

Mama Makeka House of Hope

4921 E. Townsend, Fresno, CA. 93727

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Beauty From Ashes

Walungu Trauma Healing and Empowerment Project

“My hope is that whatever you do to make a good life for yourself — whether you become a teacher, or social worker, or business person, or lawyer, or poet, or scientist— you will devote part of your life to making this a better world for your children, for all children. My hope is that your generation will demand an end to war, that your generation will do something that has not yet been done in history and wipe out the national boundaries that separate us from other human beings on this earth.”

Howard Zinn

Mama Makeka House of HOPE

Mama Makeka House of Hope (MMH Hope) is a charitable Non-Governmental Organization established under section 501 (c) (3) of the Internal Revenue Code in memory of Mama Makeka Rebecca and was incorporated in California, Article of Incorporation #2533321 of June 18, 2003.

The mission of MMH Hope is to promote, advocate, and support Health, Education, and Community Organizing/Empowerment Initiatives among the underserved populations of Africa, the Caribbean and Central Valley of California, USA.

*Contributions are tax deductible. Make contribution to:
Mama Makeka House of Hope: “Beauty From Ashes Project”
In the USA*

4921 E. Townsend, Fresno, CA. 93727

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in Canada:

568 Campbell Street, Winnipeg, Manitoba R3N 1C1, Canada



...to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair.

Isaiah 61:3

History of Insecurity in Eastern Congo

The Democratic Republic of Congo has experienced a long history of exploitation and violence from ruthless colonial rule to more recent conflicts involving up to nine countries. Millions of Congolese civilians have suffered as a result of the brutal military operations to secure Congo's mineral-rich lands. Foreign forces have promoted interethnic conflicts and mass killings as a means to control mining zones. Rape has been used as a weapon of punishment and terror. Pillage, often accompanied by torture and murder, has also been used as a strategy of war with looting, robbing, and destruction of villages and their food sources.

Since I was raped, I've had water permanently running down between my legs. I have to wear a piece of cloth that I must wash five to seven times a day...and I go home to wash myself and to shut myself up in my hut, to hide my shame.



(Rape survivor, as reported by Réseau des Femmes pour un Développement Associatif)

It is now estimated that over 4 million people have died, many from preventable diseases and starvation as a result of the conflicts. Hundreds of thousands of girls and women have been victims of extreme sexual violence, compounded by familial and community rejection due to their experience. As a consequence many women, who are still the primary care-takers of their families, have lost their source of livelihood.

*My body has become sad.
I have no happiness.*

(Rape survivor in Eastern Congo,
as reported by Human Right Watch)

As a result of rape and mutilation thousands of women have sustained *fistula*, a vaginal injury that results in a chronic inability to control the flow of urine and feces, and significantly decreases their chances of having children.



The Walungu Hospital is the first point of contact for the majority of women who have experienced sexual violence in South Kivu. Currently the doctors working at this hospital do not have the necessary skills to perform OB/GYN surgeries, such as fistula repair. Most women do not have access to transportation or funds to seek help elsewhere; even if they did, many express their desire to receive assistance closer to their own communities.

We could write a whole library about the use of rape here. It is just too awful. We now have to live with the legacy of all this and I don't know how we will cope.

Representative of Women NGO, as reported by Human Right Watch



Our Dream

We are committed to collaborating with the Walungu Health Zone to provide physical and emotional healing, and empowerment opportunities for women who have experienced sexual violence. Specifically, we will offer:

- Peer counseling training in trauma healing
- Management training and seed funding for micro-credit program
- Sewing machines, supplies, and training for income-generation program
- Supplies and training for doctors in OB/GYN surgeries at Walungu Hospital

What will your gift accomplish?

- | | |
|--|---------|
| 1. Training for one peer counselor | \$25 |
| 2. Seed money for small business loan | \$100 |
| 3. Sewing machine | \$150 |
| 4. Micro-credit consultant training for one week | \$1,000 |
| 5. Volunteer medical consultant for OB/GYN surgical training | \$5,000 |