

At Last, a Life Unburdened



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Florence found healing at Mbala. Today, thanks to the loving support of people like you, she has her life back.

“Life looks promising since I was healed,” said Florence.

Florence was a sister in need, and people like you showed her love when she had lost hope. To love a sister is to take her hand in your hand, absorb her pain, lighten the burden that she bears, and walk with her to healing.

There are so many women in need of the fierce bond of sisterhood. **This International Women’s Day, will you commit to loving a sister? Remember, your gift—up to \$100,000—will be MATCHED** to support our Love a Sister program. All money raised goes directly to the field to support transformative healing. Will you show some love for a sister in need?

Gratefully,

Kate Grant
Chief Executive Officer



For 16 years, we’ve received the highest ratings from charity watchdog groups.



Dear NAME,

Right now, at least one million women across the world are suffering from a treatable childbirth injury. Each one of those women is a sister in need with a story to tell. They have friends and families, hopes and fears. And their lives have been put on hold, needlessly.

Florence, a 32-year-old mother of four, lives in Mpulungu village—a remote fishing village at the southern tip of Lake Tanganyika, in the northern province of Zambia.

When she was 29, Florence went into labor. As was customary in her village, she called on traditional birth attendants for help. At some point during her delivery, something went very wrong. After her child was born, she began to leak feces uncontrollably.

Florence had developed a severe perineal tear—a childbirth injury similar to fistula. She suffered from constant stomach pain and frequent diarrhea, which left her feeling weak.

In honor of **International Women’s Day on Wednesday, March 8**, you can support women like Florence—your sisters in need—who have suffered, simply for trying to bring a child into the world. You can show them love.

Your gift, up to \$100,000, will be MATCHED to support the Love a Sister program.



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What Does It Mean to ‘Love a Sister’?

A sister is a first friend, a confidant, and your fiercest advocate. Cut from the same cloth, she knows your soul, and she can sing the harmony to the song in your heart. Sisterhood is a connection beyond blood. Your sister—by blood or bond—will be there for your highest highs and your lowest lows. When you “love a sister,” you offer her a lifetime of support.



Our Love a Sister program provides women with the transformative healing that they need to have a bright and healthy future. For \$616—the average cost of providing one repair surgery across our global network of partners—you can forever change one woman’s life. All money raised through Love a Sister goes directly to partners in the field that provide services to women in need.



Sumy Sadumi

After three torturous years of ceaseless leaking, Florence sought help at a clinic. Providers at the clinic recognized her symptoms and referred her to Mbala General Hospital, a partner in the Fistula Foundation Treatment Network in Zambia. Florence doubted that she could be helped, but she still made the journey to treatment.

“I thought they were lying when they said I could be healed,” said Florence.

Women like Florence are suffering, but love is a powerful force. You can provide a woman like Florence with the gift of a lifetime—with decades of misery averted and joy reclaimed.

Love Is the Gift of a Lifetime



Sumy Sadumi

Doctors at Mbala General Hospital in Zambia perform life-transforming surgery.

When Florence arrived at Mbala General Hospital she was happy to find that she was not alone in her suffering. Other women at the hospital had experienced a similar kind of pain and isolation. They knew what it was like to live with a debilitating childbirth injury.

Florence had found “sisters” who could share her burden—and her joy.

Support for Sisterhood

In 2022, donors made nearly 4,000 gifts to our Love a Sister program, providing enough funds to support more than 700 life-transforming surgeries for women around the world. Sustaining monthly donors contributed nearly half of the total amount raised last year. Sisterhood is for life!



Sumy Sadumi

Florence (right) embraces Beatrice (left), an outreach worker from the Safe Motherhood Action Group in Zambia, during a post-surgery follow-up visit to Florence’s village.

Gifts MATCHED, up to \$100,000, until March 8