



# FREE A FAMILY<sup>®</sup>

*Newsletter*



World  
Renew<sup>®</sup>

**JOYFULLY**  
**HEALTHY**

WINTER '25

# FAMILY to FAMILY

## Newsletter

JOYFULLY HEALTHY / WINTER '25

*"YOU MUST SERVE THE LORD YOUR GOD, AND HE WILL BLESS YOUR BREAD AND YOUR WATER, AND I WILL REMOVE SICKNESS FROM YOUR MIDST." - EXODUS 23:25*

### CAMBODIA / PAGE 3

Discover the health lessons that have helped to improve the Ngets' health.

### TANZANIA / PAGE 4

Learn about the healthy habits Kehula Luboyelwa and his family put into practice.

### HONDURAS / PAGE 6

Read about Yuri Gomez's efforts to improve her family's nutrition and overall health.

### SENEGAL / PAGE 8

Learn about the health struggles the Sows have overcome, thanks to gifts like yours.

### MALAWI / PAGE 10

Find out what healthcare challenges the Ng'omas and other Malawians face.

### CAMBODIA / THE NGET FAMILY

## A healthy family's rule



### NOT TOO FAR FROM THE NGETS'

home is a health center where the government has implemented affordable prices for medicine. For Thea, who has congenital heart disease, and Chantha who suffered with acute stomach pain that eventually required surgery, having easily accessible and affordable healthcare is a blessing. However, Chantha says that people in their community don't really pay attention to their health unless they aren't able to work.

While their own health struggles have meant the Ngets have made more of an effort than most in their community to protect their health, until they joined health-focused trainings through the Free A Family® program, they did not realize that there was more they could do.

Chantha says he and Thea learned about the importance of washing their hands. It is a lesson they have passed along to their daughter, Kinta, 13, and their son, Kinmai, 8. "I told my kids to always wash their hands before and after having a meal and after using the restroom," says Chantha.

Another important change the Ngets made after the Free A Family health trainings



was to the way they handle kitchen waste. In the past they burned everything, which Chantha says they now understand pollutes the air and can affect their health. They have started separating bottles and cans which they set aside to sell, and they are using leftover food to make fertilizer.

Taking to heart all they learned about proper nutrition, the Ngets have also made positive changes to their diet. "Stay away from soft drinks and junk food. It is a family rule," shares Chantha. But he believes that the most important contributor to their improved health, thanks to gifts like yours, is the support he received connecting to a larger market to sell his produce and chicken eggs; this has helped to increase his family's income making it possible for them to purchase more nutritious foods. Thea and Chantha are now planning to start a backyard garden so they can eat fresh vegetables they grow themselves. Please pray that the Ngets continue to enjoy good health.







TANZANIA / THE LUBOYELWA FAMILY

# Growing stronger as a family through improved health



## BEFORE KEHULA LUBOYELWA'S FAMILY

joined the Free A Family® program through World Renew, he felt like his family constantly experienced health issues. “Our family often struggled with frequent illnesses due to poor living conditions and lack of access to healthcare,” says Kehula. “We didn’t have enough food or proper sanitation, and it felt like we were always battling something new. Life was challenging, and we didn’t know how we could improve things on our own.”

Thanks to Free A Family gifts like yours, Kehula and his family received training in proper hygiene and sanitation practices. The family learned the importance of regular handwashing, boiling water to ensure safety for drinking, and sleeping with mosquito nets to help prevent the risk of disease. Kehula also received agriculture training to help successfully grow crops and feed his family.

“...we are very grateful to World Renew as an organization; you've helped us immensely.”

The Luboyelwas began practicing what they learned, and now they are enjoying the benefits of good health. The family used to experience malnutrition, anemia, malaria, and diarrhea, but now illnesses are infrequent. Kehula says the children love to clean their hands with soap and water, and they can't go to sleep without mosquito nets. Through a kitchen garden and Kehula's improved farming methods, the family also now grow a variety of vegetables that have helped to improve their diet.

health, and he feels blessed to be able to share his knowledge of conservation agriculture and kitchen gardens with members of the community who struggle with malnutrition. One day, Kehula hopes to install a water pump and bring clean water even closer to home for his family.

For the Luboyelwas, physical health also means improved mental health. “When you no longer have to worry about what you'll eat, what you'll wear, or how you'll get to school, it brings so much mental and physical relief,” Kehula's daughter, Hendekela (19) shares. “You truly grow stronger. As a family, we are very grateful to World Renew as an organization; you've helped us immensely.”

Kehula used to hold on to superstitions that illnesses were caused by the supernatural, but now he understands that proper hygiene and nutrition can help prevent sickness. Kehula is grateful to God for his family's



# Improving health

## IN SOME COMMUNITIES WHERE

World Renew works, families face challenges accessing healthcare. Some families can't afford treatment costs or can't easily travel to a medical center. Through the Free A Family® program, World Renew works to bring essential care to communities and make sure health needs are met. Here are some ways your gifts helped people stay healthy this past year:



In *YURI GOMEZ'S* community in Honduras, many people face difficulty accessing medical care. Yuri's own family lives far away from the nearest medical center. But through generosity like yours, Yuri is better equipped to protect her family's health, including support in establishing a kitchen garden. Before, the Gomez family didn't have access to fresh produce, but now they enjoy better health thanks to the food grown with their own hands. "Growing your own food is healthy because it's fresher and gives better flavor to meals," says Yuri. Thank you for your Free A Family gifts that help families like Yuri's to improve their nutrition and well-being.



IN HAITI, 582 FARMERS RECEIVED VALUABLE AGRICULTURE TRAINING THROUGH A FARMER FIELD SCHOOL.

IN NIGERIA, 1,342 PEOPLE COMPLETED TRAUMA HEALING LESSONS AND ACTIVELY PARTICIPATED IN HEALING SESSIONS TO HELP EASE THEIR PAIN.

2,575 YOUNG PEOPLE IN KENYA PARTICIPATED IN YOUTH RUNNING CLUBS, IMPROVING THEIR PHYSICAL WELL-BEING AND SELF-ESTEEM.

IN MALAWI, 661 PEOPLE RECEIVED HEALTH EDUCATION IN THEIR COMMUNITIES; 60 HEALTH VOLUNTEERS ALSO WERE TRAINED TO HELP PROVIDE CARE.

486 PREGNANT MOTHERS IN BANGLADESH BENEFITED FROM HEALTH CARE AND SUPPORT EARLIER THIS YEAR TO HELP ENSURE HEALTHY PREGNANCIES.





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*"Thanks to the support I received, especially through the Village Savings and Loan project and the garden, I am now able to better feed my family and enjoy good health."*

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**- ASSANE SOW, FARMER AND SEASONAL DAY LABORER, FREE A FAMILY® FATHER**



**WORLD RENEW BELIEVES THAT**

healthy families build healthy communities. But often in the Global South, a lack of knowledge about how to protect their health can hold families back from living up to their full potential. Assane Sow's family struggled with poor health. "We suffered from malaria, diarrhea, and body aches," he shares. Then, thanks to Free A Family® gifts like yours, the Sows received training in proper health and nutrition practices and the family put what they learned into practice. "Health is our greatest wealth; without it, we can accomplish nothing. Thanks to our efforts to improve our hygiene, such as sleeping under a mosquito net and regularly washing our hands, we have seen a real improvement in our well-being," Assane shares. Thank you for your gifts that help equip Senegalese families like the Sows with the knowledge to better protect their health.

SENEGAL





MALAWI / THE NG'OMA FAMILY

# Healing hearts, bodies, and souls



**WHILE MALAWI HAS A NATIONAL** healthcare service which is government funded and free to all Malawians, a lack of transport, the unavailability of services, and inadequate drugs or equipment often make accessing proper health care challenging. And for people living with a disability, navigating the health care system can be even more arduous.

Judith and Daniel Ng'oma have known the challenges of seeking support for a child with a disability. Their son Suzgo cannot walk and moves around using his elbows. The couple had to take Suzgo to the hospital to get fitted with spe-



cial pads to protect his elbows. The cost of the round-trip was Mk 10,000 (5.76 USD). For a family who could not afford three meals a day, this expense was overwhelming.

In 2021, through the Free A Family® program, Judith joined a Village Savings and Loan Association and with the other members began to regularly set aside savings. The group's savings pool grew and soon members could access low-interest loans. Judith took out a loan to invest in her tobacco farm, which paid off. Her harvests have been far more bountiful and for the past two years her family has been food secure. Now the family is in a better place financially to cover Suzgo's health needs, and they feel additionally blessed to have experienced healing through the program.

Suzgo, 16, does not go to school. Enrollment of children with disabilities into schools in Malawi is extremely low, with a lack of information and support for parents and communities. This, combined with the social isolation that families often face, leads to children dropping out—including Suzgo.

Thanks to gifts like yours, the Ng'omas have learned people cannot oppress them because they have a child with a disability. And your generosity has helped teach their entire community that Suzgo is made in the image of God and deserves to be loved. The Ng'omas are healing after years of hurt.

Thank you for gifts that help families like the Ng'omas take care of not only their physical health, but their mental and spiritual health, too.



# Finding joy in good health

Proverbs 17:22 reminds us that a joyful heart is good medicine. But finding joy can be difficult when we experience sickness and health issues. In some communities where World Renew works, medical care and proper hygiene are not always accessible.

That's why improving the health of communities around the world is a critical part of what we do. From medical treatment to clean water to adequate nutrition for children, World Renew brings life-saving care in these ways and more to ensure the vital health needs of families are met.

We also know that good health means more than just physical well-being. Through programs like trauma healing and Bible studies, we work to ensure that everyone can improve their mental, emotional, and spiritual health. By achieving good health, families can renew their strength and thrive for years to come.

To learn more, visit:

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