

SEPTEMBER 2025 EDITION

HOPE

THE JOURNEY OF COURAGE

From St. Elizabeths Upendo Rehabilitation Centre
to our supporters all over the World

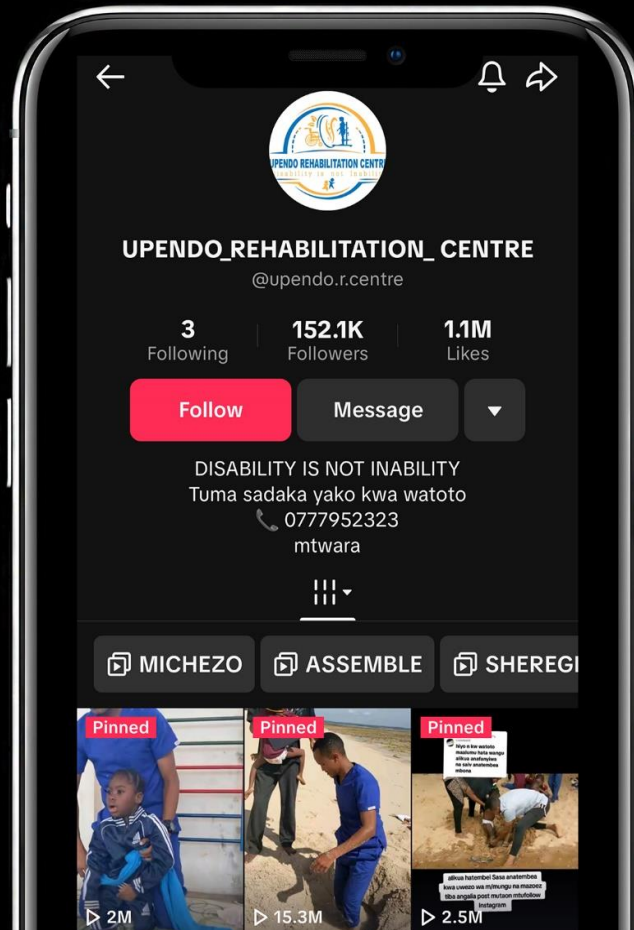
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FOLLOW US



It's all about HOPE
SUPPORT | EMPOWER | EMBRACE

#DISABILITYISNOTINABILITY

Catch us now on Social Media !

Instagram: @upendo_rehabilitation_centre

Tik-tok: @upendo.r.centre

Email: upendorehabtz@gmail.com

A portrait of Jackson Festo, a man with short dark hair and glasses, wearing a light blue and white striped button-down shirt. He is looking directly at the camera with a slight smile. The background is dark and textured.

FROM THE

EDITOR

JACKSON FESTO | Founder Radar Digitals Tz
Graphics Designer, Digital Marketing
Strategist, Videographer

*Radar*TM

I dedicate this edition to St. Elizabeth Upendo Rehabilitation Centre—my true masterpiece of gratitude. This is the place where my journey began, when I had nothing but dreams, and where my talent was nurtured until it could shine beyond what I ever imagined.

Here, I found not only the tools and resources I needed, but also hope, love, and people who believed in me even when I doubted myself. To Madam Christina, our founder, I owe special thanks—you have been more than a leader; to me, you are an angel sent by God, a mother figure who believed without condition. *Mungu akubariki sana, Madam. May your life be filled with joy and blessings.*

From the late days of October 2024 until now, and as I prepare to leave again this coming October, I carry with me the gift of this place and the lessons it has planted in me. I am proud to be one of the many fruits born here.

To all who support this Centre, know that your kindness has changed lives—mine included. I thank you all, and I pray blessings upon each of you.





MESSAGE *from* THE FOUNDER

With a heart full of gratitude, I welcome you to this special edition of our magazine dedicated to the journey of *St. Elizabeth Upendo Rehabilitation Centre*. What began in 2021 with only six children in a small rented space has, through God's grace and the love of many friends, grown into a true home of hope here in Mdenga. This Centre is more than walls and classrooms—it is a family where children with autism, physical disabilities, and vulnerable backgrounds are embraced with dignity, care, and love.

To our dear friends and supporters from abroad, especially through *Kinderhilfe Tanzania*, your kindness has built more than a centre—you have built futures. And to anyone new discovering our story, I invite you to see in these pages the proof that when hearts come together, miracles are possible.



“

In the
WORLD
where you can
be anything...
BE KIND.

With deepest thanks,

Christina Chacha

Our History



What began in 2021 with just six children in a small rented building at Coco Beach has today blossomed into the St. Elizabeth Upendo Rehabilitation Centre in Mdenga—a sanctuary of hope for children with autism, physical disabilities, and vulnerable backgrounds.

The journey was never easy. In 2022, with help from kind donors, the Centre built its first classrooms and moved to Magomeni. A year later, Madam Christina met Abbot Christian Temu, whose support opened doors to the Abbey of Münsterschwarzach under Br. Abraham. Their generosity brought classrooms and dormitories, expanding the vision.

Then came Mr. Friedel Werner, whose heart was moved by the mission. With encouragement from Abbot Christian, he proposed shifting the Centre to Mdenga, where there was space to grow. The chosen site—once a kindergarten built in memory of Mr. Werner's late sister—was given new life with the blessing of Bishop Titus Mdoe. By September 2024, renovations were underway, and on August 22, 2025, the dream became reality: the inauguration of the new Upendo Centre.

From six children to 50 today, supported by 13 dedicated staff, Upendo has not only cared for children but also created jobs, spread awareness about autism, touched lives through acts of giving, and even reached children across Tanzania through social media. Parents once in despair have found hope, knowing their children are safe, loved, and cared for.

Challenges remain—there is still need for physiotherapists, special education teachers, and stronger medical support. Yet, the story of Upendo is proof that love, faith, and community can build miracles. To the Government of Mtwara, the Catholic Church, Abbot Christian, Br. Abraham, Mr. Werner, and the donors of Kinderhilfe Tanzania, the Centre's children shine today because of you.

Here at Mdenga, every smile tells the story: when love leads, lives are transformed.



In Memory of... **MAXIMILLIAN GODWIN**

This was a life changing post by Max in Dec 2021, when our centre in Coco Beach was about to be closed due to insufficient running cost. This post gave a beginning to Magomeni Centre. Max passed away in 2022 but his contribution to this centre is a lifetime gift to us.

**Forever in our Memories,
May you REST IN PEACE.**

Our SERVICES

01. FORMAL EDUCATION

quality classroom learning tailored to their needs.

03. MEDICATION

professional care to support their health and physiotherapy.

05. GARDENING

hands-on gardening that teaches responsibility and joy.

07. CLEANLINESS

daily routines that nurture discipline and dignity.

02. HOSTEL

safe, loving accommodation that feels like home.

04. BEACH THERAPY

calming walks and play by the ocean for peace of mind.

06. SPORTS & GAMES

fun games and sports that build strength and teamwork.

08. REFRESHMENTS & TV

moments of relaxation, laughter, and entertainment.





My Journey to **GERMANY**



It was a journey filled with great hope... fruitful, meaningful, and full of opportunities to meet wonderful and kind people.

I began it with excitement, and my heart was at peace the moment I received the warm, loving welcome of my hosts. Everything was well organized—we visited several schools, including a special school, and I left with unforgettable images in my mind, ideas that will help us improve our work at St. Elizabeth Upendo Rehabilitation Centre.

I eagerly awaited June 9th, 2025, with so much anticipation. But on June 8th, life surprised me—I was involved in an accident and broke my leg. Strangely, this became a new journey of understanding what it truly means to live with disability and to experience helplessness.

I received excellent medical care and, more importantly, overwhelming love from those who nursed me—especially the Werner family. That compassion will forever remain in my history as proof that good people still exist.

I was also blessed to visit Münsterschwarzach Abbey and meet Br. Abraham—a moment I will never forget. Along the way, I was introduced to many remarkable people and given opportunities to make presentations, each encounter leaving a lasting mark on me. One unique moment was visiting a factory that produces medical devices—while at that very time, I was using one myself. Life, indeed, is full of mysteries.

In the end, Germany—especially Frammersbach—will always remain in my heart. ❤️

INAUGURATION

OF ST. ELIZABETH'S UPENDO
REHABILITATION CENTRE



On 22nd August 2025, the St. Elizabeth Upendo Rehabilitation Centre at Mdenga was joyfully inaugurated. The event was blessed by Bishop Titus Mdoe, with the full participation of the Catholic Church. A special highlight was the presence of Mr. Werner's family, whose support through Kinderhilfe Tanzania made the new Centre possible.

Parents with their children, supporters, partner organizations, families, and friends from across Mtwara gathered to celebrate this milestone. It was a day filled with prayers, songs, and smiles—a true celebration of hope, love, and new beginnings.

Let us Learn Swahili

Swahili

English

French

German

Jambo/hujambo

Hello

Bonjour

Hallo

Habari gani

How are you?

Comment ca va?

Wie geht es dir

Nzuri

Fine

Bien

Fein

Kwa heri

Good bye

Au Revoir

Auf Wiedersehen

Ndio

Yes

Oui

Ja

Hapana

No

Non

Nein

Asante

Thank you

Merci

Danke dir

Tafadhali

Please

S'il vous plait

Bitte



Learn from the...

Chicken Chicken Chicken



"The Secret Life Within the Egg"

Inside the quiet of a simple eggshell, a miracle unfolds—a story of patience few ever pause to see. For twenty-one days, a mother hen sits faithfully, warming what looks like nothing more than fragile shells. She does not wander far, she eats sparingly, she keeps vigil—day and night—because life is forming where eyes cannot see.

On the first days, nothing seems to change. To the outside world, the eggs remain still, silent. But within, cells are dividing, a heart is forming, tiny veins begin to carry the rhythm of life. By day 7, if one could look closely, a small beak and eyes are shaping. By day 14, feathers whisper into being. By day 18, the chick is almost ready, folded perfectly within the shell that once seemed so empty.

The hen never doubts. She does not crack the shells to check. She believes. She waits. She trusts the unseen. And then, on the 21st day, the miracle breaks forth—a tiny beak pierces the shell, the first breath is drawn, and the silent waiting is crowned with the music of life.

The story of the chicken teaches us that growth requires patience, discipline, and unshakable belief. Just because we do not see progress does not mean nothing is happening. Great things often take time, and the most beautiful transformations happen in silence, hidden from sight, until the right moment comes.

So, wait like the hen—faithful, patient, unwavering. For when the time is right, the miracle within you will break forth too.

ST ELISABETHS
UPENDO REHABILITATION CENTER

Thank
YOU

SUPPORT | EMPOWER | EMBRACE

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