

“Letting go of our suffering is the hardest work we will ever do. It is also the most fruitful. To heal means to meet ourselves in a new way – in the newness of each moment, where all is possible and nothing is limited to the old.” ~ Stephen Levine

This is my journey to help heal the suffering and inspire a life where all is possible. I have a whole lot of love in my heart and cannot wait to get back to Africa to share it!



Hello Friends and Family,

By God’s grace and plan, I am happy to inform you that I will be making another mission trip to Africa in March of 2013! I will be traveling with a group from my church, Eastside Foursquare, in Bothell, Washington. We will travel to an area 70 miles north of Kampala, Uganda in a region known as the Nakasongola District. In August I was in Jinja, which is about 50 miles east of Kampala.

Our team goal for this trip is to share love and hope in a practical way of service. We will be working closely with Maggie Josiah, a missionary from Eastside who has been serving in Uganda since 2006. Maggie directs the Africa Hospitality Institute (AHI), a vocational training and discipleship school for poor youth hoping to find work in the hospitality industry. At AHI students learn professional housekeeping, cooking, and serving skills that provide competitive work experiences. In addition, AHI's curriculum uniquely emphasizes customer service and leadership skills, character development and English language fluency.

While at AHI, we will perform whatever tasks are needed. This may include serving meals, teaching English at local schools, helping teach the vocational training classes, teaching other areas of special interest, repairing wells, mudding schools and maybe even milking cows (actually I am very excited to do this). To learn more about this ministry visit www.ahi-ug.org.



I couldn’t travel to Uganda without paying a visit to Canaan Children’s Home, an orphanage I fell in love with while there in August. It is also where my dear sponsored children, Trevor and David reside. My hope is to spend 4 days at Canaan, where I will continue to share love and hope through the giving of my time and practical service.



Why is God calling me back so quickly?

Because there is a plan in place and a call to get started! Since being in Jinja in August, a seed was planted in me to help orphaned children heal their emotional pain. As soon as I got back home, I felt called to write a book to help me in this process.

While at both locations, my hope is to present a workshop for the children that will start the healing process so that they are able to fully embrace the life they were meant to lead. The book will be part of that workshop. Each child will be given a book to keep; to reference and lean on as often as they need to in an attempt to heal the ghosts that haunt them due to trauma, stress, abuse, abandonment, and other physical and emotional pain they may have been recipients of in their early years of life. My light is called to shine on them so that they may let their light shine as well. These two trips to AHI and Canaan, will give me the opportunity to teach the material and gain insight into what more can be done for these children and other children in orphanages around the world. Maybe this is enough. I don't know how all of this will fall out but I am confident that God has planted this seed and will continue to guide me in this process! So I am following and have faith that all will turn out exactly as it is planned.

This trip is going to be another life changing experience and I am asking for your prayers. We will encounter many obstacles and at times emotional and other hardships, but your prayers will help us overcome those things. So thank you!

I am raising \$3000 for the cost of this trip. This money goes toward my plane ticket, food, shelter, transportation and some of the cost for the projects we will be doing on the trip. I am also raising money to help support the production of 150 books that will be given to orphans and children we work with in March. My goal is to raise this money by February 1st. Any donation you might be able to provide would be greatly appreciated.

Note: All checks should be made payable to Eastside Foursquare Church. If you would like this to be a tax deductible donation, we have been asked to advise you not to include my name in the memo line. Please send the check directly to me at the address below. I will present all the checks to the church at once.

If you would like to contribute to the production of the books for the children, please make your check payable to Tina Millican.

I cannot wait to get back to you and let you know about all the incredible experiences that I will have gone through, the lives we will touch, and the differences being made. Thank you for your support!

Many Blessings,

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“Love is the only rational act of a lifetime. Everything else pales in comparison. Things that are motivated by love can still turn out badly in the physical world, but the intention for love does not turn out badly, it can only bring a deeper capacity for love.”

