

## Kakrao prayer update – January



Dear Friends,

I hope that you've had a great start to 2019 and that the coming year is looking good for you. This year, our families in the Kakrao Project will be looking forward to growing more of their own food and to becoming more self-sufficient!

As you're supporting a Kenyan project, I thought you'd be interested to share in our celebrations of another project. Mother & Child, a project match funded by the UK Government in 2017, has made some fantastic progress. Do watch the [video](#) as it shows the impact of our Send a Cow projects and is really something worth celebrating!

This month I'm sending you some news from Sylvia who's really quite excited about the work they've been doing on spring capping:

*"This year we are going to be doing most of our water components of the project (spring capping and roof catchment), and this is exciting because it's a first one for a Send a Cow project. We've already completed the protection of one spring and the change in the water quality is amazing. Water that was being used while brown in colour has now been improved and is very clean. Community members are also very excited because they're no longer exposed to contamination by using that water. The most exciting thing about the improving community water is that it touches the lives of many people now and long after Send a Cow will have left the project."*

It's always good to hear from group members and know that their lives are improving in many different ways. *Jane Mitende used to be discriminated against by community members due to HIV status. Now life is so much better and she is being accepted by those in her community:*

*"Those who were rejecting me are now coming to my home to buy vegetables or get skill on how to grow vegetables"*

Pamela Achieng is now really proud that she has a source of income from selling her vegetables:



*“My life is nothing like what it was a year ago, I feel very proud today because we have enough to eat. Sometimes when I sell vegetables I ask myself, is this really me who now has her own money.”*

**Please pray:**

- Thank God that the community has a better understanding of HIV and that they are no longer discriminate against people like Jane.
- Thank God for the clean water from the first capped spring. Pray that the remaining spring capping work will also be as successful.
- Praise God for the success of the Mother & Child project and thank him that the team can use what they learnt there in the Kakrao project too.

Please also use the prayer at the end of this letter to pray for our work throughout 2019.

Thank you for your continued support for the Kakrao project, please do be encouraged that your support is making a difference!

Best wishes,



Ann Hatton  
Church Development Manager



**Lent**

**We have created a reflection and a presentation for Lent this year. It's based on a project in Uganda, but as it's a standard Send a cow project, it's still very relevant to you . There is also a *Lunch for Lent* challenge, for anyone interesting in fundraising:**

**[www.sendacow.org/lent](http://www.sendacow.org/lent)**

***Thank you for sharing our passion to help some of the world's poorest people. We hope you are happy to continue receiving news. To read more about how we value your privacy, visit [www.sendacow.org/privacy](http://www.sendacow.org/privacy). You can update your preferences at any time by calling us on 01225 874222 or email us at [info@sendacow.org](mailto:info@sendacow.org).***

*Please do pray for the work  
of Send a Cow during 2019*

**Heavenly Father,**

**Thank you for the work of Send a Cow and  
the two million lives that have been lifted out  
of poverty since the charity started.**

**We thank you and praise you that through  
Send a Cow, so many families now have the  
hope, means and confidence to secure their  
own futures from the land.**

**We praise you for the staff in Africa who  
work directly with the farmers. May they be  
your hands and your feet.**

**We commit the year ahead to you now, and  
ask that you will continue to bless this work  
so that many more families in Africa may be  
able to live a life free of poverty.**

**We ask this in the name of Jesus,**

**Amen**