



To Africa with Love, NFP - Update

January 2024

Dear Friends of To Africa with Love, NFP,

When To Africa with Love first started in 2017, it was with a sense of longing and experimentation; a longing to do “something,” and experimenting with what that “something” might be. Now, entering our 7th year (and our 4th one as a registered 501c3) we look back with a sense of awe and gratitude for how things have unfolded, and a continued sense of longing and experimentation with what might still be ahead.

From our **Pads with a Purpose** program – with nearly 6,000 young lives reached, to our **Amka** Program – with our third cohort now launched, to our **Acts of Love** program – which continues to make meaningful, direct impact in the lives of others, we know we do not do this alone, and are so very grateful for your continued support, interest, and encouragement.

In 2024 we will be leaning in to this sense of experimenting even more, exploring with ways to further Connect you with our programs, and with our organization. Whether it be through on-going, regular updates, seeking opportunities to speak at local forums, welcoming new Board Members, or having others join us directly in our travels to Kenya, we aim to make meaningful connections and welcome your involvement and feedback in these endeavors.

With Gratitude,

Karen Bychowski

To Africa with Love, NFP - Executive Director

Our Impact: 2023



7 Acts of Love were performed, including baby food and supplies for a children's home, youth sports equipment to a school, a small jiko (for cooking) and floor mats to a addiction recovery center, and seed money to a small business to buy inventory.



Over 600 girls were reached through Pads with a Purpose, bringing the total since 2017 to over **5,945** young lives, spreading the message that their lives have purpose.



Our **second Amka Cohort of 8 young women graduated** in February and are each actively enrolled in on-going education. **A third Amka Cohort of 8 young women started in November**, and will continue throughout 2024.

Our Goals: 2024



Share the journey to Kenya through **Immersion Experiences**. *(Let us know if you are interested in learning more!).*



Deliver at least **10 Acts of Love** to individuals and/or organizations, providing targeted, meaningful assistance.



Reach **600 girls through Pads with a Purpose**. This year, we specifically aim to partner with some of the high schools that our Amka 3 Cohort attends.



Continue to support our Amka 3 Cohort, meeting with them during their school breaks in April and August, then again after they have finished high school, in January and February 2025.

Opportunities to Engage

We are so grateful for all the help we have received thus far, and the ongoing support continues to be needed. Here are some specific ways you can get (even more) engaged with us:

- **Help Us Raise Awareness** – Do you know a group that might be interested in the work we are doing? Invite us to speak with them! This could be book clubs, church groups, student groups, the list goes on.
- **Join Our Board** – we have an open opportunity for a Secretary, as well as Board Members At-Large. Board Members help provide perspective to the work that we are doing and help shape our path by their input. The time commitment is minimal, but the impact is great!
- **Come with us to Kenya** – Karen will be returning to Kenya in August 2024 (tent) and January/February 2025 (tent) and welcomes anyone interested to join her! This is a great opportunity not only to experience the beauty and culture of Kenya, but to engage first hand in our programs.

Feel free to reach out directly to Karen at toafricawithlove@yahoo.com if you'd like to talk more about any of these opportunities.

Photos from The Field



A “jiko” (small cooking stove) was provided to an addiction recovery center, as part of our **Acts of Love** program, so that meeting attendees could have a warm, nutritious meal.



Our **Pads with a Purpose** program continues to spread the message that each person is created for a purpose and that every life has meaning.



Our Amka 3 Cohort

From (L) to (R): Abigael, Redempta, Caroline, Sheila, Christine, Stacy, Faith, Joyce



Topic Discussions and Experiential Learning Activities are a key component of our **Amka** program and are decided upon with input from our partner organization (Tazama Nia) the cohort's parents, as well as the girls themselves, to ensure they are relevant and meaningful.

