



FAMILIES FOR FAMILIES

QUARTER FOUR



WWW.CAREFORAIDS.ORG

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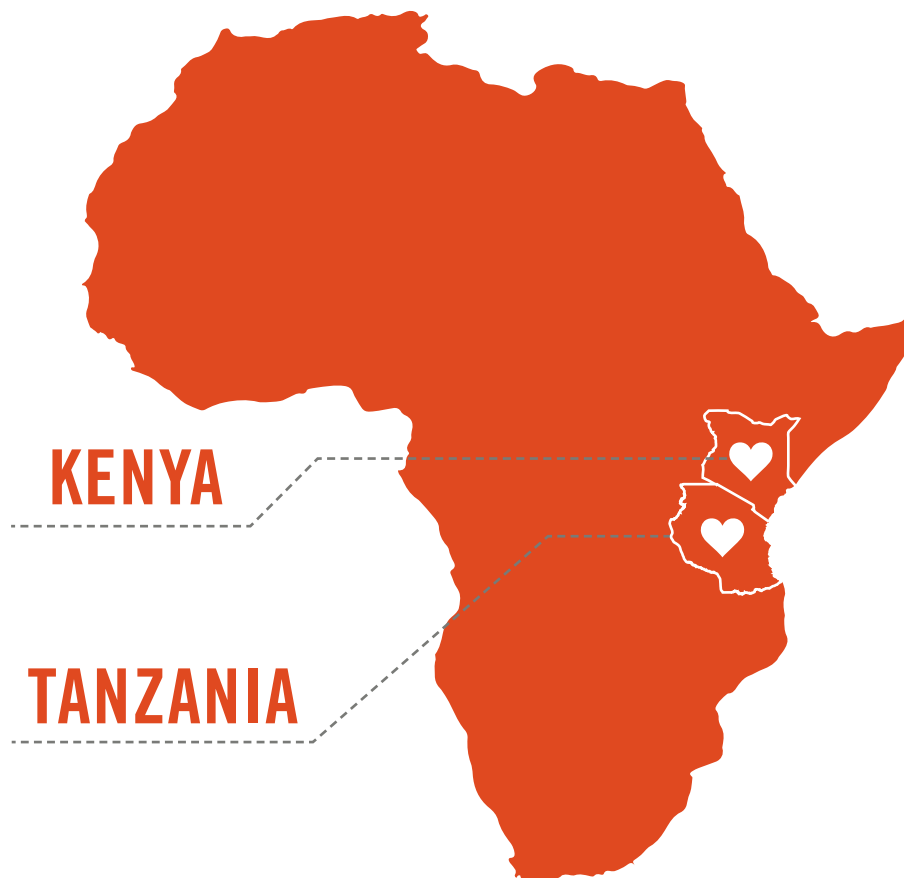
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WELCOME!

We are so glad you have joined us! We are a group of parents who 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 have a virtue and memory verse we focus on, an East African family we 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 with 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 FAMILY 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 daily, they get weaker and weaker until they can't fight off germs anymore.



VIRTUE OF THE QUARTER

JOY

DEFINITION

**A DEEP, UNSHAKEABLE SOUL-HAPPINESS
BECAUSE OF GOD'S GREAT LOVE FOR US.**

VERSE OF THE QUARTER

**"I WILL REJOICE IN THE LORD; I WILL TAKE
JOY IN THE GOD OF MY SALVATION."**

HABAKKUK 3:18

FAMILY DEVOTION

Read **LUKE 15:11-31** or “Running Away” in the *Jesus Storybook Bible* by Sally Lloyd-Jones.

- Why do you think the younger son wanted to leave home?
- Where did he go looking for joy?
- Did the son find joy in spending money?
- Where did he finally decide to go?
- Why did the father have a big party when he came home?
- What do you think will bring you joy?
- Where is the best place to look for joy?

Jesus told this story for many reasons. One was to show us how much God loves his children and how quickly He forgives. Another lesson we can learn is when we go looking for joy and satisfaction anywhere other than God, it doesn't last. A relationship with our Father is the only place we can have true joy.

If you notice in the story, even the older brother who outwardly did the right things didn't have joy. He was close to his father, but he was doing the right thing for the wrong reasons.

Happiness comes and goes, and if we look for it in good grades, friends, fun, popularity, food, beauty, or money, it will not stay for long. Joy comes from knowing God and abiding in his love (John 15:9-11). Joy comes from remembering what Jesus did to save us and having a bigger vision of life than just today. We were made for heaven! Things of earth will not satisfy when God has designed us so that only He can fill the holes in our hearts!

HAPPINESS	JOY
Outward expression of pleasure	Inward peace and contentment
Serves self	Serves others
Lasts a little while, temporary	Lasts a long time, endures
Based on great things happening	Can happen even in hard things, based on trusting in God
Starts with self	Comes from God, fruit of the Spirit



DINNER DISCUSSIONS & CARPOOL CONVERSATIONS

QUESTIONS

- What is joy in your own words?
- What is the difference in being happy and having joy?
- How can we choose joy when we feel sad or frustrated?
- What do we know about God that should make our hearts feel joyful?
- Who are people in the Bible who went through something hard but still had joy? (examples: Paul, Philippians 1:12-25; Mary, Luke 1:46-55; Jesus facing the cross, Hebrews 12:2)

PARENT SHARE

- Tell about a time in your life when your circumstances were hard but it produced joy in your heart or when joy sustained you during a hard time.
- Tell about a time in your life when you tried to find joy in the wrong place and how finding satisfaction in temporary things never lasts.
- Remind your kids on the way to school: Lasting joy is only found in Jesus! Eternal joy is God's plan for you. Unshakeable joy is built on our trust in God's love! We can get joy by trusting in what God says and has done.



CLIENT STORY SPOTLIGHT

MEET SARAH WAMBUI MWANIKI! Can't you tell in the pictures she is overflowing with joy? But she wasn't always this way. Over 10 years ago, Sarah was sick. She was so sick, she couldn't walk or get out of bed. Her husband had gotten sick, and she was very sad. She felt alone and hurt because people made fun of her. She was so sad and lonely, she left her city and ran away to another town. There she met a man named Duncan who worked with CARE for AIDS. He helped her get to the church and get started in the program that could not only help her get her health back but also help her find joy in Jesus and in community. When she started going to the church, she heard sermons of the hope and joy found in Jesus. She was loved, truly loved, for maybe the first time in her life! The program didn't just meet her physical needs of food and health, but it met her heart's need for love, joy and hope. Sarah is still strong and healthy. She says, "It's been 10 years, and I'm grateful for life. I know I will continue living!" Joy is a powerful force! The love of God is where we find that unshakeable joy!! Jesus died for us so that our joy may be made complete.

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[WATCH SARAH'S STORY HERE](#)



LOVE & SERVE DAY ACTIVITIES

Now that we have studied joy, what happens when our hearts are full of it? They overflow! God has set up his kingdom so we not only find joy in Him but also in serving Him and others (Proverbs 11:25, Matthew 6:21, 2 Corinthians 9:7, Acts 20:35). God designed us to GIVE and loves our joy in giving with a glad heart! There are tons of ways to be generous this holiday season. Live out the fun and joyful experience of generosity with your children. Your generosity can also benefit people like Sarah through your giving to CARE for AIDS.

[CLICK HERE TO DONATE](#)

BAKE SALE

Get your mixers ready or buy some yummy sugar cookie mix and some fun icing colors. Get out those cookie cutters or just throw some Rice Krispies treats together. Set up a table in your neighborhood and post on social media that you are selling cookies to raise money for families in Kenya. Get creative! Cookies For Kenya! Cakes for Kenyans! Popsicles for People in Kenya! Fudge for Families in East Africa! Invite people to your bake sale via social media; take the kids with a wagon door to door; set up a table at your child's sport functions; the sky is the limit!

SPONSOR A FAMILY THIS CHRISTMAS SEASON

For just \$300 (or \$25 monthly) your family can sponsor a family for a year through CARE for AIDS! 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.).

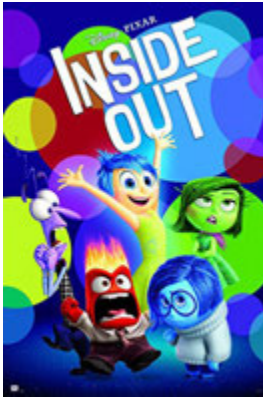
LIGHT 'EM UP: RANDOM ACTS OF KINDNESS

Author and blogger, Courtney Defeo, has made it easy to do fun acts of kindness around your community! Think signs of gratitude: decorations on the trash can for the garbage collectors, cookies in your mailbox for the postal worker, candy canes for the grocery store clerk! [CLICK HERE](#) to learn more.

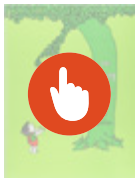


RESOURCES

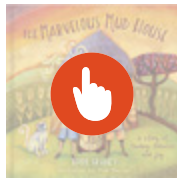
FAMILY MOVIE NIGHT



BOOKS & STORIES



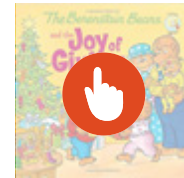
THE GIVING TREE
BY SHEL SILVERSTEIN



THE MARVELOUS MUD HOUSE: A STORY OF FINDING FULLNESS AND JOY
BY APRIL GRANEY



RONNIE WILSON'S GIFT
BY FRANCIS CHAN



THE BERENSTAIN BEARS: THE JOY OF GIVING
BY JAN BERENSTAIN



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 moms 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!

