



## **Dream Big, Think Big, Plan Big**

*The Journey and Future of the Catholic Religious Sisters Health Care Initiative Uganda*

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**A faith-filled mission of healing, dignity, and hope for vulnerable mothers, women, children, and families across Uganda.**



*Sr. Maria Goretti Kabakaali, DST, reflects on the Initiative's journey, mission, and future commitment to maternal health, dignity, and compassionate service.*

## **Website Article**

### **Introduction**

Every successful mission begins with a dream. Before an organization grows, before projects are implemented, and before lives are transformed, someone first imagines a better future.

The story of the Catholic Religious Sisters Health Care Initiative Uganda is one of faith, courage, service, and careful planning. It is a story of Religious Sisters who looked at the health challenges facing vulnerable women, mothers, children, and families in Uganda and chose not to remain silent.

Across communities, Sisters working in health facilities witnessed women suffering from birth injuries, obstetric fistula, cervical cancer, breast cancer, maternal complications, stigma, poverty, and loss of dignity. Many of these conditions were preventable or treatable, yet many women continued to suffer quietly because services were too far, too costly, or not known to them.

Out of this concern, the Catholic Religious Sisters Health Care Initiative Uganda was born. Its mission is rooted in the healing ministry of Christ and the desire to restore dignity, health, and hope to those most in need.

### **Dream Big: Seeing Beyond Present Challenges**

When the Initiative began, the challenges were many. Resources were limited. Maternal health needs were high. Women affected by birth injuries and obstetric fistula continued to live with pain and shame. Many communities had limited access to cancer screening, maternal health education, and psychosocial support.

Yet the Sisters chose to dream big.

They envisioned a Uganda where no woman suffers in silence because of birth injuries. They imagined communities where mothers receive timely care, deliver safely, and access support after complications. They saw a future where women receive cervical and breast cancer screening early enough for treatment and recovery.

This dream went beyond one congregation, one facility, or one district. It became a shared mission bringing Catholic Religious Sisters together for healing, compassion, and service.

Dreaming big gave the Initiative courage to move beyond immediate limitations. It opened the door to partnerships, donor support, community engagement, and stronger service delivery.

### **Think Big: Expanding the Mission for Greater Impact**

A dream needs clear thinking to become action.

The Catholic Religious Sisters Health Care Initiative Uganda has grown because it understands that health is not only about treatment. Health is connected to awareness, education, prevention, economic empowerment, emotional support, advocacy, and community responsibility.

For this reason, the Initiative has expanded its work beyond clinical care. It supports prevention, community sensitization, screening services, birth injury camps, rehabilitation, counselling, and follow-up care.

Women who suffer birth injuries need more than medical repair. They need dignity restored. They need confidence. They need family and community support. They need to know that their lives still have value.

The Initiative also values collaboration. It works with health facilities, development partners, government structures, faith-based institutions, communities, and donors. These partnerships strengthen the mission and increase the number of people reached.

Through data collection, documentation of success stories, and evaluation of results, the Initiative continues to improve its work and show accountability to partners and communities.

### **Plan Big: Building for Sustainability**

Dreams and ideas become real when they are supported by strong planning.

The Initiative has taken important steps to strengthen its foundation. These include organizational registration, management structures, operational policies, fundraising efforts, and improved financial management systems.

Planning helps the Initiative remain focused. It supports better use of resources, stronger leadership, clear priorities, and measurable results.

As the Initiative grows, its future priorities include:

- Expanded maternal and child health programs
- Increased cervical and breast cancer screening
- Stronger birth injury prevention and treatment services
- Psychosocial support for affected women and families
- Economic empowerment for vulnerable women
- Research and policy advocacy
- Community health education
- National and regional partnerships

- A long-term dream of establishing maternal health facilities for birth injury care and related services

These goals require commitment, strong governance, resource mobilization, and accountable leadership.

## **Faith at the Heart of the Mission**

The Catholic Religious Sisters Health Care Initiative Uganda is not only a health organization. It is a mission of faith.

Its work is rooted in the Gospel call to care for the sick, uplift the poor, protect the vulnerable, and restore human dignity. Faith gives the Sisters courage to serve where the need is greatest. It strengthens them to continue even when the work is difficult.

Faith also calls for responsible planning. Resources entrusted to the Initiative by partners and donors must be used with wisdom, transparency, and accountability. Prayer, discernment, and trust in God continue to guide the Initiative's direction.

## **Looking Ahead**

The future of the Catholic Religious Sisters Health Care Initiative Uganda is full of promise. The needs of women, children, and vulnerable communities remain great, but the Initiative has already shown that committed leadership, partnership, and faith-driven service produce real change.

The next stage of growth will depend on strong systems, effective partnerships, sound governance, and continued commitment to excellence. Most importantly, it will depend on the same spirit that gave birth to the Initiative: the desire to restore hope, dignity, and health to those most in need.

## **Conclusion**

The journey of the Catholic Religious Sisters Health Care Initiative Uganda shows what is possible when people dare to dream big, think big, and plan big.

The Initiative began with a vision to improve the lives of vulnerable women and families. Today, that vision continues to grow into a national mission of healing, dignity, and service.

As it moves forward, the Initiative remains committed to a healthier future for mothers, women, children, and vulnerable families across Uganda.