



CHRISTIANS' TRUE SPIRIT (CTS)

Striving for Justice

Christians' True Spirit (CTS)

NEWSLETTER

Edition # 1

Website: www.christiantruespirit.com

What is CTS?

Christians' True Spirit (CTS) is a non-governmental, non-profit Christian organization in Pakistan, founded and registered in 2015. CTS conducts its relief and development initiatives with a special focus on disadvantaged children living in poverty. Founded on Christian principles, the organization also actively engages in public policy advocacy to address and combat pervasive social injustice.

CTS works across the Punjab province, collaborating with international partners to implement programs in the areas of education, advocacy, health, and the protection and shelter of young women, children, and families.



Services

- Legal Aid
- Education & Advocacy
- Rehabilitation
- Skills Development

Shelter (PANAHAH)

Christians' True Spirit (CTS) has established a safe shelter for minor victims and survivors of sexual abuse, especially girls who have experienced severe trauma. At the shelter, survivors are provided with basic needs, legal assistance, psychological counseling, and emotional support to help them recover with dignity. In addition, CTS invests in the future of each survivor by providing basic education and practical skills such as tailoring, beautification, and baking, enabling them to become confident and independent. Through care, protection, and rehabilitation, the shelter is helping survivors rebuild their lives with hope and strength.

Message Of the Executive Director



Christians' True Spirit (CTS), we remain steadfast in our commitment to protecting and empowering vulnerable women and children across Pakistan. Every day, we witness stories of pain transformed into hope, and despair turned

into renewed purpose through care, shelter, legal support, and skill development.

This journey would not be possible without your continued prayers, trust, and generous support. Your partnership helps us support those in need and advocate for justice and dignity.

As we move forward, we invite you to remain part of this mission—together, we can continue restoring lives and building a future filled with hope and opportunity.

With gratitude and blessings,

Katherine Sapna

Founder & Executive Director



CTS Support for a Young Survivor

Javeria's Journey to Justice and Healing

Javeria, a seven-year-old girl from Sahiwal, became the victim of a violent assault in 2023, resulting in severe physical injuries and deep psychological trauma. The incident was promptly reported by her family, and a formal complaint was filed under FIR number 731/23 at the Saddar Chichawatni police station. The accused was arrested following an investigation and, with the dedicated legal support of Christians' True Spirit (CTS), was convicted and sentenced to life imprisonment on May 5, 2024.

Throughout the investigation and trial, Javeria was required to recount the traumatic event multiple times, which significantly affected her mental health. The family also faced financial hardship and threats from some community members, urging them to settle the case privately, but they remained steadfast in seeking justice. CTS condemned the crime and provided the family with legal assistance, financial support, and a safe shelter amid these challenges. Recognizing Javeria's ongoing emotional needs, her mother requested CTS's help to provide a secure and nurturing environment for her daughter. Since May 31, 2025, Javeria has been residing at a CTS shelter home, where she receives specialized psychosocial counseling, mental health therapy, and trauma-informed care.

Initially reserved and introverted, Javeria has gradually begun to respond positively to therapeutic activities such as puzzles, coloring books, and other engaging tools



designed to create a supportive and care-free environment. To support her educational development and prospects, CTS enrolled Javeria in Lucie Harry Son School in Lahore, where she is attending Prep class and receiving tuition to prepare for primary education. Although her recovery is gradual, each step reflects her courage and resilience as she moves forward from a painful past toward a hopeful and brighter future. Throughout this journey, CTS continues to provide comprehensive support, ensuring Javeria's well-being and empowerment every step of the way.



Community Development Initiative

The CTS Skills Development & Economic Empowerment Program is a flagship initiative aimed at addressing economic vulnerability among marginalized women and girls. By equipping participants with practical vocational skills, the program supports survivors of violence and individuals from low-income backgrounds to rebuild their lives with dignity and independence. Currently, 15 girls are enrolled in skill-based training programs, including tailoring and beautician courses, delivered under professional guidance. These trainings not only enhance technical competencies but also promote financial independence, enabling participants to support themselves and their families. Through this initiative, CTS continues to create sustainable livelihood opportunities, fostering confidence, resilience, and long-term social reintegration.



Women's Day Celebration

International Women's Day 2026 was meaningfully celebrated at the Panah Shelter Home, operated by Christians' True Spirit (CTS), to honour the strength and resilience of women and girls. The shelter supports survivors by providing protection, rehabilitation, emotional care, and legal assistance. The celebration reflected the global theme **"Rights. Justice. Action. For ALL Women and Girls"** and created an atmosphere of hope, dignity, and unity. A special cake-cutting ceremony symbolized new beginnings, confidence, and the courage of the survivors.



Peace Prayer & Interfaith Iftar

Christians' True Spirit (CTS), in collaboration with the Archdiocese of Lahore, organized a Peace Prayer and Interfaith Iftar Dinner on 10th March 2026 at St. Anthony's School. The event was arranged to promote interfaith harmony, mutual respect, and peaceful coexistence among different religious communities. It was held at a very meaningful time when the sacred season of Lent and the holy month of Ramadan were being observed together, reflecting shared values of compassion, sacrifice, and unity. Mrs. Sonia Asher, Member of the Punjab Assembly and Parliamentary Secretary, attended the event as the Chief Guest, along with religious leaders, representatives of partner organizations, women from mixed communities, civil society members, and the CTS team.

The program began with a peace prayer dedicated to unity, understanding, and harmony among communities, followed by the symbolic lighting of the Peace Candle as a sign of hope and solidarity. Christian and Muslim participants, along with members of other minority communities, came together to share the Iftar meal, making the event a beautiful example of interfaith love and mutual respect. The gathering provided a meaningful platform for dialogue, strengthened relationships among communities, and reflected CTS's continued commitment to building a peaceful and inclusive society.



Institutional Capacity Building

As part of Christians' True Spirit (CTS)'s commitment to strengthening internal systems and preparing for future program expansion, a series of capacity-building trainings was successfully conducted from January to March 2026. These initiatives aimed to enhance institutional coherence while supporting the strategic development of CTS's workforce.

In February 2026, a training on Introduction to Human Resource Management (HRM) was held, with a particular focus on the Annual Performance Appraisal system. The session emphasized improving performance management practices, strengthening accountability, and fostering staff growth and development.

Following this, in March 2026, a comprehensive training on Safeguarding in Humanitarian and Development Work was conducted. This training enhanced staff understanding of safeguarding principles, reinforced knowledge of reporting mechanisms, and promoted a strong sense of ethical responsibility across all levels of the organization.

Through these efforts, CTS continues to invest in its people, ensuring a more effective, accountable, and resilient organization ready to serve communities with integrity and professionalism.

Partnerships and Networking

On February 28, 2026, Christians' True Spirit (CTS) participated in a peaceful hunger strike held outside the Lahore Press Club. The demonstration was organized by the Rwarari Tehreek Pakistan to advocate for necessary reforms in the Punjab Local Government Act 2025.

The protest highlighted the urgent need for a transparent and democratic process in the allocation of reserved seats. We placed particular emphasis on ensuring fair representation for minorities, women, labourers, peasants, and youth.

By participating, CTS reaffirmed its commitment to inclusive governance and amplifying the voices of marginalized communities, advocating for equal opportunities and meaningful participation in decision-making.



Prayer Appeal

Christians' True Spirit (CTS) is currently working on the establishment of a new shelter home for vulnerable girls in need of protection and care. This initiative aims to provide a safe and supportive environment where they can rebuild their lives with dignity and hope. As this important project moves forward, CTS humbly requests your prayers and blessings for its successful completion. Your spiritual support will strengthen our efforts to protect and empower those who need it most. Together, we can help create a safe future for every girl in need.

Support the CTS cause through your generous contributions.

Account Title: Christians' True Spirit (CTS)
Bank Name: Bank Al Habib Limited
Account Number: 0065-0981-0086-2801

Easter Greetings



Christians' True Spirit (CTS) wishes everyone a blessed Easter. May this sacred occasion bring hope, renewal, and peace to all, inspiring us to build a more loving and compassionate society.

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