LITTLE SISTERS OF ST. FRANCIS / VOLUNTEER SUPPORT PROGRAM

# Invitation to Volunteer

For the Elderly and Infirm in Nkokonjeru, Uganda

*Inspired by the NPR story*

*"Who will help these nuns in their last years?"*

VOLUNTEER SUPPORT PROGRAM

## *Come join us! Serve those who have spent their lives serving others.*

### A lifetime of service deserves a community of care.

For more than a century, the Little Sisters of St. Francis have educated children, nursed the sick, cared for orphans and walked with the poor across Uganda, Kenya, and Tanzania. Founded in 1923 by Mother Kevin Kearney - an Irish Franciscan and Foundress of the Order in Uganda, LSOSF have built and operated hospitals, schools, and homes from almost nothing.

Today, at the motherhouse in Nkokonjeru, elderly and infirm Sisters who once ran those works wait for what they once gave so freely to others: companionship, comfort and care. Some are in their nineties, others can no longer leave their rooms. Caregivers are so few and palliative care is a foreign concept. They are isolated and the days, they say, are empty and without meaning.

> *"I don't know what can take away loneliness. You would like to sit and talk, but you find that you cannot do that."*
>
> - Sister Rosemary Luyiga, 95, Little Sisters of St. Francis

### WHAT THIS IS - AND IS NOT

This is not a medical mission. There is no heavy lifting, no agenda. Volunteers don't go to fix anything. They arrive to keep company - which is exactly why it matters.

**This is about small acts, offered with humility**

**Companionship.** Sit together. Read aloud, have a chat. Hear a story she has told a hundred times as if it were the first.

**Music and art, simply done.** Share a song, listen to music, color or do simple handiwork. The point isn't the finished piece - it's the shared focus, the companionship.

**Gentle presence.** Play cards, do puzzles, write a letter. Or sit side by side in comfortable silence while she rests.

**Daily help.** Give care to the caregivers by helping with practical tasks so they have precious time to linger with the Sisters...to listen or laugh without feeling the need to rush to the next important task.

### WHO WE ARE LOOKING FOR

Compassionate people of all backgrounds - anyone inspired to help and to care, gently.

No medical experience is required. Skills in caregiving, art, teaching, music, or spiritual support are helpful but also not required. What is essential: humility, flexibility, respect for religious life and openness to Ugandan culture.

Volunteers should be in good health, adaptable to simple living, and ready to enter the quiet rhythm of convent life.

### OUR GUIDING PRINCIPLE

Come to listen.
Come to learn.
**Come to serve gently.**

### JOIN US FOR THE INAUGURAL JOURNEY

**January 27 - February 6, 2027 - Ten days of supported, immersive service**
(Additional dates may open with interest)

**INCLUDED**

$800 includes room, board, and airport transfer from Entebbe. Virtual orientation before you travel. An on-site host throughout.

**PLACE**

Nkokonjeru - a quiet town just over an hour from the capital city Kampala and Entebbe International Airport.

**TO ENTER UGANDA**

Valid passport, Uganda visa, yellow fever vaccination, and travel medical insurance

### COME JOIN US

Applications are rolling through early November. You will hear back within two weeks. Three references are requested.

### CAN'T TRAVEL? YOU CAN STILL SERVE.

Give toward wheelchairs, hearing aids, warm blankets, and the comforts of late life. Write letters of encouragement. Explore a parish, school, or corporate partnership through the LSOSF 501(c)(3) registered in Wisconsin. Use "Message Us" on the website to begin.

**Visit lsosfvolunteeruganda.org to Apply!**

**Honor the years behind them. Support the days ahead.**

Little Sisters of St. Francis - Founded 1 May 1923 - Uganda, Kenya, Tanzania, US & Germany