Dear Friends of GYTTE:

We pray to God that you are doing well and that your lives are becoming more "normal" with much less Covid, more life and mission activities to bring abundant life to all people. In our last letter we shared about our first AWARE team since Covid and are happy to report we will have three more teams this year.

We want to share with you about the More Than A Bandage Health Training we carried out for a week at the Tree of Life Center.

25 women from 3 states, 2 of them Indigenous women participated in the first of three courses in order to become health promotors. All 25 passed exams and graduated from the first course.



2 women graduated as health promotors because they had completed the second and third week-long courses previously, one of them was from the Nahuas people and will be a wonderful support to her church and community.

The women studied 22 different health topics and will be able to teach these in their churches and communities. As practice, in

the village of El Limon, at a 2-room school that teaches first through sixth grades, they taught



dental hygiene and applied fluoride.





They learned a lot about nutrition and how to plan balanced meals with much less sugar, fried foods and meat; more vegetables, legumes, nuts, seeds

and fruit.

They spent a day working on both a dry composting toilet and a wood-saving stove. The

women learned a lot and enjoyed the work. These projects benefitted two local widows.





They had various sessions on both selfesteem and gender formation, taught with a participative pedagogy that draws on their knowledge and experiences. The last

day, as part of showing how their selfesteem was

already improving, each woman gave a 4 minute presentation on one of the 22 themes.



They also learned how to use a thermometer,

and received that and other items to begin their work as health promotors.

It is wonderful to be able to share so much good news!

In Christ,

Nan, Miguel, Clara, Cata and the rest of the GYTTE team

How to make a donation

Make your check payable to Advance GCFA and write GYTTE #07629A on the memo-line of the check.

Send to: Advance GCFA

P.O. Box 9068

New York, NY 10087-9068

To donate online through the Advance, go to: https://advance.umcmission.org/p-169-give-ye-them-to-eat.aspx

Or, make your check payable to New Bloomfield UMC and write <u>GYTTE</u>, <u>Year, Church Name</u> on the memo line. Please send GYTTE an email stating you have sent a donation: gyttephm@aol.com

Mail check to:

Rev. Marian Hartman 418 W. High Street New Bloomfield, PA 17068 Tel: cell # 814-441-0235 mhartman@susumc.org

