



FAMILIES FOR FAMILIES

QUARTER FOUR



WWW.CAREFORAIDS.ORG

TABLE OF CONTENTS

WELCOME (02)

WHAT IS CARE FOR AIDS? (03)

HOW TO TALK TO YOUR KIDS ABOUT HIV/AIDS (04)

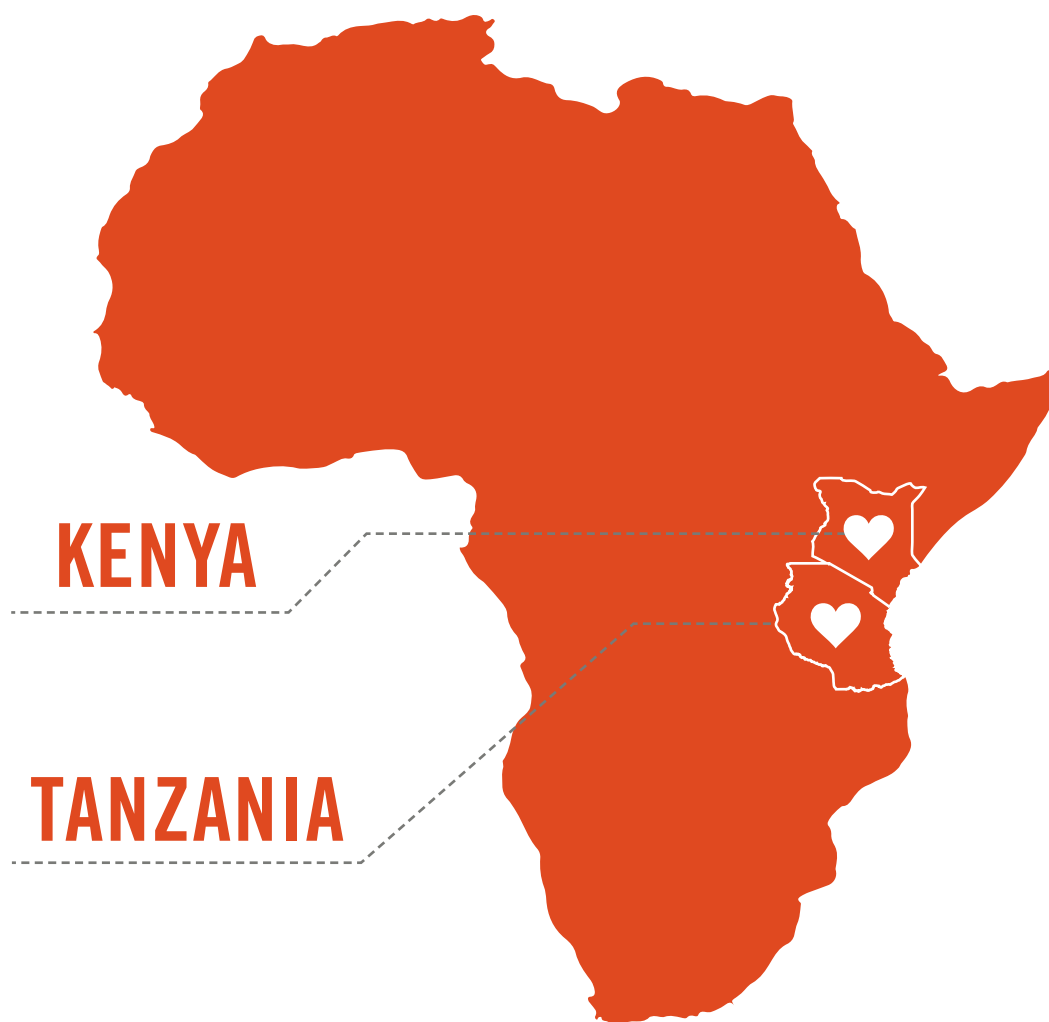
FAMILY STORY SPOTLIGHT (05)

VIRTUE & VERSE OF THE QUARTER (06)

QUESTIONS & ACTIVITIES (07)

LOVE & SERVE DAY ACTIVITIES (08)

HOW TO SHARE WITH OTHERS (09)





WELCOME!

We are so glad you have joined us! We are a group of parents that desire to live out our faith and to love Jesus and others while teaching our children to do the same. We have created this toolbox to come alongside you and make serving other families easy for you! Each quarter, we will have a virtue and memory verse we are focusing on, an East African family we will get to know better, and a service-related project to raise awareness for CARE for AIDS and support families living with HIV/AIDS. Most of all, we want to make it easy for you to create conversations around service, generosity, compassion, caring for others, and this exciting journey of faith! Each quarter a new Families for Families newsletter will be released on the CARE for AIDS website to equip and encourage you in these areas. There will be suggested activities, conversation starters, discussion questions and more! We look forward to embarking on this journey with you and your family!

WHAT IS CARE FOR AIDS?

For those of you new to Families for Families, watch this video to learn more about CARE for AIDS.



MISSION & VISION VIDEO

Want to watch a great video of a family who has been through the program? Check this one out as a family!



THE KARANJA'S VIDEO

HOW TO TALK TO YOUR KIDS ABOUT HIV/AIDS

PRESCHOOL SUGGESTION

People with AIDS are sick, sometimes very sick, and we want to help them feel better!

ELEMENTARY SUGGESTION

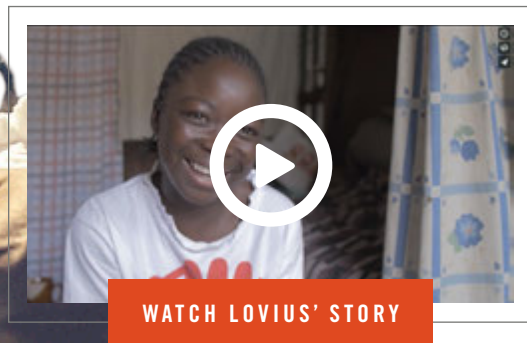
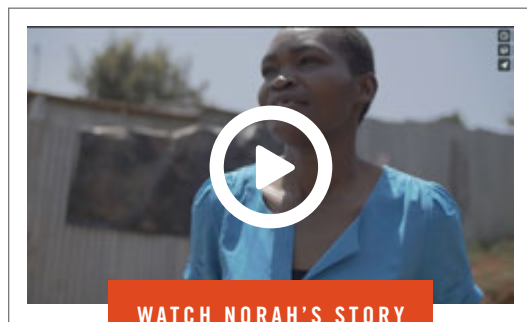
HIV/AIDS is a disease that makes your body too weak to fight off other diseases. Think of it like a cold. If you get a cold, your body is weak and tired and cannot protect itself against other infections. However, with HIV/AIDS, you can't catch it through the air like a cold, only through infected blood. So you can't get HIV/AIDS by high-fiving, hugging, or even sharing a drink or snack with someone who has the disease. If people with HIV/AIDS take their medicine every day, they can feel healthy and strong just like you and me. If they don't take their medicine every day, their bodies get weak and they start to get lots of sicknesses until their body just can't fight off the bad germs anymore.



FAMILY STORY SPOTLIGHT

MEET NORAH & LOVIUS! Norah is a single mom living in Nairobi. She has 5 children, 3 boys and 2 girls. In 2008, she was very sick with HIV; she was so sick she thought she might die. She was afraid of what would happen to her children. Then she started the CARE for AIDS program at her local church. During her time in the CARE for AIDS program, she learned many things about how to make her body strong and healthy. Norah also learned about Jesus and chose to put her faith in God. She also became a skilled bead maker and now makes beautiful purses and jewelry that she sells in the market to pay for her children's school fees.

Lovius is Norah's daughter. When her mom was sick, Lovius was afraid she would lose her, but she watched her mom get strong. Lovius says she is FULL of gratitude because her mom can live a long and healthy life thanks to the CARE for AIDS program. When Lovius grows up, she wants to be a writer and help others by sharing stories of hope. Lovius loves to read and is working hard in school so she can follow her dreams. She loves her mom very much and is so thankful her mom is healthy and in her life for years to come!



VIRTUE OF THE QUARTER

GRATITUDE

KID-FRIENDLY DEFINITION

LIVING WITH A THANKFUL HEART
BECAUSE OF ALL GOD HAS DONE

VERSE OF THE QUARTER

“IN EVERYTHING GIVE THANKS; FOR THIS
IS GOD’S WILL FOR YOU IN CHRIST JESUS.”

1 THESSALONIANS 5:18

QUESTIONS & ACTIVITIES

FAMILY DINNER TABLE QUESTIONS

- 1. What is gratitude in your own words?
- 2. How is our life different when we live with a grateful heart?
- 3. List as many things as you can you are grateful God has done for you.
- 4. When our hearts want more and more stuff, how can an attitude of gratitude help?
- 5. How does it feel when you give someone something and they show gratitude?

MAKE A GRATITUDE TREE

Let's get creative! Using construction paper, have your children cut out paper leaves. Each evening at dinner, talk about one thing you are grateful for. Write it on one of the leaves and attach the leaf to a window using tape or decorative tree branches with ribbon or even with clothespins on a line! Encourage your kids to use their imaginations! By Thanksgiving, you will have leaves on your Gratitude Tree to read around the dinner table!



LOVE & SERVE DAY ACTIVITIES

When your heart is full of gratitude, love just spills out! Take some time this season to love and serve together as a family! Here are some ideas:

NOTES ENCOURAGING CARE FOR AIDS CLIENTS

There are over 3,500 East African Families in the CARE for AIDS program each year! In January, our Families for Families team is taking a trip to Kenya. We will be hand delivering your letters of encouragement to our clients! Stay tuned to our social media accounts for pictures to see your letters being distributed in Kenya! Make as many as you like with encouraging words, Bible verses, or pictures and mail them to:

CARE for AIDS
c/o Letter Project
977 Grant Cove Place
Atlanta, GA 30315

SPONSOR A FAMILY THIS CHRISTMAS SEASON

For just \$300 (or \$25 monthly) your family can sponsor a family for a year! Be creative in how you raise the money. Use previous newsletter Love & Serve Day activities (rice and beans nights, bake sale, etc.) or come up with your own (hot chocolate stand, yard sale, etc).

[CLICK HERE TO DONATE](#)

BLANKET YOUR COMMUNITY IN ACTS OF KINDNESS BIG AND SMALL

Author and blogger Courtney Defeo has made it easy to do fun acts of kindness around your community! Think: signs of gratitude decorating your trash can for the garbage collectors, cookies in your mailbox for the postal worker, candy canes for the grocery store clerk and more!

[LEARN MORE HERE](#)



HOW TO SHARE WITH OTHERS

As the author, Chris Marlow, said, “Doing good is simple.” So let’s gather our friends and family to do lots of good! Use this newsletter as an opportunity to rally your community, your small group, your mom’s group, your neighbors! Use the hashtag **#FAMILIESFORFAMILIES** on all your social media outlets so we can see the ways God is using families and small groups to impact families in East Africa!

