



## Bishops' Lent Appeal for Kagera 2023

*On the road to self-sufficiency*

Thank you for travelling on the road with our brothers and sisters in Kagera. We hope you have enjoyed the trip. Please send in the money you have collected, or as much as you can spare.

You can make your donation online at

[www.cofesuffolk.org/bishops-lent-appeal](http://www.cofesuffolk.org/bishops-lent-appeal)

or you can pay by Bank Transfer (BACS) using  
Sort Code: 16-22-17 Account No: 12190112  
Account name: St Eds & Ips DBF Reference: Kagera Lent



or by post to:

Kagera Appeal, St Nicholas Centre, 4 Cutler St, Ipswich, IP1 1UQ  
Please make your cheque payable to:  
St Edmundsbury and Ipswich DBF and write 'Kagera Lent Appeal' on the back.  
On the website there are details of how you can add gift aid to your donation.

### Shopping list

Could you or your church raise funds to support people in Kagera on their journey?

One year course at KCTC for an evangelist	£240
Three year course for a diploma or certificate student	£880/year

Motorbike	£900	Flour	80p/kg
Tank of fuel	£17	Cooking oil	£2.50/litre
Helmet	£12.50	Sugar	£1/kg
New tyre	£32	Rice	£1.10/kg
Service	£7	Beans	70p/kg
Puncture kit	£6		

Pair of glasses	£11	40W Solar panel with battery	£180
School uniform	£5.50		
School shoes	£5.50		



## Bishops' Lent Appeal for Kagera 2023

*On the road to self-sufficiency*

Through the Bishops' Lent Appeal we can respond to God's call to love our neighbours in our link diocese of Kagera.

In this challenge you'll meet some people there as they travel on the road to self-sufficiency. As you get to know them, we'll ask you to pray for them and set aside some money to help them, and others like them, on their journeys.

When you reach the end of the road, there are details of how you can send this money to the Lent Appeal fund.

If you'd like a bit more of a challenge, there's also a shopping list of things that are needed in Kagera for which you or your group or church might like to raise funds.

The cost of living crisis is biting hard both here and in Kagera and there are many other calls on your generosity. Don't worry if you miss some days or can't give all the amounts suggested – just do whatever you can, pray for our brothers and sisters in Kagera, and enjoy the challenge.



### Weds 22 Feb - Ash Wednesday

Let's pray for our journey through Lent as we seek to support the people of Kagera on the road to self-sufficiency.

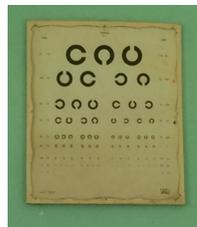
### Thurs 23 Feb

70% of people in Kagera are subsistence farmers, growing only enough to feed themselves and their families. We'll use some of the money we raise in this appeal to help equip and empower them.



### Fri 24 Feb

People in Kagera with eye disease have to travel for eight hours over bumpy, dusty roads to get specialist treatment. The money we raise will help to support the training of an ophthalmologist in Kagera.



### Sat 25 Feb

Priests and evangelists struggle to raise funds to study at the Bible College. Our support will help provide bursaries for students. We'll also help to buy motorbikes so priests can travel round their large parishes more easily.

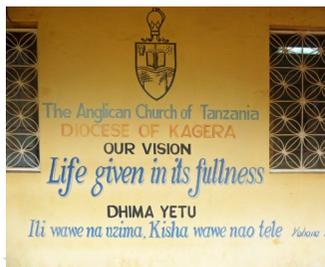
### Sun 26 Feb

The link with Kagera Diocese started nearly 30 years ago. Give thanks to God for all that we learn from each other and for the joy the relationship brings.

There's lots more information about Kagera and the Lent Appeal at [www.cofesuffolk.org/bishops-lent-appeal](http://www.cofesuffolk.org/bishops-lent-appeal)



# Lent Appeal for Kagera 2023 - on the road



## Mon 27 Feb

Kagera is a poor area of Tanzania, without many opportunities for employment. Over 70% of the people there live on less than £1.70 a day. Pray for the Diocese as it follows its vision to raise its people to 'Life given in its fullness' John 10:10

## Weds 1 Mar

Most houses in Kagera don't have running water or electricity. A solar panel can help schoolchildren study and families stay healthy without kerosene lamps. Give £1 in thanks for your water and electricity.



## Tues 28 Feb

Ernestina leads a team of women who do craft work. The money they earn helps them pay for their families to go to school. They made angels for the crib scene in Bury St Edmunds Cathedral. Pray for entrepreneurs in Kagera.

## Thurs 2 Mar

Saidi learned how to grow drought-resistant avocados as a cash crop. Give 50p for each avocado you've eaten this week.



## Fri 3 Mar

Elijah grows passion fruit. His success has enabled him to buy a motorbike so he doesn't have to walk 12km to the market. Give 2p for each item of fruit in your home.



## Sat 4 Mar

There are many choirs in churches in Kagera. They sing and dance joyfully in every service. Give 20p for any music group or dance class you attend.



## Sun 5 Mar

This banner in a church in Kagera reads 'What shall I return to the Lord for all his goodness to me?' Psalm 116:12 Let's reflect on this today.



Money raised this week

# Lent Appeal for Kagera 2023 - on the road

Holy Week



## Mon 3 Apr

At the start of every road trip in Kagera, someone will pray for the journey. Let's learn from our brothers and sisters to offer every situation to God in prayer.



## Tues 4 Apr

Church growth in Kagera is huge. Many congregations worship in partially-built churches, raising money over many years to complete new building work. They trust that God will enable and equip them for each task.



## Weds 5 Apr

Not just a polite handshake and cup of tea for visitors in Kagera. Our bishops were welcomed with marching bands, choirs, dancers and sumptuous feasts. Does everyone feel welcome in your church and community?

## Thurs 6 Apr - Maundy Thursday

In Kagera people walk miles on dusty red roads. May we learn from Jesus' humility, washing his disciples feet, dusty from the paths in Galilee.

## Fri 7 Apr - Good Friday

As we remember that Jesus died for us all, let's join in prayer with the people of Kagera that God's kingdom will come on earth.

## Sat 8 Apr

Cross-cultural partnerships like our link with Kagera can teach us so much. What have you learned about Kagera during Lent this year? Add up your Lent donations today. Are you able to add something from the shopping list on the next page?

## Sun 9th Apr - Easter Sunday

**Pasaka Njema!**  
**Happy Easter!**

Let's join our brothers and sisters in celebration across the world.



# Lent Appeal for Kagera 2023 - on the road



## Mon 13 Mar - World Glaucoma Week

The Diocesan Hospital in Kagera needs specialists in order to become a referral hospital. Patients would no longer have to travel the sometimes fatal eight hour journey on poor roads to access specialist help.

## Tues 14 Mar

The 2021 appeal supported **Dr Christian Ruzige's** training in general surgery. He can now perform 60 operations a month at the hospital. He's also set up a field clinic to help catch and treat conditions sooner.

Bwana Asifiwe! Praise the Lord!  
*Give a donation in thanks for our NHS.*



## Weds 15 Mar

Our diocese provided an operating table and lamp to help Dr Christian's work, but more equipment is needed.  
*Give 50p if you have a first aid kit, or 10p each for tweezers and boxes of plasters.*



## Fri 17 Mar

Dr Elia wants to show his gratitude to the Diocese for their support. This appeal will fund his training in ophthalmology, and help secure the hospital's future.  
*Let's pray for him and learn from his perseverance and patience.*

## Thurs 16 Mar

**Dr Elia Ethan** dreamt of becoming a doctor when he lost his father, grandfather and other relatives in a meningitis outbreak. The Diocese of Kagera helped his single mother buy school uniform for him to continue his studies. After school he obtained a government loan to go to university, and qualified as a doctor.

*Give 20p for everyone who helped you realise your dreams.*



## Sat 18 Mar

Cataracts and glaucoma are common in Kagera. 20 cataract and 28 glaucoma patients couldn't be treated locally last year. Over 200 patients needed glasses but these weren't available locally. Dr Elia's work will offer hope and help.

## Sun 19 Mar

Pray for doctors and all who work in hospitals, both here and in Kagera.



Money raised this week

# Lent Appeal for Kagera 2023 - on the road



## Mon 20 Mar

Kagera Christian Theological College (KCTC) trains priests and lay evangelists in theology, leadership, agriculture and life skills. This week we will meet some KCTC students and learn their stories.

## Tues 21 Mar

**Asifiwe** is a diploma student. He isn't just the first in his family to go to college – he's the first to attend school at all.  
*Give 50p if any of your family went to college or university.*



## Weds 22 Mar

Asifiwe completed primary education even though his parents struggled to support the family. It was difficult for them to pay for uniform and shoes for all the children.

*Give 40p for a pair of school socks.*



## Thurs 23 Mar

After his father died, **Charles** had to help his mother on her smallholding. After two years she was able to sell enough maize and beans to buy books and a uniform to send him to secondary school.

A kilo of maize or beans sells for 80p.  
*Can you give enough to buy a kilo?*

## Fri 24 Mar

Charles became a lay evangelist and his church raised funds for him to attend a course for church leaders. He did well and is now studying for a diploma.

## Sat 25 Mar

**Jackson** completed primary school but when his father died his family didn't have enough money to send him to secondary school. Later he became a Sunday school teacher and then a lay evangelist. He is now on a year's course at KCTC before returning to his church. He'd love to keep studying for a certificate in theology.



## Sun 26 Mar

Give thanks for everyone who, with God's help, is on the road to further training at KCTC. Pray for them and their teachers.



Money raised this week

# Lent Appeal for Kagera 2023 - on the road



## Mon 27 Mar

The Diocese of Kagera supports its priests in many ways. The money we raised in the 2021 Lent Appeal helped the diocese to provide 16 motorbikes to priests to help them get around their large parishes more quickly. They now have more time to visit and serve their parishioners.

*Pray for those who now have a motorbike – and those who haven't yet.*

## Tue 28 Mar

Revd **Pregmon** leads ten churches with a total of nearly 1000 members. To reach them, he had to walk for many hours, sometimes staying overnight in a parish house.

*Give 1p for every minute it takes to get to your church.*



## Weds 29 Mar

When the diocese bought him a motorbike, Pregmon said "I can't believe this challenge has been resolved. The church will now be able to reach its mission in my parishes. Thank you."

## Thurs 30 Mar

Revd **Christian** has five churches to look after with 950 members in all. He used to hire a motorbike to travel the 42 kilometres to the furthest church – it was expensive.

*Give 50p for every car your household owns.*



## Fri 31 Mar

Christian is thankful for his new motorbike and it has encouraged him in his ministry. "I can now do all the work I'm supposed to do with reduced cost." *A litre of fuel costs £1.20, and his journey could take 2 litres. Can you help pay for Christian to reach his furthest church?*

## Sat 1 Apr

Unpaid lay evangelists play a vital role in churches in Kagera. Many evangelists and priests have only had primary education before starting their ministry. *Give 5p for every year of your own secondary education.*



## Sun 2 Apr

Give thanks for all those who serve in your church. Pray for them and for those who serve in parishes in Kagera.

Money raised this week

# Lent Appeal for Kagera 2023 - on the road



## Mon 6 Mar

The Church and Community Mobilisation Process (CCMP), led by **Thomas Shavu**, gives people the skills and motivation to become self-sufficient and lift themselves out of poverty. It changes mindsets and gives people hope for the future.

## Tues 7 Mar

**Alice's** parents felt that secondary education was too expensive for a girl. She had to look after the family smallholding instead. With advice from CCMP she was able to produce good harvests.

*Give 50p in thanks for all food growers.*

## Weds 8 Mar

Alice was able to pay her school fees using the money she made from selling her crops. After leaving school she trained as a midwife, and now uses the skills CCMP taught her to educate communities about family planning.



## Thurs 9 Mar

**David** found it difficult to grow enough to live on as a subsistence farmer. After training with CCMP he was able to improve his coffee and banana crops to provide him with an income. He's also planted trees to produce wood for building and furniture-making.

*Give 5p for each banana you eat or coffee you drink this week.*



## Fri 10 Mar

David's family now has enough to eat, the family can afford healthcare, and his children are in good schools.

*Give £1.50 to fill a pencil case for a child in school.*

## Sat 11 Mar

The community was impressed by David's efforts and success and elected him to be their leader and village chairman. He's now a facilitator for CCMP, spreading its message to neighbouring villages. *Give 20p for each community group in your area.*

## Sun 12 Mar

Pray that those working for CCMP may be empowered and equipped to reach more villages in Kagera. The climate crisis has brought unpredictable rains so farmers struggle to manage their crops. Pray that CCMP may continue to inspire communities to find new ways of working to improve their lives.



Money raised this week