

Side *by* Side

The CAFOD magazine Spring 2012

CAFOD
Just one world

1962-2012
50
Years

Special 50th anniversary edition

Celebrating 50 years of CAFOD's work



Faith, justice and knitting patterns

What lit your flame to take action?

The power of forgiveness

The hidden conflict inside Kenya's food crisis

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CAFOD is the official aid agency of the Catholic Church in England and Wales. In more than 40 countries we bring hope and compassion to poor communities, standing side by side with them to end poverty and injustice.

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Editor's letter



"Charity is not something we can do for a day or a moment; it is a permanent way to live." These are the words of Hector Fabio, who,

as you will read in our special 50 year anniversary section, has strived most of his life for an end to Colombia's civil war. Looking back at CAFOD's work over the last 50 years has given me hope that a better world is possible. In this issue of *Side by Side* you will see how people's belief in a more just world is demonstrated in the things they do every day. People like Kathleen and Kevin, who have put their musical talents to good use by holding concerts to raise money for CAFOD; and David in Kenya, who found the strength to forgive the men who killed his brothers by meeting with them and finding common ground. As Christina Peter who works with us in Pakistan says, "God has given us many talents, we should use them." It's an inspiration to see so many of us doing just that.



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Front cover photograph: A photo of indigenous leader from Brazil, Davi Yanomami, is carried through Westminster Cathedral at CAFOD's 50th anniversary Mass in January.

Photographs: Simon Rawles, Nick Harrop, Paul Smith, Kit Lewis, Ephraim Rivera/istockphoto, GYI NSEA/istockphoto, Kate Stanworth, Mac7/dreamstime.com, Richard Wainwright, Monika Vrsanska.

Illustrations: Andy Smith.

ROUND UP

Niger drought

A poor harvest in Niger and other countries in West Africa has meant food prices are alarmingly high across the region and millions of people are struggling to pay for food. We're working with local Catholic organisations that are buying grain and selling it at subsidised prices, giving farmers seeds, and paying people with money or with food to work on projects that benefit their communities. Although we are taking early action to lessen the effects of a looming food crisis, we have concerns that the situation may get worse.



Flame Congress sets London alight

Saturday 24 March saw over 8,000 15 to 25 year olds packing out the iconic Wembley Arena in London in an Olympics-inspired celebration of their faith. In amongst the bustle of feet, the music, the energy, we witnessed the Olympian Debbie Flood and CAFOD speaker Abdi Raof Dima from Kenya who made it a day no one will forget. In a special message to the congress, Pope Benedict XVI said, "In a world marked all too often by greed and selfishness, violence and exploitation, I urge the young to hold up to their contemporaries the Gospel values of generous love, peace, forgiveness and service to others."

Enjoy your own Olympics

Too much watching and not enough doing? Didn't make the final cut for the 4x400? Why not get fit, have fun and raise money for CAFOD this summer and autumn? Try this selection of events



1 Pedal Against Poverty Bike Ride
When: 27 May 2012
Where: Lea Valley Park

3 Jane Tomlinson 10K Run
When: 8 July 2012
Where: Leeds



2 Great North Swim
When: 23 June 2012
Where: Lake Windermere

4 Bupa Great North Run
When: 16 September 2012
Where: Newcastle-upon-Tyne

5 Bupa Great South Run
When: 28 October 2012
Where: Portsmouth



Get sponsored and raise money for CAFOD's work in the coming months, check out cafod.org.uk/sidebyside, email cafodchallenge@cafod.org.uk or call **020 7095 5670**.

To find out more about the round up features go to cafod.org.uk/sidebyside

5 Things we love

If Brazil did 'Earth Summits'...

When Brazil does carnivals, they're the most colourful, exciting ones. When it does football, it's the most beautiful game. And when it does statues, in the case of Christ the Redeemer, they're the most breathtaking. Let's pray that the Brazilian magic rubs off on this year's UN Earth Summit in Rio. Join us in calling for action.

50 Fairtrade favourites

What better way to celebrate the end of Lent fasting than by trying out some new recipes? CAFOD Salford donated their favourite Fairtrade recipes for a new book. We've tried the mocha mousse and it's fab. Order yours on **0300 011 5680**.



Sun-powered pumps

In one refugee camp in Darfur, Sudan, our partners have set up solar-powered water pumps that provide more than enough water for the 20,000 people living there. This is one of the many ways you've helped us provide water across the world.

Papal blessings

We're pleased to announce that the Pope recently gave us a papal blessing to mark our 50th Anniversary. Recognition of your work to help others doesn't come from a much higher source than this!



Tax changes

Yes really! On 6 April 2012, changes to the tax laws mean your family could benefit from a reduced rate of inheritance tax if you leave 10 per cent or more of your estate to charity in your will.

THIRST FOR CHANGE



My week without water

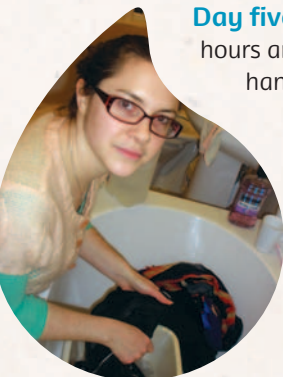
How would your life change if you only had just ten litres of water a day for cooking, drinking and washing? To raise awareness about our Thirst for change campaign, Rachel Wood from Sheffield finds out. How does she cope without hot showers and clean clothes – and with a daily walk for water?



Day one: Up early to walk 1.2km to my friend's house to fill my water bottles. Enjoyed the fresh air but, thanks to holes in my socks, I've already got blisters!

Day two: Realised I'm literally flushing the equivalent of my daily allowance down the loo: each flush takes nine litres! Have stuck a bright pink post-it on the cistern saying "Do you really need to flush?" It reminds me that toilets are essential for health and dignity – yet over 2.5 billion people worldwide still don't have safe sanitation. That's why we're campaigning for government action.

Day three: Good news – this challenge gives me the chance to talk about Thirst for change on BBC Radio Sheffield. Bad news – I get introduced as Dirty Rachel on air.



Day four: Dirty Rachel no longer! Mustered my best camping skills and cracked the art of the two litre bath. Still haven't attempted to wash my hair this week. Yuck.

Day five: Took one and a half hours and nine litres of water to hand wash my clothes. Not enough water left to do the washing up, and no time to see my friends. A tiny insight into the frustrations of millions of women and girls who spend hours collecting water. How unfair that they miss out on socialising, education and earning money.



Day six: This evening's dark and rainy walk to collect water seemed much longer than usual. Can't imagine how much worse I'd feel if I didn't even know whether the water I collected would be safe to drink.

Day seven: It's over! My life no longer revolves around water – collecting it, rationing it, obsessing about it. But it's not over for the 783 million people who live without clean water. This challenge has become less about whether I can stick to ten litres, and more about remembering those who endure water poverty every day. It's made me even more determined to thirst for change.

Why ten litres?

In Europe, each person uses **200 litres of water** per day on average. In **developing countries, it is just ten litres.**

Act The Thirst for change campaign has prompted a flood of responses – making it one of our biggest ever campaigns. Thank you. Add your voice: call on David Cameron before 14 May for clean water and safe sanitation for all at cafod.org.uk/thirst.

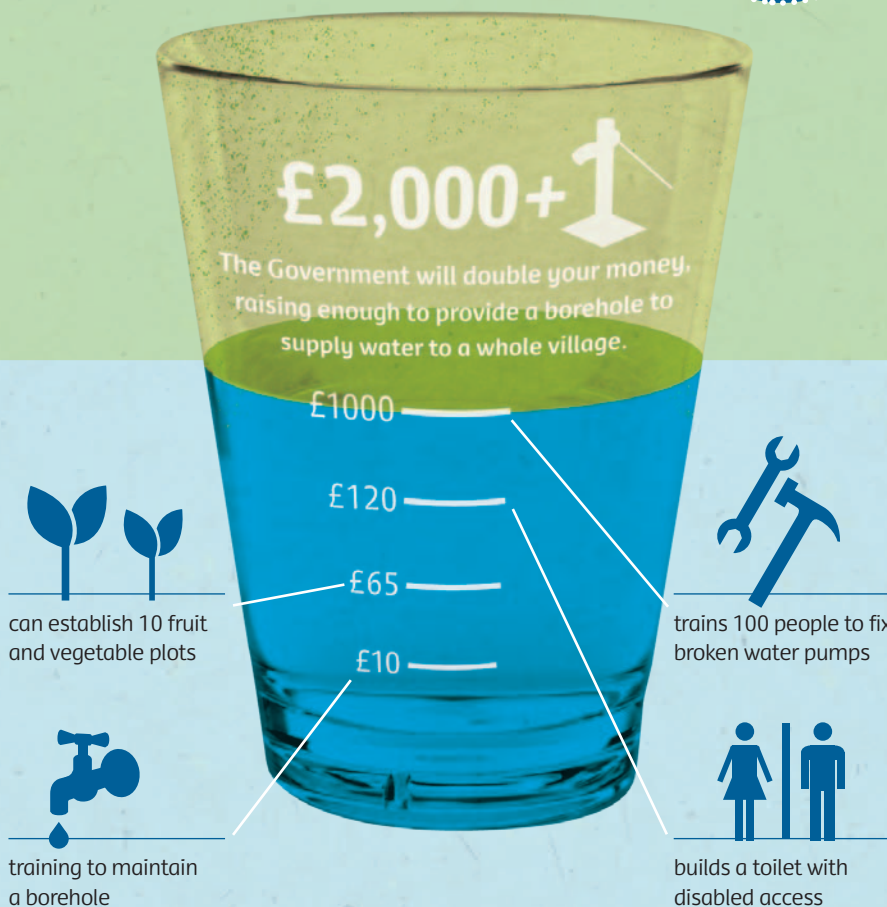
See Rachel's blog at cafod.org.uk/sidebyside

Pound for pound, it's a perfect match this lent!

Your amazing generosity has raised £2.2* million this Lent. **But we can still do more!** Until 17 May 2012, the UK Government is matching your donation to CAFOD pound for pound.

To donate now go to cafod.org.uk/give

Every £1 = £2
Double your gift at no extra cost



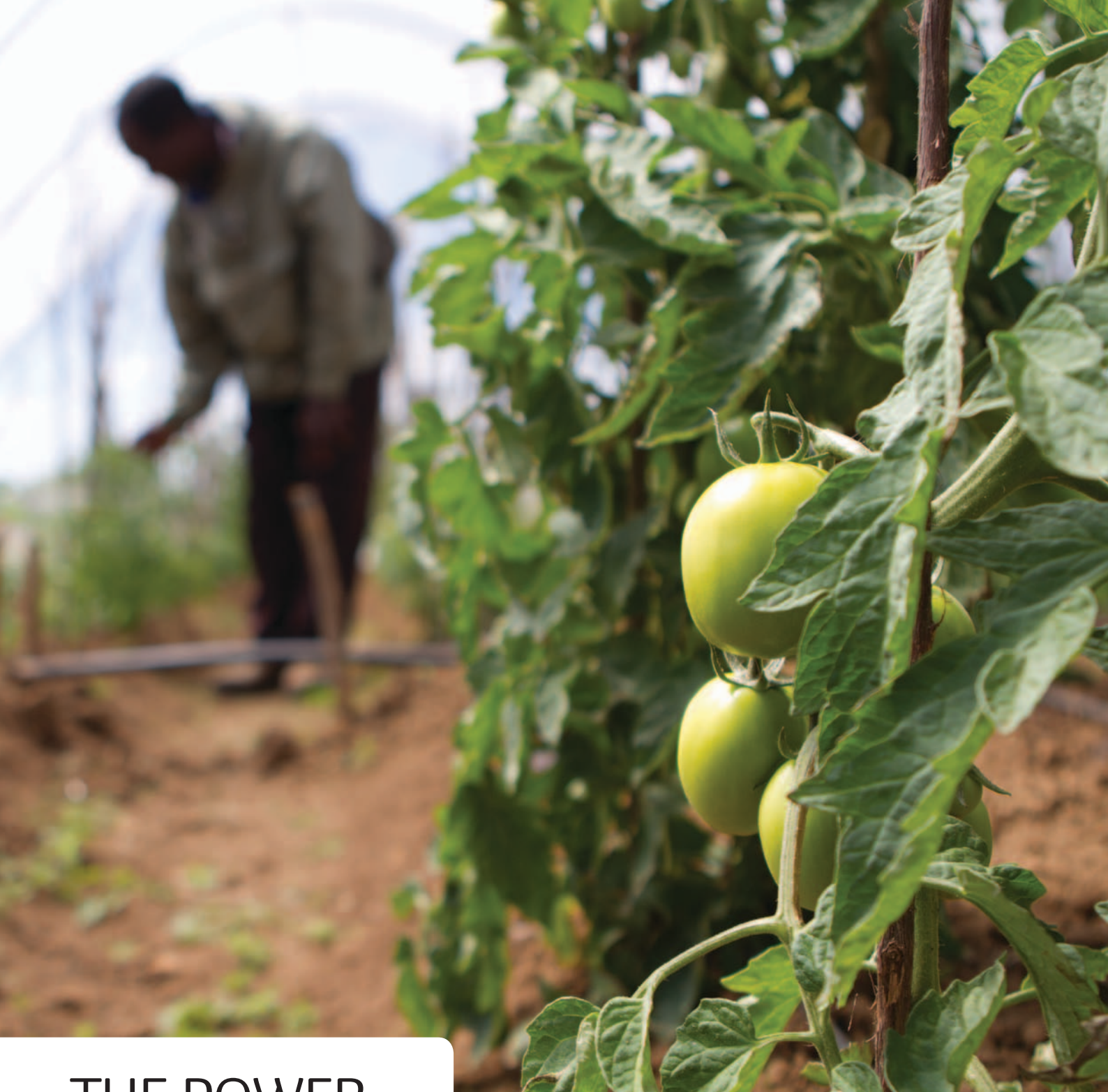
Thank you so much for supporting CAFOD. Your donations are having double the impact and changing even more lives.

Matching your donations with



For every £1 you give, the Government will give £1, helping us to change even more lives.

*Figures correct as of 22 March 2012.



THE POWER of forgiveness

By Nick Harrop

The hidden conflict inside Kenya's food crisis

“When I saw my brothers’ bodies, I wanted to take revenge,” says David Lodonya. “But after a few hours, I had suicidal thoughts. I thought to myself – things have just gone too far.”

■ The big issue



Opposite: Thanks to the greenhouse, David and other villagers have taken up small-scale farming

Left: “We get good harvests, and have been able to make profits from the crops we’ve sold,” says David

I meet David in the village of Longewan in north-west Kenya. He’s been at work on his vegetable plot, just outside a large greenhouse. The sun is shining, maize is growing above head-height, and – apart from the occasional bleat of a goat – the fields around us are silent and still. It’s strange to think that this village was recently a battleground.

For years, David made a living from his herd of 300 cows and goats. “For me,” he says, “my animals were my bank: school fees for my children, food for my family.” But season after season of failed rains took a heavy toll. As water sources dried up and grazing land became scarce, many of David’s animals died. Then, one day, he went to the market in a nearby town, leaving his two brothers to look after what was left of his herd. When he returned, the animals were gone, and both his brothers had been shot dead.

David’s brothers were victims of an increasingly violent conflict between the people of Longewan and those of the neighbouring village. Faced by desperate needs, and with animals dying at an alarming rate, both communities were carrying out regular cattle raids.

David speaks with quiet dignity about finding his brothers’ bodies. At first he was shocked, then angry, and then, after a few hours, he fell into a state of despair. “I went home and told my wife to pack her things and go to her mother’s home,” he says. “She begged me to tell her why. I told her that I was going to kill myself.”

That night David’s wife Susan and the village elders persuaded him that life was worth living. But, with the conflict getting worse, David and Susan were forced to leave the village. Life on the move was hard. They lived in temporary shelters made of plastic sheeting, sometimes going for two days without food. Their eldest daughter was born in the bush, on a plastic sheet, with only David to help with the delivery. She nearly died of pneumonia soon afterwards.

“Do not seek revenge or bear a grudge against one of your people, but love your neighbour as yourself.”

Leviticus 19:18

“Sometimes only God knows how we make it through,” he says quietly.

An extraordinary transformation

Today, thanks to your compassion, David and his family are back in Longewan, and working hard to rebuild their lives. David is one of 40 former herders in the village who’ve taken up small-scale farming, thanks to a greenhouse, a dam and an irrigation system built by our partners in the Diocese of Maralal.

“Before, rearing animals was the only way I made a living,” says David. “Then the Diocese came and helped us set up farming. We get good harvests, and have been able to make profits from the crops we’ve sold. The dam makes a big difference. Before when it rained we weren’t prepared. But now we can preserve the rainwater.”

Even more importantly, the diocese organised peace meetings between David’s village and their neighbours.

“The first meeting was very tense,” says David. “We looked at each other with all the suspicion in the world. We couldn’t sit together. You would look at someone who you knew had raided you and get very angry. During one of the

first meetings, someone was shot 100 metres away. Everyone ran home to get their guns.

“But the people from the Diocese never gave up and never took sides. With time, we started to get to know each other a bit. Now you see people from both communities talking in corners and sharing cigarettes. I’ve changed my opinion. From meeting them, we realised we could work together. Today both communities have given up entirely on the raids.

“There is peace now between the community here and our neighbours. We are grateful for the efforts of CAFOD in making that happen. We are now able to go about our daily lives without fear.”

I talk to David for about an hour, and he introduces me to Susan and his four young children. They live in a simple hut, and their lives are far from easy – but they’re determined to build a better future. Today, because of the farming project, they are self-sufficient and have enough to eat. But more importantly, because there’s peace, they are full of hope.

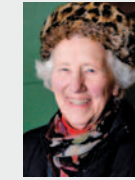
“Through my Catholic faith,” says David, “I am trying to forgive the people who killed my brothers. I have learnt that they are human too.”

Give Your donations help us find solutions to some of the more complex problems that push people to the edge in times of crisis

See Watch a film of David talking about conflict and peace in his community at cafod.org.uk/sidebyside

50 Years

50 years: 2,000 voices



On 28 January more than 2,000 friends of CAFOD celebrated the start of our 50th anniversary year with a Mass at Westminster Cathedral. Afterwards, Mildred Neville reflected on her

involvement in the early days and the work of one of the founders, Jackie Stuyt.

“It’s hard not to think back to those days in the early sixties; they were a time of such hope. The world was opening up for the post-war generation,” she said.

Mildred was involved with Jackie Stuyt, amongst others, in some of the first Family Fast Days. They were a great success and led to the Bishops of England and Wales calling for a Catholic fund to provide for overseas development in 1962.

“There’d never been a Catholic organisation before to work for development. Jackie was so passionate about the idea that she worked without a salary.

“Half a century later, we have come so far. More is spent on emergency relief and development. The government now recognises the importance of organisations like this and so gives money. And CAFOD has grown in the world, responding to the changing needs of people, and has achieved more than we would’ve imagined. But there are still great challenges.

“If you’d have told any of the women who were involved 50 years ago that CAFOD would come this far, we’d have been amazed and delighted.

“It was very good to see everyone here today. The Mass engendered in me a huge sense of solidarity and renewed the spirit. I was especially pleased to hear the passage from Luke concerning the road to Emmaus. The idea at the end of the breaking of the bread is, for me, what CAFOD does – an act of self-giving to the community.”

see To see a photo gallery of the mass, celebrated by supporters, volunteers, partners and 20 bishops, go to cafod.org.uk/sidebyside



Past and present: Jackie Stuyt’s portrait is carried through Westminster Cathedral at CAFOD’s 50th Anniversary Mass in London.



A dangerous faith

By Sarah Davison

Monsignor Hector Fabio Henao works for peace in a country torn by conflict. Despite death threats, hostage negotiations, and the murder of colleagues, his belief in a better Colombia has never wavered.

Fifty years ago, Pope John XXIII wrote an encyclical called 'Peace on Earth' which invited all the people of the world to work together in harmony and asked: how can we achieve peace if we do not respect human rights?

For Monsignor Hector Fabio Henao the answer is simple: we can't. That's why he puts his life at risk to seek justice for the victims of Colombia's 50-year conflict; a complex and bloody struggle for power which has killed 300,000 people since it began.

"For me, it's impossible to think as a Christian without thinking of the situation of those who are suffering," he says. "It's not enough to simply know the Bible or know Catholic Social Teaching – we must practise our faith."

Hector Fabio has vivid memories of the day Colombia's troubles became real to him. "I was walking to school, over the mountains, a carefree and happy ten year old. Suddenly, I heard gunshots. I knew somebody had been killed, a life lost."

By the time he was at university, cocaine had infiltrated Bogotá, fuelling further violence in the volatile capital city. "Just leaving the house to go to market was high risk – you could pass a car bomb exploding."

Today, Hector Fabio describes the fear and mistrust which hangs over his country. "When guerilla groups kill they threaten the whole family with the same fate. Parents won't talk about their murdered children; wives won't talk about their murdered husbands." He pauses, looks down. "You could say Colombia is silently grieving."

Speaking out

As director of Pastoral Social, a Catholic development organisation, it is Hector Fabio's mission to speak on behalf of the silenced. This includes exposing murders, demanding compensation for victims, and criticising state corruption. "Being independent is our strength," he notes. "We are not the puppy dog of the Government."

In 2003, Hector Fabio negotiated with guerilla group the ELN to release hostages, including a British man, captured in

Colombia. How did he feel when they were finally free? "I gave thanks to God of course, but as I was flying home, I thought of all the people still missing, all the families still suffering."

Such high profile work has its costs. "We use the language of human rights which means Pastoral Social has become a target," he says. "Our staff have been killed. Despite security measures, it is hard to feel safe."

Working for change in Colombia, where inequality abounds and the gap between rich and poor is vast, takes time. So what drives Hector Fabio on? "Charity is not something we can do for a day or a moment; it is a permanent way to live," he says. "It is your life transformed into a real expression of the love of God."

"Those who experience suffering and loss have a new understanding of how faith can help them rebuild their lives. At that moment when we feel utter despair, Jesus is closest to us."

"Sometimes, I feel like a drop in the ocean, a small grain of sand. But Pastoral Social has given me the conviction that working together gives us strength. Although our message is humble, we have a big impact."

CAFOD has worked in Colombia since 1969 and supported Pastoral Social since 1997.

Pray Pray for those with whom we work, that they may live in peace.

**God of peace,
Challenge the weapons of war,
and banish hatred and division,
so that all your children may
sleep secure.**

**God of peace, may your
kingdom come.**

Amen

Linda Jones/CAFOD



Above: Monsignor Hector Fabaio Henao describes Colombia as, "my country, my heart."

Main image: Most guns in Colombia are illegal and unregistered.

Left: Coca leaves are the raw ingredient of the drug cocaine.

“

CAFOD supporters give witness to the dignity of people who are suffering. When people live in constant fear, the help you give is a light of hope.”

See Watch our short film about award-winning journalist and CAFOD friend, Mary Luz Avendaño, who is risking her life to expose human rights abuses in Colombia at cafod.org.uk/sidebyside

Faith, justice and knitting patterns

Knitting needles. A guitar. A jar of mango chutney. The smallest things can make the biggest difference. What inspired you to fight against poverty and injustice? Here, three CAFOD supporters tell us **What lit their flame** to take action and the difference it's made to them, their friends and their families.

From grief to healing

"You never really come to terms with it or get over it. But now we can see something positive has come out of what happened." Father-of-four Ian Carlyle is talking about his self-confessed "favourite subject," the Candlelight Fund set up in memory of daughter Lily.

"When my mother-in-law started the fund after Lily died, it just felt right. We'd put some money in at Christmas and birthdays when we would have given a present, to keep her memory alive. But once we saw the difference it could make, we wanted to do more."

The whole family felt the same. Ian's wife Katherine makes cuddly toys, his father-in-law raises money with home-cooked bramble jam and "a mean mango chutney" and all three generations did the CAFOD nativity run last Christmas: "We hunted through the cupboards for tea towels, old dressing gowns that still fit for the shepherds. The atmosphere was amazing – but we got a few funny looks."

Ian's also just ran London marathon in aid of Lily's fund. "It's three years now since Lily died. When it first happened, we were grief-stricken."



The Carlyle family gear up for CAFOD's nativity run.

I was cross, angry, all the emotions of grief."

What has enabled him to move forward? "We received so much support from staff at CAFOD, they are now like friends of the family. I was just becoming a Catholic then and being part of the Church really helped," he reflects. "Lily's fund is a living thing. We won't see her grow, but can see the fund grow. This has been a great healing process."

Raising our voices

"When we were first married we didn't have a car. So we'd put the kids in the top of the pram, the guitar underneath and push them a mile and a half to Mass and back," laughs Kevin Haigh.

"In our parish, we formed a choir," remembers his wife Kathleen. "Kevin would play guitar and I would sing. We did concerts to raise money, dedicated nights for CAFOD."

Gratitude for what they have and a strong sense of justice has driven this husband-and-wife team for over 40 years. "Our Catholic faith is universal," explains Kathleen. "At the core of it is whatever you do for the least of my brothers and sisters, you do for me. So when we hear about other parts of the world where children are starving or men and women are oppressed, we want to act."

For Kathleen and Kevin, acting has meant supporting campaigns on aid, climate change and trade justice. They've written letters, lobbied their MP and joined marches, inspiring their children and grandchildren to join in too.

"I know we are just two people," says Kevin. "But that's two voices asking our MP to do something. If we can get two more, that's four of us. Little by little, I truly believe this is how change happens."



This is how change happens: Kevin and Kathleen in action over the years



Chris Mooney (left) and her friends, "laugh, talk, knit and eat cake."

Ready to turn inspiration into action?

Whether you want to campaign like Kathleen and Kevin, fundraise for World Gifts like Chris and her friends, or follow in the footsteps of the Carlyle family and set up a candlelight fund or enter a sponsored event, you can find what you need at cafod.org.uk/sidebyside



A journey of a 1,000 miles starts with a single step. To find out more about campaigning with CAFOD and start your journey, order Your Little Book of Big Ideas. Call 0300 011 5680 or email campaigns@cafod.org.uk



What lit your flame? Read more stories and add your own, visit cafod.org.uk/whatlityourflame

World stitch

"It started when a friend invited me to her knitting group," says Chris Mooney. "Once a month, we laugh, talk, knit and eat cake. We've all become good friends."

Two years ago, they decided to knit and sell chickens to raise money for World Gifts. A couple of the women were especially inspired by the gift of chickens because they kept their own. Since then Chris hasn't stopped.

"I've got five knitting projects on the go," she laughs. "But now all I knit is chickens. I chat so much that I lose my place and have to undo it all. But the chickens are so easy that I don't have to concentrate!"

"I believe we live in a global village. My neighbour might be next door or might be on the other side of the world. You can't beat prayer, it underpins everything, but there are practical things people can do as well," she says firmly.

"That's why it's wonderful that our chicks made money. A small amount can do so much. And it's not just chickens! You can buy a bike for a midwife or give a day out for kids who live in a battle zone."

Children are at the heart of Chris' life: she works at her local school and looks after her grandsons in the evenings. How does she find time to knit? "I knit in the odd 20 minutes, in the evenings, when I'm back from lunch duty. It's my time." She smiles, and picks up her needles again.



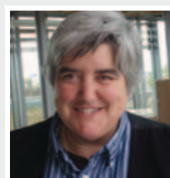
Q: Despite our efforts to eradicate poverty, millions of people are still fighting against injustice. Where can we find hope for change?

Question time

Where everyone can have their say



Dr Ann Marie Mealey teaches moral theology at Leeds Trinity University College. Here, in an extract from her article in *Rising to life* (see opposite), she explains how, even in the darkest times, we find our hope in the Gospel.



Linda Jones works in CAFOD's theology programme. Here she reflects on hope and how she is inspired by CAFOD's partners and supporters. *'For in you, Lord, I put my hope, you Lord my God, will give answer' (Psalm 38).*

"Any effort to create a more just society involves tremendous commitment and dedication and it almost always involves the passage through the wilderness and the dark night. This can often cause us to feel disheartened. But, paradoxically, it can also bring us closer to God. The pain brought about through the struggle for justice can prompt us to seek hope in the Gospel.

It is often in moments of trial and weakness that we are drawn closer to God. We are more open to the spirit of revelation and often more inclined to want to seek life in community, in family, and in right relationship. A sincere commitment to social justice involves the risk that we will lose everything. But losing everything is a central motif in our Christian story. We know that in dying there is also the possibility of rising. Our Christian heritage reminds us that for every dark night of the soul, there will be the dawn of a new light of resurrection, of holy power and of renewed energy that surpasses all of our expectations. God has the power to shape and re-shape us in such a way that our darkness can become light; our fear can be replaced by hope; and our powerlessness can be transformed into the unexpected holy power that is needed to develop virtues of strength, courage, perseverance and hope. These virtues are central to the struggle for social justice."

Every time we pick up a copy of this magazine we could be tempted to despair at the sheer scale of the poverty we are trying to overcome. CAFOD has been going for 50 years, and it is right to celebrate – we are happy at how much has been achieved. But we all know that there is still much more to be done.

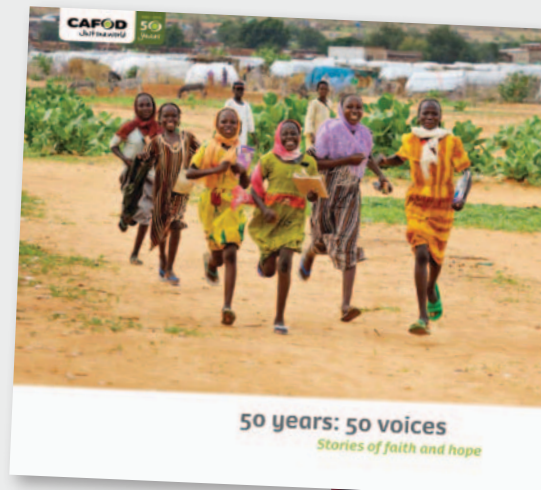
I find that if I focus too much on numbers I can't see the faces of those who inspire me – faces of people who are full of energy and hope. These are supporters I have met in parishes in England and Wales, who believe in the possibility of change and give huge amounts of time and energy to campaign and raise funds for CAFOD. I have had the privilege to meet CAFOD partners – from Nicaragua, Kenya, Ethiopia, Cambodia and many other countries, who never give up on their vision of a more just world.

Where does this hope come from? Hope is a gift from God, and it is rooted in prayer. We pray, putting our trust and our hope in God, so that we might love enough to let go of our own need for comfort and security, and place the needs of others first. In this way, change first becomes possible and finally becomes reality.

Have your say at cafod.org.uk/sidebyside or facebook.com/cafod



CAFOD Shop



50 years: 50 voices

Ros Kheang who was kidnapped by the Khmer Rouge in Cambodia; Bishop Kevin Dowling who in a shower of bullets protested against apartheid in South Africa; Pauline Derwas who called on world leaders to drop the debt in Birmingham – read their stories and others like them in CAFOD's 50th anniversary book, *50 years: 50 voices*.

More than 120 pages of beautiful colour photographs, stories, reflections and prayers will take you on a journey through CAFOD's history.

Buy: £10



Full of reflections, prayers and stories based on the Lords' Prayer and the Hail Mary, *Rising to Life* shows what it means to flourish as a global community. Hear from theologians such as Ann Marie Mealey (extract opposite), and read real-life stories from people such as Rwandan genocide survivor, Jean-Baptiste Muzuka. Buy: £5

"Let Justice Flow" t-shirts

Festival, the Olympics or just a spot of gardening this summer: wear your faith with pride with this 'Let Justice Flow' t-shirt. Sizes S-XL Buy: £12

Great generation t-shirts

As Nelson Mandela said, "Sometimes it falls on a generation to be great..." Be that generation with this t-shirt. Sizes S-XL and Lady fit 10-16 Buy: £12

Buy To order by card call 0300 0115680

All UK orders are subject to a £3.75 postage and packing charge.

IN MY LIFE

Meet Christina from Pakistan



Our work with AWARD gives so many women hope for the future. Your donations are helping train women affected by the 2010 floods to make a living again through rearing goats. The project also promotes education, healthcare and women's rights.

Christina Peter is the founder of AWARD (Association of Women's Awareness and Rural Development), an organisation that helps women in Punjab and KPK Provinces, Pakistan.

My earliest memory is...

...being carried to school by my grandfather. When I was five or six, he used to carry me on his shoulders for an hour to reach the nearest school. Then he would carry me back in the afternoon. I remember him in my prayers, because if he hadn't carried me to school, I wouldn't have been educated and could never have achieved anything.

My most vivid memory is...

...when I went with my team to the northern part of Pakistan in 2005, where an earthquake had killed 85,000 people and left 3.5 million homeless. We distributed tin sheets, warm clothes and cooking utensils to hundreds of people. I was the only woman there. It wasn't in their culture for women to speak out. But people listened to me and respected me. I feel proud that God sent me there.

I am most proud of...

...my family and especially my husband. It was after I got married that I did my higher education, and set up this organisation. In the beginning, it was very difficult. I had been a teacher and had four small children, and setting up an organisation for rural women was almost a new idea in our region. I also faced challenges at the start because I am a Christian. People thought this was a Christian organisation – they thought we would preach. But I talked to my husband, and he gave me the courage and the confidence to set it up. He is a very loving man.

What makes me angry is...

...when people do nothing and just wait for others to help them. God has given us many talents. We should use them and do something. I get angry about dependency.

What makes me happy is...

...seeing the hope shining in the eyes of people we have helped. During the past few years, we have given training to thousands of women, helping them start small businesses like grocery shops or rearing goats.

I will never forget...

...what happened on 17 August 2011. Two robbers came into our house at 1.30 in the morning. They climbed in from the roof when we were asleep and trapped all of us. They put a gun to my husband's head and tried to shoot him. But the gun didn't work when they fired it. I cried out a lot, and people from other houses came across to help us – and the robbers ran away. God kept my family safe that night.

The one thing I do every day is...

...pray. I thank God for all the blessings he gave me and I pray for my family and people who are supporting AWARD's work with poor people.

The best piece of advice I've ever received is...

...from my father who brought me up. My mother died when I was only five years old. He always told me: "Do good, have good." If I do good for others, then God will do good for me.



Find a prayer for all the women throughout the world who are working to transform the lives of others at cafod.org.uk/sidebyside