



# VILLAGES & VOYAGES

HOW YOU ARE CHANGING THE WORLD

YOUR INCREDIBLE IMPACT

## *Saved From Starvation*

Anyuduk is providing her children with enough food for the first time in years—because of you.

ADRA



YEARS OF  
JUSTICE, COMPASSION, LOVE



Starving? Not anymore...

# You Are Feeding This Widow's Children

**You have made all the difference for this widow and her family.**

Anyuduk has been raising five children on her own since her husband died of starvation. Their region is so barren and dry that people survive by foraging a bitter, poisonous tree nut.

Sometimes Anyuduk walked for hours to collect these nuts. Then she boiled and

strained them for at least six hours to remove enough poison. The nuts left their mouths bitter for hours. But they had to survive.

Years ago, Anyuduk's late husband built their hut alongside a river. Now the dusty riverbed doubles as a roadway since no water flows. Drought means there is no water above ground, and many wells have gone dry.

Farming is nearly impossible. This is subsistence living at its most basic level.

Sadly, not everyone survives.

**Your generosity means that Anyuduk and her children now have enough food.** You provided Anyuduk with large bags of rice and beans. You also stocked her pantry with corn flour, cooking oil, sugar, and other essentials.

**"We thought that God Himself had visited us! We had never seen or owned so much food in our lives."** Anyuduk smiles, still remembering that day.

Desperation sometimes pushed Anyuduk to be resourceful. When a villager made the two-day trip to town for supplies, Anyuduk would borrow a little flour and sugar to concoct strong alcohol. She then sold alcohol to the village men.

**"I knew I couldn't just sit around all day and wait to die,"** Anyuduk says.

One of the downsides to her business was that the men in her village would fight when they were drunk. They would



**When your amazing gift of food arrived, Anyuduk's life changed.**

**She no longer has to spend hours foraging for food.**

## Recipe for Githeri (Boiled Corn and Beans)

**INGREDIENTS:**

- ▶ Whole dried corn kernels (maize) 2.5 oz per person
- ▶ Dry beans 1.4 oz per person
- ▶ Water
- ▶ Salt to taste
- ▶ Splash of cooking oil

**OTHER SUPPLIES:**

- ▶ Firewood

**DIRECTIONS:**

1. Wash the maize and beans thoroughly.
2. Sort to remove bad kernels or debris.
3. Add maize and beans to a deep cooking pot.
4. Cover with water, and cook over a fire.
5. Stir frequently, and continue adding water as the food cooks down.
6. After boiling for 1.5 hours, the food should be soft. Add salt and oil to taste.
7. Serve while hot.



**Use this recipe to cook a traditional Kenyan dish!**





You brought rice, beans, and other staples to these children who have been surviving off poisonous nuts. They are so thankful to have happy tummies.

also beat their wives and their children.

“People started coming to me and blaming me for all the fights that were happening,” Anyuduk says. “People started to hate me.”

**But then YOU changed everything!**

When **your amazing gift** of food arrived, Anyuduk’s life changed. She no longer has to spend hours foraging for food. No more bitter, poisonous nuts. That’s because of you!

Can you imagine how much better it feels to feed your beloved children a complete and nutritious meal of rice and beans?

These children have a much better chance at life now.



When you gave her life-giving food, Anyuduk stopped brewing alcohol.

“I don’t want to be the cause of people fighting,” she says.

Instead, she set up a little store and sells part of her food rations in the village. She doesn’t make much, but just enough to buy more food when she needs it.

After the crisis subsides, ADRA works to help those affected become self-sufficient again. Solutions might include training for a new occupation. Setting up savings and loan programs. Or, in a farming community, providing drought-resistant seeds and water conservation programs helps. Whichever solution is used, it’s YOUR generosity that makes that possible.

You’ve provided a **better life** for Anyuduk and her young children. Thank you for your generous gifts! ■

**ORPHANED AND ALL ALONE**

*You Can Help Girls Like These*



What do you see when you look at the oldest girl in this picture? If you answered that she is the sole provider for her household, you’d be right. Caroline’s mother died when she was just two years old. She is the sole caretaker of her niece Dorcas—now also an orphan.

These girls are completely on their own.

They live alone in a one-room hut, struggling to survive without parents, food, soap, or blankets. Life is precious, but uncertain.

Your gift today can provide girls like Dorcas and Caroline with the basics that every child—every human—needs.

Please donate today. And say a prayer for children who are hurting.

**You can be the loving support these children so desperately need.** They are waiting.

Make your gift at **ADRA.org/JustTheBasics** or use the reply slip included. Your generosity changes the world!

**Your Impact in Ukraine**

Your generosity continues to make life more bearable in war-torn Ukraine. Men, women, and children of Ukraine are so grateful to you. You’ve especially helped elderly and disabled individuals reach safety.

You have also helped Ukrainian refugees evacuate and find housing in surrounding countries.

Thank you for demonstrating such compassion for people in need. Thanks to you, many are able to rebuild and improve their lives.



Point your phone’s camera at this QR code to play a special video update showing the incredible difference you have made (or visit [ADRA.org/UkraineCrisisResponse](https://ADRA.org/UkraineCrisisResponse)).

# Meet Prisca!

Prisca is an ADRA worker in her native Kenya. She joyfully delivers your generous donations of food to families in need.

This region depends on heavy rains in December to sustain their crops. There hasn't been a December rain here for five years. No farming = no food.

**Until you supplied food, many families were eating only once every three days.**

Prisca loves delivering food to the local schools on your behalf. Students, teachers, and parents all thank you!

**More children come to school now because you provide filling meals.**

They come for the food. They leave with full tummies and an education!

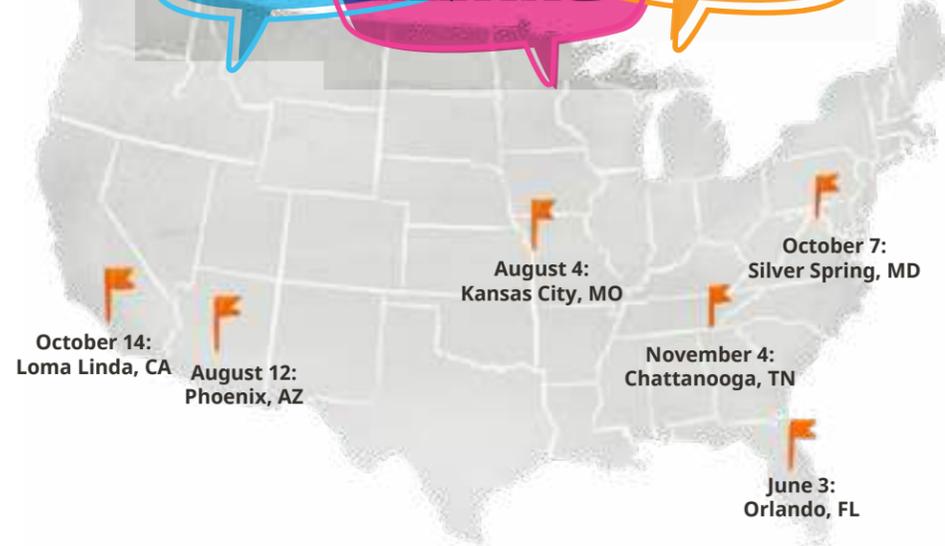
Thank you for feeding people in Kenya!

*This is Prisca, your partner to feed families in Makueni, Kenya*



**THANK YOU** for providing **FOOD** to these children! Each child (and parent, and teacher!) sends you a **BIG HUG**. These kids are growing up healthier and happier because of you.

## TOWN HALL MEETING



You are invited to join ADRA for a very special **Sabbath event**. Town Hall meetings are an immersive experience. You'll hear stories from ADRA staff and gain a better understanding of how your gifts are implemented around the world.

Join us to learn how you are a part of bringing justice, compassion, and love to a hurting world. Plan now to attend this unforgettable program where you can taste, see, listen, learn, and share.

### Town Hall Meetings are planned in the following locations for 2023:

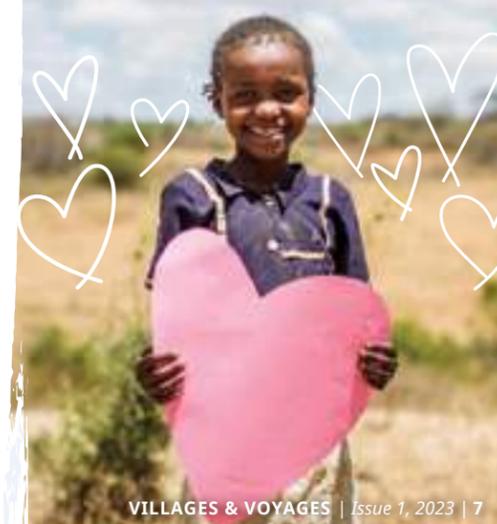
- ▶ Saturday, June 3: Orlando, Florida
- ▶ Friday, August 4: Kansas City, Missouri
- ▶ Saturday, August 12: Phoenix, Arizona
- ▶ Saturday, October 7: Silver Spring, Maryland
- ▶ Saturday, October 14: Loma Linda, California
- ▶ Saturday, November 4: Chattanooga, Tennessee

For more information, call **1.800.424.ADRA (2372)**

*Share the Gift of a Better Life!*

The ADRA gift catalog is a fun and meaningful way to help. It's the very best way to shop! Choose your impact and feel great about your life-changing gift!

[ADRA.org/GiftCatalog](https://ADRA.org/GiftCatalog)



### ANOTHER WAY TO GIVE

## Donate Stocks? A Great Idea!

You might be able to maximize your tax benefits by gifting stocks, bonds, or mutual funds to ADRA!

Our experts can discuss your most beneficial ways to donate. **For more information, email the Donor Relations Office at [GiftOfStock@ADRA.org](mailto:GiftOfStock@ADRA.org).** We are here to support you.



# You Brought Clean Water to the Peruvian Jungle



**“Thank you for making us feel important. Thank you for teaching us and making us feel like part of your family!”**

Thank you so very much!

I am Sonia Caritimari Huansi--leader of the Nuva indigenous community in Loreto, Peru.

One year ago, you funded a special ADRA project in our region to improve our quality of life. Even though it is difficult to reach our remote area, you came. As a leader AND a beneficiary, I am so grateful.

I get so emotional talking about this majestic area. However, for years I have seen my community deeply affected by water scarcity.

You've taught valuable skills and provided tools for water purification that help us avoid diseases. Our families and community are so much healthier now.

With joy in my heart, I say: Thank you for making us feel important. Thank you for teaching us and making us feel like part of your family!

~Sonia Caritimari Huansi



## FROM THE PRESIDENT

# A Note for You

It's impossible to articulate the difference you've made. Anyuduk (see cover story) and her family barely survived starvation. **But because of YOU, her babies will live to see**

**another day.** They will grow and develop healthy bodies. And they'll be free to pursue an education because you cared enough to provide food.

**Thank you so much for your compassionate response.** You are a truly generous person.

Michael Kruger  
President, ADRA International

