

CENTRAL AFRICA MEDICAL MISSION  
LUTHERAN MISSION RURAL HEALTH CENTER - ZAMBIA

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***Carrying the Burden for Others***

Carrying a burden for others is not as easy as it may sound. Yet Jesus Christ did that task for the whole world, so that we may be redeemed from the powers of sin and death, and thus gave us salvation. Jesus Christ has called us to live exemplary lives in both words and action. God wants His children to reflect Christ's love in all our acts through physical help, hence carrying one another's burden. As human beings we are weak in many areas of life and it makes more sense to say that "no man/woman is an island". In life we will always need someone to give a helping hand in one way or the other. Just pause for a moment and think of life. When a person is formed, it means that God planned the birth - the race, the parents, including nationality of such an individual- and the million-dollar question would be why? I guess it is for His own glory. During pregnancy our mothers have the burden of carrying the child. After we are born, in order for an individual to grow up, it takes many stakeholders, all with different roles. As the African saying goes – It takes a Village to raise a child.

The case of the Lutheran Rural Health Centre in Mwembezhi, Zambia is like that of human life. The local people, visitors, staff, Government officers and members from the Wisconsin Evangelical Lutheran Synod have played a major role to see the survival of this health centre in this part of the world. The work of God through health provision has been because of people that have put aside the "self" part of human and said I will "carry the burden". The work that is being done at the Mwembezhi clinic leaves a lot of people with no words to better express their gratitude but to thank God for His work at the centre.

My dear friends, the acts that are done which may be considered as little things, are appreciated by God. Helping somebody who is a stranger is the story of the good Samaritan after all. A lot of people have volunteered to do work or contributed financial help towards the welfare of the Mwembezhi clinic. People grow up admiring others who give of themselves to help by sweeping, washing the walls, or picking up litter around the clinic. These "little things" are appreciated by both men and God.

Mr. Jackson Kalekwa, the clinical officer at the Mwembezhi Center, has shared stories of people that have come to help in many ways, which in turn has brought healing smiles to the sick people. It is such work that has helped the Mwembezhi clinic operate up to this day.

"if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday. The Lord will guide you continually and satisfy your needs in parched places and make your bones strong; and you shall be like a watered garden, like a spring of water, whose water never fails". Isaiah 58:10-11

Mwembezhi Lutheran Health centre stands strong today because so many people have shared part of their time and resources to this health centre and as a result, the area has produced the majority of the Pastors in the Lutheran Church of Central Africa Zambia (LCCA-Z). Because of the shining light that comes with the collective efforts of the health centre through its strategic partners in carrying each other's burdens, pastors such as Pastor Davison Mutentami -the Chairman of the LCCA-Z - have testified to the beauty and the service of the Mwembezhi health centre.

In conclusion, the activities people consider little things in the sight of men, could be things that matter the most in the sight of God. Look at Matthew 25:36, "I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me" People let us do whatever we can to keep our Christian faith in Christ Jesus our Lord. Stay blessed and be a blessing to others by carrying their burdens.

Respectively submitted,  
Alisad Banda (Clinic Administrator Mwembezhi Lutheran Rural Health Centre Zambia)