

Healthy Families Creating Healthy Villages

Pioneering Education Play and Parenting Skills

Mentoring and Equipping Local Leaders

November 2023

Dear Friends.

The rains have arrived in Malawi, many people are planting to get the maize growing season underway. Things are tough financially, after a recent 44% currency devaluation.

This month we highlight and celebrate our Follow Me (FM) work helping to train leaders. The vision is to provide quality church leadership training in rural areas so people are not forced to travel long distances. The time and money this saves can be used for family needs such as farming, running a business and so on.

Patterson and Ethel are doing a wonderful job of leading FM. We currently have six courses in three locations. Recently we held two FM graduations and also a healthy home award ceremony too through our CHE work.

Henry 'I used to mistreated my wife thinking that men are better than women. After we went through the leaders marriage in FM, I discovered that God created human beings. He created both male and female at the same time Geneses 1:27. Upon learning this verse, I have found that we are all equal in God's eyes. Now I have started treating my wife and all women with respect. This has created a new harmony in our family. Our misunderstandings are much reduced because I myself was the problem. I do tell my fellow friends that a men and women are all equal, no one is above the other.'

Esther 'I was not serious as a Christ follower. I did not talk during the church service, but at home I talked a lot, being careless in gossip and what I am saying. I would shout and insult my children when they made a mistake. Follow Me has helped me not to shout or insult my children, but to gently correct and encourage them. My children no longer fear me, but respect me as their mother which makes me happy.'

Evelyn 'Whenever I heard of the Holy Spirit I could not understand. Now with this FM course I have come to know the importance of the Holy Spirit. He leads and helps us to have fellowship with God the Father and God the Son.'

We are also celebrating that each course has volunteers training to become facilitators.

Patrick 'Leading Follow Me is a different skill. I am privileged to be invited to learn how to facilitate as teaching FM can be challenging. Many of us are leaders and we do our church things differently. I can see how facilitating allows us to unite with our differences. I am learning so much through leading and now I value everyone and their story.'

Roadster 'Helping to lead Follow Me has helped me stop telling people what they are supposed to do. Now I involve and invite them to discover what the scripture means, by asking good questions and listening to each other. I am becoming a good facilitator and so full of gratitude to be a volunteer helping!'

David 'I grew up understanding that the only way to deliver the gospel message is through teaching and preaching. Then I attended Follow Me and was shown a new way the way of facilitating. I went home and knew I wanted to learn how to facilitate. I now have the chance through FM and I discovered it is the best way for groups to discuss. I enjoy it as in every session I learn a new thing.'

On behalf of the whole Dalitso Trust team thank you for sharing the journey with us.

Tons Ali



Shawa and Chaponda graduation



FM students with their families



Mselera graduation



Healthy home awards