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Location: Tanzania



What I do: Helping to empower the most disadvantaged women and children in Mara through the Rehema Project



Empowering people pushed to the edges of life to release their God-given potential

Dear friends,

I am pleased to report that my home assignment in the UK at the end of 2025 was both encouraging and productive.

I returned to Tanzania on 14 January 2026. My departure at the end of October 2025 had been marked by hasty and disjointed goodbyes, as the post-election unrest made it impossible to bid farewell to the Rehema women properly.

To my surprise and delight, they transformed that missed farewell into a joyful “welcome home” celebration at my house – organised within less than 24 hours of my arrival in Musoma. Though I wasn’t sure I was ready for such exuberance after long flights and road travel, the day turned out to be a wonderful, spirited gathering. The laughter, songs and shared meal reminded me of the strength of community and the joy of reunion.



Welcome home party January 2026

The very next morning, however, reality came rushing back. Work resumed at full speed, and life has been non-stop ever since. Yet the memory of that heartfelt welcome continues to carry me through the busyness, a reminder of the bonds that make this place home.

Praise/prayer point: Please pray that the Lord will continue to strengthen the Rehema women in unity, joy and resilience.

We were blessed to have a team of five gap year students from the UK support Rehema Café four times a week for almost three months from January to April. The team from Christian charity Go Make a Difference in Tanzania were lovely and really bonded well with the Rehema ladies. They had a lot of fun together and the team were invited to share a fabulous meal at our cook’s home on Easter Sunday, which they thoroughly enjoyed. We were sad to see them leave on Easter Monday.

Praise/prayer point: Give thanks for the gap year team’s time in Musoma and pray for them as they move on to their next undertakings in life.

On Easter Sunday I worshipped at the Anglican Cathedral in Musoma, which is located right next door to Rehema Café. The service was not only a celebration of the resurrection of Jesus Christ but also marked a significant milestone in the life of my friend and colleague, Rev Martha Obura as she was installed as canon by Bishop George. Martha’s journey is a powerful testimony of resilience, faith and God’s grace.

Martha is a remarkable woman. At the age of four, she was hospitalised with polio, an affliction that left lasting consequences. Her education was disrupted and she was advised against marriage, being told she would be

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To the edges**



a burden. Yet Martha's faith never wavered. She married, raised three children, fostered one, and pursued theological studies, eventually becoming ordained.

Today she serves as the secretary of the Mothers' Union in Mara, playing a vital role in supporting and empowering women within the community. Her leadership and dedication exemplify faith in action, fostering unity and resilience among members. Through her work, she continues to inspire positive change and strengthen the bonds of fellowship in Mara. Her work and mission are very much aligned with what we try to achieve with the Rehema Project.

Martha attributes her achievements to the truth found in John 9:3: *"that the works of God might be displayed in her life."* This conviction has guided her through challenges, enabling her to trust in God's provision and strength.

Her installation as canon on Easter Sunday is not only a personal triumph but also a symbol of hope and renewal for the wider community. Martha's life is a witness to God's grace, inspiring others to see his works revealed in every circumstance.

Praise/prayer point: We praise God for Martha's installation as canon. Pray that her ministry continues to inspire resilience, unity and faith within Mothers' Union and the wider community.

Another pastor friend of mine, Pastor Nahum, who lives in the village of Nyambeshi, asked me to visit him and his elderly mother Margreth at their small, rented home last weekend so that we could pray for her health. She is very unwell, is unable to do much more than just lie on a mattress on the ground all day and all night. I was very happy to pray for her but also recognised that she might need some medical intervention or at least a diagnosis, so suggested that Nahum take her to the hospital for an assessment and we would support the visit through our Assistance Programme. The diagnosis is that she has permanent liver damage. The prognosis is not good, but they advised on nutrition and gave her various vitamins and other treatment for the liver to recover at least a bit.

Praise/prayer point: Pray that the Lord would ease Margreth's pain, bring comfort to her body and strengthen her spirit. Lift Nahum, that he may have wisdom, patience and strength to care for her lovingly.

In my last link letter I wrote about Mariam, a young girl who has sickle cell anaemia. Mariam has unfortunately been poorly for much of this year, but thanks to the generosity of supporters we are able to support her medical expenses through our Assistance Programme. Praise the Lord, she was well enough to visit us the week before Easter.

Praise/prayer point: Thanks be to God for aligning us with this family enabling them to get this much needed treatment for Mariam. Pray for her as she fights this terrible disease.

My work and residence permits expire on 23 May 2026, and I have started the process of applying for a two-year renewal. The application process has been beset with technical difficulties, including the Labour and Immigration Department's online portals being down for almost a month, but please do pray that these permits are approved without any further problems.

Mungu akuwabariki. May God bless you all.

Heather



Photos from top to bottom:
Easter lunch with Modesta and the Go Make a Difference team; Canon Martha Obura; praying with Margreth and Pastor Nahum; spending time with Mariam



Empowering people pushed to the edges of life

I hope that you're inspired as you read about Josephat in Tanzania who has changed his future through a CMS-linked project. And, see how mission partner Ann-Marie has changed global policy impacting women at risk of female genital mutilation. Read their stories and others, at churchmissionsociety.org/empower

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