



Capstone Ministries



Restoring Children! Strengthening Families!

"The stone the builders rejected has become the capstone" Psalm 118:22

A prayer letter from Dan and Patty Schmelzer, Kisumu, Kenya

May, 2013 Volume 8 Issue 5

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Capstone Ministries
P.O. Box 2080
Oakdale, CA 95361

Kenya Address:
Dan and Patty Schmelzer
P.O. Box 3962
Kisumu, Kenya 40100

Email: CapstoneMinistries@gmail.com
Website: WWW.CapstoneMinistries.org

The number of street boys reconciled with family by Capstone Ministries to date:

255

3 went home in April



Check out Capstone on Facebook.



Important changes are ahead for Thrivent's Choice Dollars program. Learn more about steps you need to take to ensure you can take full advantage of this program and continue your support of Capstone Ministries through this program. Go to www.thrivent.com/thriventchoice

Be strong and courageous!

"Now Joshua son of Nun was filled with the spirit of wisdom because Moses had laid his hands on him. So the Israelites listened to him and did what the Lord had commanded Moses...Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go." Deuteronomy 34:9, Joshua 1:9

I love watching the sprint relay races at the Olympics. There is added tension to this particular competition because of a unique aspect. The fastest do not always win because of this one unique feature. It is the passing of the baton. In the 2008 Beijing games, you may remember, both the US men and women dropped the baton on the final exchange of the 4 X 100. Tyson Gay and Lauryn Williams (the anchors) were both heartbroken and the US failed to even medal for the first time in the history of the games. It is the passing of the baton that is the key to success.

Another type of passing the baton is critical in families, nations, churches and societies. And just like the 4 X 100 in track and field, it has very technical elements that are summarized by a very simple objective. One person or generation must take the time to share ideals, beliefs, values and wisdom with another.

In the text above, the baton of leadership is passed from Moses to Joshua. And although these few verses are but a snapshot of the passing of the baton, the success was determined by the daily sharing of leadership that took place for over 40 years of wandering the Judean wilderness. Every day Moses and Joshua shared the work of leading God's people so that one day, when Moses was gone, Joshua could take over like a sprinter in full stride. Cont. p. 2

Seven of the eight H.S. boys mentored on April 17th.
L to R:
Maxwell, Derek, Kevin, Eli, Andrew, Adams, & Gabriel.
Missing is Josephat.



.....Patty's Post-It.....

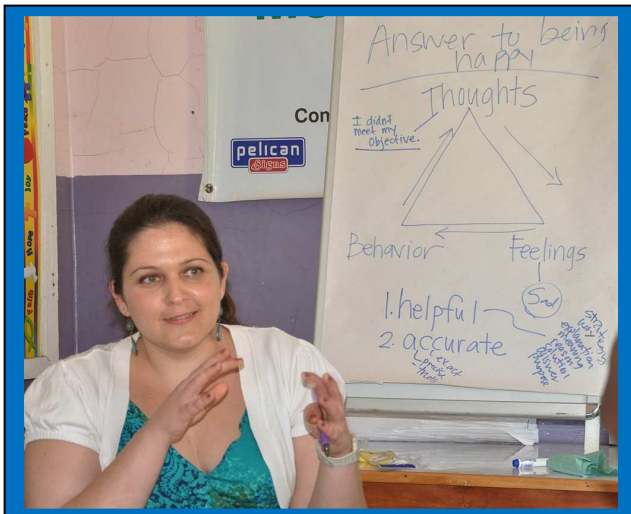
Erin's Testimony

Erin Sumner traveled to Kenya for four weeks to visit Capstone and lend her counseling experience. She conducted several seminars for our staff on Trauma counseling. Below is her first-hand experience.

Hello Capstone supporters! My name is Erin and I heard about Capstone Ministries through my uncle. I am a Marriage and Family Therapist in California and was hoping I could somehow volunteer and help the organization. After some discussion with Patty, we met in person last year to determine if my background in therapy could help Capstone. Patty asked if I would be interested in helping to train their staff, as counseling/therapy is a critical aspect of the work of Capstone. I was beyond thrilled to think I could actually go to Africa and make a difference. I began researching Kenya and specifically the street children in Kisumu.

After a year of planning, I finally arrived in Kisumu. My first instinct was to absorb everything I could about the culture. Dan and Patty guided me every step of the way and answered all of my questions. The first week in Kenya, I felt like a kid in a candy store. I realized this was probably not a normal response compared to other people who travel to a third world country; but for me, as a therapist who specializes in trauma and has a deep passion for this work, Kenya was exactly where I wanted to be. The main culture shock was the level of poverty-- or at least what the West considers poverty. Kenyans live in mud houses and work in a tin shack. Many don't have electricity or running water. And a toilet? Yeah, that would be a hole in the ground.

Cont. p. 3



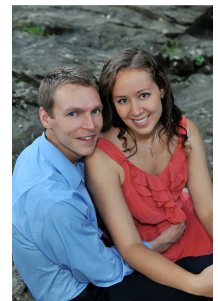
Erin teaches the staff new concepts of counseling

Cont. from p.1 At Capstone we also believe in the importance of the passing of the baton to the next generation. For those of us who can remember our High School days, we will admit that during those years, many of our attitudes, beliefs and values were shaped. A parent, teacher, pastor or coach may have played a crucial role in shaping you.

That is why we gather all of our sponsored High School boys together for a day of mentoring. Each of these boys receives regular visits by our staff during the year but once a year we gather them together to talk about the realities of life. Several leaders are invited who can communicate well with youth. This year the Pastor of the Lutheran Mambaleo Parish, Bennard Omondi, Capstone Board member Paul Gimode, District Education Officer Vitalis Katago, University graduate Shaddy Apiyo and all of the Capstone staff gathered on the ELCK compound for round table discussions, one on one conversations and group sharing sessions. The objective was one: to practice passing the baton. In other words, to inspire, encourage, correct and share challenges. All so that these boys might run the race before them with zeal, dedication and faith.

Pastor Joel and Jennifer Cundiff to join Capstone

Sometime just after Aug 1, Pastor Joel Cundiff and his wife Jennifer will be flying to Kisumu from Danbury, CT to join Dan and Patty and Capstone Ministries. Pastor Joel is associate pastor at Immanuel Lutheran. Immanuel has supported Capstone for a number of years and now--not unlike the congregation in Ephesus--they will be sending these two missionaries to join Dan and Patty while they are in the US on a fund raising tour. Previously Dan had to travel alone and leave Patty behind in Kenya for a few months at a time. Now they will both be able to travel together for much of the 3 months they are in the US. Joel and Jen will receive some orientation with Dan and Patty for a few weeks before they fill in for four months. Like all missionaries, Joel and Jen will be raising funds for the time they will be serving Capstone in Kenya. If you would like to support them,, Make out the check to Immanuel Lutheran. **Send to: Joel and Jen Cundiff, 10 Sharon Ct, Bethel, CT 06801. Attn. Joel and Jennifer's mission support.**



SaveMart S.H.A.R.E.S. benefits Capstone

SaveMart Supermarket in Northern California has a program that benefits various non-profits organizations. When you shop at SaveMart, you only need to present your card before purchase and 3% of the value of your purchase is kept in the account you have designated, in this case Capstone Ministries. Capstone receives a check quarterly from all those who have participated by taking the extra 5 seconds to hand the cashier your S.H.A.R.E.S. card. To date



Capstone has received \$3,752.90 from this program. Do you live in Northern California? Do you shop at SaveMart? Why not help Capstone while you shop! Ask for your card on the form on p. 4 of this newsletter!

“4S – School Sponsorship and Spiritual Support Project”

Street children stay at home when two important things happen: 1. The family matures spiritually, 2. The boy goes to school. With this in mind Capstone is launching a new project in which you can participate by sponsoring these two important areas of development. Called “4S – School Sponsorship and Spiritual Support Project”, this project provides a way for you to be involved in these two critical areas of a boy’s stability at home.

In 4S, a sponsor supports one child with a \$25 gift every month. This relatively small commitment provides:

- A school uniform for one child
- A Lutheran Catechism in Kiswahili
- A Bible in the tribal language of the child
- Ongoing spiritual and emotional support through Capstone staff visits to the family.

In return, you will receive

- A one page description of your sponsored child.
- A recent photo suitable for framing.
- Updates as available

You can make your contribution monthly, quarterly or annually. You can donate by VISA or MC from the Capstone website.

You can make a difference in the life of a child. Write to Capstoneministries@gmail.com Lutheran Church of the Cross of Evergreen, CO displayed this framed poster in their church foyer.



Cont from p. 2

My second week was hard. I became very upset. I was disturbed with myself and angry at the world. Every Kenyan I spoke with had suffered the loss of several family members and probably most of these deaths were AIDS related. The Kenyans I spoke to would only say their loved ones got very sick and died. I felt Kenyans lacked education on HIV/AIDS and that they are also in denial about the disease. I felt angry at us “educated” people for not doing more. We should have educated the uneducated and not allowed this to happen. Africans will suffer for decades because even if they can get AIDS under control, they can’t bring back parents who have died. There are several reasons why children are homeless in Kenya but AIDS and familial instability seem to be the main causes.

My third and fourth weeks I focused on how I could help, which got rid of my anger. I probably said the word “trauma” a thousand times because all I could see was trauma when it came to the street/homeless children. I trained the Capstone staff on trauma and how to process it. I stressed the importance of needing to process these emotions in order to move on with life. I don’t think Kenyans are taught how to process emotion. In fact, I think they teach (unknowingly) how to avoid emotion, especially when it comes to grief. I believe that if we can get the street boys to process their grief and other trauma, we will get more positive results in terms of getting them off the street and making them productive members of society. (cont. p. 4)



Erin shares with Berline the “sand-tray” counseling technique.

High School Project

In addition to the Primary School Sponsorship Program called “4S” and described on the left side of this page, Capstone also has a High School Sponsorship Program. We currently have seven boys in the 8th grade who will be taking their KCPE exam in October. In the June issue we will feature photos of these 7 boys.

Prayers, Praises

1. We welcomed Erin Sumner to Capstone in Kenya as a volunteer. Erin is a psychologist and therapist in Southern California. She will be doing some staff training in counseling during April.
2. Pray for all the Ambassadors of Capstone who spread the word in their churches.
3. Pray for the upcoming World Weekend of Prayer for Orphans and Vulnerable Children.
4. In early August, 2012 Capstone applied for RSO status with the Lutheran Church Missouri Synod. We have completed all necessary documentation. Pray it is well received and approved. We should hear any time now.
5. Dan's right knee was examined at Kijabe Mission Hospital, outside Nairobi, in late April. X-rays were taken and sent to Dr. Jim Weir in Michigan for observation. Dan will see Dr. Weir in August and most likely undergo knee replacement surgery shortly thereafter. Dr. Weir is a respected orthopedic surgeon in Saginaw, Michigan and a schoolmate of Dan's.
6. Praise for our mothers, Josey and Chrysta, who are both strong and active in their 80's.
7. The next meeting of the Capstone Board will be Aug. 1
8. Pray for the new program that gives supporters the opportunity to sponsor a boy who has been reconciled with his family. This new program, called School Sponsorship & Spiritual Support (SSSS) provides a school uniform, a Bible and Luther's Catechism and to pray regularly for the specific needs of boy in Capstone's Program.
9. Patty will fly to California on May 6. She will be visiting family. She will return June 4.
10. We will be redesigning the newsletter in the coming months. Watch for changes
11. Moringa packaging will receive a face lift this month. A newly designed label with bar code will enable us to market in major shops with scanners. Will include a picture next month. We'll have some with us when we visit in the fall.



Donation: For Capstone & Dan and Patty Support

Name _____

Address _____ City _____

State _____ Zip _____

Email: _____

Donation Amount: _____

Specific Designation? _____

Need a S.H.A.R.E.S Card ? _____

Check here if you do not need a hard copy of the newsletter and prefer to read it online _____

Make checks payable to Capstone Ministries.

All donations are tax deductible.

CapstoneMinistries@gmail.com

Send to:

Capstone Ministries, P.O. Box 2080,
Oakdale. CA 95361

Cont. from p. 3

I am so proud of Capstone. The work they do is truly remarkable. There are huge risks at every corner but risks need to be taken in order to get results. A Capstone staff member asked me, "How are homeless children different in America?" How do you explain that homeless children are not a serious problem in America? How do you explain that AIDS is also not considered a serious problem in America? How do you explain that most Americans have access to food three plus times per day? I decided I would answer all questions with honesty and compassion. I am extremely blessed to have been a small part of helping the street children in Kisumu. God planned this trip for me and I simply followed the signs. I will leave you with a post I wrote on my Facebook page that hopefully will leave you with a smile:

You know you're in Africa when: You sweep a dirt floor, your worst enemy is a mosquito, a traffic jam means the cows are resting, four people are on a bicycle, your alarm clock is a roaring lion, it's 75 degrees and people are wearing coats, people think you can carry more because your head has nothing on it, public nudity means it's bathing day, glue is the worst street drug, shoes are a luxury item, odd behavior is caused by black magic, there are stores just for charging cell phones, a machete is the best gardening tool, being overweight means you are rich, a toilet is a hole in the ground, a row of rocks is a paved road, a roof is used to collect drinking water when it rains, fresh food means you get to see your food being killed, cleaning your place means picking up gecko poop.... And I love it!

(Thank you Erin for visiting Capstone Ministries. I asked Erin to write this article because sometimes fresh eyes can give a unique perspective. Erin, Karibu tena.) (Welcome again)

Donation: "4S Primary School Sponsorship"

Name _____

Address _____

State _____ Zip _____

Email: _____

Check here if you do not need a hard copy of the newsletter and prefer to read it online _____

Donation Amount _____

Student name(s) _____

Make checks payable to Capstone Ministries.

All donations are tax deductible.

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Send to:

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