Dear All

I will travel to Swaziland on 9th December 2014 and will be accompanied this time by Fiona McDade from St Ninian's. We will fly from Edinburgh via Amsterdam to Johannesburg and meet up there with a group from Iowa, led by Bishop Alan Scarfe. We will join the Iowans in travelling by coach across the border into Swaziland.

While there, we will attend the Diocese of Swaziland's 'Annual Diocesan Youth Conference', which will be held over four days and have around 400 young delegates aged between 20 and 30 from all over Swaziland.

One focus of the programme will be a consideration of health and well-being and the impact of HIV/AIDS and associated illnesses on all aspects of the lives of these young delegates. Fiona is a young, paediatric nurse and so is ideally placed to understand and participate in discussions and group activities around these critical issues.

Please remember the conference and its young participants in your prayers: it is a huge event and wonderful opportunity for these young Swazis, most of whom live in extreme poverty.

While there, I will be acting as Bishop Nigel's representative and attending meetings, services and workshops, as well as visiting at least some of the Neighbourhood Care Point (NCP) projects our diocese currently supports. There are many changes happening in their diocese and, as Companions, it is important that both Brechin and Iowa have a clear and up-to-date understanding of the current situation in the Diocese of Swaziland, their identified priorities and their future aspirations and plans.

Please do not ask us to carry things there. We are already in danger of being overloaded with sewing resources for the women's sewing co-operative, which we have pledged to support as they seek to turn their efforts into a long term, income-generating initiative. The airline we're using this time has a more limited baggage allowance than on previous visits, which makes it more challenging to squeeze as many things as possible into our luggage!

I will, as on previous visits, be delighted to carry and deliver letters, good wishes or funds for particular projects that you may support as individuals.

I will also be taking diocesan funds for the NCP projects and so, if any charges have funds for Swaziland, it would be helpful to have these before I go. They should be sent before the end of November to me, with cheques made out as usual to Holy Trinity Church.

Best wishes, **Pat**

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