

January – July 2012



# Prayer Lifeline

**Heavenly Father, stir my heart with a deeper yearning for prayer. I need your guidance every day. Bless me with the discipline of daily fervent prayer, particularly in those times when I face difficulties and hard decisions. Have your Holy Spirit stir my spirit with a longing to come into your presence and remember the needs of others as well as my own. In Jesus' name I pray.**

*Amen.*



**Send a Cow**  
Change a family's future

# Welcome



James Pimundu  
Country Director, Send a Cow Rwanda

## Pray for James Pimundu

Send a Cow Rwanda has a new Country Director, James Pimundu, who started in October and is based at our Kigali office.

James, from Uganda, has more than 15 years' work experience in long-term development, humanitarian assistance, and international consultancies. He's worked for several organisations including UNICEF, UNDP, World Vision, Child Fund International and ZOA Refugee Care International. Join us in praying that James will know God's presence and guidance as he leads the Rwanda work.



**Thank you for the messages of encouragement and helpful suggestions following the restyling of Prayer Lifeline. Give thanks in your prayers for the encouraging first half of our financial year (July – December). We always value your regular prayers and we would ask that you join with us in praying particularly for this year's Lent Challenge - "Raise £40 in 40 days". We are asking you to "Do Something Different" to mark Lent this year.**

**When you make a gift to Send a Cow, it is an investment not just a donation. A similar thing can be said about our praying, we invest in prayer rather than just saying prayers. With so many investors praying together we can expect that God will shower Send a Cow with His blessings.**

David Turner  
Community Fundraiser and Church Liaison



## Countries we work in

### LESOTHO

With 43% of the population living on less than \$1 per day and with one of the highest rates of HIV/AIDS in the world, we give thanks that Send a Cow Lesotho has started working with 12 new groups. We will work with each family to encourage them to introduce vegetable gardens near their homes, as well as cultivating crops. Please pray that as they learn how to use manure-based compost to keep their vegetables nourished and watered, they may have staple food throughout the country's hot summers and cold winters.

### UGANDA

The work of Send a Cow Uganda is an expression of our commitment to the teaching of Jesus Christ to help the vulnerable and marginalized people in Uganda. We work with needy people to overcome poverty and malnutrition. We pray that through the strengthening of our internal fundraising endeavors and networking opportunities our work will continue to grow, which will enable us to assist more needy families.

### RWANDA

With the loss of much of its livestock during the 1994 Genocide, Send a Cow provides our farmers in Rwanda with good quality cows and goats, while also training them in sustainable organic farming and environmental protection techniques. We pray for our staff who work tirelessly with

farmers, especially on building strong cohesive community groups and ensuring the welfare of animals. We continue to uphold the staff as they build and grow as a team under new leadership.

### KENYA

We give thanks and celebrate with our farmers in the Western Region of Kenya as they grow in maturity and knowledge, enabling them to celebrate the joy of living sustainable lives. We pray especially for those farmers now sharing their knowledge and teaching others organic farming techniques, empowering them to build stronger community groups and attain food income and security.

### CAMEROON

Our programme in the Far North Province of Cameroon is a collaboration between Send a Cow, Heifer Cameroon and Heifer Netherlands. We pray particularly that we can all work together, to transform one of the poorest provinces in Cameroon, by helping farmers to adapt their farming methods and discover how they can increase food security for their families. We ask that this relationship will continue and go from strength to strength.

### ETHIOPIA

With Send a Cow training thousands of farmers in Ethiopia, many are now learning to break free from relying on food aid between harvests. We teach them how to produce food all year round despite the huge environmental challenges. We pray for the support for our staff as they use their expertise and knowledge to purchase and supply our farmers with fruit tree seedlings and vegetable seeds; that farmers will grow enough food for themselves and their families and build small businesses to sell their produce at local markets.

### ZAMBIA

In the remote and extremely poor Eastern Province of Zambia we work through our partner organization Heifer Zambia to train farmers and provide livestock to improve the huge livestock potential of the area. As families prepare to receive livestock we pray for their training and understanding, that they will reap the benefits of owning livestock, enabling them to learn new methods of cultivating their land rather than damaging its scarce resources.

# Throughout this week please pray for...

All weeks begin on a Sunday

- 8th January** This week give thanks for the income generated from the 2011 Christmas appeal and gift catalogue. Pray that God will bless all those who chose to give to the poor and needy rather than filling their own Christmas stockings.
- 15th January** Pray that during the months that lie ahead, God will use and multiply Send a Cow's income so that thousands more households will benefit from the money received. Pray against the general drop in charity incomes that is so widely reported, so that the fight against poverty and injustice will continue.
- 22nd January** **Rwanda** – Give thanks for the successful recruitment of a new Country Director, James Pimundu, that he may lead the team forward at the beginning of this New Year. Pray particularly for our recently trained Peer Farmers who are delivering training in organic agriculture in their own communities.
- 29th January** Pray for continued blessing on the help Send a Cow gives to HIV/AIDS groups. We pray for good management of the dairy goats especially as goats' milk has such a health benefit to these groups. Also for improved health from the vegetables that are eaten and surpluses sold bringing valuable income. Also we remember this week the work undertaken by the UK programme funding team. Pray for wisdom and understanding for Peg Bavin and her team who spend many hours filling in forms, writing letters and emails trying to attract support from the international funding organisations. This is difficult work but can bring big rewards.
- 5th February** **Programmes** – Prayers are requested for Thursday 9th Feb when the UK staff directly involved with overseas work will be meeting together for their quarterly meeting. Pray for the understanding needed in dealing with all the issues they face and wisdom for moving the work forward.
- 12th February** More important meetings this week. The Marketing, Finance and Resources committees value your prayers and also pray for the staff managing the Send a Cow website. This continues to be an ever increasing and therefore important way of fundraising and communicating with our supporters and general public.
- 19th February** **Uganda** – Please continue to pray for all our farmers still affected by the floods and landslides in Eastern region. This has disrupted farming activities and destroyed crops. This area has also had an outbreak of Foot and Mouth Disease leading to delay in the placement of animals to fully prepared farmers.
- 26th February** We pray this week for all the farmers preparing their vegetable beds ready for planting before the next rains. Pray against pests and root crop diseases that can destroy crops, leaving families without a secure source of food and income from sales of surplus crops.
- 4th March** On Thursday the Send a Cow Trustees will have their quarterly board meeting. Pray for all the reports and plans which will be considered and the decisions that will be made. Thank God for the Trustees who give their valuable time to help guide the charity in reaching its objectives.
- 11th March** Gifts left in Wills are a blessing for Send a Cow. We pray that more and more people will consider leaving a gift in their Will to support our work and so enjoy that feeling of knowing that many families will be blessed by their generosity.
- 18th March** **Programmes** – Remember in your prayers members of the team led by Martin, including David, Henry and Anna who are responsible for co-ordination of the Send a Cow programme work. Also, Ida Hadoto in Uganda as she takes forward the work of Send a Cow's Social Development and Gender Strategies.
- 25th March** There are bound to be disappointments. Pray for the families that are finding the work hard when their crops don't yield as much as others in their group. Lots of support and encouragement will be on offer. Please pray that they will have their strength renewed and that they will be rewarded for their efforts.
- 1st April** As this is Holy Week, we pray that not only will hungry bodies be fed and lives changed; We pray that those who hear the message of God's salvation will respond and know what it is to spiritually "never thirst". *John 4:14*



**8th April** **Zambia** - Pray for those farmers in the Eastern Province who are food insecure due to various reasons such as: low yields that were as a result of water logging of crop fields, labour constraints, poor access to farming inputs and flash floods in some instances. And give thanks that as a result of the work of Send a Cow they have been assisted by others with surplus food in their community.

**15th April** Our national team of volunteers need our prayer and support as they fulfil their roles in many different ways. Pray that they will feel valued and encouraged as individuals, groups, schools, and churches respond to their talks and fundraising activities. Pray for Carolyn Aitken who manages the volunteer network.

**22nd April** Pray for the UK and overseas staff this week as they try to finalise the next financial year's budget plans (1st July – June 2013). This can be a very stressful time and includes so much planning by faith. Pray for wisdom for all concerned and confidence that God WILL provide.

**29th April** Especially remember this week the many households waiting for their chance to start on the road out of hunger and poverty. Without the appropriate funding their journey is on hold until the UK public respond to the appeal for help and support. Give thanks for the generosity of those households who freely share their surpluses with those who are still in such great need.

**6th May** This week (Tuesday – Friday) Send a Cow will have a stand at the Christian Resources Exhibition held at Sandown Park Epsom. Pray that many people will visit the stand to learn how their church can support our work. Then pray Saturday & Sunday for the annual Volunteers Workshop Weekend which is being held in Gloucester.

**13th May** **Lesotho** – We give thanks for our Lesotho farmers this week who through their understanding of our Cornerstone Development Values have willingly passed on rabbits to other members outside of their community. Please pray for members of the Phesha Mphelise Kolobe group who have been trained on poultry production by our staff and have improved their knowledge and understanding of these practices.

**20th May** **Cameroon** – Our farmers in the Far North Province of Cameroon have been trained on onion gardening which will help enable them to establish onion garden nurseries. Pray that as a result of this training they will be able to sell this produce at a local market and gain a small income to help with education fees and other expenditure.

**27th May** As the financial year is drawing to a close (30th June), pray that any shortfall on budget will be quickly provided for so that the work will not have to be cut back. Explaining to people who are only just “hanging on” to life that their help has now been put on hold is not welcome news. Neither is it easy for the local staff who would have to deliver the sad news.

**3rd June** **Kenya** – The Western Region is home to over 2.7 million people and has high levels of poverty. We pray for the new community groups and their members starting out on their journey with Send a Cow. As they learn and work together that they will benefit from improved vegetable production using the manure of their animals to improve soil fertility.

**10th June** Please pray for the following heads of departments and their staff. Katie Talbot and all the finance team. Vickie Wood and the members of the fundraising team. Loraine Finnigan and the communications team. Pray that each person will have the wisdom and skill for the work they do.

**17th June** We pray that this week and always, God's love and justice will be passed on through the work of Send a Cow. Pray that the message of salvation will be carried to those who are yet without Christ as saviour and Lord. Pray that the spiritual hunger of all we hope to help will be fed as much as the physical.

**24th June** **Ethiopia** – Please remember in your prayers all the groups in our Ethiopia programme who are preparing to graduate from the support of Send a Cow. Uphold those farmers who from the knowledge and training provided will be able produce crops that will provide them with a balanced diet and benefit from the water conservation techniques taught.

**1st July** Reflect on the past 6 months of prayer requests, give thanks for answered prayer. Commit to God those prayers that are still being worked through. Commit to God the new financial year beginning this week that we might see His mighty hand at work and that we continue to pray for all concerned in Send a Cow.

# Special Events

## A few special events for which we would value your prayers

**January 23 & 24th** Christian Resources Exhibition, Exeter

**February 16th** Exhibiting at the Rotary District Rally, Salford

**February 29th** David Turner speaking to 80 Overseas District Chairmen/women at RIBI (Rotary) headquarters, Warwickshire

**March** Throughout the month a number of regional meetings for our volunteers will be taking place

**March 23 & 24th** New volunteer training weekend

**March 24th**

Two concerts in aid of Send a Cow at Ludlow and Kings Lynn

**April 13 -15th**

Exhibiting at the national RIBI conference in Bournemouth

**May 8 – 11th**

Exhibiting at the Christian Resources Exhibition, Sandown Park

**May 12 & 13th** Volunteers Workshop Weekend – Gloucester

**May 20 – 30th** Study Tour to Rwanda

**June 24th** Love Bath event in Bath



## Just a few answers to prayer

- That over 100 new community groups have been identified to start working with Send a Cow
- 500 farmers in Ethiopia have been able to plant over 15,000 fruit seedlings
- Group members in Lesotho feel empowered to Pass On rabbits to other members of their community
- Appointment of a new Country Director in Rwanda
- Farmers in the Northern Region of Uganda who have set about applying the learning they've had from Send a Cow and are already selling surplus vegetables and have become role models for others
- Continued good relationships between our UK Programme staff and Country Directors in Africa
- A wonderful response to our Harvest appeal
- Over £125,000 donated through the Ethiopia Emergency appeal
- New staff and volunteers who have quickly settled into their new roles
- Success with large bids to key Funders such as Big Lottery, DFID and others

# Thoughts on the season of Lent

Mardi Gras, Shrove Tuesday, Fasching and Pancake Day are names from around the world for the celebrations that take place before Lent starts on Ash Wednesday. During the early Middle Ages, meat, eggs and dairy products were generally forbidden during Lent, and so these were all used up on the day before so as not to tempt those who were adhering to the regime of fasting, prayer and alms giving.

Lent is so called from the Old English meaning lengthen and is celebrated during the time when the days are starting to lengthen again. It lasts for 40 days before Easter, excluding the Sundays. Forty days is used because Jesus fasted 40 days in the wilderness. But those 40 days were used by our Lord to discover more of the Father's purpose for sending Him into the world and praying for the strength needed to carry out His father's will.

So what of Lent in the present time? Do people still adhere to the fasting, prayer and alms giving? Many people do give up something, such as chocolate, alcohol, sweets, swearing or saying unkind things about other people. Many Christians also take part in Lent groups where they study God's word and pray together and many people also have projects within their churches where they choose a charity to support for Lent.

Does Lent have any relevance for each one of us? In this busy world, where acquiring things seems important, it is still a great act of self discipline to give something up. In this busy world where we rush from one thing to another and where there is hardly time to draw breath, it would help us to take some moments each day to relax and reflect on what we are doing and to thank God for all the good things we have. When we are so preoccupied with what we have to do, we find it difficult to give time to the needs of others, when it would reward us to give to others in so many ways. Obviously giving donations to a charity which is close to our hearts is one way but there are others, such as smiling at someone new on each of the 40 days or giving a neighbour a bunch of flowers, writing to friends who we have not been in contact with for a while or taking a friend out for tea; small acts of kindness which would give us great pleasure, as well as the recipient of our action. This year's Send a Cow Lent Challenge is all about doing something different to help raise £40 in 40 days.

So let us all go back to the old observation of Lent with self discipline, reflection and giving to those in need and we will no doubt find ourselves richly rewarded for our efforts. Let us pray in Lent with St Augustine of Hippo,

***O Lord, the house of my soul is narrow; enlarge it that you may enter in.***



# DO SOMETHING DIFFERENT THIS LENT

## Help change a family's life forever

This year, why not join in our Lent Challenge and raise £40 in 40 days? This is enough to provide a Drought Kit to help farmers overcome the challenges of growing food with increasingly unreliable rainfall.

It's simple to get involved. Challenge yourself to do something different every day of Lent and raise £1 a day. You could set yourself a personal challenge such as giving up chocolate or learning new skills. Or you could give your time to help others.

We have lots of resources to help you get going on your Lent Challenge.

Visit [www.sendacow.org.uk/lent-challenge](http://www.sendacow.org.uk/lent-challenge) to find out how to get involved. If you want to join together with others in your Church or group to organize a Lent Lunch, then call us on **01225 874 222** to request a Lent Pack.



**Visit our website, or give us a call if you would like to contact us. We'd love to hear from you!**

### Please send me more details about:

- Family Friend     Harvest
- Leaving a gift in my will
- Becoming a Send a Cow Church Champion
- Please keep me updated on the latest Send a Cow news and how my prayers and support are helping to change lives.

**You can contact us at anytime to stop receiving communication from Send a Cow. Telephone us on 01225 874 222**

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