



Living Waters International, Inc.

- Aid for African Catholic Missions -

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Advent 2025

Living Waters' mission is the support of Roman Catholic missionary and international development projects in Africa.

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Out of Africa - 2025

by Executive Director, Stephen Zimmerman

My recent trip to Tanzania and Kenya has brought immense joy in witnessing the many wonders God has wrought in the lives of the people there, but also dismay at the life that many are experiencing in the slums and even the rural villages.

“Their enthusiasm was high-spirited! Africans truly live their Catholic faith!”

In the Evangelizing Sisters of Mary, the Adoration Sisters of the Blessed Sacrament, the Missionary Sisters of the Sacred Hearts of Jesus and Mary, and the Kilimanjaro Sisters there are many young ladies vehemently pursuing their dreams of taking the Gospel to the peoples of Africa through education, health care and pastoral apostolates. Their enthusiasm was high-spirited! Africans truly live their Catholic faith!

My travels also took me to English Medium primary schools that we have helped to establish in Masai communities in the Arusha Archdiocese of Tanzania.

Trips to Africa can be hard though. The gap between those that have and those that have nothing is disturbing. Living Waters is trying to help bridge that gap. I will let Esther Njeri Ngaii share a little bit about what I found in the Kware slum of Nairobi in her article that follows.



Evangelizing Sisters of Mary Novices, Ongata Rongai, Kenya



Mbuyuni village Nursery school outstation of JP II Parish, Makuyuni, Tanzania



Helpers of Mary Novices, Kikwe village, Tanzania



Kware Slum Sub-Location

by Senior Assistant Chief,
Kware Esther Njeri Ngaii

Kware Sub-location is a densely populated informal settlement with an estimated population of 40,000. The majority of households survive on less than one US dollar per day, making the area highly vulnerable to poverty-related challenges. The community is characterized by inadequate housing, unemployment, poor sanitation, and limited access to basic services. Alcohol and substance abuse, especially cheap traditional brews, remain common coping mechanisms due to high levels of stress and instability.

Key Social Issues in Kware Sub-location are:

- Child prostitution, child neglect, child-headed households, and high school dropout rates.
- Domestic violence driven by economic stress, alcoholism, and over-crowded living conditions; single-parent households, most headed by mothers.
- A high prevalence of HIV and AIDS; limited access to affordable health care, poor sanitation and drainage increasing the risk of waterborne diseases, and rising cases of mental health disorders, linked to stress, trauma, and substance abuse.
- Overcrowding and poor housing lead to frequent fire outbreaks, rendering families homeless; inadequate garbage collection and unsafe water sources, leading to pollution and disease outbreaks.

The Most Urgent Needs include:

- **Basic Necessities:** food support; education support, including school fees, uniforms, shoes, and learning materials; and emergency shelter for homeless families and abandoned children.
- **Health and Sanitation concerns:** Access to proper medical services, home-based care for bedridden patients; a continuous supply of sanitary towels to prevent teenage girls from engaging in transactional sex, which contributes to teen pregnancies and STIs; and improved access to clean water, sanitation, and hygiene supplies.
- **Social Support and Protection:** establishment of a rescue and safe center for minors affected by abuse, abandonment, and disasters; support for orphans and vulnerable children; and a rescue and safe center for minors affected by abuse, abandonment, and disasters.

Kware Sub-location remains a community with great potential but faces immense social, economic, and health challenges. With your support and our development partners, we aim to:

- Restore dignity to vulnerable families
- Empower the youth through education and mentorship
- Reduce exploitation and substance abuse
- Improve health and living conditions
- Strengthen community resilience

"The majority of households survive on less than one US dollar per day..."



Kware Slum, Ongata Rongai, Nairobi, Kenya



Food distribution in Kware Slum, Nairobi, Kenya



***Our team at Living Waters
International would like to wish you
and your loved ones a very Merry
Christmas and a Happy New Year!***



Spotlight

By Eileen Hartl



Kisses for Mama Angel

Today we shine the light on Leticia Njaji, Nairobi, Kenya, whose daughter, Goretti, was born with bladder exstrophy. Leticia is also affectionately known as "Mama Angel Goretti". Soon you will understand why. Her husband is Stephen Njau, and they are parents of three beautiful girls, Yvonne, Ann, and Angel Goretti. Their story ensues:

On December 14, 2016, I went for a pre-natal check up at the hospital only to learn that my blood pressure was dangerously high and I was in need of an emergency C-section. As I came out of the anesthesia, the doctors were murmuring, and I asked to see my baby. They told me the baby was well and would be brought to me. Her bladder was exposed, some organs had not yet formed, and her legs were bowing right from the pelvic bone. What had started out to be a normal day soon became chaotic and disheartening for our family.

Some doctors believed Goretti would not survive, and if she did, she would never walk. Some predicted her death within days. After six days they sent us home with no hope for our baby girl. We prepared to have her baptized because her life was in danger. We were vulnerable, desperate, and alone in this battle. Steve is deaf and mute and works as a casual laborer. Yvonne and Ann are students. I was unable to return to teaching because Goretti needed around-the-clock care. Not only that, but my health also began to deteriorate from a heart condition. Uncertain of my own survival, I fought for my life for Goretti's sake. There was social discrimination from community members. People laughed at our misfortune, some suggested it was witchcraft, or even due to some kind of sin we committed. We needed formula - my milk had not been produced, and we needed quality disposable diapers and other items to keep her infection free. We took things one day at a time through aid from Small Christian Communities and some well-wishers. Still, it was not enough, but then: A light in the darkness had shone through.

"A light in the darkness had shone through."

When all we had known was rejection from doctors for lack of money, divine providence appeared by way of Fransalian Fathers at St. Joseph Parish in Mlolongo, Kenya, who introduced us to Living Waters. At last!

We received the respect and care for Goretti, and after four reconstructive surgeries, her health and status have been elevated. Now she is in the third grade and has proved to be highly intelligent, always at the top position in her class. She has overcome so many challenges through your unfailing support.

She still needs reconstructive surgery and hygiene, and medical support as she has not gained full control of urinating. For her to remain in school, and to interact with her peers on a social level she must have quality diapers to keep her dry.

Last summer, I cried when we received photos and videos from your Music in the Park fundraiser! I saw people united in love to help a child in a faraway country. Through this, I learned that God: saves, heals, teaches, and redeems others through generosity. I gather my family always to thank God for your spiritual, emotional, and financial support. Goretti will celebrate nine miraculous years of life because of your generosity! Back to my name: in Kenya, many mothers are called by their child's name as a sign of respect.

Usually, it is the first born that is chosen, but because Goretti has become the one who is most known among the three, people call me Mama Angel Goretti.





Christmas Comes Early for Children at St. Francis of Assisi Primary School in Monduli Juu, Tanzania

The Catholic Foundation of the Green Bay Diocese awarded the school with a check for \$19,000 to build a classroom. What good fortune - especially for the Masai girls in this parish community in the Arusha Archdiocese of Tanzania.

In Masai culture, the education of girls is typically not given high priority. Girls are often forced into early marriage. This permanently closes their door to educational opportunities and hinders their progress in life. Some girls are allowed to go to school, but if they attend a Swahili medium primary school, they are at a huge disadvantage when transitioning to English medium secondary school.

Thank you, Catholic Foundation, for allowing Living Waters to advertise this need in your 2025-2027 World Missions Services' Project Booklet. Your donation will go a long way in furthering the education of Masai girls in Monduli Juu!



SFA girls class one and kindergarten



Catholic Foundation
for the Diocese of Green Bay, Inc.

Students In Need



Name: Babirye Teddy

Gender: Female **Birthday:** February 18, 2018 **Country:** Uganda

Favorite Subject: Art, Math & Literacy One

Favorite Pastime: Watching movies

Other Remarks: Babirye's father is deceased and her mother earns a peasant's wage of \$50 per month and therefore is desperately struggling to provide her nine children with clothing, food, and school tuition.



Name: Kenete Bombo

Gender: Male **Birthday:** July 27, 1012 **Country:** Mozambique

Favorite Subject: Portuguese

Favorite Pastime: Playing football & Txitxopi

Other Remarks: Kenete's parents are divorced. He lives with his mother in a one-room hut with coconut walls, a grass roof, and an earthen floor. Her occupation as a farmer helps primarily to feed the family.



Name: Martin Muthomi

Gender: Male **Birthday:** August 26, 2013 **Country:** Kenya

Favorite Subject: Kiswahili

Favorite Pastime: Singing & listening to stories

Other Remarks: Martin's parents are separated, and he lives with his father who works as a farm hand. He has two siblings; the family is extremely poor, living only on a small plot of land with no area to cultivate food for themselves. The approximate monthly income is \$50 for a household of four.

Student Sponsorship

\$30 a month provides help for:

- Tuition
- Books
- School Supplies
- School Uniforms
- Shelter
- Food
- Health Care

Payments can be made:

- Monthly \$30
- Annually \$360

100% of your tax-deductible donation goes directly to your child's sponsorship.

See more children waiting for sponsorship at:
livingwatersinternational.org