these believers need to be taught basic Christian principles to instill in them who they are in Christ Jesus, and how they can be an integral part of expanding the Kingdom of God. I am reminded of the psalm that says, "for one day in your Courts is better than a thousand days." but some of my brothers and sisters at Liberty Church cannot fathom what this verse implies. If the Psalmist extolled, "I was glad when they said let us to go unto the House of the Lord", why is it so difficult for many Christians to make fellowshiping together on the Lord's Day a priority? It seems that they do not grasp the concept of maintaining a personal relationship with the Father and the Son nor do they have an understanding of obedience and the work of the Holy Spirit in their lives. Without solid Biblical teaching and fellowship, how can maturity take place? This gap could be bridged with timely reminders. There is an old English proverb that says "practice makes perfect". If we apply ourselves to understanding, and put into practice that which we have heard, we can be transformed by the "renewing of our minds."

I therefore call upon of you servants of the Father to come fill this gap, and I ask you to please consider carefully Pastor Benon's letter (below) to Caring Hands. Does this letter speak to you? If so, please do not harden your heart when the Lord speaks to you. I have a favorite old song that many Christians are familiar with either as adults or as kids in Sunday school that goes, "When He calls me, I will answer;

when He calls me, I will answer; when He calls me, I will answer; I'll be somewhere waiting for my Lord". Do we understand the message in this song? Do we really mean what we sing or is this just a lovely melody? Consider what our Lord has said, "The fields are white unto harvest, but the laborers are few." "Go unto the entire world, and make disciples of all nations, baptizing them in the name of the Father, Son and Holy Spirit." Our marching orders have already been given. The Boss has spoken.



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The Compound of the Church in Kisoro and beside is the visitor's house.

### NAMUWONGO WOMEN'S GROUP

Many of you who frequent the CHF website or who are on our email list have heard about a women's group we support located in Namuwongo Soweto, one of the slums in Kampala. The group started a few years ago as a loose association of women making beaded jewelry for the purpose of creating secondary income for their families but later developed into a Christian fellowship set up to encourage one another and to learn the Word of God under the direction of Grace Okasa. Some of you may have even purchased their handmade jewelry from Dr. Holt. CHF takes these proceeds and returns 100% of the income generated back to the group to help support these ladies who are struggling with poverty and HIV related trials. Although the world's desire for Ugandan beads has dried up, the spiritual fruit on the other hand is multiplying mightily. A year and a half ago, a CHF partner funded the reconstruction of the shelter where the women regularly met as the original shelter had collapsed during a storm. The newly constructed shelter attracted so many people that the original fellowship has grown into a church. Over 150 people (both children and adults) now meet weekly for Bible study, prayer and Sunday services to celebrate Christ.

Our CHF partner could have spent the money she gave us on worldly things or even on herself, but instead she

responded to the needs of these women and invested in the Kingdom of God. 150 people now call her investment their spiritual house and only God knows what blessings will come forth out of that fellowship in years to come. How many unexpected joyful embraces will Marge receive in heaven for the simple act of obedience of faith and to hear Jesus Himself say, "Well-done good and faithful servant." Food for thought.



Namuwongo Women's Group



The structure used by Namuwongo Women's Group

**CHF MEDICAL MISSIONS****By Susan Nalugo**

Every day we thank God for the privilege of serving the people of Uganda. Generally Ugandans are very kind-hearted people. You will be greeted with a smile on the street, at the shopping mall, at church, and enthusiastically welcomed within their homes as well. It's not unusual for a Ugandan, who may be a total stranger to you, to strike up a conversation with you. Despite the majority of the population living below the poverty line along with unimaginable social, political, and health challenges, Ugandans maintain their smiles and remain hospitable. It's one country in the world where your entire perspective of life will change once you come visit. If you come and help or give a little present, be assured you will be reciprocated with a bunch of matooke, a chicken, or anything within reach as a sign of appreciation and friendship. Become engaged in a conversation in a local taxi van (matatu) and you are friends instantly and forever, often followed by a phone call within two hours of separation inquiring whether you made it safely to your destination. Given the nature of Ugandans once you visit, you will be intuitively drawn to think of how you can contribute towards the betterment of their lives.

During our 2012 mobile medical camp held in Kasensero, among the many patients we treated was a Tanzanian citizen living within the community. Caring Hands doctors were called to this woman's "home" (*see photo below*)



experiencing severe pelvic pain caused by infected uterine fibroid tumors. She was literally wasting away and she could do nothing by herself. The CHF staff arranged to bring her to Mulago Hospital for an operation. Irrespective of CHF staff's assistance in ensuring that the patient was seen by the appropriate Mulago physicians, along with providing her with food and drugs, efforts to proceed with the needed surgery proved futile. The CHF team discussed the case and the decision to move the patient to a private hospital for the operation was made. Thankfully the surgery was a success and she returned to her home and made a full recovery. During our one of our visits, our team spent some time with her this past July and her joy was beyond description. In her Swahili – Luganda accent, she exclaimed, “ mwebaale nnyo, mwebaale nnyo basawo, n'omuzungu noyo yayimirira wano mu Kasensero (she looks down and smiles) erinnya nawe ndyerabiddeko.” Thank you very much, thank you very much doctors, and the Muzungu, even the representative here in Kasensero whose name I don't remember”.

We are very thankful to all of you who have donated funds or items to make the past two medical camps so successful. We are so proud and thankful for our dedicated team of volunteers for setting aside their daily responsibilities to spend four days with us in Kasensero enthusiastically treating patients under such trying conditions.

Please enjoy some of the pictures from the two medical camps. We cannot include every photo in this newsletter so we invite you to our website [www.caringhandsfoundationltd.org](http://www.caringhandsfoundationltd.org) to see to more of our photo collection. We invite you to come join us in Uganda next June as we hold our third mobile medical camp. You can also donate online toward our ongoing mission efforts in Kasensero.



*Some of the American volunteers in the Medical Camp of June 2013*



*Dr. Charles R. Holt sitting with a boy*



*Preaching was also going on during the Medical Camp of June 2013*



*Volunteer attending to an ill baby at Kasensero Medical Camp of June 2013*



*Volunteers attending to sick mothers and babies*



*A volunteer doctor attending to a baby at Kasensero*

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