



# Sunshine

Bringing Light and Hope around the World



Dr. Carter was blessed to go with ***Seeds of Hope Tanzania*** on a mission trip to Africa to support local communities through life-changing projects: ***providing clean water, creating sustainable gardens, setting up a library, and supporting children with special needs.***

## Follow Dr. Carter's Journey with Seeds of Hope Tanzania

Seeds of Hope Tanzania, founded by Deb Mazura is a charity that is run completely by volunteers. Dr. Carter was able to go almost 15 years ago, and this January she joined the team again for a life-changing journey for her self and those she met along the way. Learn more at their website at: [seedsofhopetanzania.org](http://seedsofhopetanzania.org) or click below



Dr. Carter with Father Festus



Women from the Masai tribe



Guests of the Arch Bishop of Arusha

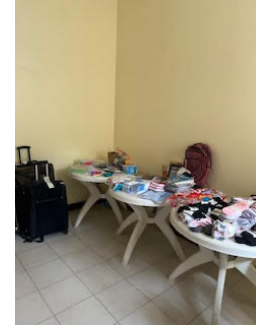
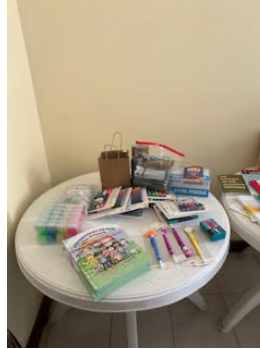


Mosquito netting over bed



Dinner to celebrate

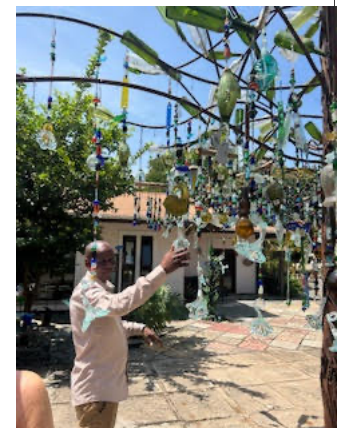
Twelve suitcases were filled with donations which we shared during our trip - thank you so so many who made these donations to support our efforts - see below



The first morning we visited **Arusha Coffee Lodge/Shanga** and learned about local coffee farms.

When Masai people are born with disabilities, they are usually hidden away as they feel it is a curse on them and their family. **Shanga** began in 2007 by a Dutch women who wanted to support people with disabilities as a way to train them and provide ways for them to make an income and empower them. We visited their sewing, fabric making and glass blowing workshops which were truly amazing!

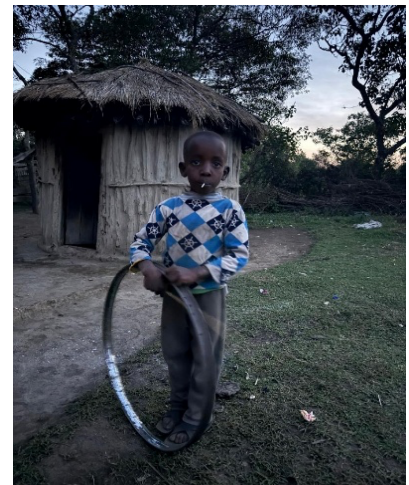
The glass blowing items are all made from recycled materials and use scrap materials. We learned how to turn nothing into something. Even outdoor fires to use for melting glass is heated by used motor oil. This place started out our trip with such a positive experience and inspiration for the rest of our journey.





We then went to the **Cultural Heritage Center** which is gallery of collections from Local artist and African artifacts.

Traveling a long the road we saw some amazing sites. Who won't take a picture for a lollipop?



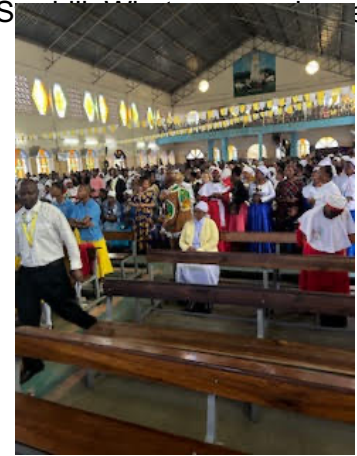
Tonight we went to **St Rose of Phillipues** pre primary school in Olkokola. This school was built by Seeds of Hope (replacing the old one). It has 105 students. 26 have graduated and moved to primary school. Many of these kids would not have had schooling if it wasn't for Seeds of Hope. If Masai children do not go to school most cases they marry early, are jobless and homeless. Giving them an education builds a foundation for a more productive life. (pictured below left)



After the visit to the school we were provided dinner by the Franciscan nuns who run the school. Seeds of Hope has to find sponsors for each child because parents can not pay. Dr Carter has sponsored Petro for over 5 years. He is now almost 10. He will be starting this new school Monday. He lives with his single mom who is part of the Masai tribe. We were invited to their community and home where we gave Christmas presents to them which they were so thankful to receive. We also gave Dum Dum lollipops to the local children which is like gold. It was such an amazing and moving experience for us being in the community and seeing how they live such humble lives.



Today is the **jubilee year of hope** which happens every 25 years. Catholics open holy doors all around the world. They all walk together and then walk through the doors of the church (or holy area) which is supposed to give you a special blessing. We walked through one of the poorest, most in need neighborhoods and were so welcomed and accepted. Hundreds, maybe thousands of people walked with us through the doors of the **Sacred Heart of Mary**. We were led up to the front in a section reserved for us. There were lots of stares and shocked faces, many children were saying something in Swahili which meant white faces. The things we saw along the way were amazing!! The service lasted about 3 hours was all in S...e!!



Accommodations for our trip were made possible by the support of the **Father Festus and Archdiocese of Arusha**. They provided up with housing, meals, transportation, security, translating/communication and more. We had the opportunity to meet **Bishop Imani** who came to welcome and encourage us about the work we have done and thanked us.



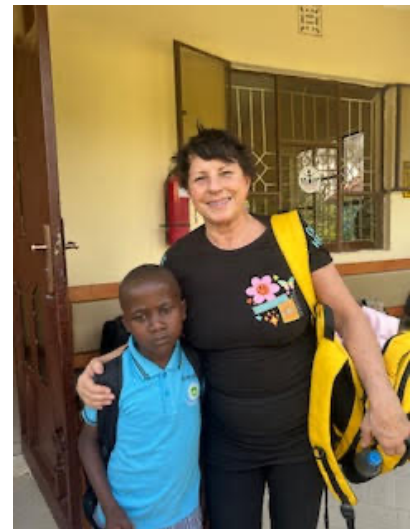
It's Monday morning and we were on our next adventure, picking up a school bus of 25 children (all who have all graduated from St Rose Academy) and we took them to a boarding school, **Narivsh Academy** where they will stay until Easter after which they will return to their families. Seeds of Hope sponsors each of these 25 children which cost \$450 per year per child. Most of these children are Masai so the families do not usually send them to school, so this is an opportunity of a lifetime for those children. Many of these parents begged Seeds of Hope to send their child to school.

On the way to the school we drove through **Arusha National Park** which is one of the most sought after tourist sites for wild life viewing. We saw some amazing animals on our way!!! This was the first time many of these children have seen these animals and to see the excitement and wonder on their faces was priceless!

We sang songs, laughed together and enjoyed the sites. Even stopped along the way for a taste of some fruit.

I got to walk Pedro into the school which was such an honor. Some of the children were crying because it was the first time they would be leaving the parent. But they were supported and comforted by their friends and the new staff.

Sponsoring a child cost about \$25 per month through Seeds of Hope and they are always in need of sponsors. In the United States, we take going to school for granted while so many children around the world don't have the opportunity for an education at all! If anyone is interested in sponsoring a child, please **click here** to email Dr. Carter for more information!!



Today the team went back to **St Rose Academy** to help the children on their first day of school. We gave them school supplies and bags and helped dress them in their uniforms. We also gave them handmade bags (100) from **Carol Johns** who embroidered a heart inside each one along with a special note saying, *"look inside and know you are loved"*

Many Sunshine friends made financial donations to support this school. (See supporters below) These donations were used to run electricity to the school (which was completed while we were there). We also purchased two Smart TV's that were also installed while we visited. Our donations also supported the purchase of tables and chairs for the classrooms and helped to set up a little library.

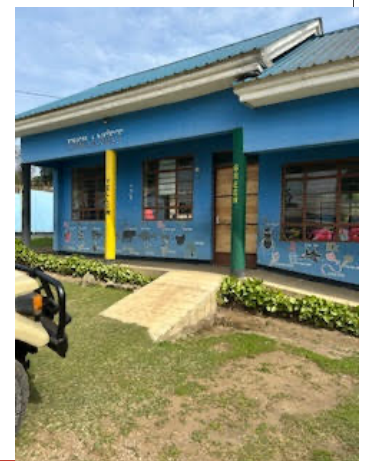
**The books were donated by Tuttle elementary school in Eastport and Debra Winter from Just Kids.**

The parents were so grateful to us and made a special gift of jewelry which they presented to us. In the afternoon we all went shopping at the Masai Market where we purchased souvenirs and gifts for our loved one's.





Our next adventure took us to **Engilanget Primary School** which provides school and services to over 200 children. Engilanget was founded by **Anna Lollel** who saw the need for Masai children with disabilities (you will learn more about her medical facility below). These children with disabilities were hidden away and many times put on the streets, left homeless, sometimes discarded. Anna created a place where they get the support, schooling and medical attention. Anna's mission is similar to Dr Carter's where they emphasize that each person is special and unique and that we have a light inside of us which we are to share. Engilanget is an inclusionary School Program, taking both children with and without disabilities and educates over 200 children per year. Sadly Anna died in 2021 due to COVID. Her son has taken over the school to continue her mission. Dr Carter got to share with them about Sunshine Center and even read them the Sunshine book which she is the author.



**Members of Seeds of Hope bring Hope and Inspiration through Al-anon - 12-step program**

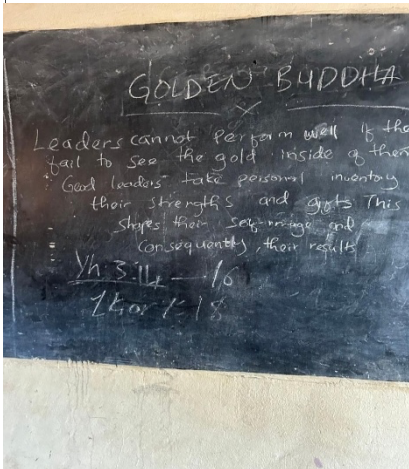
Last time the Seeds of Hope Team came to Africa (two years ago) they visited a rehab for people with alcohol and substance problems. They also attended an open Alcoholic Anonymous twelve step program. On this visit they realized there was no support for the loved ones of these members, so their goal this time was to bring the hope of **Al-anon** (click here to learn more) to this part of Tanzania. Dr Carter (who is founder of Sunshine due to her own personal experiences with the struggles of alcohol and substance use/abuse in her family) and the team worked with the Al-anon World Service Organization (WSO) International prior to coming and secured a WSO number and location for the group and we held the first official meeting on Jan 15 at 1:00. The team collected donations of literature and Al-anon conference-approved books which filled one and a half suitcases. Seven people came to the first meeting and learned about Al-Anon, received a newcomer packet and left knowing they are not alone and there is hope. Our special friend John (pictured below) will continue the meetings on a weekly basis after we leave. However we will continue to help in any way needed and their efforts.



The following day we then had the amazing opportunity to go with Father Festus to **St Paul's Rehabilitation Center which Seeds of Hope supports**. This is a drug and alcohol rehabilitation center which focuses on supporting men and women, teens and adults who are faced with many challenge (substance use, physical, psychological, etc) who have no where else to go. Currently there is 40 beds (cost is 6\$ per day) but they are looking to expand. They provide various services including: A.A. meetings, deliverance from biblical problems, prayer, family support, and more. We toured the facility, shared some of our own personal stores of hope and then they performed a beautiful ceremony to honor us and thank us for all our support. At the ceremony they presented us with special gifts which represented their culture. This was truly an amazing experience. To see how humble these people are and grateful for this facility. Below you will see the kitchen, bathroom (for men and women), meeting area, and the Team at the special ceremony.



Pictures of rehab and the team after being presented Masai Warrior gifts at the appreciation celebration



That same day we also were able to visit two different programs (that remind me of our Boces program) which are the only ones of its kind in Arusha n surrounding areas. **They are educational training programs for teens and clients that have graduated from St Paul's Rehabilitation center.** These are two year programs that teach skills in sewing n auto mechanics, helping to empower these people and give them security and hope for their future. They showed us around, taught us about the program n presented us with gifts of gratitude for Seeds of Hopes support that helped get these programs started.

**Having a firsthand opportunity to witness these programs and see the amazing staff, I am letting you know they these programs are desperately in need of sponsorships or financial donations.**

\$6 per day pays for one person to attend St Paul's Rehab

\$150 pays for one sewing machine

\$450 will pay for one student to attend the auto mechanics school for one year



Prior to coming to Africa, Dr Carter worked hard to raise funds for all of these special projects through Sunshine supporters and friends. And you guys really showed up, raising close to \$5000 and donations of school supplies, candy, socks, Al-Anon literature which we packed into close to 12 suitcases.

Thanks so much to the following supporters:

Anne Montemez  
Patti Kelly/Barker  
Maryanne Dumas  
Lori Ballow  
Sharon Cebulski

Lois and Sharon Cox  
Christine Won  
Deb Winter  
Dianna and Rick Robles

I will be sharing in the different sections how these donations were applied



Pictured left is Anne Montenez presenting Dr. Carter a very generous donation to Seeds of Hope.

Thank you so much to Rich and Diana (pictured left) Robles for the donation of a laptop which we were able to bring for Father Festus (pictured right). He was more than thrilled and so grateful!!



The following morning we set out early for the hour drive to visit the **Monduli Center** which provides surgery and services to children with disabilities. This center was the one I talked about before that was run by **Anna Lollel (founder of Englanget Primary School)** who would go into the remote villages and find out if there were disabled children who needed help. The Masai tradition was if a child was born with any disabilities... CP, cleft pallet, limb deformities, club feet etc they would hide them away so no one would see them. It was believed it was a curse on the family and some how their fault. Once they trusted Anna they would be willing to come to the center for help. The parents could come too and stay and learn how to take care of the child and address their needs. There they stayed until they were able to go back home and to school. Again, Sadly Anna died by COVID in 2021. Seeds of hope supports this organization financially, providing support for *many surgeries*. Today we also gave out candy, crocheted hats and blankets (**crocheted by Sharon Chimento and Loretta Mariella and friends from St Peter and Paul Church in Manorville**)

To get an idea of how our financial donations can help.... the cost for one Limb Surgery is \$145 and Cleft Pallet surgery is \$125; a huge difference from these surgeries here in America!



Dr. Carter read her books which she wrote and donated them to the schools, recovery programs and treatment centers they visited.

***Appreciation of Diversity - Promoting Peace with the Friends from Sunshine Center***  
***Javier's Sister - A Family's Struggle with Drug Addiction***



Friday we drove three hours to the **Sisters of Wisdom Retreat House**. Father Festus lined up for us to stay in this beautiful retreat house to give us a break from doing all our mission work. What a blessing to have all these amazing experiences!! Each adventure gave me a different type of gratitude - for the beauty in this world, for life's simple things, for what we have and take for granted! We stayed over night and woke up early the next morning to go on another Safari adventure!



Saturday morning we got up at the crack of dawn to go on a safari to **Ngorangora Crater** which is on Masai Land. It's a multi user conservation land where the animals and Masai live together. We spent hours there and saw so many amazing sites. We were close enough to touch many of them!!



I guess I know why they say, *we saved the best for last!!* Today was by far the best, life-changing experience I've had.

We headed up the mountains in **Engulaoni** to one of the most remote villages where the Masai live, for Father Festus would be preaching at their church.

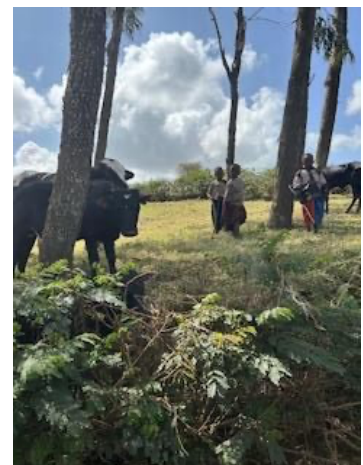
The scenery was breathtaking, landscape and scenes I'd only seen in National Geographic.

We dodged rocks, crevices and branches along the road heading up the hill. Each family had one or several small thatched huts, fences made from branches, beautiful banana trees. They put so much love into their homes. As we drove along the children would either run in fear yelling, **Mzungu (whitepeople)**, stare at us with confusion or give us the biggest smile. Many of them have never seen a vehicle either, so this was very scary for them. They are also taught about "stranger danger" by their parents because unfortunately many are at risk of abduction for trafficking.

When we made it up to the small church at the top of the mountain, there were several hundred Masai there dressed in their Sunday best traditional outfits, who had walked the many miles up to the top and had been waiting for hours for the father to arrive.

In the beginning of their support for this community, Seeds of Hope had wanted to help bring water to them and then were also planning on building a church. But they begged to have the church built first, even though they had to walk miles to get water. They felt the church was more important to their community. So in 2017 the church was built! After that, two times SOH tried to dig wells but both failed so they were able to build a reserve in 2019. The government is now planning to build another reserve and then SOH can help raise fundings for piping to provide water to these remote areas.

This was by far my favorite of the whole trip. While every project we did was just as important, this was the most meaningful to me as these people were so humble and grateful. They had very little but really so much!





## A Personal Note from Dr. Carter

So as my trip winded down, I thought about it and I really came home with so much –

- Gratitude for my family and loved ones who love and support me
- Gratitude for my life and the opportunities I am given
- Stronger faith and trust in God for my direction in life
- Blessed for having experienced this amazing opportunity

I want to thank all of those who supported my journey, emotional support, financial support, donations of items, prayer support.

My planning for this trip began in late September. I knew I wanted to go but was very apprehensive about it. And at that time, I did not have the support of my husband who was very fearful of me going. I believed if God really wanted me to go, I would know this and follow his will. And there were many signs along the way that showed me it was meant to be.

Then came the day to have to pay for the plane ticket and that would seal the deal. That was November and from that day on I struggled with anxious thoughts, fear, confusion. Do I go, is it really God's will or just my own selfish will? How can I be gone for two weeks? What if I wanted to go home, and could not? What if something happened to me or my family while I was gone? How can I manage the 16-hour plane ride? What if I wanted to get off the plane and couldn't?

In between I would have a lot of excitement too. I had gone in 2011, and it was a wonderful experience, but I wanted to go back as a stronger, healthier person and really experience it again. I had always felt a connection to this population and knew I was meant to help somehow. I put in a lot of effort in to help me handle the ups and downs of emotions: two-way prayer, support groups, journaling, talking to my friends, pod casts, reading to prepare me and help me walk through the fear and anxiety.

I learned the fear and anxiety **will not** be "gone" but I **will** walk through it. I will do it afraid and not let it stop me! And I had little sayings and prayers that got me through each day. If I believed God was with me, we would all be ok, or we could handle whatever happens.

So, the plane ride went great, I kept busy, took rests, journaled, read my books, listened to Christian music which I love. And the excitement when I landed at Mount Kilimanjaro Airport was everything I had been hoping for!! I was actually here!! I did it. And I was ready for the journey!!

Then I woke up at 3:00 am and my worst fear was coming true. I had a kidney infection, possible kidney stones and I had the worst pain and sickness. I was stuck in this little room, late at night, halfway around the world and I could not get home. I could not sleep, could not get comfortable and the fear and anxiety were right there ready to pounce on me like a lion waiting to attack. So, I worked hard to use my tools, made some phone calls, prayed, journaled, read books, exercised and pretty soon it was morning.

Luckily, I had brought antibiotics, so I made sure I was taking them! Days were better since I was moving around and with people, however there I was still in some pain and sick. But, I took full advantage of where I was and appreciated every minute!

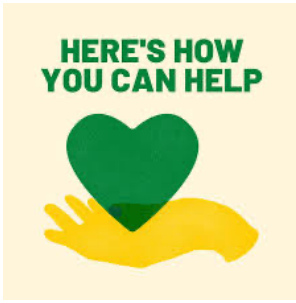
Nights were like nightmares to me, unable to sleep, in a foreign country, and concerned if my kidney issue was getting worse and I could not go to a hospital here. Again, I was grateful for any day that I felt a little better. I was so thankful for the friends who talked to me at 2, 3, and 4am (NY time), thanks for my daughter, Candice who also talked to me in the middle of the night and gave me tips and things to do to help with the pain. Thanks to the friends Sharon and Lori who gave me the option to go home if I wanted and to Amber who said, "mom you have been waiting for this forever, do NOT make the decision tonight to go home, you can think about that again in the morning; and do NOT quit before the miracle happens!"

So, each night I worked to get through it, and then was blessed with another day that was always the most amazing experience I could ever have imagined. And I **did not** quit before the miracle happened. I walked through the fear and anxiety, I did things afraid!!!

This is the first time I could really see that anxiety and fear can be crippling, but **WE** are in charge! Sometimes we need the help of medication and a Dr. but we also have the tools to get through things no matter how small or how large and we do not need to use drugs or alcohol to help. That may help at first, but only makes it worse in the long run.

We are not promised that the fear and anxiety will go away but we are told that **we can walk through it and still enjoy the amazing things in life.**

Don't Let Fear or Anxiety Stop You - Do it Afraid and God will walk right along side with you, holding you up or even carrying you when needed along the way.



Thank you for all your support and following us on this journey. This truly was an experience of a life time and something i will never forget! I am coming back more appreciative of the things I have in my life, not taking the small things for granted! I am blessed to have Sunshine and make a difference in the lives of families right here in my own community!

I am also dedicated to continuing to do what I can through Sunshine to help make a difference in the lives of our sisters and brothers in Africa.



If any of these stories tugged at your heart strings, there are ways you can help!

Join the next TEAM on this adventure by reaching out to (click here) [deb mazura at seeds of hope tanzaniza](#).

Donations can also be made through Sunshine and 100% will benefit of Seeds for Hope.

Any donation is greatly appreciated but here are some ways to help:



- \$25 per month - to sponsor a child to go to school, provide their uniforms, books, needs
- \$6 per day - pays for one person to attend St Paul's Rehab
- \$150 - pays for one sewing machine for the sewing program
- \$450 - will pay for one student to attend the auto mechanics school for one year
- \$145 - Cost for one Limb Surgery
- \$125 - Cleft Palate surgery

Thank you to my daughter Candice Drewis who posted on Facebook every day for our supporters and friends to follow. Check out on the following FB pages at Sunshine Carol Carter, Mac and Bean or Sunshine Prevention Center.

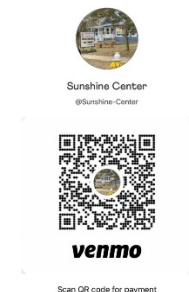
Thank you to Mary Bartol who worked hard to make this newsletter for us to share with our families, friends and supporters.

**Donations are tax deductible and are accepted in several ways:**

- **Cash or Check** - You can mail to Sunshine 468 Boyle Road Port Jeff Station, NY. 11776
- **Venmo, Zelle,** - Click on the QR code on the right



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