



“The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him.”

Psalm 28:7



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African Chicken Stew

How to make it:

Season 3-4 pounds of chicken pieces with:

- Salt and pepper
- 2 tsp Creole Seasoning

Heat ¼ cup oil in a large pot

Fry chicken until crispy

Puree 5 or 6 tomatoes (or you can use tomato sauce)

Blend until smooth with 1 onion, 4 cloves of garlic, 2 tsp thyme, 1 Tbsp paprika, ¼ tsp curry powder

Pour blended mixture over chicken

Add 1 bay leaf, 1 tsp bouillon, 2 cups of water, 3 Tbsp parsley, 2 cups sliced carrots

Simmer for 30 minutes or until chicken is done and vegetables are soft.

Remove bay leaf and serve.

Serve with rice and plantains

Insight: celebrations often revolve around food! Stews are at the centre of African cuisine. The slow simmer tenderizing the chicken and vegetables, a perfect blend of flavours.





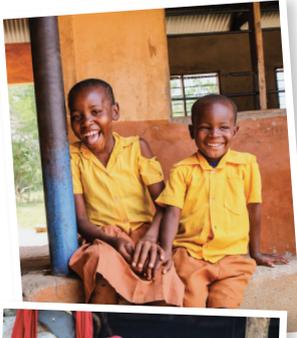
“Give thanks in all
circumstances; for this is
the will of God in Christ
Jesus for you.”

Thessalonians 5:18



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***Insight:** Through Free a Family®, Canadians share hope with families, helping them break the cycle of poverty.*

Family to Family

Walking alongside families fighting against poverty is extremely rewarding. Canadian families are choosing to change the story for families around the world. A commitment of \$27 a month helps equip a community with the resources they need so families can participate in programmes that help them build their skills and resources, building a better and more sustainable future.

Some programmes that are impacting the lives of families are:

- Sustainable farming techniques
- Increased access to health care
- Village Loan and Savings programmes helping families set aside earnings and investing in small business
- Education in gender equity, helping families work together
- Trauma healing in communities affected by crisis and/or violence
- Peace and justice curriculum, changing the way communities work together





“Do not be anxious about anything but in everything, by prayer and supplication with thanksgiving let your requests be made known to God.”

Philippians 4:6



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A Decade after the Crisis

Everything changed for Jean Felix, Manette, and their children when the earthquake hit Port-au-Prince. More than 300,000 people died and 1.5 million lost their homes. Jean and Manette left the city to help their families rebuild their farms after the earthquake destroyed everything.

The trauma of the earthquake shattered the family. Jean used World Renew's trauma counselling principles to help his children recover. They lost everything. But through counselling they understood the importance of sharing their feelings with one another.

“*I used World Renew's participatory approach to facilitate conversations with my family,” he tells us. “We all feel comfortable to share our pain with the rest of the family, children, and adults.”*

Insight: Families living in regions where crisis has impacted them struggle to rebuild their lives. Hurricanes, floods, drought, and violence are just a few crises that impact families. We are there to walk with them.





“Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change.”

James 1:17



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Family to family: standing strong through the global pandemic

Merlyn Zambrano and her children live in Honduras. They are participants in the Free A Family® programme and appreciate the support they receive from World Renew, Canada.

We were able to talk to them about how they are faring in the crisis of the pandemic. Here's what Merlyn told us:



We are grateful to God. Our family is healthy and we are doing well. There are certainly challenges. The schools are closed and classes moved online. But without a computer or tablet, my children struggle to participate using only the small screen of a cell phone.

“We are also grateful that people are still buying our tortillas. We are just barely getting by. Sales are down and the prices of ingredients are going up. But we are safe, we have food and we are together.”

When things get back to normal, the children look forward to returning to school. There are still so many things they need. They do not have a proper toilet and their home is not rainproof. They continue to pray for God's protection.