Dependent, maltreated and bewildered, Abel (not pictured) arrived in Cairo, Egypt, in need of emotional and social support. At 13, the Ethiopian refugee had experienced extreme trauma. He was imprisoned with his family and tortured; he witnessed the execution of his father; and now he was separated from his mother and brother, unsure if he'd ever see them again.

"Everything was dark for me—I was thinking to my very life. It was so painful to keep thinking of what happened in my life and now being all alone," Abel says of his first months in Cairo. After meeting with a caseworker from the St. Andrews Refugee Service (SARS), things began to improve. Abel received the counseling and medical services he needed to begin healing emotionally and physically. He also received nourishing meals provided through an ELCA World Hunger grant to SARS.

With the support of her caseworker, Abel got involved in a local program for unaccompanied youth. "I had no one to turn to and no one to care for me," he says. "It was very hard to come to the church, but I knew I needed help."

Will you help with your gift today?

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Life-giving goats

**CHINA**

ELCA.org/hunger

Xie Liang-sheng was born in San-li-jiu, part of the village of Liming in the northern Yunnan province of China. For many generations, the people of San-li-jiu—members of the Lisu ethnic minority—lived in extreme poverty, with very limited contact with the outside world.

Xie, who is now the head of the Liming village, strives to improve the lives of his people. He brings water and electricity to far-flung hamlets, walks the mountains to find the best routes for almost 160 miles of roads to connect villages, and helps his neighbors explore sustainable sources of income, including growing walnuts and raising new breeds of goats.

First come the walnut trees. With yields as significant as $16 per 2.2 pounds of nuts, the trees provide the villagers with new means of earning and saving money. And with the support of ELCA World Hunger, the Lisu are able to continue in their tradition of raising goats, now with breeds adapted to the local environment that are slightly smaller and that mature faster. In a region where hunger has been a daily reality, the goats are a source of stability and livelihood for the people of Liming.

"Goats are good for the area," says Chao Wan-sheng, a resident of San-li-jiu. "They provide a steady income." His family is one of 13 in San-li-jiu that now have a total of 400 goats.

Xie continues to plan ahead and is working on a three-pronged approach—walnut trees, goats and grass—to feed the animals—and move other hamlets out of hunger and poverty.

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Feeding the future

**MALAWI**

ELCA.org/hunger

In Malawi, a densely populated country in southeast Africa with many children, especially those 5 and younger—don’t receive enough food.

But ELCA World Hunger and the Evangelical Lutheran Church in Malawi (ELCM) are working together to end child hunger through a feeding center that touches 60 of the church’s congregations. The center is supported, in part, by a grant from ELCA World Hunger.

"Feeding centers are indeed a lifeline for many orphans and other vulnerable children, especially in poor and hard-to-reach communities," says Mabel Madinga, ELCM general secretary and Diaconis director.

In fact, there are 1.8 million children in Malawi orphaned each year because their parents die of HIV and AIDS. Madinga says, "While the overall goal of this program is to help reduce malnutrition in children 5 and younger; it also provides nurcery schools to promote early childhood development and a mobile clinic.

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New cookstoves make a difference

**INDIA**

ELCA.org/hunger

Before connecting with the Tripti project, Puran Bhari and his family of five spent a great deal of time searching for and collecting firewood in their village just so they could cook their daily meals. It was especially difficult during the rainy season in central India, since rain-drenched logs make starting a fire difficult. Moreover, the smoke the Bhari family’s stove emitted made it hard for them to breathe and left blackened deposits on the walls of their home.

Enter Vishal Javakar, a field worker for the Tripti project, a ministry of the Evangelical Lutheran Church in Madhya Pradesh serving families who are food insecure and malnourished. A grant from ELCA World Hunger helps support this work.

Vishal gave the Bhari family a new, smokeless cookstove that runs on biopellets. He taught them about the health and economic benefits of using the cookstove. Using a cookstove is safer for the Bhari family, since it doesn’t produce harmful smoke. The biopellets also make it easier for them to cook year-round.

Now the Bhari family can cook their daily meals in a healthier, more sustainable way.

"We are regularly using this stove for cooking our meals and for all other requirements. We find it better than firewood. It produces minimal smoke once the pellets catch fire, and our food is cooked properly," says Puran, who adds that his family is grateful to the church for their support. Thanks to your gifts to ELCA World Hunger, families like the Bhari are looking towards a healthier, more food-secure future.

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Between 1975 and 1979, the Khmer Rouge regime in Cambodia killed an estimated 3 million people—about 25 percent of the population. Unfortunately, civil strife continued even after the Khmer Rouge had been ousted from power, leaving landmines throughout much of the country’s rural areas.

Touteint survived the Khmer Rouge years, but without land or steady income, life was far from easy. “I lived in the same house as my son,” she says, “and I had to go to the market to try to sell at the market. Life was so unpredictable then.”

After most of the landmines had been cleared, the Cambodian government began distributing land to those without farms, Touteint started growing cassava, a plant resistant to drought. Cassava is simple to plant and grow, but unlike large commercial farms, Touteint has chosen not to use fertilizer. She hoped that this will make an appealing product in the market. Most farmers wait for the rains to start planting crops, but Touteint started one year after the rains. In the same house as her son, she lives in some of the same landmines traps. 

After the landmines were cleared, she started growing cassava, which has a long root and is resistant to drought. She also has mango, jackfruit, onions and chickens in the garden around her home. If there is enough rain, she can sell the roots – and the manure from her chickens makes an excellent fertilizer. In a good year, cassava yields are high enough to provide some income for her and her son.

North, in addition to cassava, Touteint also has mango, jackfruit, onions and chickens in the garden around her own home.

ELCA World Hunger partners with Life with Dignity to support Touteint and others like her as they build homes and create sustainable livelihoods for themselves and their families.

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