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Deus Meus et Omnia
(“My God and My All”)

Winter 2014



Beloved Co-Missionaries,

As I see the holy season of Lent rapidly approaching, I truly pray that you are keeping warm and remembering our new foundation in your prayers and sacrifices. Don't forget to pray for me too as I spend my days offering prayers for all of your families and special intentions.

I thank you for your Mass cards and notes of concern and want you to know that my health is greatly improved. I continue to use the wheelchair and I am happy to hear news about each of you and about my children and the activities at the Rehab.

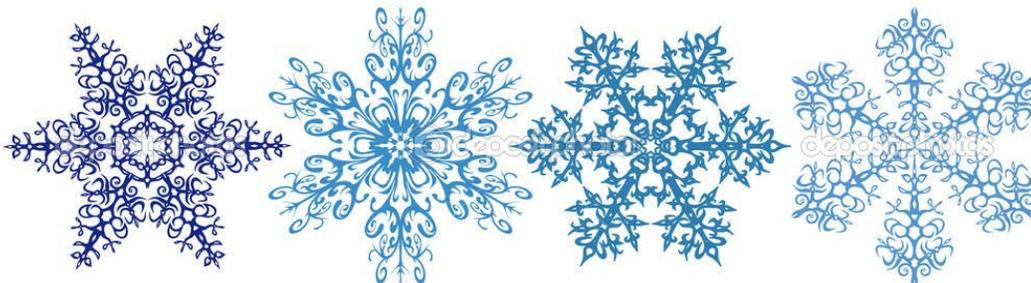
As we enter into a deeper relationship with God, let us focus in on His unfailing Love and Compassion for each of us. Never let us forget all He suffered for our redemption and let us try to repay him this Lent by offering our greatest sufferings in thanksgiving for all the blessings He has bestowed upon each of us. Times are tough but with God all things are possible! Let us pray for Peace in our hearts and in our world.

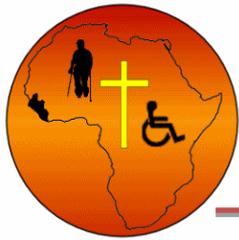
In His name,

Sister Sponsa Beltran, OSF

Sister M. Sponsa Beltran OSF

Please continue to help God's children!!!





Jerry Cebulski
African Disability Foundation Inc.
"Disability does not mean inability"



Winter 2014

Dear Co-Missionaries of Liberia's disabled,

We are so grateful for your support of the now official Jerry Cebulski African Disability Foundation (JCADF). It took long enough to get established, but we are so excited to be up and running. Thanks be to God and to each of you for your prayers, sacrifices and patience. Our work has just begun!



If you have visited our website:

www.africandisabilityfoundation.org, you can see that the site has continued to expand. Kevin is working on adding the biographies of some of the disabled we are presently helping and our online "store" is now set up on the site. We are ready for recurring credit card donations to be re-instated. Anyone who was making recurring donations and would like to continue to do so, please just send us

an email (krock@epix.net) or call 570-406-4533 and Kevin will be happy to walk you through the process. We have missed you and most certainly will be happy to see you return.

As we are gathering and packing items to eventually send on a sea container, we thought we would share our process with you. Prior to Sister Sponsa's retirement, we would send at least two sea containers to Africa per year. Angie and her family collected an abundance of items from her community in Georgia. She would then pack up a 20 foot long Ryder truck and drive from Georgia to Pennsylvania to meet us with the items collected in Pennsylvania (usually enough to fill our own 20 foot truck). Today, this is no longer physically a possibility so we can only work out of Pennsylvania. Kevin, my daughter Regina and I use our home to store the donated items and



once we have them packed, we take them to a storage unit. We have received some wonderful items but it simply takes a lot longer since we are doing all this ourselves. Please keep in mind: it takes A LOT of items to fill a 40 foot sea container. We want every inch of space in that container to be full of useful items. It is not worth it to send a sea container that is only 3/4 full. It is expensive and we want to get enough "bang for our buck," so to speak.



We laugh at the current state of our dining room and living room since we are also trying to save a bit of money by storing some items in the house instead of paying for another storage unit. We try to organize all donated items (all toiletries together, women's clothes together, all shoes together, etc.) so that it is easier to unpack and distribute. The Rehab adults have very little mobility and so we try to make it simpler for them. Every box or bin is lined with a large plastic bag to prevent moisture from getting in and the boxes are labeled in detail for customs. There is

still so much more to collect and pack and if I showed you a photo of our garage, I think that you would understand that filling a sea container is a long and tedious job. But we are so happy to do this! We know that each item you have donated will surely bring a huge smile to the recipients. God has now sent us a wonderful youth group who are collecting in another part of Pennsylvania through March and we are excited to have some young people involved. We try to get Sister Sponsa's story out to new people and we are seeing this happen thanks to you. We now have beautiful brochures and the enclosed business cards showing where to find the web site, so anyone who thinks they can help us find additional donors, just let us know.

We want to continue to let you know where your financial and material donations are going. Here are some highlights from the last year:

- Last year we helped 72 disabled out in the village communities with food, clothes and daily essentials. Their families were also helped with some basic everyday living items.
- The Rehab received food for its residents every month as did the village disabled. We were able to paint the two school buildings, chapel, and boys and girls dormitories.
- Every resident of the Rehab received new mosquito nets and was seen by the medical team in November.

- The Rehab residents received clothes, had their wells repaired, received a few pairs of aluminum crutches, and some newly made beds with mattresses.
- Last year we provided 144 full scholarships for the disabled and although the schools are nothing like American schools, we are grateful that most parents are educating their children and many are getting the message that they are capable of learning.



Last year and this year we have been hit very hard with medical and surgical emergencies. We continue to send aid for each new case and ask for prayers for all those who are sick and have health problems. As I have stated before, a small issue here can mean a death sentence in Liberia. Maude, thanks be to God, seems to be stable for now. Last month she received a blood transfusion and she received the sacraments of the sick. Since that time she has rallied and is back in school, laughing and enjoying life. We thank all who prayed and ask you to please keep the prayers going for her and so many others.

Bobby, who is now 45 and has been with Sister since 1989, suffers terribly. He uses a wheelchair and recently had two emergency surgeries. Sister originally found him at JFK hospital in Monrovia right before the war began. He was lying on the floor in his own excretions and he kept begging her to “take him home with her.” He had fallen out of a tree and split his spine open and has sickle cell anemia. Of course any of you who know Sister knows that she will not refuse anyone God places in her path. So Bobby was bundled up and went “home” with her to Cape Palmas where the rehab had just been established. Many times through the years his condition has been evaluated by visiting medical and surgical physicians and all have told us that he would not survive surgery. His spine wound continues to be open even after all these years and he needs new dressings twice a day. He is bright and his faith is strong. He is petrified of dying but he is in the process of having extensive oral surgery and a large growth removed from his gums which is taking place over several doctor visits. I would like to share with you an email he recently wrote and sent on Victor’s computer:



*Dear Angie, Eileen, Kevin and **Every donor of JCADF**,*

I greet you in the name of Our Lord Jesus Christ. I thank you very much for sending me to the dental surgeon. The dentist said from what she learnt from my medical history, she has to

prevent too much bleeding in one operation. So she was able to pull out the bad stumps of my teeth. One of the stumps was too hard to come out...she did some cutting and drilling to get it out. She also did 2 stitches on my lower gum. Though I'm taking the medicines she prescribed, I'm still feeling some pain in my lower gum. I should have met her yesterday, but I'll wait until the 25th of this month...it is on this date she will be removing the growth. I did settle the bill for the removal of the growth with the money you wired--thank you donors. I gave Victoria the full report and receipts. I thank each of you for saving my life once again! God Bless each of you for your generosity and caring about me. It feels so good.

*One in Christ,
Bobby*

We receive so many beautiful letters (and phone calls at all hours) of thanksgiving from Sister's adult children. We have decided to begin a Prayer Ministry and we are putting Bobby in charge! He has just completed reading the Diary of St. Faustina which Kevin brought over to him on the last trip and after his gum surgery. Hopefully, he will give mini lectures on the Diary and God's messages for all of us. We also are sending rosaries, scapulars, medals and religious materials on the sea container (and Kevin always brings some on his trips). We have enough for all the Rehab residents and all those we meet in the villages. Great books about the saints for children and adults have all been included, along with bibles and catechisms. Please pray for Bobby and the success of our new means of evangelization!

Recently we have established a small infirmary in the boys' dormitory and have hired a gentleman who used to work with Sister to take care of a number of seriously ill. He also cooks and sees that they are fed small meals throughout the day to keep up their strength. He also accompanies them when they go to the hospital for Doctor's visits, evaluations, tests and follow ups and checks that they receive their medications.

This year we have already painted the Angelina Theresa Bucci Prayer House, put up new door frames on this building and next week, workmen will begin to hang new screen doors. The septic systems will be cleaned, the water tower will be restructured and water spigots will be installed at the base of the tower. A new electric pump will also be installed to fill the water tower's reservoirs. All of this is thanks to your Caring and Sharing!



The Rehab residents have expressed a strong interest in becoming more independent. **This is great!** We already had John build a handicapped accessible chicken coop in the old generator house. We will not add any chicks until Kevin is able to get over there and inspect everything. Through a new chicken program they can use the eggs for protein and the chickens eventually for food and then sell the excess to the community around them.



They would also like to begin cooking classes for the residents and handicapped in the area around the rehab. There is a woman who is ready to begin teaching but they need equipment to help them learn how to make bread, rolls, cookies, Danish, and entrées. It will be an eight month course once the classes begin but we will be unable to begin an extensive project like this until we secure more funding. We are trying to prioritize the needs that have to come first, like medical expenses. The boys have expressed interest in woodcarving and will all need instructions and tools and practice. Many have great ideas for becoming contributing members of their community. Hopefully one day, in addition to the Liberian Glory bags, we will add more handmade items to

our website store. We are so very happy to see them really beginning to work together and think about projects that might possibly make them more independent.

We have managed to make some repairs to the rehab grounds and building but there are still so many things they need to maintain the property. The men have already begun clearing the many weeds and have begun “brushing” (Liberian term for cutting the grasses) the land.

This year we hope to extend our services out to the community of Kakata where we have found large pockets of disabled who are starving. We always set our priorities before we begin a day of work—clean water and food first, medical or surgical care next and then education and clothes and daily necessities and maintenance last. Oh do we have dreams! I told Kevin I would one day love mini Habitat for Humanity Houses with cement floors for all and enough food to feed everyone. We are trying to save lives—one life at a time through your caring and sharing.

Kevin’s trip has been repeatedly postponed this year due to the awful weather here on the east coast and illness, but hopefully now that we see February coming to an end and the first sunny days appearing, he will be travelling very soon. We are concerned as there have been many mini-riots with guns and machetes. Henry, one of sister’s older children came home from college to find that all his clothes, bed, mattress, money and prosthetic leg and shoes were stolen. Dolley (one of our Liberia staff) was recently in a cab with four other ladies and they were carjacked. Everything they had was taken including her laptop. Everything had to be replaced.

We have many requests from those who want to return to college and complete their degrees. We want to get a few more students currently enrolled to finish their degrees and then get a few new ones started. The tuitions are not really a problem as they are expensive for Liberia but affordable by United States standards. The big problem is the transportation costs in Liberia. These are at least triple the amount of the registration fees and tuition! We are seeing a small improvement in the hiring of the handicapped if they have a college degree and so of course, we want to help all who are so close to completion. However, all will have to move closer to the college and rent a room. The Rehab is far out in the bush and many times our students have to take three or four scooters or cabs before they reach their destination and it is ridiculously expensive.



In conclusion, we thank you so much for all you continue to do for each of these disabled who have suffered so much. As always, if there are any groups across the country that are interested in hearing a presentation on our work, please contact us at (570) 406-4533. Once Kevin returns from this next trip, he will be ready to travel and speak. May God continue to bless you all for caring and sharing and may this upcoming season of Lent be full of peace and hope as we pray and meditate on the Passion of Christ.

In His Name,

Angie Cebulski

Eileen Rockensies

Kevin J. Rockensies

Jerry Cebulski African Disability Foundation (JCADF)

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Email: krock@epix.net

Web: www.africandisabilityfoundation.org

All contributions should be made out to:

JCADF

and sent to:

Jerry Cebulski African Disability

Foundation

47 Harford Avenue

Shavertown, PA 18708

Donations are tax deductible