“and what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God” Micah 6:8
Happy New Year!

Thank you for your continued prayers, we really value your prayerful support of our work in Africa.

In this first edition of our new look prayer newsletter you will hear from our families as they grow in confidence and knowledge. You’ll hear how individuals in the community come to learn from our families. You’ll hear about hope and dignity restored. You’ll hear too from some of our Send a Cow team who work closely in these communities to provide this vital training.

I expect that many of you reading this will have at one time grown your own fruit or vegetables. You’ll remember how good it feels when you can eat what you’ve grown on your own land. Imagine then how it must feel for our families when they have not only grown enough food to feed their children, but they have surplus to sell and are able to send their children to school because of it.

Thanks to your support our work continues to grow and communities flourish. I hope that you will be encouraged by what you read and that you’ll be excited to continue to pray for our work.

May 2020 be a year of great blessing to you and your families,

Ann Hatton,
Church Development Manager

You can contact us at:
Send a Cow, The Old Estate Yard, Newton St Loe, Bath, UK BA2 9BR
T: 01225 874 222  E: ann.hatton@sendacow.org
sendacow.org  Registered charity No 299717
We're really excited to share with you details about our Living with Wildlife Appeal which we are launching in January 2020 in partnership with Tusk.

In Uganda, poverty is threatening the local communities that are living around the country’s oldest and largest National Park; Murchison Falls. Families are struggling to live. Food is scarce and income opportunities are extremely rare.

The Living with Wildlife Appeal is raising funds to support both the people and wildlife of Murchison Falls National Park, Uganda. The money raised will train families living in poverty how to grow their own food and create sustainable ways of making a living while also funding vital conservation work in the community. With your support, we can help people and animals to thrive alongside each other.

Families and young people in the area will also be supported to start their own small businesses and learn vocational skills, such as agroforestry and construction, to help them find sustainable ways of making a living that don’t endanger wildlife. This will enable people living around Murchison Falls to break the cycle of poverty permanently and will mean that they are no longer pressured to hunt within the National Park, helping to protect endangered wildlife such as the Rothschild’s giraffe.

Alongside this, the Living with Wildlife Appeal will also educate and engage local communities with conservation so that they can appreciate the value of wildlife and become guardians of the National Park. Schoolchildren will learn about environmental issues and solutions, creating young conservation champions who can discourage their families from poaching and who will themselves turn away from poaching when they grow up. Some members of the community will also be trained to become conservation volunteers, encouraging others in the community to respect wildlife.

Donate to the Living with Wildlife Appeal and you will help vulnerable families and wildlife in and around Murchison Falls National Park in Uganda as well as supporting other similar work across Africa. With your support, we can help over 7,000 families to overcome poverty while also protecting endangered animals such as the Rothschild’s Giraffe.

Give between 15 January and 14 April and the UK government will match all public donations to the Living with Wildlife Appeal.

Please do pray for this appeal and encourage your church to get involved too.
JANUARY - UGANDA

5 January  Praise God for a new year and a new start! Let’s take a moment to lift to God this coming year and all that we hope for ourselves and our loved ones. Then let’s pray for Send a Cow and all our projects in Africa, for the families we work with and their hopes and dreams for the year ahead.

Pray especially for the Living with Wildlife Appeal which is being launched this month. Pray that it will be a huge success.

12 January  “Send a Cow has fixed my worries!” Before joining the Rakai Orphans Project, Uganda, grandmother Lucy would harvest her crops before they were ready, in order to pay the school fees and medical bills for her orphaned grandchildren. This meant they were left without enough food for themselves. Praise God that since working on this project she has learnt new farming techniques and is feeding her family well. She is now able to pay her bills and no longer worries about the future.

19 January  Pray for the 30,000 displaced people living in the Palabek Refugee Settlement. Ask God to bless mothers, like Rose, who has recently joined this Send a Cow project. Pray that he would bless the work of her hands. Thank God for the Send a Cow team working there to provide seeds, tools and training so families can use their small plots of land to grow the food they need.

26 January  “Before working with Send a Cow our children were malnourished, but once we started giving them soya flour everything changed.” Thank God that Juliet and her community group have learned to ‘make miracles from soya beans’ due to the training they have received. Soya beans mixed with cassava can provide a nutritious meal or a healthy drink. Praise God for the innovative ways they have been learning to feed their families and generate an income.

FEBRUARY

2 February  Thank God that as families become food secure they are able to send their children to school. Pray for the education they receive, that will equip them for their future. Pray too for those children who are currently unable to attend school, ask that God would bless them in different ways so that they too will be able to have choices in the future.

9 February  Praise God for the simple techniques that the Send a Cow team provides to ensure families keep healthy, such as building a tip tap (a hand washing device, see photo). Praise God for Sylvia and her family as they learn new techniques and share this knowledge with their community.

16 February  “The problem is we have no food… Between morning and now, coming to sunset, we have not tasted food all day.” Pray for our Living with Wildlife appeal this Lent which will support people like Ujeni in Uganda, giving them the skills and confidence to grow their own food and start small businesses which mean they can lift themselves out of poverty.

23 February  Pray for those who are marginalised by their communities due to disability. Thank God for the passion, care and training provided by the Send a Cow team to help restore relations and change mindsets. Bless their work and pray that communities will come together to support one another, showing value and respect for everyone.
1 March “Our work is land. The land is our bank.” Thank God for Elina, a volunteer peer farmer. Praise him for her willingness to travel to share her knowledge with others. Thank him that she is able to provide vital training for women in water harvesting, as well as managing boreholes and water pumps. Ask that God would bless her and the people she works with so that they would have an improved resilience to the effects of drought and climate change.

8 March “This project has helped me so much. I have grown younger and healthier. My skin is smoother than ever before. I eat well and my voice is heard” Praise God for Manjeri whose life has been transformed through her hard work. Her compound is full of vegetables; her orphaned grandchildren are eating well and she is listened to when she speaks out about local issues. Thank God that communities are changing their mindsets towards women and are giving them a voice.

15 March Thank God for all those running in the Bath Half Marathon today to raise funds for Send a Cow’s work. Bless them and keep them safe. Praise God for all those who give up their time to raise awareness and money to support the families we work with in rural Africa.

22 March Pray for God’s blessing on all the families who will receive training in Zambia this year due to the generosity of our supporters. Pray that these families will be given the skills and confidence they need to grow enough food, earn a living and go after their dreams.

29 March Pray for the areas of Zambia where the water table runs low and where people have to queue to collect rationed water. Pray for God’s blessing on these people and this country. Pray that the Send a Cow projects here will have a far-reaching impact and that through the pass on system more people will learn techniques which will help transform their lives.
**APRIL**

5 April  Pray for all the Send a Cow teams in the field as they build up a relationship of trust with families and communities. Thank God for Emerance in Rwanda and for the passion she has to work with families, training them and giving them hope for the future. Pray that he would bless her work and the people she works with.

12 April  On this Easter Sunday morning thank God that Jesus is alive. Thank him for the example Jesus set to reach out to the marginalised. Pray for all our work with the marginalised people of rural Africa, that they would be touched by God’s love. Pray especially for our Living with Wildlife appeal, that this will be a great success, so that more people would have the confidence and the skills to lift themselves out of poverty.

**MAY - RWANDA**

3 May  Praise God for women like Domina whose life has transformed: “With the Send a Cow training I became an entrepreneur. I invest in livestock and run a boutique business which helps me get money.” Thank God that she is flourishing and has become a fantastic role model to other women, giving them the confidence to go on and do the same.

10 May  Thank God that simple techniques such as mulching, tree planting and composting can help families improve damaged soil and boost their crops. Praise him that farmers like Domina have been able to use these methods to improve their land and grow enough food for their families to eat, with surplus to sell.

17 May  Thank God for Jean-Baptiste and his family. Before working with Send a Cow they did not have enough to eat and life was a real struggle. Praise God that now they are working on one of our projects, life is beginning to transform. Pray that God would bless this family and ask that the children would grow up to be healthy and strong.

24 May  “Our greatest achievement is our family harmony.” Thank God that life is looking good for Jean-Baptiste and his family, who are working together happily since their training. They are able to work together on their plot of land and are now seeing the benefits of the manure they collect from their goats. Praise God that through their hard work the children can now go to school.

31 May  Thank God for the Send a Cow team in Rwanda who often have to travel long and difficult distances to meet up with families. Pray for safety for them. Thank him for their patience, their expertise and their passion to do his work. Ask that he would bless them and the families they work with.
As the summer starts here in the UK, praise God for holidays and times of rest. Pray for our families in rural Africa who do not have such luxuries. Pray for them as they continue to work hard on their land, keeping their crops watered and free from disease and weeds.

Thank God for our four regular seasons and for ample rain which supplies all our needs. Pray for the countries we work in, where climate change has affected the weather patterns and where families are experiencing drought. Ask that God would bless our projects where we are delivering water-saving technology. May this training bring transformation to communities.

Praise God for the work being done throughout our projects on spring protection. Praise him that more communities have access to clean water and that as a result fewer people are suffering from water-borne disease. Pray that this work would continue to bless more and more families.

Praise God for all those who give up their time as volunteer Ambassadors to give talks and presentations and raise the profile of our work. Ask that God would bless them and use them to help grow our supporter base, so that more people can make a difference.

"My work gives me the opportunity to empathise and witness great transformation in the lives of people. I witness families improving from barely eating a meal a day to being able to produce adequate food. All these changes restore the families' dignity as human beings.” Praise God for Sylvia, the Kakrao Project coordinator, and ask that he would bless the work of her hands.

Sylvia’s team has been providing training in water conservation, compost and mulching and the promotion of income diversification. The main problem experienced by families on the Kakrao project has been prolonged drought. However, Sylvia’s training has enabled farmers to be more resilient to the adverse effects of climate change, and they are now growing sufficient vegetables for home consumption and surplus for sale. Praise God!

“Life has really changed… I eat a balanced diet, and although I am HIV positive, I lead a healthy life – people come to ask me how I manage, and I help others to talk about it.” Praise God for Caren, a member of the Kakrao project. Thank him that the Send a Cow training has restored her strength and that she is able to support others in her community. “I no longer have to beg, and I can now ‘pass on’ to others with vegetable seeds.” Thank God that Caren, and others in the same situation, have had their dignity restored. Praise him that Caren is able to grow her own food, feed her orphaned grandchildren and pass on her knowledge and seeds to others.
AUGUST

2 August  Thank God for the experience, skills and passions of the Send a Cow teams in Africa. Praise him especially for Robert, Project Manager for the Rakai Orphans Project. Orphaned as a young child himself, he is able to relate to the needs of those he works with, giving them practical ideas to help reduce their vulnerability. Ask that God would bless Robert’s work with orphans.

9 August  Praise God for innovative ideas, such as the fuel saving stove, which requires less wood and creates less smoke so that families no longer suffer from sore eyes and breathing problems. They also spend less time looking for wood, time they can spend working on their compounds. Pray that more families will learn about this technology and have the benefits for themselves.

16 August  Thank God for the variety of health services offered to our communities, including blood pressure, diabetes, breast and cervical cancer screening; HIV testing; family planning and antenatal care. Pray that understanding will be improved about these conditions and that individuals will have the courage to be tested. Pray too for those who test positive, that they will receive the right treatment.

23 August  Let’s pray for Edith (Uganda) and all the children on these projects who have ambitions for the future. Pray that they will learn skills and acquire knowledge that will help them create new opportunities. Pray that God would bless all these children as they do their chores each day (collecting water and feeding the livestock) before they go to school, and as they study into the evenings. Pray that they will thrive and go after their dreams.

30 August  Pray for all those on our projects who are unwell and who struggle with the day-to-day tasks of life. Pray that they would be encouraged and supported by their community and have a hope for the future.
OCTOBER

4 October  Praise God for harvest time when we celebrate the abundance of what we have in this country. Pray that we would not take this for granted. Pray too for those who are harvesting their crops for the first time in rural Africa, that this would be a time of celebration and new beginnings for them.

11 October  Thank God for all the schools, churches, groups, organisations and individuals who donate to Send a Cow’s work. Praise God for their generosity and for their enthusiasm for supporting families in rural Africa. Pray that he would bless them and those they are supporting.

18 October  Praise God for all those who have left a legacy to support the work of Send a Cow. Praise him for the vision they had to make a difference through their lives. Pray for God’s blessing on their families and for those who will benefit from their generosity.

25 October  ‘Knowledge is empowerment’. Thank God for the training being given on nutrition and balanced diets. Thank him that, armed with this vital information, parents can ensure that their children are given the healthy diets they need to grow well and study hard at school.

SEPTEMBER - ETHIOPIA

6 September  Thank God that in Ethiopia mindsets are changing towards women. Before our training, women had little or no control over the resources and rarely had a say in household or community decisions. Now, women like Halimet have access to land and are actively involved in farming. Due to the Gender and Social Inclusion training, she is aware of her rights and her potential. Pray that God would bless this work to bring about a positive and lasting change in communities.

13 September  Zebanesh once found it difficult to pay for her children’s school fees and generally lacked hope. Since working with Send a Cow, life has changed and her family health has improved. She is able to feed her family from her small plot of land and often is asked for advice from others in her community. Praise God for this transformation. Pray that her influence will help bring about a great change in how women are perceived in her community and beyond.

20 September  “My donkey is my income generating force.” Thank God that Zebanesh’s life has improved so much and that she was able to buy a donkey from the sale of her vegetables. She can now carry more produce to the local market and generate a greater income. Pray for Zebanesh as she works hard, grows in confidence and has dreams for the future.

27 September  Pray for the young people taking part in after school projects, that they would see this as an opportunity and be excited by what they learn. Pray that they would be able to take this new knowledge back to their communities and share it with their families. Pray that the impact of this work would be far reaching and transformative.

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Celestin and Therese, Rwanda

My donkey is my income generating force.”
Zebanesh, Ethiopia

Halimet, Ethiopia
**NOVEMBER**

1 November  Pray for the families in Burundi who go hungry from between two to six months every year. Pray for the Send a Cow team there who are training communities to improve the soil and increase productivity, so that families can go on to feed their children and have confidence in the future. Pray that our families will no longer experience hunger ever again.

8 November  “I am very glad to be part of Send a Cow in Burundi. I am able to contribute to changing families’ futures by sharing my experience and knowledge with them.” Thank God for Alexandre, Project Manager, and his team who work closely with families in Burundi. Ask that God would bless their work as they help restore confidence and knowledge in communities so that families can grow their own futures.

15 November  Praise God for the work being done in Burundi on rainwater harvesting. Give thanks that families are receiving training on how to collect water during the rainy season to use during the dry season. Praise God that this technique will help families have food throughout the year.

22 November  “I wish to bring hope and security to my family.” Pray for farmers like Gilbert and Dionésie as they receive training in sustainable farming techniques that will ensure a year-round supply of vegetables. Pray that they would see the benefits of their work really quickly and be encouraged. Pray too that they would notice improved health due to eating regular nutritious food, grown on their own land.

29 November  Thank God for the training being provided on sanitation and hygiene. Pray that this would have a positive impact on the families and that they would notice fewer incidences of illness. Pray that these families would readily pass on this new knowledge with others so that the whole community will flourish.

**DECEMBER**

6 December  This Advent, as we make our preparations for the coming of Jesus, pray for God to bless all those who are waiting to start a Send a Cow project. Pray that he would bless them and give them hope. Pray too that there would be the funding for new projects which will reach more people and transform the lives of communities.

13 December  As we enter the festive season, let’s pray for all those who are finding it hard to feed their families. Pray that they would have the support they need and that they would have hope for a brighter future.

20 December  Praise God for his gift of Jesus. Pray that this Christmas the families in Africa will be blessed with the gift of hope and that they will be encouraged by all that they have achieved so far. Pray that they too will be able to celebrate this week with their loved ones.

27 December  Thank God for this year and that he has been with us through all the ups and the downs of life. Thank him for all the good work that has been done through Send a Cow projects and for families whose lives have been transformed.

We at Send a Cow praise God for all our supporters who hold us up in their prayers. Thank you.
If you would like to join Send a Cow’s Ambassador team find out more at: sendacow.org or contact us at: ambassadors@sendacow.org

When you’ve been blessed with a good life, it’s natural to want to pass on something to the people you love. But imagine passing on something very precious to hungry and hard-pressed families in Africa too: hope.

Leaving a gift in your Will to Send a Cow means, in the future, you will restore hope to struggling farmers by giving them the knowledge and skills they need to grow their own food, build thriving small businesses and beat poverty for good.

To find out more about the power of your gift, please visit www.sendacow.org/gifts-in-wills or call 01225 874222

I was amazed at the impact of training and support given by the Send a Cow Zambia field workers, who travel on motor bikes, often long distances on dirt roads, to help and encourage families. It was a real privilege to see for myself how within three years, these ambitious and determined women’s groups can become vibrant, resilient communities, in charge of their own destinies.”

Wendy, Ambassador

Wendy will be using stories from her recent self-funded trip to Zambia as part of her talks to many groups in the UK.
Cassilde and her family, Burundi, are now thriving since working with Send a Cow.

Sign your church up to our Mission Partnership

Mission Partnership is an ongoing relationship between your church and one of our projects. By working with us, you will feel part of transforming the lives of a whole community.

For more information about how your church can partner with us, please visit sendacow.org/churches
email: ann.hatton@sendacow.org
or call 01225 874 222

Cassilde and her family, Burundi, are now thriving since working with Send a Cow.