



Cheerful Givers

His Love Endures

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www.cheerful-givers.com*

Project Hineni: CG's Next Steps in Africa

October 2024

Genesis 22:1

Exodus 3:4

1 Samuel 3:4

Isaiah 6:8

Situation Background

- Cheerful Givers (“CG”) is a U.S.-based 501(c)(3) whose mission is to invest capital in and distribute other assets and resources to underserved communities worldwide, as willed and directed by God through CG’s partnership ministries
- The CG team was called into sub-Saharan Africa in 2024 through its Bible Project with the Nairobi-based ministry, Life in Abundance (“LIA”)
 - *5,000 Bibles distributed across 12 African countries in 18 different languages*
 - *Estimated completion by March 2025 (which includes 600 Bibles going to Jamaica and Haiti)*
 - *In August 2024, CG visited LIA’s country teams in Burundi and Rwanda to assist in the physical distribution of Bibles to local congregations, as well as to begin forging our ‘on-the-ground relationships’ in anticipation of future investment opportunities*
- In September 2024, CG attended LIA’s Global Missions Conference, with the prayer that God would speak through the conference, its speakers and its wonderful attendees as to where He needs us next – needless to say, God was faithful
- CG’s next step(s) in Africa will build on two key causes that emerged from the conference:
 1. **African Youth Ministry:** despite the median age of sub-Saharan Africa being in the mid-teens, sub-Saharan Africa is now the epicenter of Christianity – we believe this presents an opportunity for Africa’s youth to lead a global revival in the next 10–20 years
 2. **Mental Healthcare Availability:** Many populations in sub-Saharan Africa, including its youth, lack adequate mental health services and resources in a world that is becoming evermore toxic socially; CG has the professional network, knowledge base and resources to expand the availability of *effective* mental healthcare throughout Africa
- **Our hope is that through prayer, vision casting, onsite/in-field due diligence, and pilot programming with our partners in the region (Burundi, Rwanda, Uganda and Kenya), 2025 will be a year for us to lay the foundation for a longer-term pursuit of the aforementioned**



The Vision

- CG believes God is calling it to contribute to these two causes through the following means:
 1. **Africa Youth Ministry:** Invest capital and other resources in the planting of youth ministries throughout sub-Saharan Africa, as is currently being pioneered by Rev. David Ewagata in Nairobi, Kenya
 2. **Mental Healthcare Availability:** Train Africa’s local mental health professionals, counselors and other elders in conducting group trauma counseling and other cutting-edge trauma therapy programming (e.g., Eye Movement Desensitization and Reprocessing (“EMDR”))
 3. **Ongoing Community Investing and Capital Programming:** Continued investing in and working alongside LIA’s ongoing community programming and projects throughout Africa (e.g., Hypertension Program in Burundi, potato farming, self-sustained business planning) and the Caribbean¹
- CG is hoping to engage the following partners in the fight herein:
 - Life in Abundance
 - Y-HUB NetworX
 - EMDR Center of the Rockies
 - Hope Haven School in Kigali, Rwanda
 - The Vine School in Kamuli, Uganda in partnership with Truly Fed Ministries
 - Our network of expert church planters in Colorado and New York City
 - A pool of healthcare professionals, businesspeople, and other disciples of Jesus looking to join the CG team in our efforts
- **CG knows this could evolve into a years-long or decades-long ministry, but for now, we are solely focused on taking the next step in line with God’s commissioning**
 - cf. Joshua 5:14

1. CG plans to attend GMC Caribbean 2025 and learning about LIA’s mission field therein

Next Steps

1. Open the dialogue amongst our partners

- Invite our partners to the conversation, get them bought in on the causes (i.e., this presentation)
- Open the dialogue across the partners – begin to collaborate; ask one another questions; teach one another; learn
- Everyone needs to take ownership for their part in the fight
- Who else do we need to invite to the party

2. Collectively seek God's will and cast the vision

- Pray individually and collectively for God to make His will and His vision known
- Look to our boots-on-the-ground partners for leadership and to advise us on strategy, implementation, etc.; these partners include Life in Abundance, Y Hub-NetworX, Hope Haven and The Vine Uganda
- Don't let our capabilities and resources today cap, limit or restrict God's ultimate vision for us; instead, seek out His vision and pray for adequate provision and timeline thereafter

3. Summer 2025 Trip

- Time on-site is critical for relationship development, ministerial engagement, and storytelling with our stakeholders
- What should a team trip to the region look like (see strawman agenda on page []; simply a draft to get conversation started)
 - *How do we maximize our time and provisioned resources*
 - *What work needs to precede the trip*
 - *How can we engage technology to be efficient and effective with one another*

What is EMDR

- EMDR therapy (Eye Movement Desensitization and Reprocessing Therapy) is an empirically driven and internationally recognized therapeutic model for treating a diverse range of issues, including trauma, PTSD, and anxiety
- This powerful intervention combines mindfulness, imagery, and cognitive techniques into a structured treatment plan designed to meet an individual's specific therapeutic needs
- In EMDR therapy, healing occurs through the process of stimulating the client's intrinsic capacity to heal. It is based on the premise that the mind and body are naturally designed to work toward healing and mental wellness
- In addition to individualized work utilizing EMDR Therapy, **there is the option for group protocols to be implemented whereby a therapist can implement EMDR with a group of individuals who have experienced trauma**, ideal for environments where individual ongoing therapy is not an option
- The process of doing EMDR therapy usually entails focusing on a disturbing or traumatic memory while performing bilateral eye movements, doing bilateral tapping, or listening to bilateral oscillating tones. This stimulation enables the client to reprocess and resolve trauma while developing insight into their circumstances. In this way, EMDR addresses the source of traumatic memories and allows for deeper healing, making it more efficacious than traditional talk therapy
- EMDR therapy has been the subject of more controlled research than all other treatments for Post-Traumatic Stress Disorder (PTSD) combined. There are more than 30 randomized studies and hundreds of peer reviews that document the treatment gains made with EMDR therapy¹
- EMDR therapy has often been found to be more efficient and comprehensive in addressing symptoms of trauma than active listening, behavior therapy, and many other therapeutic approaches² It treats myriad issues, including—but not limited to—PTSD, complex trauma, grief, addiction, maladaptive behaviors, relationship issues, as well as anxiety and depression. It lessens the impact of present-day triggers—and future concerns about those triggers. As clients progress, they develop new adaptive capacities, increase confidence, and improve positive self-beliefs

Sources: *EMDR Therapy Overview*. Hughes, Tamra. *EMDR Center of the Rockies*

1. In S. N. Gold (Ed.), *APA handbook of trauma psychology: Trauma practice* (pp. 193–212). American Psychological Association.

2. Shapiro, F., & Solomon, R. (2017). *Eye Movement Desensitization and Reprocessing therapy*. In S. N. Gold (Ed.), *APA handbook of trauma psychology: Trauma practice* (pp. 193–212). American Psychological Association..5



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What is EMDR (cont'd)

- EMDR typically involves 8 phases of therapy, a process that helps counselors map out their treatment plan and measure progress. It also allows clients to better understand their role in healing and what is to be expected from EMDR therapy sessions
- **When working with groups this protocol is modified for short term work**
- In application, the Dual Attention Bilateral Stimulation that is used (back and forth eye movements, alternating tapping, or oscillating tones) activates numerous neurological systems that lead to resolution. As maladaptive memory networks become linked to more adaptive networks, a shift from implicit to explicit memory occurs. That shift engages the brain's information processing system, which is intrinsically designed to foster an adaptive resolution to an adverse experience, whatever the source of that experience may be
- EMDR is not just a treatment method; it's a comprehensive approach to healing on a deep and lasting level. EMDR allows clients to eliminate triggers and overcome mental health issues
- With PTSD and trauma, EMDR removes the negative charge from a painful memory and creates more adaptive emotions around that memory. It then no longer triggers unpleasant feelings or unwanted reactions or behaviors
- This would not be the first time EMDR is taught in east Africa – EMDR Humanitarian Assistance Program (EMDRHAP) partnered with Dr. Deborah Silveria and Dr. Sushma Mehrotra in 2018 to train 23 African clinicians in EMDR:
 - <https://www.emdrhap.org/news/expanding-training-in-uganda/>
 - While this appears to have been an episodic training session, CG and EMDR of the Rockies have a much longer-horizon vision for this programming, with the focus being *sustainability*

Sources: EMDR Therapy Overview. Hughes, Tamra. EMDR Center of the Rockies



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Strawman Agenda: Group Trip 2025

DRAFT ITINEARY: PROJECT HINENI 2025			
	YOUTH MINISTRY TEAM	MENTAL HEALTH TEAM	MEDICAL TEAM
<i>Team Members</i>	-Youth Ministers TBD -Photo/videographer -Prayer & Support Team	-2 Counselors -Photo/videographer -Prayer & Support Team	-1-2 MDs, RNs, DOs -Photo/videographer -Prayer & Support Team
Fri. Aug 1	P.M. departure from U.S. to Nairobi, Kenya		
Sat. Aug 2	P.M. arrival in Nairobi, Kenya		
Sun. Aug 3	A.M.: Church & Worship P.M.: Prep for Week, Dinner		
Mon. Aug 4	Youth Church Planting Strategy Sessions / Conference		
Tues. Aug 5	Youth Church Planting Strategy Sessions / Conference		
Wed. Aug 6	Youth Church Planting Strategy Sessions / Conference		
Thurs. Aug 7	A.M. Village Ministry LIA P.M. Youth Ministry Y Hub		
Fri. Aug 8	Village Ministry LIA CLOSING TEAM DINNER		P.M. departure from U.S. to Kigali, Rwanda
Sat. Aug 9	Travel to Kigali, Rwanda to meet teams		P.M. arrival in Kigali, Rwanda
Sun. Aug 10			A.M.: Church, Worship & Brunch Downtown P.M.: Rest, Prep for the Week, Team Dinner
Mon. Aug 11		EMDR Training, Med Care & Ministry for HH students	Flight to Bujumbura, Burundi
Tues. Aug 12		EMDR Training, Med Care & Ministry for HH students	Hypertension Program Roll-out and Ministry in Gitega
Wed. Aug 13		EMDR Training, Med Care & Ministry for HH students	Roll-out and Ministry in Musinga
Thurs. Aug 14		In-Field Practice, Village Ministry	Roll-out and Ministry in Makamba
Fri. Aug 15			A.M. Flights to / Convene in Entebbe, Uganda TBD: Visit [The Vine] or LIA Partners
Sat. Aug 16			Ministry Opps: [The Vine], Teenage Africa, LIA Partners? CLOSING DINNER, Late P.M. Return to U.S.





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OUR PARTNERS



LIFE IN ABUNDANCE

INTERNATIONAL

- On April 17, 1993, Dr. Florence Muindi was given a vision to mobilize the local church to restore health, renew hope, and inspire lasting transformation for Africa’s most vulnerable children and families.
- In April 1995, together with her family, Dr. Florence Muindi took the first step in the journey that has led to the establishment of Life In Abundance by leaving behind her career to go into the mission field —then under the support of another mission agency.
- **2023 by the numbers:**
 - 58,000 orphans and vulnerable children served
 - 22,000 recipients of business loans and start-up capital from church-based SLAs
 - 72 new local churches mobilized (bringing total to 490); helping 94,000 people hear the gospel and 11,000 converts
 - 12,000 educational scholarships
 - 50,000 recipients of medical care and health insurance counseling
- <https://www.instagram.com/reel/C8-WznPxnHZ/>



WHO WE ARE

Life In Abundance is an African-founded, African-led, and faith-based organization with over 25 years of experience bringing hope to more than a million people in need.



WHERE WE SERVE

We serve in 14 countries throughout Africa and the Caribbean, working to defeat poverty and restore dignity to all people.



HOW WE WORK

Currently partnering with over 175 local churches, we empower leaders to sustainably meet the social, economic, education, and health needs of their communities.



WHY WE SERVE

We see a day when the world's most vulnerable and marginalized have life, and



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- **Vision:** We exist to raise a godly next generation BY ESTABLISHING CHRIST-CENTERED SAFE SPACES AND BUILDING POSITIVE EXPERIENCES THAT WILL GUARANTEE A WHOLESOME FUTURE FOR THE NEXT GENERATION
- **Mission:** To Provide Christ-centered safe spaces for our youth through positive experiences that will guarantee a wholesome future for the next generation. The mission is the building of the lives , safe spaces is key attribute of the mission
- **Connect:** Every YHub activity is geared to bring together young people with an aim of building a community and understanding the issues they are confronted with.
- **Create:** The Y-Hub serves as a place to set a Standard by propagating godly values and virtues in young people. It serves as a catalyst for value-laden Vision and Passion in young people. Ours is to paint a compelling picture of an anticipated future amidst the bleak prospects and raise hope among the young people. Ours is to outline the possibilities that lie in positive character development and charge the young people to live Christ-centered lives.
- **Compel:** Y-Hub exists to rekindle hope for a new generation and charge young people to rise above status quo, take the challenge, and change the narrative of their existence.
- **Think-hub:** A place where youth and youth workers can come together and grapple with ideas, challenges, and matters youth in a bid to learn from each other and develop best practice and inclusive strategies in response to real-time issues. A youth research and analysis hub where we study emerging youth trends, consult with youth practitioners and provide credible solutions to the vast array of youth practitioners in church, community, NGO, and government settings.
- **Youth Development and Transition Programs:** This is one such kind of a solution. Working in partnership with accredited Universities, we seek to host post-high school programs that prepare students for life in the campus environment, faith formation, and life-skills development. We realize that many of our young people step out of high school ill-prepared for the next season of their lives and the transitions destroy many of their lives. About 14 years ago, we developed the Youth Development Program (YDP) at PAC University and it has been a roaring success. It has even been adopted by other universities in Nairobi and we seek to expand it through YHub NetworkX to make it available to more young people by developing workbooks and other resources for the same.



Rev. David Ewagata, Y-Hub Founder

- Pastor David Ewagata, “A man at the battlefield for the soul of the next generation.” David is a passionate youth pastor, a prolific communicator, and a much sought after speaker with a vast experience in youth work both in the church, para-church, and academic sector.
- He is the director of YHub NetworX that aims to be a first of its kind one-stop Youth Ministry and Resource Centre. YHub NetworX seeks to provide churches, para-church organizations, NGO’s and government organs with interests in youth work with the necessary skills, training, and advise.
- His ease and sense of humour enables him to connect with young and old alike. He is a versatile speaker with an ability to authoritatively address a broad array of subjects that include but are not limited to youth issues, worship, discipleship, leadership, marriage, parenting, among others.
- Family life: Married to Rose Ewagata Children: 2 boys, 1 girl: Nathan-18, Jeremy-13, and Zoe-10.
- Study life: MA Leadership- PAC University BA Theology- PAC University Diploma Graphic Design- Creative Art Center
- Work life: Current: Director: The YHub NetworX- A one-stop Youth Ministry Resource Center and Pastor for youth ministries- Purpose Centre Church Assistant Chaplain and Lecturer at Pan Africa Christian University- 2017-April 2019 Youth pastor- Christian Life Assembly Rwanda- 2011-2015 Deputy dean of students n chaplain- PAC University- 2009-2011 Founder n Director of YDP (Youth Discipleship Program) based at PAC University- 2005-2008 Youth Pastor and Worship Leader- Deliverance Church Eastleigh- 1999-2006



Connect | Create | Compel



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Tamra Hughes, MA, LPC

- EMDR CENTER OF THE ROCKIES FOUNDER
- EMDRIA Approved Trainer and Consultant
- EMDR Center of the Rockies Lead Trainer
- Tamra Hughes, MA, LPC has been an EMDRIA Approved EMDR Therapy Trainer since late 2013, teaching EMDRIA Approved EMDR Basic Trainings and Advanced Trainings that have focused on attachment, relational approaches to EMDR Therapy, and strategies for maintaining effective reprocessing.
- Tamra has been actively involved with the EMDR International Association (EMDRIA) in numerous capacities for more than a decade as a member and chair of their Standards and Training task group, member of the Virtual Therapy and Training task group and most currently having just completed a four year term on their Board of Directors.
- She co-authored the EMDRIA Virtual EMDR Therapy Guidelines.
- She spent several years as an Affiliate Faculty Member at Regis University, teaching graduate level counseling courses on trauma, crisis, development and self care, among others.
- Tamra has been in practice since 2003 working with trauma, grief, anxiety, stress and volatile/abusive relationships.
- Prior to focusing her work on trauma, she worked in the field of high conflict divorce, exploring the impact of attachment on caregiver-child bonds, and deepening her understanding of the trauma of fractured relationships. She has enthusiastically utilized EMDR therapy since beginning her practice in late 2003, and has found it to be a therapy that is not only an invaluable tool for working with trauma, but is more importantly a theory for understanding the framework for resilience, meaning making, and successful clinical work. Tamra's teaching style is warm and engaging.
- She greatly enjoys educating others about EMDR and sharing her enthusiasm for this remarkable therapy.
- In addition to teaching, Tamra runs a busy group practice from multiple locations in the Denver Metropolitan area.



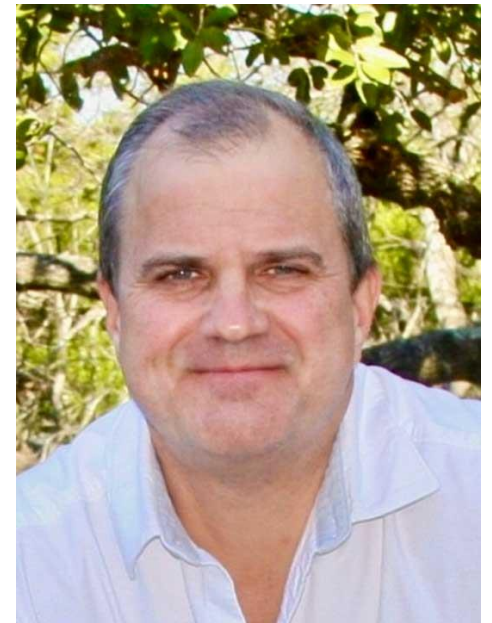
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Steve Beatty, MA, LPC

- EMDRIA CERTIFIED THERAPIST AND A CONSULTANT IN TRAINING
- His formal training includes a master's degree in counseling.
- He has a private practice in College Station, TX where he specializes in developmental trauma, acute trauma, post-traumatic stress disorder (PTSD), and complex trauma including associated stress symptoms of anxiety, dissociation, panic attacks, depression, obsessions, compulsions, anger, fear, chronic pain, depersonalization, derealization, addictions, self-harm, relational behaviors, mood, personality, and thought disorders.
- While Steve sees clients of all ages and backgrounds, as a veteran of the US Navy, he has a heart for military personnel and first responders who are struggling
- He is currently completing his PhD as a counselor-educator with special attention in international humanitarian first aid.
- Steve primarily utilizes EMDR, often in conjunction with other modalities such as Attachment Theory, IFS, TF-CBT, and neurofeedback to treat his clients.
- For more information on Steve, please visit his website at: <https://www.neurohealthcounseling.com>



School Partnerships



HOPE HAVEN
RWANDA

- Christ-centered education for the most vulnerable in east Kigali
- Nursery (ages 3 – 6), Primary (grades 1 – 6), Secondary (grades 7 – 12) levels
- 220,000 square foot campus including new sports complex
- 65 classrooms, labs and libraries
- 2,000 + students, including 900 in boarding
- 1 million meals provided annually
- https://www.youtube.com/watch?v=SvcfTiVIb_k&t=313s



THE VINE
UGANDA

- Christ-centered education for the most vulnerable in Kamuli
- Today, the Vine serves in over 13 villages, offers sustainable programs and training for women, runs The Vine Preschool and Vocational Tailoring School for over 900 students, creates products sold as The Vine Collective, and offers life-changing discipleship through outreaches and events.
- The Vine Baby Cottage houses orphaned and abandoned babies from birth to five years of age
- <https://youtu.be/IBZUbTcYRew>



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Gari Meacham, Founder, Truly Fed and The Vine Uganda

- I hate formal sounding bio pages where the author is talked about in third person—so instead of having you read something that sounds bland and impersonal, I’d rather you get a feel for what I’m truly like, so here goes.
- I love words. Spoken, unspoken, written, recited, or sung. I love the way words can change, challenge, and heal us. Mostly, I love God’s words...the Bible. His words have healed me, changed me, and sustained me. I think that’s why it’s my favorite thing to talk about. To me there’s nothing more exciting than finding something new about God I can brag on.
- I love my family. My husband Bobby and I have been married for over thirty years, and my stomach still tingles when I know he’s coming home from a road trip. When you’ve been in love with someone that long you’ve lived through your share of bruises, but at the end of the day he’s the one I want to hold and huddle with. We have three fantastic kids and two insanely cute grandbabies. Each day I thank God for entrusting me with such gifts.
- I adore baseball. Bobby and I have traipsed this country over 47 times moving from state to state with major league baseball as a player, coach and manager. There’s nothing like the sound of fireworks after a home-run, or the feel of gathering together with other baseball wives as we study God’s word and pray for our team.
- I thrive on teaching and speaking to groups of God seekers. In any setting, these are my people. Nothing energizes me more than the look in the eyes of those who want to grow spiritually.
- I call myself shabby chic because although I’m a bit banged up, I can look pretty cool if you see me from a distance. Don’t expect perfection—just an honest, authentic love for God and His people. That’s me...



Gari Meacham

- TRULY FED MINISTRIES -



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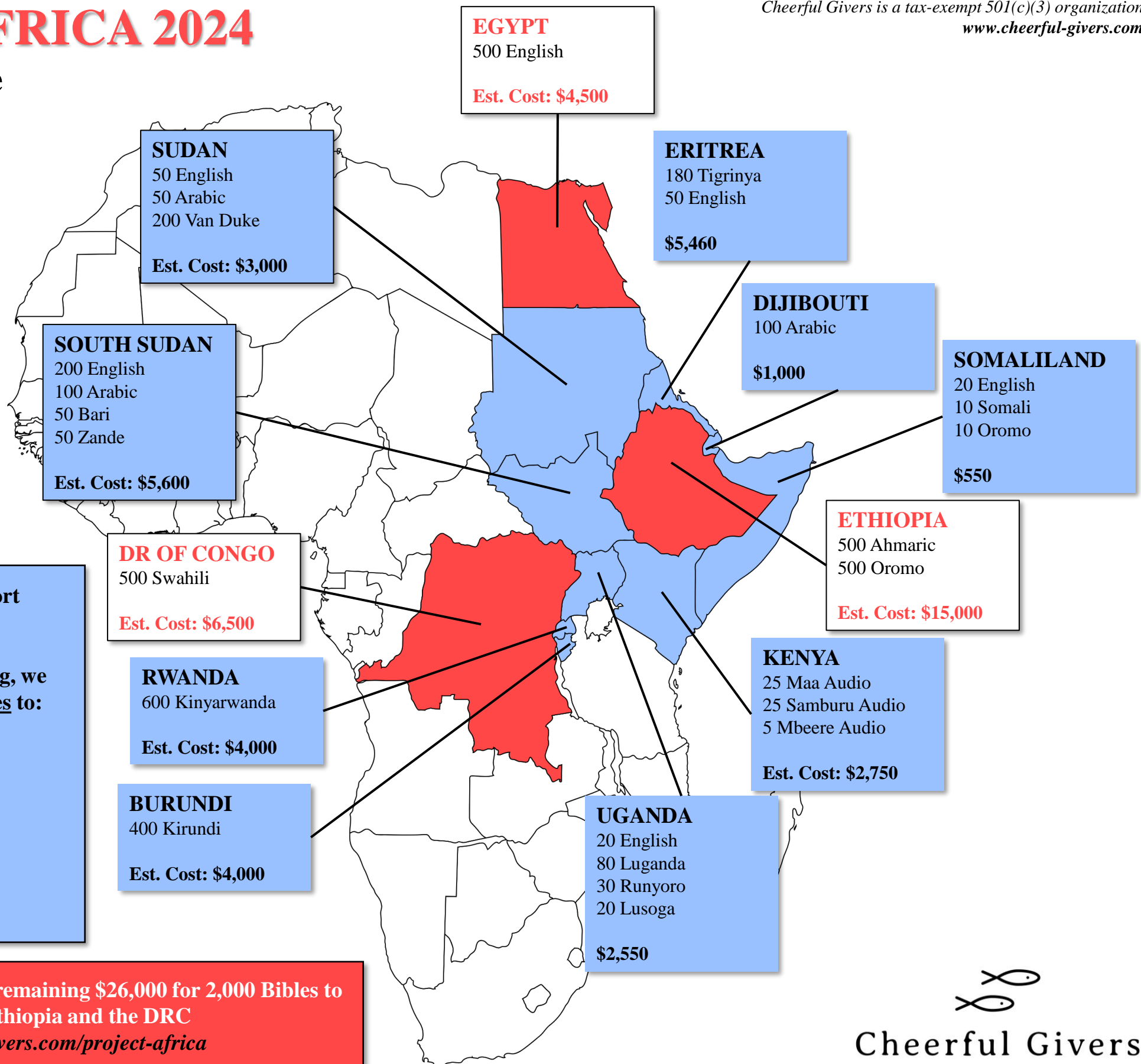
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APPENDIX

PROJECT AFRICA 2024

September Update

Cheerful Givers is a tax-exempt 501(c)(3) organization
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Thank you for your support Year-To-Date!

Because of your Cheerful Giving, we have sent more than 2,200 Bibles to:

- **Burundi (400)**
- Djibouti (100)
- Eritrea (230)
- Kenya (55)
- **Rwanda (600)**
- Somaliland (40)
- Sudanese Region (700)
- Uganda (150)

We are focused on raising the remaining \$26,000 for 2,000 Bibles to go to Egypt, Ethiopia and the DRC
www.cheerful-givers.com/project-africa



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Joshua 5:14

Tree of Life Version

¹⁴ “Neither”, he said. “Rather, I have now come as commander of ADONAI’s army.” Then Joshua fell on his face to the ground and worshipped. Then he asked him, “What is my lord saying to his servant?”