



## Building a Brighter Future

**“We were living from hand to mouth, barely able to afford money for food and school fees.”**

Shupikai sits in the shade of her mudbrick home, a wide smile on her face. The two youngest of her five children play in the open area beside her home, their laughter drifting over. Her granddaughter is sleeping peacefully inside.

“My husband and I used to live in Harare,” Shupikai says. “After some time, business became very bad and we had no money to survive or afford to stay in town anymore. So we relocated back here to the village.”

But life in the village was not much better for Shupikai and her family. They made their living by farming, but there was never enough money to see to their basic needs.

“I am not formally employed,” she says. “I only practise farming as a means of survival.”

When ADRA began working in Shupikai’s village, she was eager to participate. She joined the village savings and loan association where ADRA taught participants how to save, pool money, and lend it to members to give them the financial resources they needed to kickstart their business endeavours.

# CEO Message

“Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.”



Most people are familiar with this phrase. It is a simplified explanation of how ADRA works with communities.

But something even more impactful than teaching a man is to also teach a woman.

And then, furthering the impact even more is to equip that woman with the skills to teach other men and women, until these skills spread throughout an entire village, community and district.

As you will read in Shupikai's story, this is exactly what is happening in our project in Zimbabwe. Women like Shupikai are being empowered to change their lives. And with that change, they feel compelled to help the community around them.

This commitment to improvement is what can happen when we create a safe space for women to engage and lead. When women are part of the solution and their contributions acknowledged, entire communities benefit.

Now imagine that your donation contributed to equipping women like Shupikai to thrive. Not only has your donation changed Shupikai's life and the life of her family, but your donation will go on to change the lives of every person and family Shupikai helps to educate!

And do not forget to do good and to share with others, for with such sacrifices God is pleased. (Hebrews 13:16)

As you have shared your blessings with people like Shupikai, they have gone on to share their blessings with others too. It is so incredible to see how a little generosity can go so far!



**Denison Grellmann**

CEO

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Together with ADRA's animal rearing and farming training, Shupikai began to see options for her future.

"I borrowed money and invested in a chicken project. We have also been able to buy fertilisers to boost our farming project," Shupikai says.

"ADRA taught us better farming methods and also taught us to rear animals properly. We did not know, for example, that you can store mangoes and have them during the off season. These are some of the many lessons we learnt from ADRA!

"I have now made it part of my job to teach other people about the savings and lending system within different villages as well as ideas on projects they can invest in to get good sustainable returns," she says.

Kumbirai Kufa, ADRA Zimbabwe Project Officer – Agronomist, says the team have been impressed by how successful village leaders like Shupikai have been in mobilising their communities for change.

"[Shupikai] has been trained, and now she is a leader in helping others in the community," he says. "She is now well equipped, so she can help others in spreading and educating their methodology on their village to save.

"It's amazing and a bit surprising that from the

training we have done, they are able to mobilise their communities into groups."

Kumbirai says that up to 20 groups, including men, women, and people with disabilities, have been organised well and are able to save. In four months, some groups were able to save up to \$900.

"They are also keen to venture into production and horticulture," he says. "Overall, they have got some income in their pockets, they are now able to send their kids to school, and they are able to provide better nutrition for their families."

These changes in Shupikai's life have not only brought financial security for her family but have also given her confidence in her personal growth.

"I am happy as a woman because I am now so confident to stand in front of communities of men and women to share with them the things I have learnt from ADRA," Shupikai says. "I am so happy that I can engage in projects to better my life and that of my family.

"If ADRA had not come, we would definitely not be where we are today. We would be so behind in our progress. ADRA helped shape our vision and now we know where we are going in life."

Out of the 354 ADRA participants in Shupikai's region, 271 are women. These women, just like Shupikai, want to give their children a brighter future and are grateful for the opportunity to change their circumstances.

**Your gift today can provide mothers like Shupikai with the skills and resources they need to build a brighter future for themselves, their families and their communities.**

**Visit [adra.org.au/build](http://adra.org.au/build) to donate today.**

# Mitcham Op Shop



*ADRA volunteers outside the Mitcham Op Shop*

The ADRA Op Shop in Mitcham attracts customers from all walks of life. The quaint op shop is located in the middle of the local mall, surrounded by cafés and doctors' offices.

Marina Wirenski has been the op shop manager for seven years and has been volunteering with the op shop for almost 15 years. In her time, she has seen the importance of the op shop in the community.

"Our patrons become valuable to us not only as customers but as people with their individual story to share," Marina says.

For a while now, the op shop, which also has a community pantry, has been supporting a young man named Aaron<sup>¶</sup> who doesn't have a place to call home. With the pandemic and lockdowns pushing an increasing number of people into crisis, the demand for support from services like the ADRA Op Shop is rising.

"We get a lot of homeless people," says Marina. "Our aim has always been to raise funds to be able to assist as many people in a crisis as possible."

Aaron sleeps on the streets near the op shop with his three-legged dog. He keeps his small collection of possessions on a borrowed supermarket

trolley. And he is one of a handful of regular clients the op shop pantry is regularly supporting.

"He's lovely," Marina says. "He always sees me in my (ADRA) Justice Compassion Love shirt. He's always so grateful."

For someone like Peter, the op shop provides a haven in a time when life is becoming increasingly tough. After his wife died, Peter fell into a deep depression. His situation worsened when he became homeless.

For Peter, the ADRA Mitcham Op Shop is a refuge. He regularly visits Mitcham Op Shop and Marina says, "He finds acceptance, understanding and compassion in our ADRA shop."

"What a joy it is to work for such a worthy cause," Marina says. "I work alongside beautiful volunteers with a heart for people. The ADRA Op Shop in Mitcham has been 'shining our light' for over twenty years. May we continue to be the hands and feet of Jesus and bring light to this broken world."

<sup>¶</sup>Name changed to protect identity.

# MJ's Story

**Content Warning:** This story contains content about domestic violence.

MJ is a solo mum to five beautiful children. She works hard to give her children a good life, a life in which they feel safe and loved.

Three years ago, MJ herself felt unsafe and afraid. Without a support network, she felt alone and unable to leave a difficult situation.

"I had to ask permission to do things for myself," MJ says. "Often it would escalate to him physically abusing me, or emotionally abusing me, or he would financially cut me off, or take the car keys away from me so I would have nowhere to go."

When MJ heard about community dining through church, she was excited by the chance to go with her children knowing they would be safe.

"Church was the only place I was allowed to go without explaining what we were doing," she says.

Community dining is part of ADRA's work in New Zealand. Every Thursday night, people of all walks of life receive a free meal and a safe space to connect with others.

"It was a lot more than just dinner. It was being in a safe space, being able to connect with people, being able to be myself and be accepted for who I am," MJ shared.

MJ quickly created a strong network of support through people she met at community dining.

"It's a great feeling knowing people have your back when you're in need and you can just say 'please I need some help', and they come and help wherever they can."

With support from her network, and through



*MJ at her home*



*MJ enjoying community dining*

attending counselling, MJ felt empowered to walk away from her previous relationship. MJ and her children still attend community dining every week.

"I want to inspire other woman who have gone through a traumatic experience, that is not who they are," MJ says. "I'm really grateful for the collaboration of ADRA and my church to provide a safe place for me, where I could come with my children."



# Disaster Updates

## Australian Floods



*The volunteers who packed 50 hampers*



Torrential rain in late February and throughout March resulted in devastating floods across Queensland and New South Wales.

The floods destroyed homes and businesses, and left hundreds of people in need of shelter and basic items such as clothing and food. ADRA activated an emergency response and has since provided emergency relief to hundreds of affected families.

ADRA partnered with local Seventh-day Adventist Churches in the affected areas to coordinate the response. In the immediate aftermath the response focused on clean-up efforts and resourcing evacuation centres with mattresses and essential supplies including food, water and hygiene kits. ADRA also supported affected households by providing cash grants.

Volunteers from the ADRA Nambour Op Shop and from Seventh-day Adventist Churches including Gympie, Toowoomba, Brisbane, and Ipswich helped with clean-up operations. Gatton and Landsborough Adventist Churches registered as evacuation centres.

The ADRA project in Gatton provided free meals to those affected, and the Gold Coast Central Church packed 50 food hampers to distribute.

One recipient of the food hampers said, “Thank you so much! I have nothing to eat and no money to buy any food. I’m going to church next week!”

ADRA Op Shops throughout Australia helped to raise funds for ADRA’s flood response. This included Morisset, Ulverstone, Glenorchy, Victor Harbor, Guyra, and Albury Op Shops contributing \$144,500 from their sales to help those most in need. Further, Sanitarium Health Food Company donated seventeen pallets of food to ADRA to be distributed to flood affected communities in north New South Wales.

The next stage in ADRA’s response will include supporting the mental health and wellbeing of impacted individuals.

## Tonga Volcano



*Assessing the damage in Tonga*



On January 15 an underwater volcano erupted and triggered a tsunami throughout Tonga.

The tsunami flooded and destroyed homes and livelihoods. Falling ash contaminated clean water sources and destroyed crops. Over 80% of the population was affected by this disaster.

ADRA responded through partnering with the

Seventh-day Adventist Church Mission based in Tonga to distribute cash assistance. Cash assistance allows people to provide for their most urgent needs, including clean water, shelter, clothing, or food.

Over 700 affected households on the islands of Tongatapu, Fono'i, Tungua, Nomuga, Pangai, Haafeva, Mango, Matuku, Atata and Eua are being assisted.

"It has been inspiring to hear of the resilience of the Tongan people and how they are stepping up from all levels of society to support those impacted," said ADRA South Pacific Director Greg Young.

## Ukraine Crisis



*A refugee child receives a care package with glee*



**The ongoing conflict in Ukraine has created a large-scale humanitarian crisis.**

It is estimated over 4 million refugees to date have fled Ukraine to seek refuge in neighbouring countries and that there are 1.6 million internally displaced people still within Ukraine. ADRA is on the ground in Ukraine and surrounding countries

providing emergency relief to help those most vulnerable. ADRA is receiving refugees on the border in Poland, Hungary, Romania and Bulgaria, with plans to extend this support to Romania, Moldova and Slovakia.

ADRA has set up welcome tents to provide refugees with emergency supplies such as personal hygiene kits, food, diapers for young children, blankets for warmth, pet food and more.

With thousands of refugees arriving daily, the tents must be restocked up to five times per day.

Adventist churches in neighbouring countries have opened up to families as centres for refugees. One church in Romania installed shower pods in their church basement to accommodate the hygiene needs of arriving refugees.

Victoria is a Ukrainian refugee who recently arrived in Romania with her 7-year-old daughter. Despite having to leave her husband behind she is grateful to have found shelter and support at one of the churches.

"It's a warm feeling in my heart," Victoria shares. "Every chance I have to say, 'thank you', I say it."

For refugees it remains uncertain when and if they will be able to return safely to their homes in Ukraine. As ADRA continues to deliver immediate relief, we are also recognising the longer-term needs of refugees and are actively looking for opportunities to provide support.

Michael Peach, ADRA's Emergency Response Coordinator in Poland said, "ADRA is also now exploring opportunities to support the at least 300,000 primary aged school kids from Ukraine who will be integrated into Polish schools.

Kids that came across the border with nothing but the clothes on their backs. This war could last 4-6 months so it's going to require a lot of money and effort."

# Sulawesi Tsunami – Four Years On



In September 2018, a 7.4 magnitude earthquake struck Sulawesi, a province in Indonesia, and triggered a tsunami.

Tragically more than 4,300 people lost their lives with thousands more injured. Over 2 million people were impacted by the disaster.

ADRA quickly deployed emergency teams to the affected area to provide rapid relief to those most impacted.

Thousands of people were displaced due to numerous homes and buildings being damaged during the disaster.

ADRA provided impacted families with drinking water, safe water containers, and hygiene promotion materials to ensure children and adults were safe in the aftermath of the disaster. In resettlement camps, ADRA provided even more people with clean water, hygiene kits, and food parcels for families that were going without these basic necessities.

Four years after this disaster and ADRA is still in the community helping respond to the longer-term impacts of disaster.

Following the disaster, people in Sulawesi faced increased food insecurity. Irrigation canals and crop land were damaged or contaminated preventing new and healthy crops from growing. Roads were also damaged which disrupted food availability for rural communities.

ADRA launched a new project to recover and improve livelihoods. This project was designed to help improve food security and boost the income of families who were impacted by the earthquake and living in poverty.



Through this project, ADRA trained farmers on disaster-resilient agriculture and best business practices. Training sessions, along with improved water distribution, improved the cultivation of the land and equipped more than 800 families to earn a better income and fight food insecurity.

“I am happy to be involved in this ADRA project. It is very helpful for me and my family”, one project participant shared. “I can have my own small business. I hope this project will continue and that those in need who have not received assistance yet can be served.”



# Victoria's Story

At night, Victoria falls asleep in a room crowded with people, mattresses, and luggage.

When she wakes up, she calls her husband in Khmelnytsky, 320 kilometres across the Ukraine border, to see if he is still alive.

Her seven-year-old daughter sleeps beside her. On the phone, Victoria's husband tells her that he is still okay. Tear-eyed, Victoria admits that if not for her daughter, she would have stayed behind with him.

As the situation in Ukraine continued to deteriorate, Victoria's husband insisted she take their daughter and flee across the border. Men between the ages of 18 and 60 are prohibited from leaving, but at least his wife and daughter would be safe.

Victoria has no idea what the future holds for any of them.

"I have a brother in America and in-laws in Canada," she says, "but we don't have visas now and they can't take all of us. All we can do is just wait."

Biserica Adventista, a Seventh-day Adventist Church 50 kilometres from the border of Ukraine, is one of many Adventist churches in Romania to become a refuge for people



*Victoria and her daughter fled the conflict in Ukraine. Now, they are refugees.*

like Victoria. It can hold up to 60 people at a time and provides free meals, drinks, clothes, bedding, and access to shower pods, which were recently installed to accommodate the incoming refugees.

"Some of them haven't slept for four days, and haven't showered," says Vasile Copot, an ADRA volunteer at the church. "This is very important for them."

Despite the trauma of the past several days, Victoria's daughter is starting to become

comfortable at the church.

"My daughter didn't deserve to leave her life like this," Victoria says. "She's still a child. She wants to play and watch her favourite movies. She asks, 'why can't we go to grandma's house?'"

But for now, at least, Victoria and her daughter are safe. It's not much, but it is something she clings to.

"It's a warm feeling in my heart," she says. "Every chance I have to say, 'thank you', I say it."

**To support ADRA's ongoing response to the Ukraine Crisis, donate at [adra.org.au/disaster](https://adra.org.au/disaster)**

# Gender equality in Nepal



Gauri was married off at just 13 years of age. Living in rural Nepal, this is sadly the case for far too many girls.

Widespread poverty forces parents to either marry off their daughters or be left with another mouth they cannot feed. As such, girls like Gauri never have the opportunity to learn about concepts like gender equality.

At 27 years of age, Gauri had the opportunity to participate in her local ADRA farmer group program. This project is supported by the Australian Government through the Australian NGO Cooperation Program (ANCP).

Through this program, not only is Gauri learning more about income generation and enterprises, but she has been given the opportunity to learn about the things she was never taught as a girl.

The program motivated Gauri to work in human rights and to stand up against violence. With ADRA's training, Gauri is a Women's Activist in her village. She helps to facilitate gender equality activities as



*Gauri facilitating Gender-Based Violence education orientation*

well as efforts to prevent gender-based violence. Gauri is also involved in the municipality level Gender-Based Violence control network in two districts.

"I learned about the legal provision against women and domestic violence," Gauri says. "The training helped me to report and to resolve violence cases tactfully."

She is advocating for the promotion of human rights, child rights, and ending violence against women.

So far, Gauri has facilitated five incidents of gender inequality, including referring cases to the municipal judiciary committee for further processing.

"In our society women are engaged in household activities for almost 18 hours a day but are considered as underemployed or unemployed," Gauri says.

"Women are victimised in their family and society because they are limited to household chores; women are not given the freedom to make use of financial resources mobilisation.

"Seeing this, I decided to dedicate myself to disseminating these initiatives widely to control the violence against women and domestic violence by mobilising Women Activists."

# Volunteer Profile



For the last 26 years, Rosalind Carlson has been making and selling jam. With each jar she sells, she donates all profits towards ADRA's work.

In 1976, Rosalind moved into her current home with her husband. The property was covered with an orchard of peach trees. Years later, in 1996, Rosalind began selling peach and plum jam at the Northern Gallery. She would sell the jam for \$8-10 a jar. People visiting the Northern Gallery loved the jam which became a staple product for the next five years.

Today, Rosalind continues to sell jam using a mixture of fruit and flavours: guava, fig, feijoa, mulberry, raspberry, strawberry, lemon, lime, mandarin, apple, and much more. She keeps busy creating jam all year round and uses whichever fruit is in season.

"I'm making jam throughout the year," Rosalind says. "I get fun out of it."

Each batch is made with care, taking hours at a time to prepare, cook, cool, store and later sell, but Rosalind still finds the fun in making each jar.

"It takes me an hour to prepare the fig one," Rosalind says. "And then, I'm on my feet another two hours when I cook it and bottle it. And you can't leave jam. You have to be stirring it and keeping an eye on it."

This season alone, Rosalind has sold 26 jars of jam which will help children, women and men overcome poverty and hardship through ADRA's work.

"I'm trying to keep up with the demand!" Rosalind laughs.

Rosalind has made a life of helping others as a teacher and composing beautiful music. In 1955,



*Rosalind Carlson holding a jar of her jam*

she was awarded a scholarship to study music at the Sydney Conservatorium of Music and Sydney Teachers' College. Rosalind began a career as a music educator, inspiring all students in her path.

Following her passion for music, Rosalind also conducted choirs and composed beautiful music. Her years of service earned her many accolades including two Order of Australia awards, one for her services to education and the other for service to Australian Choral Music.

From music to jam making, Rosalind uses her passions and skills to bless those around her. Her generosity and joy continue to make an impact to people here in Australia and around the world.

**If you would like to volunteer for ADRA Australia, register your interest online at [adra.org.au/volunteer](http://adra.org.au/volunteer), or call us on 1800 242 372.**



Help Mothers  
**BUILD**  
a Brighter Future

"I am so happy that I can  
engage in projects to better  
my life and that of my family."

– Shupikai

**HER ONLY MEANS OF SURVIVAL WASN'T ENOUGH**

Shupikai and her family were working hard, living hand to mouth, with barely enough money to afford food and school fees. With ADRA's help, Shupikai received support and training to start a chicken farming project.

Shupikai can now support her family and has hope for her children's future.



**To help mothers like Shupikai**

visit [adra.org.au/build](https://adra.org.au/build)

or call **1800 242 372**

