

UGANDA MISSION WITH ROCK CHURCH MINISTRIES AND ISABB COMM HEALTH
OUTREACH OCTOBER 3RD -12TH, 2014

After much preparations and prayer, my mission trip to Uganda started Friday morning October 3rd. I boarded Ethiopian Airlines flight ET 501 from Dulles International Airport to Addis Ababa at 1115 and arrived in Addis Ababa on October 4th, 2014 at 0645 without any problem. After a 4-hour stop at Addis Ababa I boarded flight ET330 on Ethiopian Airlines at 1055 and arrived at Entebbe International airport, Uganda on Saturday October 4th, 2014 at 1300. I passed through all health screening and immigration checks smoothly and was met by my host, Prof. Charles Wambebe, the founder of Rock Church Ministries. After eating lunch, I rested in preparation for the work ahead.

On Sunday October 5th, 2014 we started the day with prayer then worshipped at Rock Church, Kiwatule, and Kampala City Council Authority. Where at Rock Church I preached the sermon "God's Plan for your Life" using the story of Joseph in Genesis 37-41. I encouraged the congregation to remain faithful to the call of God irrespective of their situation. The life of a child of God is not a mistake but special in the hands of God. God has a plan for our lives. We should use our lives as instruments of intervention to prevent evil as Reuben and Judah did in the life of Joseph.

On Monday October 6th, 2014 we visited 2 elementary Schools [Mooran and Platinum Primary Schools in Kasangati, Wakiso District] where Rock Church has weekly programmes for the teachers and students to introduce the children to Christ and preach the gospel. I delivered short messages at the 2 schools and encouraged the teachers to be true to Christ and honour the trust of the parents who are putting the children in their care. We gave the students Christian literature about Christ and prayed for them as they were preparing for their final exams. Many children were born again at Platinum School after the sermon. The children were given Wonder Devotional materials.

We visited Agape Medical Clinic, Kasangati, operated by Rock Church Ministries. Pastor Charles ministered to a woman who just had a baby the night before and her two sisters. The three of them gave their lives to Christ. They were given follow up materials while one of the nurses at the Medical Centre was designated to follow up with the three ladies. I spent time with the clinical officer [equivalent of nurse practitioner or physician assistant] of the clinic working on medication utilization, prescription pattern and medication needs of the clinic.

On Tuesday 7th October, 2014 we travelled to Masindi. It is located in the western part of Uganda, about a 4-hour drive from Kampala and headquarters of Masindi District. Prior to our arrival Rock Church Ministries received approval from the Ugandan Director of Prisons to minister in prisons in the country. This was a special privilege and blessing from God. Upon arrival, we visited the officer in charge of the prison who received us warmly and scheduled our meeting with the prisoners for 3:00pm. After a brief tour of the city and checking in to the hotel we returned to the prison. The deputy to the Officer-in charge, a Christian, was helpful. There were over 500 inmates [male and female] that gathered in the afternoon for the presentation. After introductory remarks by Bro. Robert Mpangi of Mercylink Africa Foundation and Prof Charles Wambebe, I delivered a message, "Physical imprisonment is not a barrier to God". The text was Genesis 39:19-23. We looked at the

lives of Joseph, Peter, John, Paul and Silas who were imprisoned but did not allow their situation to be a hindrance in serving and praising God faithfully.

After the message, over 200 inmates gave their lives to Christ. Prof Wambebe introduced the new and old converts to the discipleship books we brought for them. The books were given to the Christian leaders of the inmates for distribution and follow up. Prof. Wambebe is scheduled to go back to the prison for baptism of the converts in December 2014.

At the end of the prison program we went to Christ church, Masindi for a Pastor's conference. There were over 50 Pastors in attendance. I gave a sermon on service in the Kingdom as soldiers of Christ. Just as earthly soldiers are committed, dedicated to serve the master so Christians as soldiers of Christ should be ready to serve Christ with commitment, dedication and integrity. Prof. Wambebe also spoke encouraging the pastors to be faithful to their call. Brother Robert introduced the pastors to literature and materials dedicated to ministering to inmates. He informed the pastors that the prison is the easiest venue where you can get the attention of men and women in one spot. He encouraged them to use the opportunity available now to minister in the prisons. Brother Jimmy also of Mercylink Africa Foundation introduced the pastors to the "Catch Them Young" program dedicated to introducing children to the gospel while they are young. We spent the night in Masindi and returned to Kampala on Wednesday morning.

On Thursday October 9th, 2014 we travelled to Ishaka (Western Uganda) for the 3rd annual Uganda Christian Medical Fellowship [UCMF] Students Conference, 8-hour drive. The conference was scheduled from 9th-11th October, 2014. We rested in the evening after the long trip. Friday 10th of October, 2014 was the official opening of the conference. In attendance were medical and nursing students from Makerere University [Kampala, Gulu, Busitema campuses] and Kampala International University. The first conference speaker was Dr. Ayello A. Stephen from Gulu, a product and adviser of the UCMF. He spoke on the theme of the conference "Why are the wounds not healing [Jeremiah 8:22]." He encouraged the students to be ready to serve anywhere the Lord calls them. They should avoid staying in the big cities where there are lucrative jobs. After a short break I gave a talk titled, "Elements of Service to the Master". The elements are: Submission, Sacrifice, Sincerity of heart, Endurance, Integrity and Compassion. Prof. Wambebe gave a talk on Career Guidance /Student Mentorship and Missions. He gave examples from his personal life experiences and encouraged them to seek God's direction for their lives. Later during the morning session Dr. Richard, a member of UCMF gave information about the NGO he established. We had to leave Ishaka after lunch because of the long trip back to Kampala. We stopped at the equator to take pictures.

On Saturday October 11th, 2014 I took a walk to a mall in Kiwatule near the National Housing Estate I was staying. I walked through most of the stores including ShopRite, a medical clinic affiliated to one of the Universities in Uganda. I conversed with the receptionist/registration staff, the triage nurse and the Pharmacy Technician in the Pharmacy. It was interesting to know that the operating system is the same as in U.S.A. and other developed countries. There is also an insurance system for billing and paying for medical care. In the evening I worked in the Agape Medical Centre in Kiwatule discussing medication therapy and utilization with the Clinical Officer [equivalent of Nurse practitioner or Physician Assistant]. I also took inventory of over \$45,000 worth of drugs and medical

supplies donated by the Government of Uganda for the Medical Mission coming up in January, 2015. Drugs and medical supplies were also donated by Project CURE through International Society of African Biotechnology and Bioscientists and Ultimate Dental Care from U.S.A. The medical mission scheduled for October was rescheduled for January 2015 partly due to the donation of drugs from the government and to allow for adequate planning for participation of medical students, newly graduated medical doctors and medical specialists from Uganda and other African Countries.

On Sunday 12th, October, 2014, we took a 5-hour trip to Kakunyi, the headquarters of Rock Church Ministries in Uganda. I preached at 2 churches in the town. We studied the call of Moses into God's service. When God calls us He equips us. We need to be patient and obey Him. We need to depend on Him. Prof Wambebe administered the Holy Communion at the oldest church of the Ministry. Rock Church Ministries [RCM] has 2 Schools at 2 locations one of which is in Kakunyu village in Buikwe District. The students and teachers were present at the service. Special songs were presented by students in pre-school, grades 1-3 and 4-6. I had the opportunity of meeting the National Coordinator of Rock Church Ministries. We returned to Kampala after lunch. We visited the Good Shepherd Fold orphanage under the directorship of Marc Gwartney. This is a ministry supported by American NGO. The orphanage operates a boarding school that is open to students from the town. Marc informed us that they are in the process of starting a seminary to better equip the pastors.

We returned to Kampala Sunday evening and we were treated to a sumptuous Tilapia fish dinner by Sister Ernestine, who was converted through the missionary activities of Adonai Partners, Inc., a mission agency based in Maryland, U.S.A.

On Monday 13th, October, 2014, in the morning I left Uganda for Nairobi, Kenya after a very successful, rewarding mission trip to Uganda. I thank my host Prof. Charles Wambebe for his hospitality, care and giving me the opportunity to fulfil my heart's desire. I thank the International Society of African Biotechnology and Bioscientist [ISABB] Commhealth Outreach, Project CURE and Ultimate Dental Care for donation of drugs, medical and surgical supplies; Medstar Pharmacy Inc. for giving me support and time off for the trip. The field is ripe for harvest but the labourers are few. For more information about Rock Church Ministries please visit the web site at www.rock-churchministries.org.

**PHILLIPINE MISSION WITH AMAZING GRACE INTERNATIONAL AND ISABB COMM HEALTH
OUTREACH OCTOBER 7RD -17TH, 2016**

Health Assessment of the Aetas tribe in the Philippines

Introduction

In October 2016, I was very privileged to support and join an international mission agency team in the United States for a community outreach to some provinces in the Philippines. The mission was directed primarily to women and children in Zambales, Tarlac, Malabobo, Palospos, and San Miguel communities.

Ironically, the Aetas are the original inhabitants of the Zambales who currently dwell in the mountains of Pinatubo. In my opinion, the Aetas were the most isolated and underserved of all the places my team visited. So, I conducted a community health assessment with the assistance of Mrs. E. Yanga one of the missionaries to the Aetas tribe. Below are snapshots of the assessment.

Environmental and socio-economic challenges

Poverty is a challenge to the health of community members. The Aetas live in the cycle of poverty, malnutrition, and death. They can't afford to buy healthy food for their growing kids. The staple food is plain rice which they cook and eat once a day. So the community members are very malnourished, and very sickly. The girls are forced to marry as soon as they start menstruation and men of each household are always out to look for a job in the field or construction sites to be able to earn enough to put food on the table. Many heads of households do not have permanent jobs, depend on seasonal jobs and hardly find a sustainable source of income. There is no toilet of any kind; tribe members go to the surrounding bushes for a bowel movement, and they fetch water from a far river or a few nearby water pump installed by missionaries.

Health challenges.

Common ailments and diseases include skin infections, headache, Influenza, gastroenteritis, common cold, high blood pressure, kidney failure, and severe malnutrition. There is only one health center in the area that provides weekly checkup for pregnant women and babies ages up to three years old on Fridays. Otherwise, the tribal people have to run to town to see health service providers when they are ill and most of the time these facilities located in the city may not have medications, and when medicines are available the tribe members can't afford payment. Maternal mortality rate is high. Women give birth in their houses assisted by their husbands or experienced folks among their tribe. Old folks die of kidney failures and other organ failures. Probably the staple rice diet put them at risk for diabetes which when uncontrolled lead to renal failure.

Summary

The Aetas need help to create and sustain livelihood projects in their community Addressing the socio-economic needs of the Aetas will enhance their basic health promotion. The Aetas men need educational and economic empowerment so they could earn reasonable income for affordable healthy living. The girls, women and nursing mothers need lots of reproductive

health support, vitamin supplements, and accessible and affordable family planning programs. The tribe people need funds for installation of the water system in the upland or highland farming area to sustain year-round planting of edible crops and vegetables. They also need financial support to install proper functioning toilets/restrooms.

Medical Mission WITHISABB COMM HEALTH OUTREACH OCTOBER 7RD -17TH, 2016

Medical Mission - Nigeria
Vincent Ononogbo

This past summer my family and I went on a trip to Nigeria. While we were in Nigeria, one of the prime focuses we had this weekend was towards a medical mission in a local church in Lagos. Personally, I've never done a mission trip before but this opportunity really opened my eyes to the health needs of the poor in developing nations today.

Our program was a 2 day, Community Health Fair where we offered free Medical Checkups and a free vision screening. In preparation, collectively we sorted medicine out and into "sample" sizes to give to members of the community that came to Health Fair based on what the on-site doctor recommended for them. Also, we sorted out the glasses for the vision screening. Individually, I helped by creating a flyer which then was turned into a very large poster that was hung on the road that lead to the church.

On the day of the health fair I was shocked beyond belief. Our program was set to start at 10AM but when we arrived the church was full. People have been there since 7AM just waiting and were eager to be seen. So we set up the medical stations and began the Health Fair. So many people came the first day; we initially scheduled to close at 4pm but we weren't able to finish day one till 6pm and we had to give out numbers so that when we see them the next day we could attend to them. The second day was equally as busy, maybe even more busy. But we were able to attend to every man, woman and child that came to that church.

The health fair enabled us to reach about 400+ people in the area and the doctors and optometrist were able to give advice to these people in need and even were able to alert some people about some very serious health issues.

I am very privileged to join Amazing grace Christian foundation for a mission An outreach to the

Zambales Theunderserved, isolated Aeta people that dwell on the mountains of the Philippines. The most touching story is that many of the provinces were not aware that the people of Aetas who ironically were the original inhabitants

Toilet, water system, public healthcare facility. I performed a community health assessment through the support of Emma who had returned with her husband to settle among the Zambales people. Many of the Men are not supportive of their wives and children as many women wept as we interviewed them on how heartbroken they were as their husbands often leave them with children to follow their mistresses. Sad to state that these girls are forced into marriages at early ages of 13 as soon as they reach menarche.

Nutrition-Rice is eaten morning afternoon and night with no healthy sidevegetable or fruit meals , the only flavor is sprinkled salt. The Typhon season have devastating impact on rice yield as most of the people are rice farmers. The indigenous people of the philippines

Disparities in aces to health care was obvious as I compared and contrasted health environment in Manilla endowed with a

Health impact of small frame girls forced marriage and early childbirth, need for family planning that works as people of the Manila city in the Phillipines I interviewed were largely Roman Catholics

Use of herbal medicine is quite common as we were highly advised to eat the bitter leaves -ampalaya as it cures diabetes