INF’s community development work expands into new and increasingly remote communities.
Committed to Karnali

What does life in all its fullness look like in Nepal’s least developed district?

Phil Morris reports

Over the last three decades, INF’s community work has steadily and faithfully expanded westward from Pokhara, both along the southern plains, and into the high hills. The heart of this work has been consistent – to serve the physical and spiritual needs of the poorest and most marginalised people and communities, helping them to experience life in all its fullness.

Even in Nepal the Karnali zone, in the far north west of Nepal, is considered remote and dangerous, with disturbingly high levels of child malnutrition, and mother and child mortality; and inadequate access to healthcare and education.

INF has worked in Karnali since 1978, first running a leprosy and TB clinic in Jumla, before beginning its community health and development work in the surrounding districts of Mugu, Bajura, and now Kalikot. INF doesn’t deliver ‘one-size-fits-all’ solutions to predetermined problems. Instead, INF helps communities to develop the skills needed to identify solutions to the problems they face.

The flow-on effects of this work are life-changing. They are heard through individual testimonies; and seen in children attending school, in people with disabilities being able to walk and work for the first time; and in mothers growing vegetables to feed their families or starting successful small businesses.

But it’s also bigger than seeing a change in any one individual’s life. There is evidence of communities coming together and services improving whether through the installation of drinking water systems, community clean-ups and rubbish disposal, roads being repaired and health posts providing maternity care. This is leading to dramatic change. As many as 40% of children used to die before their fifth birthday, often from preventable causes like malnutrition or diarrhoea. INF was delighted to hear recently of a Jumla community in which no children had died in the previous year – a first for that community.

The final aspect of INF’s is more intangible but vital in terms of sustainability. It can be seen in the inclusion of people with disabilities, and of women being able to express their ideas and be listened to in a way they never have before.

Former UMN Executive Director and INF worker at the time, Mark Galpin visited Mugu in 2009 and reported in the June 2009 edition of TiN that ‘we witnessed people and communities beginning to work together across traditional caste and social divisions, changing their own communities for the better. Small steps at first, yet hugely significant in their impact on people’s worldview and self-belief.’

This is the beginning of life in all its fullness.

Alastair Seaman
INF International Director

INF’s Vision
Life in all its fullness for Nepal’s poor and disadvantaged

todayinNepal © INF Comms Department 2018

Cover
Dhan, in his kitchen garden, the produce from which he gives to his SHG members, Bajura.

PHOTO: ROWAN BUTLER
IN 2017

INF does not plant churches, and yet our work has helped to create an environment where the church can flourish. INF community facilitators are brilliant at including and encouraging those on the margins of society – the poorest and most disadvantaged, the widows and people with disability, helping them to see that they have value and that their voice is important. New roads make access to healthcare and markets easier, but also bring accidents, and increase issues related to alcohol and people trafficking.

Only 10 years ago, it took two weeks to send a computer file between INF’s offices in Pokhara and Jumla, a journey which involved long bus and plane trips. Now the INF team in Australia can hold video calls with counterparts in Jumla, and much of the region is reached by mobile phone.

Life in Karnali is changing rapidly. New roads, micro-hydro electricity and the extension of phone networks create new opportunities as well as new challenges. We are currently reviewing our community work to ensure that we remain relevant and effective in this rapidly changing world. Your partnership in this work through prayer and giving will be vital as we continue to serve some of the poorest communities in this region for years to come.

The realisation that all people have value over and above what they can contribute to society is a uniquely Christian view. In some ways, life in Karnali has changed beyond all recognition over the last 40 years. Livelihoods in this area are being threatened by a climate that is changing rapidly, and communities will need help in adapting.

INF Ambassador Naomi Reed shares two conversations with INF staff members during her recent visit to see INF’s work in west Nepal.

A view from the inside

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Three years on — Rebuilding together

Pratima Kafle reports

It’s been three years since Nepal experienced its worst natural disaster in 80 years on 25 April 2015. A 7.8 magnitude earthquake struck Nepal killing over 9000 people, destroying over 500,000 homes and flattening entire villages. Gorkha District, the epicentre of the quake, was one of the hardest hit. Over 400 people were killed, more than 950 injured, over 44,000 houses destroyed and 90% of the schools were extremely damaged.

Since the day the devastating earthquake struck INF has remained committed to working alongside Nepalis as they rehabilitate, rebuild and develop disaster resilience for the future.

Through programs like GRACE [the Gorkha Rehabilitation And Community Empowerment project] INF continues to provide community based rehabilitation to those affected by the earthquake. The project is supporting over 1,500 persons with disabilities who were severely affected by the earthquake. It is empowering them to re-integrate back into their families and society and regain independence. This is being achieved through psycho-social counselling, physiotherapy and the provision of assistive devices, support for medical and surgical treatment, livelihood support and empowering them to work collectively in self-help groups, increasing their independence and dignity.

As part of its reconstruction and community resilience work, the GRACE team in Gorkha and SHELTER [The Safer Housing Exercise in Lamjung through Training and Empowering for Resilience] Team in Lamjung are rebuilding damaged structures including houses, schools and government buildings.

The SHELTER project was established in late 2017 and focuses on providing high-quality masonry training to local workers, constructing model disaster resilient houses and has provided resilient housing technology training to over 4,000 community members. Disaster Risk Reduction related support is also being provided to communities in both projects, and to local governments to develop community resilience and to strengthen government systems for future natural disasters.

A REASON TO LIVE

19-year-old Gammaya has had pain in her right leg since she was three. She suffers from a bone infection called Osteomyelitis, which has seen the pain increase throughout her life.

Treatment at various hospitals had brought Gammaya no relief and her family were unable to afford the necessary surgery so she eventually returned to her village.

When INF began working in Gorkha after the 2015 earthquake Gammaya told staff she wished she were dead rather than put up with the chronic pain any longer. Staff assessed Gammaya and she was sent to Green Pastures Hospital in Pokhara. She had surgery at the hospital and returned to her village three weeks later with crutches. After doing regular exercises and making follow-up visits to the hospital she was able to walk using one crutch within a month.

Today, Gammaya walks independently without pain and is able to help with housework in the family home. She has also begun training as a social worker and is keen to help others with similar conditions to hers. She is thankful to INF for giving her a reason to live again.

PRAY | DONATE | JOIN US | SHARE — Praise God that the vital coordination with the local government authorities has been successful and that the planned activities are mostly being completed smoothly and on time. To make a donation visit www.inf.org/donate

INF HANDS OVER A BUILDING

The ward office in Thalajung, Gorkha, was completely destroyed in the 2015 earthquake. When INF’s GRACE team met with officials they agreed to make a disability friendly ward office in the district. It took a year and a half to complete the earthquake resistant building.

INF handed over the newly constructed building, along with some furniture, to the local government in May. The event was celebrated with a large community turnout.

Executive Director of INF Nepal being felicitated by Thalajung, Gorkha

Executive Director of INF Nepal being felicitated by Thalajung, Gorkha

Newly built earthquake resistant house by INF for a client living with disability in Muchok, Gorkha

PHOTO: ANIL RAI

Newly built earthquake resistant ward office building in Thalajung, Gorkha

PHOTO: ANIL RAI

105 families have received housing support
350 home-based physio sessions
223 livelihood projects
68 self-help groups formed
5 residential schools reconstructed for children with disabilities
1 earthquake resistant disability friendly infrastructure

Families have received housing support
Home-based physio sessions
Livelihood projects
Self-help groups formed
Residential schools reconstructed
Earthquake resistant disability friendly infrastructure
Is God calling you to Nepal? INF uses a special combination of expatriate and Nepali expertise to apply international level practice in a way that is relevant to the local context, always with the aim of increasing capacity in Nepal. Here are a number of current key expatriate needs in the organisation - to explore more opportunities to serve please visit www.inf.org/join-us

**PRIMARY AND MIDDLE SCHOOL TEACHERS**

Many of INF’s expatriate families live outside Kathmandu where the needs are greatest. To enable families to stay in these areas we need primary school teachers to work in our small study centre in Pokhara. We have an urgent need for teachers for the 2018/19 academic year.

**HUMAN RESOURCES ADVISOR**

INF Nepal [our major implementing partner] needs help to develop its HR capacity so that the organisation can realise its exciting vision.

**MARKETING/MEDIA/COMMUNICATION SPECIALIST**

Has God gifted you with communication and media skills to inspire and motivate others? Are you interested in sharing your skills to build the capacity of others? If so, our Communications Department needs you.

**ANAESTHETIST**

Green Pastures Hospital in Pokhara is looking for an expatriate anaesthetist to work in the hospital and train up a Nepali counterpart.

**REHABILITATION PHYSICIAN/DOCTOR**

Green Pastures Hospital in Pokhara is looking for a Physiatrist to help support the expansion of its rehabilitation work.

**FUNDRAISER/DONOR RELATIONS SPECIALIST**

INF needs a Christian with experience in fundraising, PR or donor relations to lead and work with Nepali colleagues to support programmes.

**CLINICAL PSYCHOLOGIST**

Green Pastures Hospital is looking for a psychologist with an interest in developing the vision to provide holistic care for our patients.

A warm welcome to Lily Rasailey who recently joined INF and will be supporting the expat team and Pokhara Study Centre as the new Admin and Support Coordinator.

**Critical Vacancies**

*Maato, maato, dhunga dhunga,* Krishna said to me. "And ukaalo, orsalo" he added as he described the narrow paths he and other INF staff daily traverse in Bajura District in Nepal’s north west. This translates to “dirt, dirt, stones, stones” and “steep up, steep down”. It was an accurate description I agreed as I trudged behind him. Far below us was the Karnali River, cutting its way through the mountainous land as it zigzagged towards the Ganges plain. The peaks above were snow-capped after a storm two nights before. Spectacular country but it took real effort to move about in.

Krishna and other INF staff members introduced me to many people who have been helped by the Mountain Livelihood Project. Some now have kitchen gardens, many with greenhouses made from clear plastic sheeting, and there are concrete water tanks provided by INF to hold and distribute water for the gardens, often on the otherwise barren ground. The produce is eaten by the family, sold, or shared with members of their self-help group that INF Community Mobilisers and other staff have established. Some group members have taken income generation loans and opened small shops or were breeding goats or other animals. Many now have smokeless stoves in their houses instead of open fires.

Schooling support has been given by INF to some students I met, who otherwise would not have been able to get an education and one boy had been given help after he broke his knee. INF has also provided equipment and infrastructure for a number of health posts, supplying things such as birthing chairs, beds, sterilising equipment, shelving, cupboards, scales, toilets and incinerators.

One group has established an apple farm along with a government department, high up on a slope at the edge of a forest. In three to five years their investment of hard work should see them reap the benefits. A crop of wheat was sprouting amongst the young trees, making the most of the ground in the meantime.

I was impressed with the Community Mobiliser staff who walk alone through their areas, visiting a dozen self-help groups every month, encouraging and guiding them as they go about solving their problems. It is a difficult working life, away from family and friends, and is worthy of recognition as they labour on the front line of INF’s community development work.

**PRAY | DONATE | JOIN US | SHARE**

Please prayerfully consider partnering with INF in its community development work in some of the most remote places in Nepal. To donate to our community work visit www.inf.org/donate.
What's happening, around the world...

Be encouraged to
PRAY | DONATE | JOIN US | SHARE

Ivan Wannamaker is the newly appointed chair of INF Canada. He has been a board member for two years and has been passionate about supporting Christians who work in the field of disability in Nepal for over a decade. As INF Canada has no staff, pray that he can find ways to connect closely with INF despite being a busy professional.

Carol Scovil previously worked at GPH as a rehabilitation specialist with a focus on assistive devices. She has recently been appointed Treasurer of INF Canada. Pray for her in this new role and her plans to visit Nepal in November.

There is a new tax-deductible way to support INF from the US: www.give2afila.org/INF

Over 100 supporters gathered in Birmingham in May for a Day conference. John Reynolds (CEO, INF UK) spoke about his recent trip to Bajura Nepal. The other speakers, Dr. Shirley Heywood and Abraham Shrestha also spoke about the new Pistrala Centre in Sukhket and pastoral ministry with Nepal's in the UK respectively. Karuna Tamang Gurung, the Nursing Superintendent from Green Pastures Hospital (GPH), joined the conference via Skype to share about her vision for good patient care.

In November last year, a group of Sydney ladies trekked to Annapurna Base Camp to raise funds for Green Pastures Hospital (GPH). The group raised over $13,000 and were able to visit the hospital during their trip. Thanks to each member of the group and their supporters.

Contact the INF Australia [see back cover for details] office for details of upcoming trips.

For nearly 30 years, Loriendale Organic Orchard near Canberra has been organising an annual community event to celebrate their apple harvest and raise money for INF. This year, Owen and Noreen Pidgeon raised $3,500 for Green Pastures Hospital, with great support from family and friends at North Walesmen Uniting church and from local artists. Thanks to everyone involved.

POVERTY IS NOT INEVITABLE

INF helps some of the poorest communities in Nepal to unlock their potential and break the power of poverty. In this film, Basanti’s story illustrates what this has meant for one woman and her family and demonstrates that poverty is not inevitable.


INF IN MOVING PICTURES

We are excited to share with you our new films about our community health and development work, and our health work in Nepal.

HEALING AND HOPE

Eighty percent of Nepali people living with a disability have no access to the specialist medical care they need and that could transform their lives. INF’s vision is to have no access to the specialist medical care they need and that could transform their lives. INF’s vision is to have no access to the specialist medical care they need and that could transform their lives. INF’s vision is to have no access to the specialist medical care they need and that could transform their lives.

http://bit.ly/2Jc32a

Feel free to share these films at your church, your friends, or share it on social media.

PASS IT ON!
According to recent surveys, two or three people read each copy of a contemporary mission magazine.
After reading it, why not pass on your copy of ‘Today in Nepal’ to a friend? Or share the magazine online at www.inf.org.

PLEASE NOTE
Letters and emails are most welcome and should be addressed to TiN, e Editor, INF, PO Box 1230, Kathmandu, Nepal tin@inf.org or get in touch via Facebook or Twitter.

Readers are welcome to re-use articles from ‘Today in Nepal’ with due acknowledgement to INF – Ed.

If you’ve been encouraged or inspired by any of these activities, get in touch with your local INF office [see back cover for details] or our website on how you could support us through praying, donating, serving with us, or sharing our stories!
This July Prem Subedi will officially step down as Executive Director of INF Nepal after five years in the role. He will confidently hand the leadership over to Krishna Adhikari who has served with INF since 1992.

Farewell and thank you
Prem
Alan Barker reports

HOW HAS GOD LED YOU TO MOVE ON FROM INF AND WHAT WILL YOU BE DOING NEXT?
A few reasons: family commitments among others.
When I first joined INF, I said I would stay for five to six years and that time has passed and I feel it is right personally, and for the organisation, for me to move on.
I feel called to work in Nepal and I shall be working within the church to help leaders, especially young leaders, understand the social dimension to the gospel – integral mission or holistic mission as it’s also known. That will be mostly based in Kathmandu with family, but also travelling around Nepal. There will also be some trips to the UK to visit our two sons there. Our youngest goes to university there next academic year and our eldest is already there.

What will you miss most about leading INF?
I shall miss the family nature of working in INF; whether the staff, the board or the international family, we share a special family bond. There is that culture, that sense of belonging to a big family.

WHAT ADVICE WOULD YOU GIVE THE NEW ED?
Do a lot of listening!
The challenge for INF now is how to work within the new federal structure and there is a need to be pro-active with long-term planning, especially when considering the different levels of the new government structure. There needs to be relationship building at all the new levels. Krishna brings with him the great strength of knowing INF well and I wish him great success.

AND FINALLY?
I want to thank all the supporters of INF both within and outside of Nepal. Thanks also to the INFN Board and the rest of the INF family here in Nepal and worldwide. I think also of, and thank, all the communities and clients that we have the privilege to serve. And, finally, once again, I want to thank God for the opportunity to have served in this great organisation.

PRAY | DONATE | JOIN US | SHARE – Please pray for Prem as he passes on the role of Executive Director to Krishna.

Establishing an Emergency and Acute Care Service at Green Pastures Hospital and Rehabilitation Centre [GPHRC].

In 2015, ambitious new plans were designed and approved by the INFN board for large-scale investment into GPHRC to upgrade and expand the facilities to ensure a technically excellent service going into the future. The core vision is that GPHRC will become a centre of excellence for the holistic care and prevention of disability, especially for the poor and marginalised. An important element to this vision is to establish an Emergency and Acute Care Service within the hospital so that we can provide a complete and specialised emergency treatment service to prevent disability.

Nepal does not have an established emergency response system for accidents and injury, which means that trauma patients often do not receive the emergency care they need. Many of these patients come to INF only after they have been to other hospitals, even some as far away as India. Other hospitals, without orthopedic and rehabilitation specialists, are not able to provide the type of treatment that such patients need. Our staff often find that these patients have not received proper care which results in complications and significantly worsened disability. Sadly, we also see that these people have spent all their savings on unnecessary tests and ineffective treatment resulting in an increased burden of poverty on top of their disability.

PRAY | DONATE | JOIN US | SHARE – Please pray for renovations to start soon for emergency rooms; for new equipment for the Emergency and Acute Care Unit and dedicated staff to develop these important new services.
To the furthest corners

Since 1993, INF’s Medical and Surgical Outreach programme [formerly ‘Camps’] has been sending healing and hope to the furthest corners of Nepal.

In the last few months, there were three camps organised by INF in Banke, Jajarkot and Kalikot Districts of Nepal. The villages where these camps were held are hard to reach, isolated because the road in is rough and mostly only accessible by foot. Health and hygiene have been a low priority for families struggling to put food on the table. The local health posts have no doctors and even basic medicines are scarce. When residents need more urgent medical care, poverty often prevents them from travelling to hospital.

The camp in Banke provided medical treatment to over 1,300 locals with skin, teeth and other general problems. The Gynaecology camp in Jajarkot saw 155 women and 14 surgeries performed. The one in Kalikot focused on treating uterine prolapses, vaginal hysterectomy and repairing the pelvic floor, and saw 37 women, of which four underwent successful surgeries.

A PERMANENT FISTULA CENTRE
We are excited to announce that construction work for the fistula centre was completed in February. After the building’s completion, the process began to set up the furniture, bed and equipment for the 17-bed facility. In the meantime, one INF fistula camp has been held inside the Mid Western Regional Hospital. 39 women visited the camp and among them, 23 women had fistula surgery. Although the surgery was performed in the government hospital, the women were admitted into the newly constructed fistula centre and were provided with necessary nursing care, food and accommodation.

For those women who suffer for years in silence thinking that there is no cure for their condition and feel too embarrassed to seek help, this centre means more than physical recovery for them, it provides hope for transformed lives.

A PERMANENT FISTULA CENTRE

partners in prayer

Prayer is the foundation of INF’s work.

We thank you for faithfully praying with us and enabling INF’s work to bring hope and restoration to Nepal.

Each edition of Today in Nepal includes prayer points for one aspect of our work, covering all areas over the three editions published each year. For up-to-date prayer information go to www.inf.org/pray, where you can also sign up to receive monthly Prayer Notes.

This edition features INF’s Community Development work, and Disaster Response and Resilience work.

COMMUNITY DEVELOPMENT
INF’s community development work aims to sustainably improve quality of life, especially for the poor and marginalised living in INF’s working areas. Our programmes use a participatory approach, primarily focused on the action through group formation.

INF’s community work is led by Dr Buddhi Thapa.

The community funding team is led by Deepak KC as the Acting Funding Manager, supported by Sharon Joshua Tiwari as Funding Officer and Alan Barker as Donor and Funding Coordinator. The Technical Team is led by Arvind Kushwaha with support from Nabin Subedi.

FOR YOUR PRAYERS
• Give thanks for each staff member who worked tirelessly this fiscal year
• Pray for the new proposals being reviewed by partners, pray that these proposals would be accepted and we would receive funding for these projects targeted to help communities most in need
• Pray for the next phase 2018/19 and beyond as we prepare ourselves to run projects in new communities
• Give thanks for each staff member who worked tirelessly this fiscal year
• Pray for renewed strength, motivation, and excitement for the community development team as they head towards a new fiscal year

DANG CLUSTER [DANG, ROLPA, KAPILVASTU]

The work of Dang cluster is overseen by Ram Bahadur Sinjali with support from Sita Thapa and Arjun Kapri. Bhagirath Bhandari oversees the Donor Liaison and Monitoring for Dang cluster.

Maternal and child health is also a focus of Dang cluster, supported by Inge Baumann-May.

Three of the projects [HIV and Community Based Rehabilitation, CHD and Mountain Livelihood] in Dang will be phased out in mid-July 2018. New proposals have been made for upcoming projects.

FOR YOUR PRAYERS
• Pray for much-needed funding for the EDUCATE Rolpa and Mother and Child Health projects
• Pray that the cluster could reach more people and communities in need
JUMLA CLUSTER [JUMLA, SURKHET, KALIKOT]
Dhirendra Rai oversees this community cluster, supported by Jeewan Giri [District Incharge] and Amitdan Gurung [Donor and Liaison Monitoring Officer].

Projects in Jumla include:
- Community Health and Development Projects in Tamti, Kalikakhetu, Rara and Kundari, Jumla
- Nutrition Project – supporting community nutrition centres, mothers groups and health institutions in various villages of Jumla
- Sabalata project – supporting people with disabilities in Jumla, Surkhet and Mugu
- Church and Community Project – supporting churches in Dailekh District to provide holistic development

FOR YOUR PRAYER
- Give thanks to God for opportunities to serve communities in remote parts of Nepal
- Pray for funding opportunities for the Kalikot Project
- Pray for the agreement of INF Jumla with KAHS [Karnali Academy of Health Science] to use the building over the long-term
- Pray for safety and God’s guidance for staff
- Many projects are phasing out, pray for guidance and opportunities for staff affected.

KASKI COMMUNITY CLUSTER [KASKI, GORKHA, BAGLUNG, LAMJUNG]
Bishnu Giri leads this team, with support from Ram Prasad Khanal in Gorkha, Dinesh Kunwar in Lamjung and Surya Bahadur Kunwar in Kaski. Nilisha Lama Karki is supporting the team as the Donor Liaison and Monitoring Officer.

The cluster has been working in the areas of disability, reconstruction and community resilience. The staff continue their work with people living with disabilities, encouraging them to become active members of their communities.

FOR YOUR PRAYERS
- Give thanks that this work has been highly appreciated by the communities and the local government
- Pray for the new project, ‘Church and Disability’, in Gorkha and Kaski Districts, that churches in these areas can be an example of the body of Christ accepting, embracing and celebrating people with disabilities in their churches and communities

GORKHA CLUSTER [GORKHA, BAGLUNG, LAMJUNG]
The Gorkha Rehabilitation and Community Empowerment [GRACE] project focuses on ten of the most affected areas of Gorkha District.

Ram Prasad Khanal is leading the project. The project is supporting over 1500 persons with disabilities to re-integrate back into their families and society.

FOR YOUR PRAYERS
- Pray for the staff members who will lose their jobs as the project phases out

FOR YOUR PRAYERS
- Give thanks that this work has been highly appreciated by the communities and the local government
- Pray for Thomas and the team to find a strategy that meets the needs of all parts of INF’s work

BDPR CLUSTER [BDPR, GORKHA, BAGLUNG, LAMJUNG]
The Safer Housing Exercise in Lamjung through Training & Empowering for Resilience [SHELTER] is led by Dinesh Kunwar [Engineer].

FOR YOUR PRAYERS
- Pray that INF and the team are equipped to respond efficiently to local disasters
- Pray that the workers trained can help bring real change in each community

FOR YOUR PRAYERS
- Give thanks for the good relationships with the local government
**bible spotlight**

**A Christian Response to Poverty**

“Whoever oppresses the poor man insults his Maker, but he who is generous to the poor honours him.”

_Prosverbs 14:31_

When Jesus began His ministry in the book of Luke, He starts with the proclamation of God’s Spirit being upon Him and of being appointed by God for a purpose of bringing God’s kingdom. How is He going to do that? The answer is by proclaiming the good news to the poor. He uses words such as captives, blind, oppressed but the first word He mentions is poor.

We know the reason Jesus came into this world was to do the will of the Father and to honour Him [John 8:49b]. What a wonderful way to start His ministry, by proclaiming good news to the poor or being generous to the poor.

In the book of Proverbs, we learn that oppressing the poor is similar to insulting our Maker [Prov 22:2].

_The original word in the Hebrew can also mean ‘doing wrong’ to the poor. Now the question is, how can we do wrong to the poor or can we even extend the question and ask what is not right in dealing with the poor? As a Christian we shouldn’t oppress the poor but the broader question to answer is: how can I wrong the poor? The answer: not considering the heart of Jesus for the poor and not making an effort to reach the poor with the love of our Lord._

The Bible clearly states that we need to have the mind of Christ and we are to be the imitators of Christ. We truly can have the mind of Christ when we imitate Him in our lives and what a beautiful start it would be if we started where Jesus started his ministry: having a heart for the poor.

As Christians, we are called to love the Lord and to love our neighbors. We must understand that there are people in poverty living difficult lives and we, as His people, must honour Him by reaching out to them. We must be willing to love them as Jesus loved us all, offering hope in fullness of life. We are called to be agents of change to walk in partnership seeing lives transformed, in ways our Good Lord has promised to all who come to His care.

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**funstuff**

**ALU DUM**

A Nepali potato salad that complements both dal bhat and western dishes.

_Preparation time: 1 hr
Serving: 4_

**INGREDIENTS:**

- 7-8 medium potatoes
- 2T oil, for frying potatoes
- 1T oil, for frying spices
- pinch chilli powder
- 1/2 t turmeric powder
- 2 t salt
- 4 onions, chopped
- 2 green peppers, chopped
- 1 t garlic, chopped
- 1 t ginger, chopped
- 4 cardamom pods
- 4 whole cloves
- 4 bay leaves, fresh or dried
- 1/2 c chopped green onions
- 11/2 c fresh coriander

**RECIPE:**

Clean potatoes and boil in skins until soft. Let potatoes cool slightly. Take skins off and cut into 2 cm cubes. Mix with salt, turmeric and pinch of chilli powder [optional]. Over medium heat fry potatoes in 2 tablespoons of oil until brown. Tip into large bowl.

Heat 1 tablespoon of oil in frying pan and fry onions, green peppers, garlic, ginger, cardamom pods, whole cloves and bay leaves for about 5-6 minutes. Add chopped green onions for the last minute. Tip into large bowl with other ingredients, place coriander on top. Mix well by turning salad over carefully.

May be served warm or cold. It tastes good the next day too.

**SOURCE**

MADE IN NEPAL, fifty international recipes in English and Nepali, published during the 50th anniversary of INF. Recipe contributed by Purna Laxmi.

**VISIT**

The FUN STUFF page on our website to download the recipe and many other Nepali recipes as well as other fun stuff [www.inf.org/resources/fun-stuff]
Do you like what you’ve read in this magazine?

If so please consider giving to support INF. Our work is dependent on the generosity of people like you. Your financial gift enables us to bring life in all its fullness to Nepal’s most disadvantaged.

Contact your local office for details or give via www.inf.org/donate