



# HEART

Empowering the People of Africa to Survive and *to Thrive Beyond* the HIV/AIDS Pandemic



Speak up for those who  
cannot speak for themselves,  
for the rights of all  
who are destitute.  
Speak up and judge fairly;  
defend the rights of  
the poor and needy.

*Proverbs 31:5-9*

**September 2019**

## **'Kenyan schoolgirl takes her life after period shaming'- BBC.com**

*On Friday, September 6, 14-year-old Jackline, a grade 6 pupil in Bomet County, South West Kenya committed suicide. Jackline, had just begun her period in the middle of a lesson and had no sanitary towel to use. When the blood stained her clothes, her teacher told her to leave the classroom and stand outside. It is claimed that when the girl arrived home, she told the ordeal to her mother and her Mom told her to go fetch water from a nearby river and wash her uniform. It is at this water source that the pupil was overwhelmed by shame and decided to hang herself.*

Greetings!

My heart was breaking this weekend when I got the news of Jackline (not one of our girls) in Kenya, taking her life because she had no way to provide for her monthly period. This has happened in Kenya before but usually does not make front lie news. I felt we must speak out on behalf of Jackline and many girls in Kenya's grade schools that need help. Please pray with me for her family, school and the teacher involved. Jackline's story is being circulated as a call to action to help provide young girls with sanitary pads.

Through our Freedom for Girls project, HEART provides a year's supply of sanitary towels, 4 underwear and culturally accepted puberty education. We have now reached 248,794 girls (925 in August 2019). For \$6.00 annually!

HEART does not provide the menstrual cups or reusable pads because most of the girls we reach, do not have access to clean water at school or at home. You will note in the article, Jackline had to fetch water at the river when she got home.

You can donate to Freedom For Girls through our Auburn office, by mail, calling or online through the [website](#).

Forever Grateful,  
**Vickie Winkler**  
HEART Founder/President

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## HEART Lodge

The HEART Lodge continues to generate our own source of income for HEART projects in Kenya. We have almost finished with the new water well provided by Bayside Church in Roseville, CA. Our guests have been enjoying the beautiful gardens, as well as relationships with our amazing staff.



*"We enjoyed a fantastic stay and ministry at the HEART Lodge. Thank you for your extra efforts to schedule wonderful morning outreaches. The food was delicious and the hospitality of the staff members blessed us greatly. We appreciated everyone's flexibility and kindness. Of course, Auntie's (Carla) help and encouragements were highlights of our stay there. Everything was a perfect fit for our team's mission in Nairobi."*

~Mike Fariss Team leader from Virginia



**The Core Team** led by Julie Koon just left Kenya last Thursday. The team ministered to the WEEP women, blessed the staff and on their last day, celebrated Carla's birthday. Chef



**Mission Staff Carla** Heinecke arrived in Kenya in June and is serving as HEART Lodge hostess and assistant to the teams until December.

Kahari made a mango cake - thanks to team member Mary Pharis, and surprised Auntie Carla with a party including ice cream, cake, and presents! The Core Team was a blessing everywhere they traveled in Kenya and they will be remembered and missed!

All of the teams have commented on how warm, kind and energized Carla has been to them. Carla just celebrated her 70th birthday in Kenya last week!  
We are so grateful for her servant-hearted position in Kenya! She is so loved!

**Visit our website**

