

GROWING UP AT SCHOOL

PROBLEM: In Africa, girls fall behind their male peers academically due to a lack of feminine hygiene items that forces girls to miss school, often for days. Women in Africa continue to be disadvantaged, as do their communities, as they are forced to miss work due to a lack of basic hygiene materials.

SOLUTION: To address this issue, in 2011 The Nyadire Connection (TNC) created the Girl Empowerment Pad (GEP) Program.

GOALS: (1) Keep girls in school during their menstrual cycle to avoid learning loss; (2) Give them tools to make their own sanitary supplies; and (3) Provide culturally- and age-appropriate health education.

ACHIEVEMENTS: The program has evolved organically, from the “grass roots” in Pittsburgh and Nyadire, via women helping women. At first, the program provided schools with pre-sewn, reusable cotton pads. Then it began furnishing kits with all items needed for girls to sew their own pads. Then GEP began to supply U.S. kit items for local assembly in Zimbabwe. An educational program was developed for teachers and students. With the program leaders’ input, TNC provided refurbished manual and electric sewing machines and supplies for distribution to seven primary schools and rural clinics.

IMPACT: To date more than 10,000 pads or kits have been distributed; 100 sewing machines refurbished and sent to schools and clinics; 20 teachers trained and 500 copies of a book on puberty have been distributed. More than 3,000 girls have participated in this life-changing, confidence-building program. Sewing classes now offer culturally and developmentally appropriate hygiene education and teach girls to sew not only pads but also clothing as well as facemasks for COVID-19 prevention.

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Founded in 2006, TNC is a faith-based, non-profit organization that seeks to support and sustain the Nyadire United Methodist Mission in northeastern Zimbabwe, Africa. The GEP program has enjoyed support from the seven network churches of TNC, the Western PA United Methodist Women/United Women in Faith and the greater Pittsburgh community.

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HAVE YOU EVER WONDERED
WHAT IT WOULD BE LIKE TO GROW UP IN ZIMBABWE?
PLEASE JOIN US ON THIS LENTEN JOURNEY



At Nyadire United Methodist Mission

Lenten Calendar 2023

<p>The funds collected by using this calendar will go to the Girl Empowerment Program at Nyadire United Methodist Mission. Follow the calendar to guide your donations. Please send your donations by April 16, 2023 to The Nyadire Connection, c/o Christ United Methodist Church 44 Highland Road, Bethel Park, PA 15012</p>			<p><u>Ash Wednesday 2/22</u> Give 25¢ if you have a washing machine. <i>In Zimbabwe families often have to wash their clothes by hand.</i></p>	<p><u>Thursday 2/23</u> Give 25¢ if you have a clothes dryer. <i>In Zimbabwe families hang their clothes to dry outdoors.</i></p>	<p><u>Friday 2/24</u> Give 25¢ if you know how a biogas stove works. Give 50¢ if you have never used one. <i>Nyadire is building a biogas stove to cook the primary school meals.</i></p>	<p><u>Saturday 2/25</u> Give 25¢ if you have ever used a non-flush toilet (porta-john). <i>Flush toilets are not common in rural Zimbabwe.</i></p>
<p><u>Sunday 2/26</u> Pray for abundance of engagement, supplies and equipment, and for education for this program to continue.</p>	<p><u>Monday 2/27</u> Give 25¢ if you have ever missed a school exam. <i>In Zimbabwe, students must pass exams to continue in school.</i></p>	<p><u>Tuesday 2/28</u> Give 50¢ if you ever tried to thread a needle. Add 10¢ if you had to wet the thread first. <i>In Zimbabwe, hand sewing is common.</i></p>	<p><u>Wednesday 3/1</u> Give 50¢ if you know someone who has attended a vocational school. <i>In Zimbabwe, vocational schools offer a range of trades. GEP sponsors a sewing scholarship.</i></p>	<p><u>Thursday 3/2</u> Give 50¢ if you have ever used disposable diapers and hygiene products. <i>In Zimbabwe, disposable products are very expensive. Cloth diapers and reusable pads are often used.</i></p>	<p><u>Friday 3/3</u> Give 50¢ if you have running water. Give \$1 if cold water is dispensed from your refrigerator. <i>In Zimbabwe, it is often the women and girls that haul water from the borehole.</i></p>	<p><u>Saturday 3/4</u> Give 25¢ if there is a sewing machine in your house. Give 50¢ if you don't have one or don't use it. <i>In Zimbabwe, manual sewing machines are coveted.</i></p>
<p><u>Sunday 3/5</u> Pray for the ability to import supplies to Zimbabwe necessary for this program to continue.</p>	<p><u>Monday 3/6</u> Give 50¢ if you have ever worn a homemade mask. Give 25¢ if you made a mask. <i>During the pandemic Nyadire women and teens made masks for the mission.</i></p>	<p><u>Tuesday 3/7</u> Give 25¢ if you must take exams to be accepted into High School. <i>In Zimbabwe, missing school puts you at a disadvantage if you must prepare for entrance exams.</i></p>	<p><u>Wednesday 3/8</u> Give 50¢ if you have never used solar energy in your home. Give 25¢ if you have. <i>In Zimbabwe, solar lighting is used.</i></p>	<p><u>Thursday 3/9</u> Give 50¢ if you had a health class in middle school that covered human reproduction. <i>The GEP program provides educational materials to teachers and girls.</i></p>	<p><u>Friday 3/10</u> Give 50¢ if you or your mom had a baby stroller or carriage. <i>In Zimbabwe, babies travel everywhere with their moms swaddled on mom's back.</i></p>	<p><u>Saturday 3/11</u> Give 50¢ if you have done your homework by electric light. <i>Many rural regions do not have reliable power (or have no power).</i></p>
<p><u>Sunday 3/12</u> Pray for the leaders and teachers that make this program possible.</p>	<p><u>Monday 3/13</u> Give 10¢ and up to \$1 for every time you have seen snow this winter. <i>Most Zimbabweans have never seen snow.</i></p>	<p><u>Tuesday 3/14</u> Give 25¢ if your electricity goes off. <i>In Zimbabwe, for those who have electricity it is frequently off.</i></p>	<p><u>Wednesday 3/15</u> Give 25¢ if you have ever eaten a peanut butter sandwich. <i>In Zimbabwe these are known as ground nuts.</i></p>	<p><u>Thursday 3/16</u> Give 25¢ if you have a vegetable garden. Give 50¢ if you do not. <i>In Zimbabwe, home plots are common.</i></p>	<p><u>Friday 3/17</u> Give 25¢ if you have ever eaten sadza. Give 50¢ if you have no idea what this is. <i>Maize (ground corn) is a staple crop and this porridge is eaten at most meals.</i></p>	<p><u>Saturday 3/18</u> Give 50¢ if you have never plucked a chicken. <i>In Zimbabwe, women and girls pluck and clean chickens they raise themselves.</i></p>
<p><u>Sunday 3/19</u> Pray for good rains that make the crops flourish and potable (safe to drink) water abundant.</p>	<p><u>Monday 3/20</u> Give 25¢ if you have an annual physical or regular dental care. <i>In Zimbabwe, TNC has built several rural clinics.</i></p>	<p><u>Tuesday 3/21</u> Give 50¢ if you wear a uniform to school. Give \$1 if you do not. <i>Students in Zimbabwe wear uniforms. Many are made by hand.</i></p>	<p><u>Wednesday 3/22</u> Give 25¢ if you have ever hemmed your pants. Give 50¢ if you went to a tailor. <i>Sewing is a life skill in Zimbabwe.</i></p>	<p><u>Thursday 3/23</u> Give 25¢ if you take a bus to school. <i>In Zimbabwe, some students walk miles to attend school.</i></p>	<p><u>Friday 3/24</u> Give 50¢ if you have ever experienced a drought. <i>In Zimbabwe, droughts often result in food shortages.</i></p>	<p><u>Saturday 3/25</u> Give 50¢ if you ever had to walk to a hospital for care. <i>In Zimbabwe, mothers walk to clinics to be in place to deliver their babies.</i></p>
<p><u>Sunday 3/26</u> Pray for the children and teachers as they study for their primary school leaving exams.</p>	<p><u>Monday 3/27</u> Give 50¢ if you have air conditioning. Give 25¢ if you do not. <i>In Zimbabwe, air conditioning is very uncommon.</i></p>	<p><u>Tuesday 3/28</u> Give 25¢ if you wear your hair long. <i>In Zimbabwe, girls keep their hair short because they cannot afford hair products.</i></p>	<p><u>Wednesday 3/29</u> Give 25¢ if you have ever carried water in a bucket on your head. <i>In Zimbabwe women and girls often carry water this way.</i></p>	<p><u>Thursday 3/30</u> Give 50¢ if your family has a car. <i>In Zimbabwe, walking or public transportation are the most frequent forms of travel.</i></p>	<p><u>Friday 3/31</u> Give 50¢ if you have a drugstore within a mile of home. <i>In Zimbabwe, people walk for miles to get their medications.</i></p>	<p><u>Saturday 4/1</u> Give 50¢ if you have never cooked a full meal over an open fire. <i>In Zimbabwe, most cook outside in a thatched-roof cooking hut.</i></p>
<p><u>Palm Sunday 4/2</u> Pray for food security for the Zimbabwean people, and for peace in their land.</p>	<p><u>Monday 4/3</u> Give 50¢ if your family goes out for coffee drinks. <i>In Zimbabwe most people prefer tea.</i></p>	<p><u>Tuesday 4/4</u> Give 25¢ if you have a hot water heater in your house. <i>In Zimbabwe, solar water heating is often used.</i></p>	<p><u>Wednesday 4/5</u> Give 50¢ if you have an automatic sprinkler system. <i>In Zimbabwe, crops are watered by hand or via drip irrigation.</i></p>	<p><u>Thursday 4/6</u> Give 25¢ if you have ever sewn on a button. <i>Sewing is a basic life skill in Zimbabwe and is known as Fashion and Fabrics.</i></p>	<p><u>Friday 4/7</u> Give 50¢ if your family shops at a farmer's market. <i>In Zimbabwe, women sit along roads selling produce.</i></p>	<p><u>Saturday 4/8</u> Give 50¢ if you raise chickens. <i>In Zimbabwe, it is common to raise chickens for food and for sale.</i></p>