

Merry Christmas

We would like to take this opportunity to wish you and yours a very merry Christmas. We hope this holiday season brings you love, happiness and joy and finds you surrounded by family and friends. Have a wonderful and safe holiday season from all of us at Chikondi.



Christmas in Malawi

Christmas in Malawi is celebrated differently than how many of us celebrate in Canada. Malawi is a deeply Christian country so most of the day is spent in church. Christmas is not about presents, Santa, Christmas decorations or big turkey dinners with all the trimmings. On Christmas day people will spend extra time grooming and dress in their best clothes, usually saved for special occasions like this. They will then head to church for a joyful sermon that includes the Christ child Christmas story, prophesising, singing and dancing.

Going to church is about being together, uplifting one another and to appreciate the goodness of God and his many blessings. The church is a humble place and not ornate like the churches in Canada. The day is very much about visiting and spending time with loved ones. Often the children of Chikondi will be visited by family and friends so the orphanage opens its doors to welcome visitors in celebrating the holiday. The day is also about food. The very best that can be afforded will be cooked and shared with everyone. A typical Christmas meal will be deep fried chicken and rice served with salad and pop, usually Fanta. Sugar and sweets are an expensive luxury but if they can afford it people will make a desert like sweet potato cookies or banana fritters. Sweet fruits like mango and banana might also be served for dessert. Each child at the orphanage will receive a special Christmas gift this year.

The Children's Christmas Wish

Christmas trees are a rare luxury in Malawi. Real trees are unavailable and artificial trees, even the most basic ones, are hard to find. The children of Chikondi are wishing for a Christmas tree this year. With your help we can raise the \$300 needed to buy a tree so that the children can enjoy it this year and for many years to come. We have already raised \$75 and it is possible to reach this goal before the 25th. If you would like to help make this Christmas wish come true please contact Angela Nauta by cell phone at 1-778-679-5683 or by email at angelanauta@shaw.ca.

Chichewa - The Language of Malawi

Merry Christmas	Nyengo Yabwino Ya Khisimisi
Season's Greetings	Moni Wachikondwelero
Family	Banja
•	Kukhalira Limodzi

Taste of Malawi: Mbtata (Sweet Potato) Pudding

Peel and cut the sweet potatoes into cubes and boil in water for about

Ingredients:

2 large sweet potatoes 2 tbsp. butter 1 egg, separated 3 tsp honey 1 orange – both zest and juice

170°C, or until golden brown in colour. Serve with love.

Method:

10 minutes until soft. Drain the water and mash the sweet potatoes.

Add the honey, orange zest and juice, butter and egg yolk and mix

well. Then in a separate dish beat the egg white until stiff then carefully fold into the sweet potato mixture. Then spoon mixture into a greased 9x9 pan and bake for about 60 minutes at



On the Team: Angela Nauta, Team Leader

Angela was born in Oshawa, Ontario and raised across Canada. Her dad was in the Air Force and like many military children she spent her childhood moving to different postings. Over the years she's called a lot of places home and has settled (for now) in Nanaimo where she lives with her husband Robert. She has four children, two biological children Jennifer and Garrett, and stepsons Dustin and Aaron, who have called her mom for the past 15 years. While raising her children she also fostered over 50 children. She says that all of her children have been her greatest blessings and some of her best mentors and teachers. Her

interests include personal training and development, public speaking, reading a good book, playing chess and going for power walks with Robert. She loves to spend time with her grown children and in particular loves being a nana to her three grandchildren. Angela has an entrepreneurial spirit and in addition to owning a business, she is a life coach, financial educator, lender and real estate investor. She became involved with Chikondi after her daughter, Jen Olsen, called her one evening, in tears, and said she needed to meet with Arelene and learn about Chikondi. Jen has been volunteering her time to Chikondi since it was founded and when Angela heard Arelene's story she was on board creating a team to support the children of Malawi. Angela and her husband are monthly donors, and recently gifted the creation of a new website to Chikondi. The new website will introduce the children to the love and support of donors and makes it simple and easy for people to contribute in ways that matter to them. She is excited to have the new website up and running very soon with the knowledge that 100% of all donations go directly to support the children.