

Shadows of Shalom

Newsletter from Paul and Joy in Uganda

A Wonderful Weed

In Uganda, the staple foods for any meal are maize, potatoes, or cassava. All of these foods fill an empty stomach but lack the vitamins and minerals necessary for healthy growth and development. As a result, children who are “getting enough to eat” are still showing signs of malnutrition, such as swollen stomachs and stunted growth.

In an effort to encourage new and healthy dietary options, CRWRC has introduced a crop called amaranth as a complement to the grains Ugandans are already using. Although considered a weed on many western farms, amaranth is a grain that surpasses other common grains and cereals

in the vitamins and minerals necessary for healthy development. It also has a high lysine content, which is needed to produce antibodies, hormones, and helps the body to inhibit the growth and multiplication of viruses, making it particularly helpful for HIV and AIDS patients.

In October we had the opportunity to work with Sid and Audrey Kramer, who are promoting and evaluating the amaranth program in East Africa.



We visited groups growing amaranth, documented how it was affecting their community's health, and offered additional information and training where necessary. Following the October visit, we continue to promote the use and benefits of amaranth, especially in the schools, hospitals, and prisons of Lira. We are also working with the church to promote the benefits of amaranth in its parishes and are exploring its potential to generate income for the farmers that grow this wonderful weed.

February 2009



Praises & Petitions:

- Thank God for the relationships we are forming with community members in Lira.
- Praise God for the progress we've made in our Luo studies.
- Give thanks for health, strength, and safety to engage each day's tasks.
- Rejoice for God's ministry at work in our hearts & minds.
- Praise God for those who financially and prayerfully support our work in Uganda.
- Ask the Lord to make us effective students of a foreign culture and country.
- Pray for spiritual health and wisdom as we encounter the dimensions of spiritual warfare that Christians' face in Uganda.
- Invite the Lord to strengthen his church worldwide and unite Christians in prayer for the church.
- Ask the Holy Spirit to have his way in our hearts and our work that it may produce a rich harvest for the kingdom of God.

Cows and Capital

At the beginning of December, Joy and I joined the new CRWRC program consultant for Lango Diocese to visit the nearby Diocese of Northern Uganda and



observe projects they were doing through their partnership with CRWRC. We first visited a food security group that were given a set of oxen and an ox plough. They used their oxen in a variety of ways: plowing their own fields, cultivating a community garden whose proceeds went to maintaining the oxen, and renting out their oxen to neighbors who were then able to cultivate more land. As a result, this group was able to pay for significant personal expenses like school fees for their children. And they have plans for the future. They had already cultivated a new patch of land that would be used for growing trees for lumber and for fruit as added income and were looking to

maize production as an upcoming and profitable market they could be a part of.

We then traveled a short distance to visit with a group that was doing a savings and credit program. It is incredibly difficult to start a business or expand one's farm when you have no capital, and micro-finance groups like this are a wonderful way to open opportunities for members involved. The group committed to save a certain amount every week. They agreed to follow the bylaws discussed and agreed upon as a group for how the money is to be used. This group had saved 500,000 shillings (\$260) collectively since the beginning of the year. For a group of subsistence farmers who earn very little if any income for the work they do, this was a great accomplishment, and one that we were blessed to celebrate with them.



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CRWRC at Work in Uganda

Have you ever been asked, "What do Paul and Joy *do* in Uganda?" only to shrug your shoulders and reply "They're missionaries"...

Well, so we are! And a large focus of our mission is community development. Here in Uganda, CRWRC partners with various churches to strengthen the church's ability to address the needs of its community. This means



CRWRC comes alongside the development departments of these churches to offer financial support and consultation on projects that improve the community's wellbeing through health, food security, education, etc....



Through CRWRC, we work with a church in northern Uganda, sharing our encouragement, insights, prayer support, and desire to learn from them. We attend staff meetings, participate in trainings,

visit community project sites, and study the local language. Our work here looks different each day but in all things the goal remains the same: to advance the kingdom of God through transformative relationships.

Thank you!

As we move into the new year, our hearts marvel at God's faithfulness in our lives these last twelve months. With gratitude we are counting our blessings. As our financial and prayer partners in this ministry, you embody God's grace to us. Together we depend on Christ's abundant mercies. Thank you for upholding us, encouraging us, and empowering us through your support to participate in the work with CRWRC here in northern Uganda.

My Neighborhood

Paul and I are on a daily mission to understand what it means to be members of our Lira community.



So when our neighbor boys first greeted us with the words, "Miya odilo" (give me ball!), we knew this was opportunity knocking. Football (American soccer) is a big deal in Uganda. Gardening is a big deal at the Vliem's house in Uganda. Combining the two with a lesson in healthy work ethic, we invited the boys to come and help Paul in the garden for the day in exchange for a soccer ball. They were delighted. As we tried to help the boys break through the misconception that white people are a source of inherent wealth, we wanted them to recognize their own value and skills and how they can use these to reach their goals. The grand finale of the day celebrated goals of a different kind in a two hour all-neighborhood soccer match!

Ugandan Cooking

"Enjoying the local fare..."

Kwon: a traditional dinner bread

Millet flour
 water

- 1) fill a pot with water; place on the stove element to boil
- 2) once water begins to boil, slowly add millet flour while stirring
- 3) continue to add millet flour and stir until dough develops a firm, moist consistency, test for doneness by pinching dough



Dek: dipping sauce for bread

Grilled Meat
 Natural peanut butter (ground peanut sauce)

- 1) Grill meat until dry; place in fry pan
- 2) Add peanut sauce to meat and simmer; serve with kwon

A Lesson in Luo

Apwoyo baa—I honor/greet you
 Ibuto aber—good morning
 Kopa ngo?—how are you?
 Gweno—chicken
 Ingatu—lion
 Gwedi-gwedi—lizard
 Pacu—home
 Gali—bicycle
 Kanica—church
 Olegi—let's pray
 Nyero—to laugh
 Obanga mi gum—God bless you