



To Africa with Love, NFP - 2023 Update

March 2023

A Note From Karen...

After a nearly two year hiatus from traveling to Kenya (due to the pandemic), I finally made it back! If I had to summarize the trip in one word, that word would be WOW! It was fascinating to see how much Kenya continues to change and grow, and wonderful to spend time reconnecting with past partners and connecting with potential future partners.

It was also so delightful to finally meet – in person – our 2022 Amka Cohort! The eight young women in the program have grown so much over the course of the last year, and we are excited to see where they go as they journey on to the next stage of their lives.

We also made good use of the “time on the ground,” to launch our Pads with a Purpose efforts for 2023 – reaching over 600 girls in the span of just four weeks!

A key takeaway from the overall visit is this – the work of To Africa with Love, NFP still matters; it still has impact. Our mission to connect, care and contribute to the people of Kenya is still important.

In all that we do, we lead with questions – What is needed? How can we help? As we move forward through 2023 and beyond, we’ll continue to lead with these questions, and continue engaging with others – across the US and in Kenya to help guide us towards the answers.

To that end, we are so grateful to you for your support, and continue to look for ways to engage you and to continue to build connections. Please read on in this update for more ways to do just this, and please don’t hesitate to reach out if you’d like to get (even more) involved or have any questions about our work. We’d love to talk with you!



Our 2022 Amka Cohort

With Gratitude,
Karen Bychowski
To Africa with Love, NFP - Executive Director

Our Impact: 2022 - 2023



5 Acts of Love were performed in 2022 and 3 thus far in 2023. These have included money to start a business, a school uniform, sports equipment for a children's home, food and supplies to support families of disabled children, and more.



500 girls were reached through Pads with a Purpose in 2022, and over 600 have been reached thus far in 2023. Since 2017, we have now reached 5,945 young lives, spreading the message that their lives have purpose.



A first Amka Cohort of 5 graduated in 2020. A second Amka Cohort of 8 started in 2022 and graduated in February, 2023. We are planning for a third Amka Cohort to start in November, 2023.

Opportunities to Help

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 help today!

- **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.
- **Come with Karen to Kenya** – Karen will be returning to Kenya in November 2023 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 (we'll be launching our 2023 Amka Cohort during this time!).

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

Feedback from the Field

At each Pads with a Purpose event, we collect feedback from those who participated, and we're always curious to know – did this make a difference? I'll let some of their words speak for themselves:

- *"You made me realize I really have a purpose in this world. You have really inspired us so much!"*
- *"This event was the best because I felt no one cared about me, but now I have been motivated and will continue to fight and make whatever dream I have come true with God."*
- *"Thank you for helping me not lose hope in life. May God bless you, so that you may be able to empower more and more girls."*
- *"I had lost hope and saw no purpose in myself. You helped me believe again that I can make it."*