



FAMILIES FOR FAMILIES

QUARTER ONE



WWW.CAREFORAIDS.ORG

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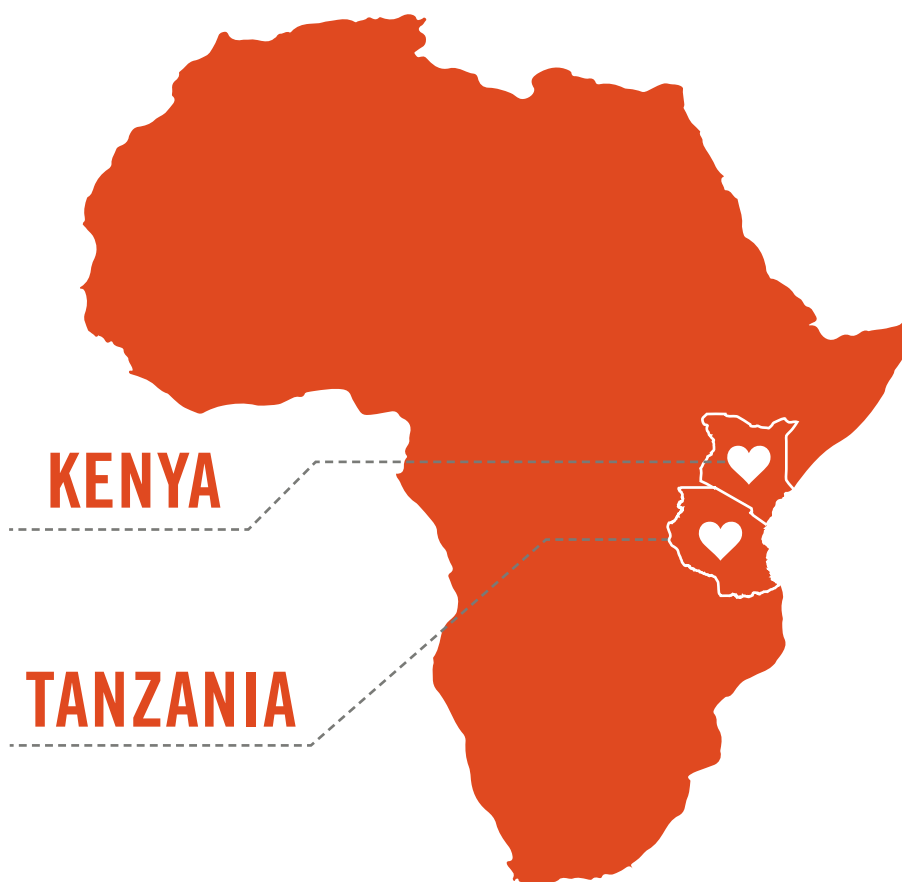
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WELCOME!

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.



VIRTUE OF THE QUARTER

LOVE

DEFINITION

A FEELING OR ACTION OF KINDNESS & COMPASSION, EXPECTING NOTHING IN RETURN

VERSE OF THE QUARTER

“LOVE THE LORD YOUR GOD WITH ALL YOUR HEART AND WITH ALL YOUR SOUL AND WITH ALL YOUR MIND.’ THIS IS THE FIRST AND GREATEST COMMANDMENT. AND THE SECOND IS LIKE IT: ‘LOVE YOUR NEIGHBOR AS YOURSELF.’”

MATTHEW 22:37-38

FAMILY STORY SPOTLIGHT

MEET ANNE! Two years ago, Anne was very sick. When you are sick for a long time and only getting worse, sometimes you get very sad. Anne was losing hope. Just when she was at her saddest, a CARE for AIDS worker named Dorcas stopped by to visit Anne. She stayed and talked with Anne and encouraged her to not give up hope. She cheered her up and told her about CARE for AIDS. Anne heard God's voice as Dorcas spent time with her and loved her; she heard God say "Why should you die? You have a lot of work that I want you to do for me still!" God used Dorcas' simple act of love--a visit, encouraging words, and an invitation to be a part of something--to literally save Anne's life and give her hope and a purpose again. Now Anne has finished the 9-month program, is healthy and strong and has learned to make soap and tie-dye clothes to sell in the market. While in the CARE for AIDS program, she had a baby, and now she will live a long healthy life and be able to raise her baby and send him to school. After graduating the program, she said, "You know, I never used to smile, but now you can see that I can smile. I have been brought from the ground up, from zero to hero!" Wow, what amazing things can happen with a simple act of love. Like the story of the Good Samaritan, be on the lookout for people like Anne, who are having a hard time and feeling sad. You never know what a kind word or act of love and compassion can do to change someone's life!



CONVERSATION STARTERS

- What does love mean to you?
- What does mom or dad do or say to you that feels the most loving?
- Did anyone encourage or help you today? How did that feel?
- What are ways God has been kind to you and shown you his love?
- How does your heart feel after you've been kind to others?
- Who are some of your "neighbors" God wants you to love?



FAMILY DEVOTION TIME

LUKE 10:27-37

Read the story of the Good Samaritan together.

He answered, "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind;" and, 'Love your neighbor as yourself.'" "You have answered correctly," Jesus replied. "Do this and you will live." But he wanted to justify himself, so he asked Jesus, "And who is my neighbor?" In reply Jesus said: "A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. So too, a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. The next day he took out two denarii and gave them to the innkeeper. 'Look after him,' he said, 'and when I return, I will reimburse you for any extra expense you may have.' "Which of these three do you think was a neighbor to the man who fell into the hands of robbers?" The expert in the law replied, "The one who had mercy on him." Jesus told him, "Go and do likewise."



DEVOTIONAL THOUGHTS & QUESTIONS

- What question is the story answering?
- After reading the story, who do you think we are supposed to love?
- How do we sometimes “step over people” to serve ourselves instead of stop to love others?
- What does loving someone sometimes cost us?

Notice in the story, Jesus is responding to the question of “Who is our neighbor”? Our neighbors are not only those closest to us (our family, friends, teachers), but they are also those people who others pass by. The priest and Levite would have been very important people in that community. They studied God’s word every day, memorized it, and prayed all day. But even they missed the person God had put in their path to love. Keep your eyes open this week for people who others may pass by and not stop to help or care for. “Do likewise” as the Good Samaritan did for these people. Loving people sometimes is easy, like giving a smile or helping someone up after they fall. Sometimes loving others is hard and may cost us something we want - first place in line or our time or money. But remember, we love because Jesus first loved us (1 John 4:19). So as God fills our hearts with love, love spills out to others. Think of ways this month you can love others.



FAMILY LOVE CHALLENGE

LOVE LANGUAGE TEST

Have a dinner conversation about Love languages! Explain the five love languages and see which one your child thinks means the most to them!

- Physical touch – a hug, kiss or snuggle!
- Words of Affirmation- encouraging words, or being told often how much you are loved
- Quality Time- spending time with someone doing something you enjoy
- Gifts – the surprise of a small gift makes you feel extra loved.
- Acts of service- when someone does something for you or helps you with a task.

For your elementary age children and up, there is an online questionnaire to identify their love language:

[CLICK HERE TO TAKE QUESTIONNAIRE](#)

Share around the table each person's love language and challenge yourself and your kids to love each person in the special way they feel most loved!

COMPLIMENT JARS

One way we can love our closest neighbors is with our words. Set out cups or jars on the counter with each family member's name. Throughout the month, write one thing you love about each person and place in the jar. Write as many as you want! At the end of the month, read yours out loud! You can also do this as a Valentine mailbox the month of February!



FAMILY LOVE CHALLENGE CONT'D

SIBLING CHALLENGE

See who can out-LOVE one another. Think of things your sibling really likes. Some people like to hear words of encouragement the most, some really feel loved when you do something for them, some feel most loved with a small gift or hug. Try and do something for your siblings each day or week -- clean their room, do a chore for them, help them with homework, read them a book they like, give them a hug when they seem sad, or offer to play something they really enjoy! Watch your sibling's face light up as you love them well!

"I SEE YOU" CHALLENGE

Parents, this one is for you. Each day, be on the lookout for acts of love happening around your home: good news from your child's teacher, kindness for a sibling, helping out around the house, or even just having a great attitude. Call it out with an "I see you" award and let your children know they are noticed and no act of love is ever wasted! And of course, if the kids notice something in a sibling or even a parent, they can give out an "I see you" award too!



LOVE & SERVE DAY ACTIVITIES

Let's put our love into ACTION this quarter!

VALENTINE'S ACTS OF LOVE

Be on the lookout for how you can spoil someone with love in February! Like the story of the Good Samaritan, look for people who aren't usually recognized. Write a special encouraging note or make a small gift for the cafeteria workers, janitors, teachers, or principals at your school, mail carriers or trash collectors. Love on the kid at school that people may make fun of or exclude. Invite them to your table or to play at recess. A little act of love goes a long way!

WRITE NOTES OF LOVE TO CARE FOR AIDS CLIENTS

This is a great way you can send your love over an ocean! Draw a picture, include your favorite Bible verse or encouraging words! To an East African family, words of kindness from an American family are amazing!

CARE for AIDS

c/o Encouragement Notes

977 Grant Cove Place SE

Atlanta, GA 30315



LOVE & SERVE DAY ACTIVITIES

RICE AND BEANS NIGHT

HOW IT WORKS: Instead of going out to eat or cooking a big dinner, cook up a cheap and easy dinner of rice and beans. As a family, talk about how this may be the only meal a Kenyan family eats in a day.

[TRY THIS RECIPE](#)

Watch one of the CARE for AIDS videos (<http://www.careforaids.org/stories/>) and that night at dinner talk about how giving up a more expensive dinner can love a family across the world! Donate what you would have spent on your dinner.

[CLICK HERE TO DONATE](#)

CHALLENGE: Try this when your family is ready to share the CARE for AIDS story with other families. Invite specific families or post your Rice and Beans Night on social media, requesting RSVPs. Ask those who plan to attend to bring the money they would have spent eating out at a restaurant, and a fact about East Africa.

Enlist the whole family in praying, planning, grocery shopping and cooking the meal. Consider making the recipe above. Be creative in setting the stage. Have a map on display and make sure the kids can point out Kenya and Tanzania. Find an African music station to play in the background!

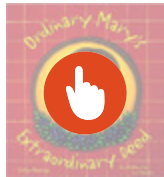
When everyone has arrived, share the purpose of the evening and let the kids serve the meal. After dinner, watch one of the videos at the link above and let the kids share their ideas about the differences and similarities in their families and the ones in the video. Then collect everyone's "meal price" and celebrate how many East African families will be helped when you donate the money to CARE for AIDS!



RESOURCES

BOOKS & STORIES

- Read “The Friend of Little Children” in *The Jesus Storybook Bible* or [CLICK HERE](#) to watch it online.



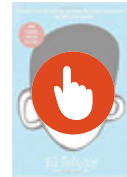
**ORDINARY MARY'S
EXTRAORDINARY DEED**
BY EMILY PEARSON



**HAVE YOU FILLED A
BUCKET TODAY?**
BY CAROL MC CLOUD



**GUESS HOW
MUCH I LOVE YOU**
BY SAM MCBRATNEY



WONDER
BY R.J. PALACIO



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!

