



HOPE 4 WOMEN INTERNATIONAL



Hope 4 Women International is a 501 (c) 3 Organization

Whoever is kind to the **poor** lends to the Lord, and he will reward them for what they have done. Proverbs 19:17

September 2023!

- 1) Unsung Hero
- 2) Women Sponsorship
- 3) Happenings at Headquarters
- 4) Mari Sews
- 5) Recipe
- 6) Convention 2024



Hope 4 Women International Dress a Girl Around the World!

Unsung Hero Award Robert Cinader

My husband, Robert has been traveling to Uganda since 2006 with Hope 4 Kids International! In 2008 the victory gardens which started as war gardens during WWI became popular again. Robert's dream was to start victory gardens in Uganda in order to help families feed themselves. He gathered a team of Ugandans and they planted vegetables, herbs, watermelon and many other seeds and plants. Women were trained to grow vegetable gardens. Community gardens were formed. Robert's Victory Gardens were spread throughout Uganda and to the Pygmies in the Congo!

Seventeen years later the gardens are still spreading and feeding families throughout Uganda. Our sponsored women can attend classes and learn gardening methods through an agronomist who is paid by Robert each month.

Robert just turned 87 and continues to support and pray for the work in Uganda. We're blessed to have his passion in this organization and think he is deserving of our Unsung Hero Award. May God continue to bless Robert with innovative ideas, his love for people, and love for God.



WOMEN SPONSORSHIP!

Catherine was forced to drop out of school in 6th grade as her parents couldn't afford school fees. She married a peasant farmer and has five children. She has suffered with ulcers for the past 4 years and has no business because she lacks start up fees. Her prayer is that when God provides a sponsor she will open a retail shop which will allow her to purchase basic necessities and goats for her family.



Khuranda Catherine

Religion that God our Father accepts as pure and faultless is this: to look after widows and orphans in their distress and to keep oneself from being polluted by the world. James 1:27

For \$36 a month for one year you can sponsor Catherine or another woman in need.

Please contact Lisa@h4wi.org to sign up! today!

Sponsor a Woman!



Sponsored Woman's Name (if known) _____
Ministry Name (if known) _____

Rescue a woman from the grips of poverty and change her destiny!

Your tax-deductible one year commitment of \$36 a month will enroll a woman in our woman in business program in Uganda or the Philippines. At the end of one year she will graduate with a business of her own!

Contact Information:

Full Name: _____ Date: _____
Address: _____
City: _____ State: _____ Zip _____
Phone: _____ Email: _____

Payment Information:

Please select your payment option below:

- ★ Annual payment of \$432 by credit card, debit card or check
- ★ Automatic debit or credit card monthly payment of \$36

Debit or Credit Card Number: _____ CVV# _____
Expiration Date: _____ Amount \$ _____
Name of card holder: _____
Signature of card holder: _____

Thank you for bringing the promise of God's hope to the life of a woman!

Hope 4 Women International: PO Box 14, Forest City, IA 50436
website: www.h4wi.org Contact: Lisa@h4wi.org
Rachel@h4wi.org

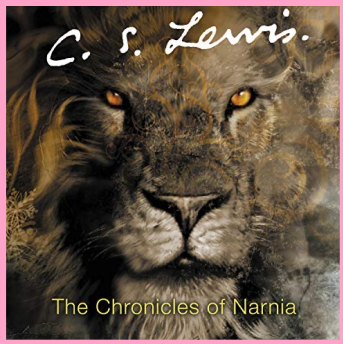
HAPPENINGS AT HEADQUARTERS!



September 1, 2023! Mari Sews Again!! Video blogger Mari Sews is hosting her annual month long charity sew event for Dress a Girl Around the World! Tune in to her YouTube channel to follow/sew along!

<https://www.youtube.com/watch?v=TKyNKQkp-no>

We're very excited as YouTubers around the world participate in this endeavor! September 1-30th!!



On Friday, September 22! Our Fall Kick off for our outdoor family movies! We will be watching the first series of the Chronicles of Narnia by C.S. Lewis. The Lion, The Witch and the Wardrobe!

Free hot dogs and chips start at 7PM. Free movie and popcorn starts as soon as it's dark! We do charge \$2 for movie candy such as dots, milk duds, etc. Bring your own chair and blanket!



On Saturday, September 23rd! Family BBQ Party! Lunch and games start at noon! Yard games! Great door prizes!! To be held at Forest City United Methodist Church!



On Saturday, October 14th! Enjoy Fall with our Fall Family Fun Day!

Free food! Inflatables! Games! Raffles! Baked Goods! **10AM-2PM!** Event is free but bring money to spend in the gift shop, on baked goods and raffle tickets!



Jordan is working on our new Dress a Girl website! It's not an easy task so bare with her as she transforms it and "makes it pretty". We have the same domain.

www.dressagirlaroundtheworld.com We're anticipating that it will be a fun, easy to navigate site.

Purchases no longer have to go strictly through PayPal . We accept all credit cards. Once we are up to full speed she will add items from our gift shop!

PROJECT DRESS A GIRL 2023!



What is Project Dress A Girl?

It is a sewing charity event created by Mari Sews that is designed for sewists to use their skills to give back. This event runs the entire month of September. The goal is to dress as many girls as possible that are living in extreme poverty around the world. Last year 2,363 dresses were donated. That's 2,363 girls! Some of whom have never owned a new garment of their own. We're giving them dignity and showing them that they matter.

The word is being spread by many amazing YouTubers who will share their dresses, tips and tricks. Just search YouTube for #ProjectDressAGirl2023 for all the amazing videos. This year Thoughtful Creativity designed a free pattern for this event.

How can I get involved?

Make a dress that fits the requirements, take pictures and post them to Instagram using #ProjectDressAGirl2023 and tag @marisewsforcurves. If you aren't on Instagram, send an email with your final count to contactmarisews@gmail.com. Dresses can be sent to ambassadors the first week of October (until October 7), so you can sew all month long.

Learn More! <https://inspiredleatherco.com/blogs/news/project-dress-a-girl-2023>

Here are a few dresses being made already!!! Be inspired!



Simplicity 9126



McCalls L9512



Simplicity 1379 A



Simplicity 2377

PUMPKIN CHILI RECIPE!



Ingredients

- 1 tbsp. olive oil
- 1 lb. ground spicy Italian sausage
- 1 onion, chopped
- 1 red bell pepper, chopped
- 3 garlic cloves, chopped
- 1 1/2 tbsp. chili powder
- 2 tsp. ground cumin
- 1 tsp. kosher salt, plus more to taste
- 3/4 tsp. ground black pepper, plus more to taste
- 1/2 tsp. ground cinnamon
- 2 15-oz. cans fire-roasted tomatoes, not drained
- 1 15-oz. can kidney beans, drained and rinsed
- 1 15-oz. can black beans, drained and rinsed
- 1 15-oz. can pumpkin puree
- 2 1/2 c. chicken broth
- Roasted pumpkin seeds, sour cream, shredded sharp cheddar cheese and avocado, for garnish, if desired

Directions:

- In a large Dutch oven, heat the oil over medium heat. Add the sausage and cook, stirring to break into pieces, until browned and cooked through, 8 to 10 minutes. Using a slotted spoon, transfer the sausage to a paper towel lined plate to drain.

Add the onion and bell pepper to the Dutch oven. Cook over medium heat, stirring, until softened, 10 to 12 minutes. Stir in the garlic, cumin, chili powder, 1 teaspoons salt, 3/4 teaspoon pepper, and cinnamon. Cook, stirring, for 30 seconds.

Stir in the tomatoes, kidney beans, black beans, pumpkin puree, chicken broth, and sausage. Bring to boil over medium-high. Reduce heat to medium-low, cover and cook, stirring occasionally, until the flavors meld, about 20 minutes.

Season the chili with salt and pepper. Serve, garnishing with pumpkin seeds, sour cream, cheese, and avocado, if desired.

2024 CONVENTION!!

Convention 2024 to be Held in Forest City, Iowa!

October 3-6th, 2024!

Flourish With a Purpose!

Celebrating 15 years of Dress a Girl!

We're gearing up for next year's convention! Don't forget there is a contest for the person who designs the best convention t-shirt! Send your design ideas to jordan@h4wi.org!

Here are a couple of submissions so far! Flourish with a Purpose!

Celebrating 15 years! You get the idea! I'm looking forward to seeing more design ideas!

“But I have raised you up for this very purpose, that I might show you My power and that My Name might be proclaimed in all the earth!” Exodus 9:16 NIV



Learn



more

Please like us on Facebook!

Official Page for Dress a Girl Around the World

And

Hope 4 Women International

Thank you for your continued support!

If you'd like to make a financial gift, allowing us to continue reaching our world, we'd appreciate it so very much!

Please mail a check to:

Hope 4 Women International

PO Box 14

Forest City, IA 50436

OR <https://www.dressagirlaroundtheworld.com/donate>

Or Donate through Venmo @H4WIDAG