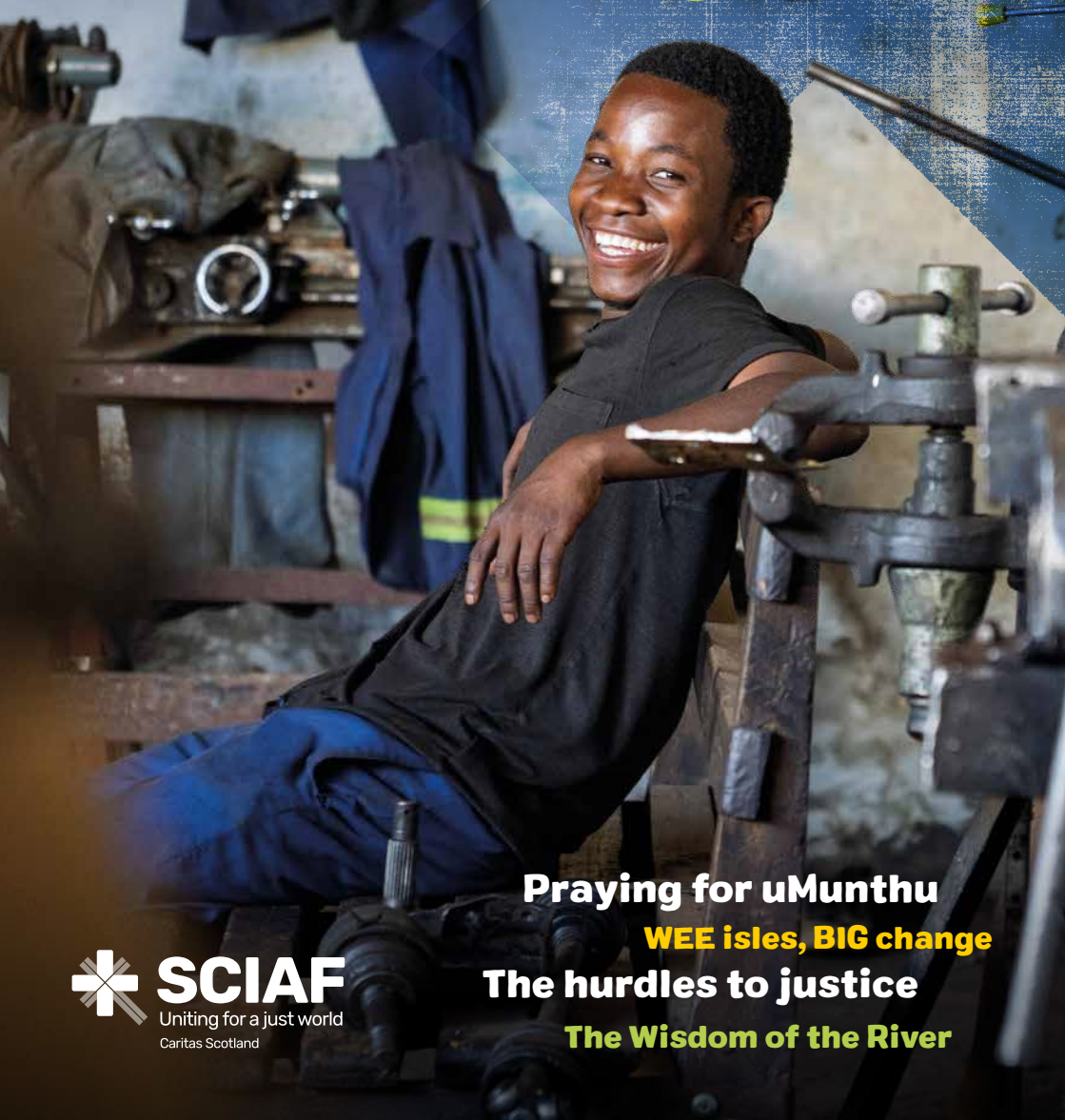


Your **impact** magazine

2026



Praying for uMunthu

WEE isles, BIG change

The hurdles to justice

The Wisdom of the River



SCIAF

Uniting for a just world
Caritas Scotland

We work with people of all faiths and none to provide relief in times of crisis, help people build better futures, and campaign for a world free from poverty. In 2025...



You helped us change the lives of

985,383 people

393,171

helped to grow more food and generate more money



310,278

received an education or skills training



356,690

now have access to clean, safe water, and irrigation systems for their crops



Humanitarian relief was provided across **29** emergency projects



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Photographs

Front page pic
23-year-old Edwin has just landed his first job as a welder and car mechanic in Malawi. He gained the skills through SCIAF's vocational training programme, aimed at lifting up the poorest young people so they can learn a trade and earn a living.

Photo Credits:
James Cave (SCIAF), Caritas Internationalis, Thom Flint via CAFOD, Wattie Cheung, Raw Media via Trocaire, Paul McSherry.



Village banking group, Malawi



"In order to overcome the darkness" Pope Leo writes, "it is necessary to see the light and believe in it." Fortunately, here at SCIAF, acts of compassion and solidarity are our everyday – acts that keep my cup full, keep hope alight and which populate every page in this magazine.

Over the past year, I've seen the SCIAF family running marathons, holding bake sales and hosting film screenings. I've seen our children in the classroom, learning about injustice. And I've seen how people's lives are changed in the poorest parts of the world thanks to their determination, our expert partners, and my hardworking staff here in Scotland.

Of course, we cannot ignore the challenges we all face: political instability, climate collapse, and growing inequality. But know this: you are not alone in wanting to overturn these wrongs. You can trust in SCIAF

to bring people of goodwill together to deliver local solutions to these global challenges. To this end, it is our commitment to the people we serve overseas – and a core pillar of our Catholic faith – to be responsible stewards of your donations. Every penny given is treasured; every pound spent is scrutinised.

We strive hard to keep the quality of our work high and our costs to an absolute minimum. This ensures we prioritise the people we serve: our poorest sisters and brothers. In 2025, we gave a hand up to nearly a million people through immediate support, and by challenging the structures that keep people oppressed.

None of this would be possible without you. And for that – for being the light and believing in the light – I can't thank you enough.

Lorraine Currie.

Chief Executive



For every £1 donated,
90p helps uplift people living the world's poorest places

For every £1 spent on fundraising
SCIAF raises £5 more

Community news



Your incredible WEE BOX support has made a better world possible!

Hundreds of thousands of pounds have been raised this year to provide clean, safe water and other life essentials to people living in the poorest parts of the world. **Thank you!**



Michelle McManus sings for the Pope

We were thrilled to support the Pop Idol star on her journey to Rome this Easter, where she sang SCIAF's Jubilee Hymn to the Holy Father. Listen to her rendition of 'Because' at sciaf.org.uk/because – and consider downloading the sheet music for your parish too!

Lads from St Peter the Apostle High in Clydebank show off their new SCIAF football strip. Teacher Chris Rainey said, "The work SCIAF does is very much aligned with our school's motto of compassion and hope."



Star baker

Thanks to 7-year-old **Arran** for raising over **£200** selling cakes at his front door. "Arran likes to bake, but this was his first bake sale," said mum Claire. "Despite being just seven, he did almost everything himself!"



When staff member Elaine was wee, she handed a giant cheque to SCIAF. Now son Matthew has done the same, thanks to amazing fundraising at St Timothy's primary in Greenfield – across the generations!



Dziękuję!

St. Maksymilian Maria Kolbe Polish Community School in Aviemore sang homeland carols at a joyous concert in Badenoch during Advent, with support from the Dingwall Polish Community Choir. **Their raffle raised a wonderful £140 for our work!**



Tap to donate

SCIAF President Bishop Brian McGee went the extra mile this Lent to highlight water insecurity. "Getting that big sink up the hill was a struggle: it weighed a ton, and it was blowing a hoolie! But it's nothing compared to the daily struggle many face to reach safe water."



New Nativity set

In November, we presented a handcrafted Nativity set to the Scottish Parliament, made by young people we've supported in Malawi. The set was completed with a wooden stable built by pupils from Our Lady and St Patrick's High School in Dumbarton, supported by SCIAF volunteer Michael Rainey!



Infamous Traitor Harry Clark turned Faithful this Lent to support our Big Lent Walk for Water. We're so grateful to Harry for encouraging so many of you stepping out...



Cath's a charity champion!

"I was very nervous but managed not to cry!" – so said Cath McGrath from Kilsyth who received the Benemerenti Medal in December. Awarded by Pope Leo, it acknowledges her 20 years of volunteering, inspiring school children to put their faith into action. Bishop Brian said, "Cath sees her volunteering as a response to God's calling to look out for the most vulnerable."



Talented fundraisers

"Our P7 class didn't just raise money," tells teacher Andrew McFall, "they internalised the Parable of the Talents." Well done to St Peter's Primary in Dumbarton for turning SCIAF's £60 investment into a £500 donation by creating and selling handmade Nativity sets!

Praying for uMunthu



Thanks to your generous support of our Emergency Hunger Appeal this summer, we've been able to deliver critical food packages and long-term solutions to hunger for communities across sub-Saharan Africa. But the need remains high.

We sat down with Fr Semba who is leading our partner response in southern Malawi, to find out what inspires him in his challenging ministry.



Fr Semba with Eliza, Malawi

Hi Father, as a priest and humanitarian, what motivates you?

Hello. Well, Jesus served people holistically, teaching them the Word of God by preaching to them, but also feeding and healing them of their ailments. That is the Mission of the Church, and it is why I became a priest.

How do you feel when you actively serve the poor?

Most of my parishioners live in abject poverty – so any small help lets them know that they are not alone; that God is with them. I feel immense joy when I see the comfort I have brought to people's homes. And gratitude, because despite my own inadequacy, God is using me to bring His goodness to His children in their time of need.

At SCIAF, we're inspired by the African proverb 'I am because we are' – what does this teach?

In my local language, Chichewa, the term for a human being is Munthu – and to live the fullness of humanhood is termed uMunthu which literally means 'to be there for others.' For me, to live the fullness of humanhood entails being there for others and offering them assistance. So, every act of help we provide for one another is precisely what makes us more human. That, in essence, is the wisdom behind the proverb 'I am because we are.'

“SCIAF's supporters are making the world a better place.”

Fr Semba

Praying for and giving to the poor – how do they complement each other?

As Mother Theresa said, 'charity is prayer in action'. When SCIAF supporters generously give to the poor, they are offering prayer. As 1 John 3:18 clearly stipulates, 'Dear children, let us love not in word or speech but in deed and truth.'

What are your hopes for the future, both for Malawi and the world?

Is it my hope and prayer that we grow in uMunthu, that we learn to be there for one another, especially the poorest and most vulnerable. I hope and pray that we recognise our shared humanity across every border and difference. If we can look beyond what divides us, and see in each other a brother or sister deserving of dignity, then we will already have begun to bring God's Kingdom closer to earth.

Thank you, Fr Semba, for all that you do to support our work.



You can give to our Emergency Hunger Appeal online via sciaf.org.uk/hungercrisis

We're grateful to the Scottish Government's Humanitarian Emergency Fund for supporting some of this emergency work, led by Fr Semba in Malawi. Beginning in February, this included funding the distribution of food packages and cash transfers to some of the most vulnerable families.



Scottish Government
Riaghaltas na h-Alba
gov.scot

Our emergency response

Sadly, the need for humanitarian assistance continues to grow. But thanks to your generosity, in 2025 we were able to deliver emergency aid to 267,206 people in crisis.

When disasters strike, like the recent earthquakes in Venezuela, our partnership with Caritas Internationalis means we can respond anywhere in the world with food, clean water, shelter and protection for those who need it most. Read on to find out more about this work:

+ GAZA

“The tent isn’t suitable for him.” Mahmoud speaks from a displacement camp in northern Gaza, where he cares for his six-year-old son, Obaida, who was born with hydrocephalus and spina bifida and lives with partial paralysis.



Before the war, doctors believed Obaida’s condition could improve with physiotherapy, specialist care, and proper nutrition. But years of conflict, siege, and displacement have deprived him of the support he needs. During periods of severe food shortages, Obaida became dangerously malnourished, while his sister Yasmin was later diagnosed with leukaemia.

Today, Obaida lives in a tent that offers little protection from the elements. In winter, the cold causes his muscles and joints to stiffen; in summer, long hours sitting can lead to painful skin sores. He remains separated from his mother, who left Gaza with his siblings to access urgent medical treatment.

Fortunately, Caritas has provided nutritional support, medicines, and medical assistance. But Obaida’s needs remain significant. “We just hope someone can help,” says Mahmoud. “He needs treatment, rehabilitation, and the chance to be reunited with his mother.”

+ COLOMBIA

Blazing fires near Quibdó left more than 40 families with nothing, their wooden houses devastated and possessions destroyed.

Urgent help was needed including temporary shelter, blankets, food, hygiene kits, and materials to begin rebuilding. SCIAF funds were released quickly so our local Caritas partners could provide relief and start the long process of recovery.

+ SUDAN

Sudan has been at war since April 2023 – a forgotten conflict with some 33.7 million people in urgent need of humanitarian assistance.

With suffering exacerbated by aid cuts and restricted humanitarian access, Caritas Sudan have nevertheless remained operational, providing clean water and sanitation, and delivering projects on health and nutrition, counselling and peace building.

+ MYANMAR

“We lived on the second floor of an apartment block, but when the earthquake happened, the ground floor of the building collapsed.”

Daw* was looking after her baby when a 7.7 magnitude earthquake struck central Myanmar in March 2025. More than 3,400 people were killed alongside widespread destruction of houses, hospitals, schools and transportation links.

“It wasn’t safe” Daw continued, “so I moved to a temporary shelter provided by Caritas. People came and distributed food and medicines to us; they also provided drinking water.”

More than a year later, Caritas Internationalis is continuing to work in Myanmar, supporting mothers like Daw, rebuilding lives devastated by this natural disaster.

*Name changed for security

Caritas Internationalis is the Catholic Church’s global humanitarian and development network, working in more than 200 countries and territories worldwide. As the Scottish member of this global family, SCIAF works alongside trusted local partners to co-ordinate fundraising, share expertise, and deliver life-saving support quickly and efficiently.



WEE ISLES, BIG CHANGE



With camera in hand, I have the remarkable privilege of witnessing SCIAF's impact around the world, both here at home and overseas. And my recent trip to the Outer Hebrides is a case in point!

With Fr Canon Hutson, SCIAF Board Member and Parish Priest of St Mary's Benbecula, we met scores of SCIAF supporters from across the isles, dodging the rain as we documented their incredible fundraising efforts. Here's a snapshot of what went on in March:



A night of music

A 60-minute hymn-a-thon, highland dancing, a ceilidh, and performances from young people across Benbecula made for a memorable evening of fundraising and festivities.

The community raised more than £1,000 for the WEE BOX, showcasing how a fun evening with locals can make a global difference!



(Swimming) Hats off

The North Atlantic is chilly at the best of times – so it's hats off to Mercy, Marie, Sarah Jane and Chris who braved the icy waters every week in Lent for a sponsored plunge. With the Big Lent Walkers, **they raised more than £6,000 for the WEE BOX!**

Walking for water

Across the 40 days of Lent, an ambitious target of 120km meant parishioners from St Mary's Benbecula were walking in all weathers for SCIAF's Big Lent Walk for Water. Seonag MacRury said:

"Our first walk was at 4pm on Ash Wednesday. It was a very wet day. I remember Mass at 7pm in my wet clothes, freezing and shivering. But if that was meant to put me off, I'm afraid it didn't... My walk usually lasts about 60 minutes, but for people collecting water it is a daily struggle. It helped me understand why supporting charities and helping others is so important."



Barra Bairns

A phenomenal family challenge was cooked up by Scott, Lewis, Robbie, Ross and Rowan as they cycled, ran and swam around Barra. **The teenagers brought in a whopping £4,823** thanks to their adventurous spirit! 14-year-old Rowan said: "I'm raising money for SCIAF to help people in Ethiopia who don't have access to water like we do, and who are less fortunate than us."

Water is life

There's an emergency on Benbecula, the Priest has run out of water!

That was the premise for a short video advert filmed during the visit, featuring trail runners, amazing local musicians, wannabe film stars and a tray full of whisky.

Watch now...



Rowan, Barra

Egg-cellent news!

It's breakfast time in Ethiopia and Kahsa's young daughter is hungry. Fortunately, Kahsa has hundreds of freshly laid eggs at her fingertips – so out comes a pan, on goes the stove, and so begins the scrambling!

"Hi, my name is Kahsa. I am 45 years old and the mother of eight children. And, today, I'm in a very good place.

"During the war, however, lots of our cattle were stolen. Some of my cows died because there was no access to treatment. I was left with nothing. Thankfully, we were identified by ADCS as a vulnerable family in need of support.

"Initially, I received food and water, alongside psychosocial therapy, which has helped my mental health fully recover."

ADCS: The Adigrat Diocesan Catholic Secretariat is SCIAF's local partner in Tigray and Afar, regions in northern Ethiopia affected by conflict, drought and poverty.

This emergency relief was followed up with longer-term support to help Kahsa rebuild her life. She received 20 chickens, tools and feed, and was encouraged to learn new skills to build a successful farm business.

"We were given various trainings: business training on customer relations, accounting, and many other topics. This has been incredibly useful. ADCS then helped me connect to local markets so I can sell my chickens and eggs.

"I started with 20 chickens – this has increased to 130 today! I now have sheep as well. I'm selling what I produce, saving money, and keeping track of everything carefully.

"The staff from ADCS helped me feel courageous and capable. Without that support, I would have been completely lost. My mindset has returned to how it was before the conflict. ADCS has uplifted me.

"With the income I earn, I can feed my family and send my children to school. My daughter Bethel, who is 7 years old, now has opportunities I didn't dream of before."

"Sending my kids to school has brought me peace of mind and made a huge difference in our lives. Today, they all eat and drink regularly and are studying well.

"I want to continue expanding the poultry business. To other women, I would say: start small and grow gradually. With the right support and persistence, you can rebuild your life just like I did."

"The help I received changed my life."

Kahsa, Ethiopia



Buy the Real Gifts of Chickens now!

Just £15 can provide hope for a family like Kahsa's, and you'll receive a cracking gift card too!



Kahsa, Ethiopia

TOP SECRET
FOR EYES OF THE SCIAF FAMILY ONLY

SCIAF mission: DEBRIEF.

● MISSION CONTROLLER

Bishop Toal

Motherwell Diocese

● LEAD FIELD OPERATIVE

Marie Seenan

Former educator. Trusted SCIAF Schools Volunteer. Parish Contact, St Vincent de Paul Parish, East Kilbride.

● SUPPORT OPERATIVES

- **Fr Michael Kane** St Augustine's Coatbridge
- **Adrian Harkin** Wellspring Coordinator, Motherwell Diocese
- **Michael Hamilton** SCIAF Community Engagement Officer

● MISSION OBJECTIVES

Primary:

Empower Marie to lead a small team of Parish Contacts in the diocese to spread the word of SCIAF. Timeline set: SCIAF's WEE BOX Appeal 2026.

Secondary:

Ensure Marie can maintain active communications with the new Parish Contacts, strengthening engagement, and testing whether this strategy can be replicated in dioceses across the country.

● MISSION RATIONALE

SCIAF Parish Contacts are frontline agents within their communities – connecting local parishes to global injustices through SCIAF, providing opportunities to give, reflect and act in support of the world's poorest people.

● FIELD OPERATIONS

Across multiple parishes, Marie's new Parish Contacts initiated the following:

- Coordinated WEE BOX distribution
- Prayer gatherings and Stations of the Cross reflections
- WEE BOX talks and parish workshops
- Documentary screenings and coffee mornings
- Deployment of teams to participate in the Big Lent Walk for Water

A notable joint operation saw St Vincent de Paul's and Our Lady of Lourdes parishes in East Kilbride come together for the Big Lent Walk for Water – strengthening morale, visibility, and community fundraising.



Marie
Seenan



Bishop Toal

● MISSION RESULTS

Status:

HIGHLY SUCCESSFUL

The operation delivered a remarkable 57% uplift in engagement with a corresponding increase in donations to SCIAF's WEE BOX Appeal.

Fr Michael Kane reports:

"This pilot initiative has shown real promise, deepening the connection between prayer and concrete action at parish level."

Adrian Harkin confirms:

"If replicated across Scotland, the impact could be transformational."

● FINAL ASSESSMENT

Marie Seenan issued the following recommendation:

"Every parish should have a named SCIAF contact – someone able to coordinate action, inspire participation, and keep the mission alive locally. Imagine the global impact if every diocese adopted the SCIAF Mission..."

Recommendation to SCIAF:

**AUTHORISE
NATIONAL ROLLOUT**



Benbecula Parish Fundraiser

BECOME A PARISH CONTACT!

We want to inspire everyone in Scotland to join our mission – to feed the hungry, empower communities, and break the structures that keep people poor.

Parish Contacts are critical in achieving this, forming a key link between SCIAF and their Catholic community. So, if you...

- ☒ believe a better world is possible
- ☒ can inspire your parish to give, pray and act in support of people living in the world's poorest places
- ☒ can help bring SCIAF's work to life by organising talks, fundraising events, moments of prayer and more...

...then we want to hear from you!

Make a difference with the official relief and development agency of the Catholic Church in Scotland and contact getinvolved@sciaf.org.uk today!

Never alone!

Community Engagement Officers Michael and Maria are on hand for all our volunteers. From a quick cuppa to fundraising expertise, they've got your back, so you'll never walk alone!

Remove the hurdles to justice. Cancel Debt.

As competitors from around the world arrived in Glasgow for the Commonwealth Games in July, we wanted to shine a light on one of the world's greatest hurdles to flourishing communities: unjust debt.



SCIAF Debt stunt, Clydebank

Watch the race now



This summer, with favours called in from across the SCIAF family, we set up a hurdles race of our own – but with a twist.

For those representing rich countries like Scotland and England, the hurdles were on the floor. No problem to overcome.

But for countries like Malawi crippled by global debts – crikey, they were high!

The hurdles represented unjust debt. And it's not hard to imagine what happened: higher hurdles for many of SCIAF's partner countries made it impossible to run a fair race.

Unjust debt leaves people behind. It's why we need debt justice now.

What is unjust debt?

All countries borrow money to invest or recover. But many countries in the Global South often need to borrow due to problems they haven't caused – and often at much higher rates than others. This is the injustice.

Take climate change. It's hitting the poorest first and worst, but it's being driven by the richest countries. It causes floods, droughts and extreme weather which devastate communities and require vast sums to rebuild.

Then in come the sharks: private international lenders. They provide loans

to climate-affected countries like Malawi and Zambia but charge devastatingly high repayment rates. It leaves the poorest countries drowning in debt.

So as communities try to rebuild and recover from a flood, for example, their governments end up spending millions on debt repayments and interest, instead of supporting their people.

The money spent on unjust debt repayments should be building hospitals, schools and infrastructure, helping low-income countries escape the challenges that hold them back.

Take action now

Visit sciaf.org.uk/debt to urge the UK government to help bring about debt justice.

ScotGov support In October,

First Minister John Swinney backed our 'Cancel Debt, Choose Hope' campaign, saying: "I raise my own voice, my government's voice, and Scotland's voice in support of finding a fair, long-term solution to the global debt crisis."



32 African countries spend more on debt than healthcare.

The UK government has the power to help with debt justice.

90% of all debt contracts are overseen by English law – and private companies use the threat of legal action in the UK to get what they want.

Did you know?

Many countries SCIAF works in pay more in debt repayments than they receive in international aid.



Faith in a Better World

For husband and wife Frank and Christine, faith is about more than belief. It's about action, solidarity and hope. That's why the Maryhill couple have chosen to leave a gift in their Will to SCIAF – helping their faith in a better world live on for generations to come.

"I grew up in a Catholic household, went to a Catholic school and have always gone to Mass," says Christine. "SCIAF, the WEE BOX and our sisters and brothers overseas have always been part of my life.

"Being part of the Immaculate Conception parish in Maryhill has helped me grow in my understanding of what it means to be a Catholic in today's divided world. For me, it means not just believing, but acting – reaching out to those most in need."

A retired social worker, Christine has always believed in listening to people and treating them with dignity.

"That's what I like about SCIAF. They collaborate with local partners, empower people, and help those in need build better futures through skills, tools and knowledge. This work helps build God's Kingdom here on earth."

For Frank, Catholic Social Teaching and scripture have shaped his outlook.

"SCIAF is faith in action. It's a practical way of living out the Church's preferential option for the poor by standing with people who are most in need."

Having seen development work in Latin America first-hand, Frank understands the difference organisations like SCIAF can make.

"It opened my eyes to what a well-run organisation can do for people in some of the world's poorest places."

Having supported SCIAF throughout their lives, the couple decided to include a gift to the charity in their Will.

"We've told our family we're leaving some for them – but some for our family overseas too. I strongly believe these people are our sisters and brothers. So we have to think about them as well.

"Just because you're leaving a legacy doesn't mean you're rich," Christine adds. "We have a nice life, but we won't be leaving huge amounts of money.

"It's not the portion, it's the proportion," Frank smiles. "I think about the widow's mite. We give what we can."

For both of them, a legacy gift is an expression of hope.

"I want to invest in the future," says Christine. "The world we're leaving behind is full of challenges and inequality. But I also know that this gift will make a real difference to someone's life."

"If I'm honest, I imagine a granny somewhere smiling, holding a chicken. That's what I'd like this gift to do!"

Christine, Scotland



To find out more about gifts in Wills contact Lucy at legacy@sciaf.org.uk 0141 354 5555



SCIAF is a Will Aid charity. Make an appointment with a trusted solicitor near you through this special Will writing scheme at willaid.org.uk



Did you know? Legacy gifts fund a quarter of our work fighting injustice and poverty around the world

All the information your solicitor needs: our Charity No: SC012302 and our registered address SCIAF, 196 Clyde Street, Glasgow, G1 4JY

The Wisdom of the River

Hi, I'm Elaine and I work as the Development Education Officer at SCIAF. I've worked here for over 12 years and it's a privilege, every day, to serve others and live out my faith through my work.

Over the years, I've supported schools and parishes to think more deeply about sustainable development and global justice as part of our faith witness.

A new book

The Wisdom of the River grew from my love of storytelling. It introduces children to SCIAF's approach to international development and human flourishing.

In a nutshell, the lesson for the children – and adults – reading is that everything is interconnected; that development is most sustainable when people's needs are met in a holistic way.



Choose your own adventure

I wrote the narrative using a 'choose your own adventure' style, where readers make choices as they journey through the story.

Guided by the River they discover a town that has fallen silent – and so are invited to help the town 'sing again'. Through the story we discover that when we listen to one another and act together, the whole community flourishes.

What I love most about the narrative is that there isn't just one ending. Children can go back, make different choices, and discover how their actions affect other people and the wider community.

Free learning for schools

The Drummond Trust funded the initial production of the book after recognising its value as a work of faith and insight. Their amazing support meant we could send a complimentary copy to every Catholic primary school in Scotland. We were also delighted to receive funding from The Gaelic Books Council to create a Scottish Gaelic edition!

"It's a lot of fun reading it, because you can choose your own journey! I recommend it to all of my primary school."

– Calum, aged 9

Video read-along

Thanks to our friends at Sgoil an Lochdair in South Uist, The Wisdom of the River is now available as a Gaelic read-along on YouTube.



Award-winning

I can't quite believe I'm writing this – but I'm proud to say that The Wisdom of the River has recently been recognised by the Christlit Book Awards, an international programme celebrating Christian literature! The award recognises excellence in storytelling that embodies the spirit of the Gospel.

Writing The Wisdom of the River has been one of the most rewarding projects I've contributed to at SCIAF. I'd love to see pictures of you reading the book – please tag SCIAF on social media!

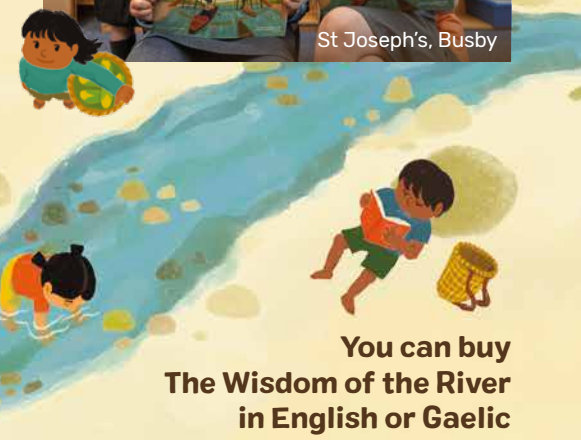
"What a fabulous resource for schools. Well done to all involved in its creation."

– Melissa Gavan, RE Advisor for Primary Schools



St Joseph's, Busby

You can buy The Wisdom of the River in English or Gaelic at sciaf.org.uk/wisdom



A reflection for our times



Sister Placida was born and raised in Greenock and has been a member of the Franciscan Sisters of the Immaculate Conception since 1978. She's now also a member of SCIAF's Integral Human Development committee.

For 30 years, Sister Placida worked in Kenya, supporting the poorest and most vulnerable to overcome the challenges they faced. A trained teacher too, she's passionate about helping young people discover their God-given talents.

Sometimes when we reflect on the state of our planet, we could be forgiven for feeling quite hopeless. The mainstream media would have us all believe that humanity is basically evil; that there is no place for God in our world.

What we do not hear enough about are the countless stories of good – caring and committed people who work tirelessly so that those who are suffering are able to overcome the challenges they face.

Everywhere I have been, I have met such people: some were priests and religious; some professionals; others, members of development agencies. But most of the heroes I've encountered are ordinary citizens who are inspired by God to love their neighbour in so many practical ways.

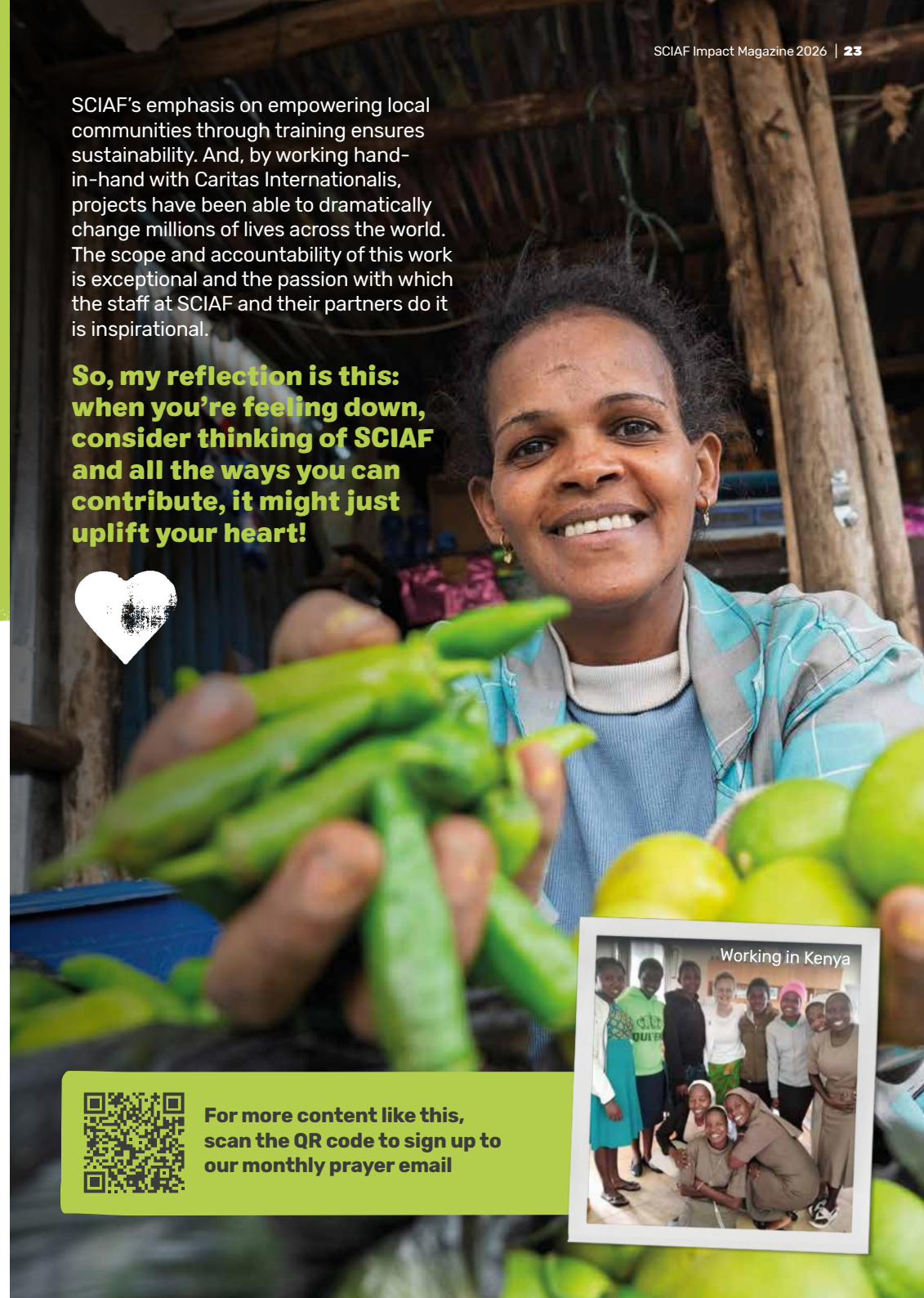
While in Kenya, I worked with an amazing group of local volunteers at the 'Live With Hope Centre'. It was founded to address the problem of HIV/AIDS, and I witnessed first-hand how much can be achieved when people unite to attempt to solve a problem.

Their goal? To alleviate suffering and eradicate the stigma for all those people living with HIV/AIDS in their community. Their motivation? Love of God and love of their neighbour. Those early volunteers worked for nothing for five years!

Though I've lived abroad for many years, I always knew of SCIAF – so since returning to Scotland, it's been an honour to share my experiences through their Integral Human Development committee. There is so much fantastic work going on in collaboration with partners all over the world.

SCIAF's emphasis on empowering local communities through training ensures sustainability. And, by working hand-in-hand with Caritas Internationalis, projects have been able to dramatically change millions of lives across the world. The scope and accountability of this work is exceptional and the passion with which the staff at SCIAF and their partners do it is inspirational.

So, my reflection is this: when you're feeling down, consider thinking of SCIAF and all the ways you can contribute, it might just uplift your heart!



For more content like this, scan the QR code to sign up to our monthly prayer email



Young Caritas

Scotland

*"An authentic faith always
involves a deep desire to
change the world"*
Pope Francis



Fed up with the state of the world?

Your faith. Your world. Your move.

SCIAF is launching Young Caritas Scotland:

a new movement for young adults who want to put their faith into action,
meet likeminded people from the global church, and help build a better world.



**Join our movement today
and help shape the world
tomorrow.**

sciaf.org.uk/youngcaritas

