



Investing in the
future of Eswatini

*A legacy community honoring those who
include Heart for Africa in their estate plans.*



What is the LIFA Society?

The **Lifa Society** honors donors who have made a lasting commitment to the children of Project Canaan by including Heart for Africa in their estate plans.

In SiSwati, the language of Eswatini, Lifa means ***Legacy*** or ***Inheritance***.

But the meaning goes deeper.

To leave a Lifa is to plant a tree under whose shade you may never sit.

Every day at Project Canaan we see the beauty of that kind of legacy as children grow into the leaders, teachers, and farmers of tomorrow.



A young child with dark skin and short hair is crouching on a lush green lawn, smiling at the camera. They are wearing a light blue long-sleeved shirt and blue shorts. In front of them is a black plastic toy truck with yellow wheels. The background is a dense field of green grass.

Your Legacy Creates a Future

Your legacy gift helps provide:

- ♥ A permanent home for vulnerable children
- ♥ Education that prepares them for life
- ♥ Nutritious food grown on the land
- ♥ Healthcare and family support
- ♥ A thriving community for generations

You are leaving a
piece of your heart in
Eswatini, forever.

Simple Ways to Leave A Life



BEQUEST

Include Heart for Africa
in your will or trust
through a specific gift
or percentage of
your estate.



RETIREMENT ACCOUNTS

Name Heart for Africa
as a beneficiary of
your IRA, 401(k), or
retirement account.



LIFE INSURANCE

Name Heart for Africa
as a beneficiary of
your life insurance
policy.

Even a small percentage of an estate can transform the lives of children for generations.



JEN SWINDALL

MAJOR & LEGACY GIFTS OFFICER

**What we are
building is not a
temporary refuge —
it is a permanent
home that will
stand for
generations.**

A Letter from Jen Swindall

Dear Friend,

You have been more than a donor to Heart for Africa; you have been a cornerstone of the hope we provide to the children of Eswatini. It is because of friends like you that the "genuine joy" I witnessed at Project Canaan this past November is possible.

I'll never forget being at Project Canaan with my son and watching the children play. In that moment, I realized that what we are building isn't just a temporary refuge, it is a permanent home that will stand for generations.

To honor this long-term commitment, we are humbled to announce the launch of The Lifa Society.

In SiSwati, the word Lifa means "Legacy" or "Inheritance." But to the people of Eswatini, it carries a deeper weight. To leave a Lifa is to plant a tree under whose shade you do not expect to sit. It is a promise that your values and your heart for these children will continue to speak even when you are no longer here.

We are officially rolling out the Lifa Society, and we would be honored to have you as a founding member. Joining is simpler than you might think and can be done through:

- A Bequest: Leaving a specific gift or percentage of your estate in your Will.
- Beneficiary Designations: Naming Heart for Africa as a beneficiary of an IRA, 401(k), or Life Insurance policy.

By including Heart for Africa in your estate plans, you are ensuring that the children we serve today, as well as those who will arrive tomorrow, will always have a family to belong to and a future to look forward to.

With deep gratitude,

Jen

Why I Chose to Leave a Lifa

Dear Friends,

In November of 2025, I took a leap of faith. I didn't have a long history with Heart for Africa, but a dear friend who has supported the mission for years urged me to go. "You just have to see it for yourself," he told me. So, I signed up for the Thanksgiving trip, and traveled alone to Eswatini to help the staff and children decorate Project Canaan for Christmas.

I arrived as a newcomer, but I left as a lifelong partner.

One afternoon, we visited one of the local homesteads. I stood back and listened as a group of students shared their hopes for the future with us. One young girl, Susan, stood out as she spoke with such conviction about wanting to be an artist when she grows up. Afterward, I had a brief chance to chat with her. We discovered a shared love for art, and in that short conversation, I realized that Susan isn't just a "child in a program." She is a visionary. She has dreams, a personality, and a future that is being meticulously cultivated by the incredible team at Project Canaan.

During my time there, I was blown away by the sheer scope of the mission. I walked through the greenhouses, saw the precision of the egg farm, and learned about the innovative vanilla project. I saw a comprehensive ecosystem of education, nutrition, and healthcare all working in harmony to ensure that Susan's dream of becoming an artist isn't just a fantasy, but a path she can actually walk.

When I flew home, I couldn't stop thinking about the "genuine joy" I saw in every corner of that mountain. I realized that I wanted to be a part of that joy forever. That is why I have officially decided to include Heart for Africa in my estate plans and join the Lifa Society.

Joining the Lifa Society was one of the easiest decisions I've ever made. Even as someone new to the organization, seeing the depth of care at Project Canaan convinced me that this is where I want my impact to live on. I hope you'll join me in planting these seeds for the future.

Karen Duncum, Heart for Africa Donor & Lifa Society Member



"I chose to leave a Lifa because I realized that my legacy shouldn't just be about what I leave behind, but who I leave behind. By supporting Heart for Africa in my will, I am making a permanent promise to girls like Susan that their dreams will always have a place to grow."

Karen Duncum

Join the Lifa Society

To learn more about including Heart for Africa in your estate plans, please contact our team.



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