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BMS World News

**Issue 6/17**

**FREE FROM DEPRESSION: KAMALA’S STORY**

**Following the 2015 Nepal earthquakes, your giving to BMS World Mission is helping people rebuild their lives.**

Hundreds of thousands of pounds were given to the BMS Nepal earthquake appeal. £100,000 of that has gone to Gorkha district, one of the areas hardest hit by the earthquake. Here, we’re helping around 12,000 people by rebuilding homes, providing healthcare services, and empowering people through self-help groups and advocacy.

One of those you’re helping is 28-year-old Kamala. “I had depression,” she says. “Because of this, I couldn’t work to support my family. I had to quit my teacher training.” As a girl, Kamala suffered with bone problems in her legs. At 12 she had surgery, which initially worked. But six years later her condition came back, worse than before. The problems led to an infection and made it extremely painful to move.

“I would just lie in bed all day,” says Kamala. “It was awful.” Her physical pain massively impacted her mental health, too. She stopped speaking to her friends and family. She started to lose hope.

Things got even more difficult for Kamala when she lost her home following the earthquakes. But she wasn’t ready to give up. She joined a self-help group, which BMS helped set up to aid people’s recovery. People in the group encouraged her to see a doctor and they prayed for her.

Kamala met a BMS partner and got financial help. She was able to go to a hospital, where she finally got the right medications to treat her depression and legs. Along the way, she became a Christian.

“I feel much better now,” says Kamala, with the biggest grin. “My dream is still to be a teacher someday.”

Kamala is just one of the people your giving is helping in Gorkha. Empowering people to chase fullness of life in Nepal – that’s what your giving to BMS enables. Thank you.

**Action!** *Help us help more people across the world today. Donate here:* **bmsworldmission.org/give**

**BUILDING BRIDGES AND COMMUNITY IN ALBANIA**

**A men’s group supported by BMS World Mission in Albania is bringing people from different cultural backgrounds together to talk about God, life and football.**

Every Tuesday twenty men sit around a table. They barbeque and chat about work, spirituality, sport and everything in-between. In Albania, this is an uncommon sight. Especially for men.

“It’s grown beyond our expectations,” says Mat Gregory, the BMS mission worker who leads the ‘Eat, talk, pray’ group. Beginning with five men a year ago, the group has quadrupled in size.

It’s rare to get men in Albania to meet like this, particularly to chat about spirituality. Most who meet have never been to church, but are open to discussing faith in the group. As relationships have strengthened, it’s created an open and respectful environment where participants are comfortable enough to share more personal feelings. “For men here, this is quite hard,” says Mat. “They’re less open and a little more suspicious. It’s taken longer, but we’ve reached a deeper level. A level where we talk about issues doesn’t come naturally for men; it’s really great we’ve reached it.”

It’s also unique to get such a diverse group of men together. Ranging in ages from 15 to late 60s, men from Egyptian, Roma and Albanian backgrounds share together around the same table. “It’s exciting,” says Mat. “Bridges are being built between neighbours that previously wouldn’t have wanted to.”

There’s also hope that a new group will form. “There have been individuals who want to go on a more in-depth spiritual journey,” says Mat. “We’re hoping to create a group that will follow a more structured discipleship programme.”

These informal church groups are simple – gathering around a table to share food, life and faith. They are also extraordinary: they are helping people connect with each other, despite differences, and to see God in a whole new light.

**Pray!** *Join with the work of BMS workers in Albania. Commit to praying for those working to make God’s love known there today.*

**UPDATE: SOUTH SUDAN FOOD CRISIS APPEAL**

**Your gifts to BMS World Mission’s South Sudan appeal totalled £14,095.53. Through this, we’re offering real help to South Sudanese people facing one of the worst food crises in modern history.**

Launched in July 2017, BMS’ most recent appeal sought to help tackle the worsening food and humanitarian emergency in South Sudan. Your generous giving raised over £14,000. South Sudan has been plagued by war for years, resulting in tens of thousands of people dying and millions more being forced to flee their homes.

Extreme hunger is making fragile lives even more precarious.

Twenty million people face starvation in South Sudan, north east Nigeria, Somalia and Yemen.

BMS is now meeting the needs of as many hungry South Sudanese people as we can, both in South Sudan and northern Uganda.

Thank you for giving so generously. Because of you, lives are being saved and people are being given hope.

*Help us respond when disasters happen by giving before they happen. Visit*

**bmsworldmission.org/disaster**

**DISASTER RECOVERY**

**Thank you for your gifts to BMS disaster recovery. They have enabled us to respond to and alleviate the suffering of people around the world.**

**Sri Lanka, flood relief, £26,200**

Providing stationery, shoes and hygiene packs for children following flooding.

**Haiti, disaster risk reduction, £5,515**

Improving hospital access in areas susceptible to flooding following Hurricane Matthew.

**Nepal, monsoon flooding response, £12,000**

Providing immediate relief supplies such as blankets, mosquito nets and water filters in response to severe monsoon flooding.

**Bangladesh, landslide relief, £5,194**

Providing materials for families to rebuild houses.

**Myanmar, disaster risk reduction and preparedness training, £6,345**

Providing training to local and regional conventions on responding to disasters.

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