



Oct 5, 2023

Dear friend,

Greetings from *Amani ya Juu* in Kenya where women share life and community with one another while serving a common goal of making Christ's peace known.

There are now over 100 women working at Amani ya Juu in Nairobi. I, Becky Chinchon, Founder and Executive Director of Amani have been burdened that Amani have a deeper impact on the Amani women. Amani has always had a prayer time for the women, at the beginning of every morning, as well as a Bible study twice a week. I am realizing that Amani needs to address more directly relevant life issues the women face every day (see curriculum outline below). We take very seriously our responsibility of "*shepherding the sheep God has entrusted to us and placed under our care.*" (1 Peter 5:2)

A description and broad outline of the holistic program, called "Health and Well-Being" has been developed that we are very excited about! Even more exciting is that Lois Semenyee is now available and willing to bring her wisdom, experience and expertise to Amani to flesh-out the curriculum and lead the group meetings and discussions. We see God's perfect timing in all of this now that the Korean ministry Lois was working with for many years has been discontinued in Kenya.

I have known Lois for many years. She is mature, conscientious and experienced as a Christian leader, teacher and Deacon at New City Fellowship Nairobi. No one could present this material to the Amani women better than Lois. It is evident that she has been appointed for such a time as this.

Her new role at Amani, as Director of Spiritual Formation, has many dimensions to it. Her first ministry opportunity will be to develop the curriculum for the "Health and Well-being" program, coordinate the leading of the sessions between herself and other facilitators and then begin meeting with the Amani women, both in large groups and smaller groups, to present the material. Lois will also have one-on-one time with each of the women for counseling and prayer, and at times even visiting them in their homes and meeting their families. After she is settled into her role, we would like to see her extend her ministry to our Amani center in Uganda as well.

Would you prayerfully consider supporting Lois in this new ministry opportunity as an Amani missionary? She will need to raise \$2,000 a month to carry out the responsibilities of this position.

Please see a synopsis of the holistic Health and Well-Being program below.

Grace and peace in Christ,

Becky Chinchen
Executive Director
Amani Foundation

Support for Lois Semenyé can be sent through this link: [Amani](#)
Use Paypal or credit card and write a note indicating the gift is for Lois Semenyé

Or, send a check earmarked for Lois Semenyé to:
Amani Foundation
P.O. Box 3605
Chattanooga, TN 37404

Health and Well-Being Synopsis

Why is Health and Well-Being Important?

God's design for our well-being involves the body, mind and soul. Our health and well-being centers on God's love for us. His desire for us is to be whole in every aspect of our being: physical, mental and spiritual. This holistic approach of health and well-being does not ignore or denigrate the body, nor does it idolize bodily health and strength. While a health and well-being holistic approach to life may bring personal fulfillment, longevity and even freedom from pain, it is not the end in itself.

The purpose of health and well-being is that it should inevitably lead us into a deeper relationship with God and others built on sacrificial love, grace and peace. In the process we discover the framework God has put in place for us to become all that He has designed us to be.

Quarter 1: Sexuality (3 months)

Month 1: Abstinence

- Session 1: How do I have a relationship without having sex?
- Session 2: Is abstinence really possible or good for me?

Month 2: Sexual Disease

- Session 1: I'm young and beautiful, how can anything bad happen to me?
(Consequences of AIDS, venereal diseases, pregnancy)

- Session 2: How do I live with the shame? (consequences of pregnancy, AIDS, rotating partners)

Month 3: Sexual Identity

- Session 1: Is homosexuality a western disease? (LGBTQ)
- Session 2: Is being self controlled and sexually moral worth it? (identity in Christ)

Quarter 2: Marriage (3 months)

Month 1: What a Marriage is Not

- Session 1: What's wrong with "come we stay"? It's legal.
- Session 2: What do I do when the man leaves me? (Polygamy / Cheating / Abandonment / Divorce)

Month 2: Finding a Spouse

- Session 1: Does a faithful man exist?
- Session 2: Am I a faithful woman?

Month 3: Building a Strong Marriage

- Session 1: Can I get married if I don't have a church wedding? (dispel myths about expensive church weddings)
- Session 2: How do two people become one?

Quarter 3: Mental Health (3 months)

Month 1: Different Voices

- Session 1: Do you love yourself?
- Session 2: What voices do you listen to? (Weak mentally when there is no confidence in who you are)

Month 2: Loss and Pain

- Session 1: Why is life unfair?
- Session 2: Can I be happy again? (dealing with bitterness, forgiveness...)

Month 3: Support Group

- Session 1: Where did my community go? (family, friends, church)
- Session 2: Who is my best friend? (accountability, praying, encouraging, visiting...)

Quarter 4: Single Mom (3 months)

Month 1: Sanctity of life

- Session 1: Do I let it go or keep the child? (God is the only who gives and takes life)
- Session 2: Will God really take care of me and my children?

Month 2: Responsibilities of a single mom

- Session 1: How can I be both mom and dad to my children?
- Session 2: Why do my children need God? (nurturing in the faith, not depart from the teaching they've heard ...)

Month 3: Breaking the chain

- Session 1: Can my children have a better life?
- Session 2: What are my children learning about life by watching me?