



FAMILIES FOR FAMILIES

QUARTER ONE



WWW.CAREFORAIDS.ORG

TABLE OF CONTENTS

WELCOME (02)

WHAT IS CARE FOR AIDS? (03)

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

VERSE AND VIRTUE OF THE QUARTER (05)

FAMILY STORY SPOTLIGHT (06)

PRAYER FOCUS (07)

GENEROSITY UNLEASHED (08 & 09)

UPCOMING FAMILY ACTIVITY (10)

HOW TO SHARE WITH OTHERS (11)



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?

Watch this video as parents or with your kids!



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!

CARE for AIDS is a nine-month program held in local churches in East Africa to rehabilitate families living with HIV/AIDS to good health and strength so they can learn a skill and provide a home and education for their children. This ministry provides not only healing of the body but also Jesus for the heart!



THE MWAURAS 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.

CONVERSATION STARTERS

Keep the generosity conversation going! Here are some great questions to ask around the table. Don't forget to let mom and dad answer too!

PRESCHOOLERS.

- In your own words, what does it mean to be generous?
- How can you have a giving heart at school?
- Tell me about a time you shared something with a sibling? How did it feel?
- How do you think you would feel if someone was generous or shared something very special to them with you?
- Tell your kids about a time you were generous, especially a time when at first you were reluctant but so glad afterwards!

ELEMENTARY AGE AND UP.

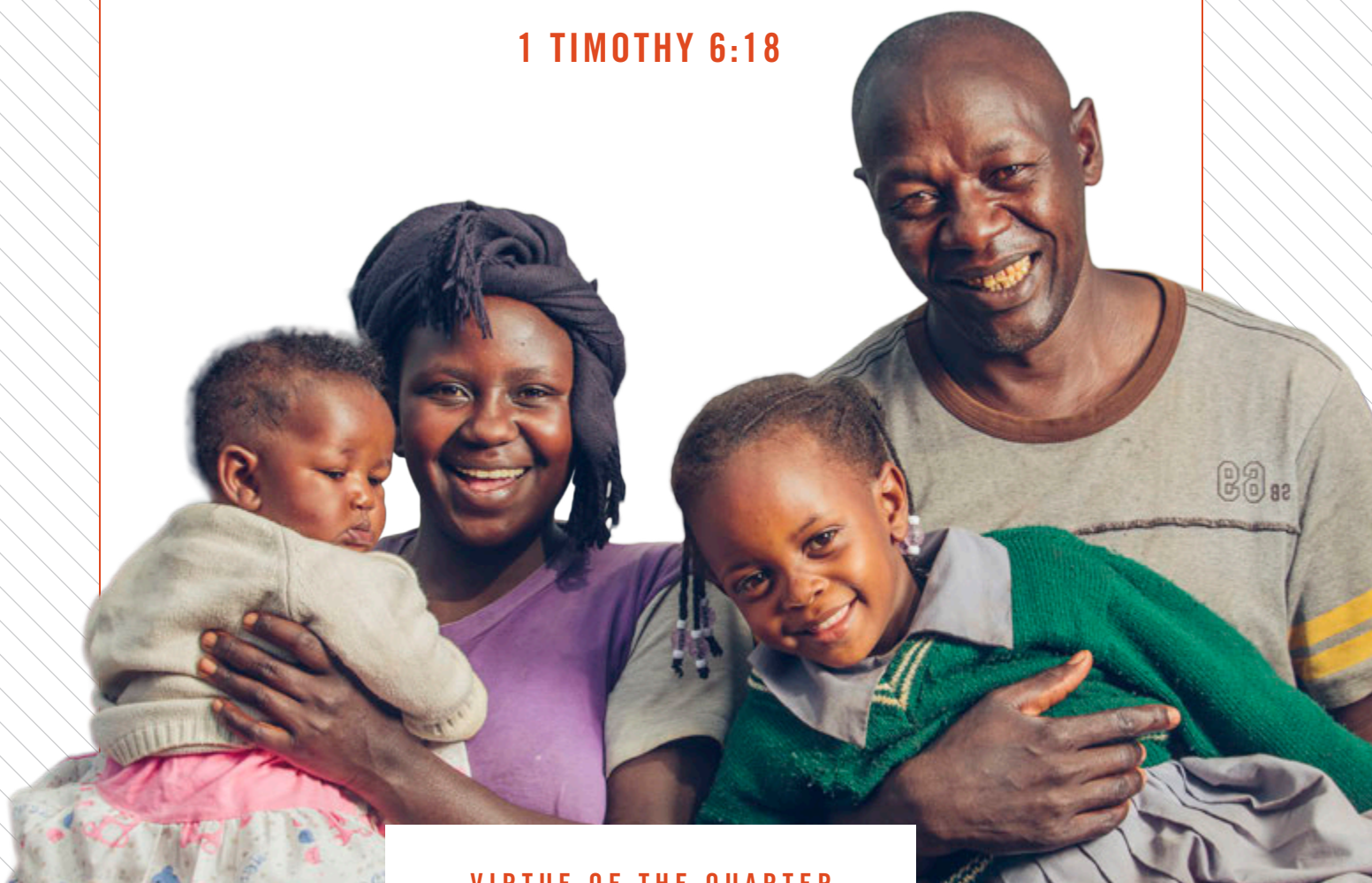
- What is "generosity" in your own words?
- What should we do when we don't want to be generous?
- Is there a time when you didn't feel like being generous but chose to anyway?
- What can we be generous with other than our money?
- Why does God want us to be cheerful givers and "rich in good deeds"?



VERSE OF THE QUARTER

“COMMAND THEM TO DO GOOD, TO BE RICH
IN GOOD DEEDS, AND TO BE GENEROUS
AND WILLING TO SHARE.”

1 TIMOTHY 6:18



VIRTUE OF THE QUARTER

GENEROSITY

ALL WE HAVE IS FROM GOD, SO WE WILL
LIVE WITH OPEN HANDS TO HELP OTHERS



FAMILY STORY SPOTLIGHT

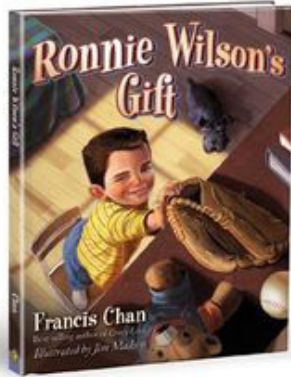
MEET JEN! Jen has been sick with HIV/AIDS for over three years. She and her children live in this house in a town called Limuru. Outside in the grass around her house is where Jen's chickens and goats roam. Did you know that by selling the chicken's eggs and goat's milk, as well as the potatoes she grows, Jen can earn money? School in Kenya usually isn't free. So with the money Jen earns, she can send her children to school, and they can learn and grow! Now that Jen is taking her medicine, you would never know she is sick. She looks and feels healthy and strong!

That is why the CARE for AIDS program is so important. Many times when someone starts the program they are so sick, they can't even walk! With the counseling the clients receive in the program, they learn how to take their medicine and about nutrition or healthy eating so they can live strong long lives. But what good is a healthy body if your heart is sad? CARE for AIDS also gives clients hope and tells them about Jesus. They are placed in a small group of 8-10 people and plugged into their local church. The best healing happens when both body and heart are becoming well. Jen's big smile is proof of that!

Jen has five children, ages 1-15! Many Kenyan families have a lot of kids! Jen was so proud to tell us she is able to pay for her children to go to school. When we asked Jen what she got most out of the program, she answered, "Courage." In Kenya, when people get HIV/AIDS many times they are stigmatized. That is a big word for left out or made fun of. Jen said she used to feel sad and shameful that she was sick and couldn't get out of bed! Now she is strong, healthy, and feels she has value. All of God's children have extreme worth! We are all made in his image, black or white, sick or healthy, lots of stuff or no stuff at all. We have value because we are His! This is a fact Jen learned in the program. She put her trust in Jesus during the nine months she was in the CARE for AIDS program, and now she has the courage to go tell others about Jesus.

PRAYER FOCUS: GENEROSITY

Use your family time around the table, bedtime routines or prayers to talk about the theme of generosity. If you would like additional resources to guide your time together, here are a few suggestions:



**CLICK HERE TO PURCHASE
RONNIE WILSON'S GIFT
BY FRANCIS CHAN**



**CLICK HERE TO PURCHASE
IN THIS HOUSE WE WILL GIGGLE
BY COURTNEY DEFEO**

EXAMPLE PRAYER

Dear God, help us see that all we have comes from you. You are a good Father and the Provider of all of our needs. Help us to see that what we have is a gift both meant to be enjoyed and shared. As 1 Timothy 6:18 says, we want to be rich in good deeds and always willing to share. Help us to remember families like Jen's and use us as a tool that can help bring hope and healing to others! In Jesus name, Amen!



GENEROSITY UNLEASHED

GIVE LIVE AND SAVE. One idea for a family learning experience is to grab three plastic cups and write GIVE on one, LIVE on the next, and SAVE on the last. Throughout the month you can give your child coins for jobs around the house or when you catch them doing something extra generous. This can make for a great discussion on how God wants us to be stewards of what he has given us. At the end of the week or month, they can take their GIVE cup to church or a local ministry, or they can donate it online to <http://www.careforaids.org/donate/>. They can save each week to purchase something small in their LIVE cup. If they are wanting to make a bigger purchase, they can keep their savings growing month to month in the SAVE cup. This is a great tool to start learning how being a good steward with our “stuff” helps us have margin in our lives to be generous with others!

YOU CAN ALSO BE GENEROUS WITH:

SMILES. Give them away! Smiles are free and easy to give to so many people! You may be surprised with what you get back!

KIND WORDS. Someone who is generous with their kind words is a great encourager. People love being around encouragers. Try and give away three kind sentences to someone each day!

TOYS. We all know we can share our toys! How about finding one of your toys and giving it away to someone.

SNACKS. You can keep a brown bag in the car with a few snacks and small water bottles ready to give to a homeless person or someone in need.

HUGS.

HIGH FIVES.

TIME. You can offer to play with someone and that is very generous of your time and energy. Try and find someone who may need a friend!



GENEROSITY UNLEASHED CONTINUED

Challenge your kids with these applications of generosity!

AT HOME:

SHARE with your siblings something of your own you know they always want to play with.

HELP your mom or dad set or clear the table.

OFFER to help your sibling clean up their toys or room, or even go in and make their bed for them.

TAKE your dog on a walk.

WRITE kind words in sidewalk chalk on a neighbor's driveway – like “have a great day” or “you're a great neighbor.”

SAY an encouraging sentence to each family member at the dinner table.

AT SCHOOL:

INVITE someone new to sit at your table and get to know them.

GIVE your teacher encouragement (by note or words) of how great of a teacher they are and something you've learned from them.

TELL those special lunch ladies and custodians how much you appreciate their work.

STICK UP for someone getting made fun of and be extra generous with kind words to them.

HELP someone carry their lunch tray to the trash.

Don't forget, our BIG GIVE DAY is coming up in March! We want to spread generosity in our communities in many ways! Leading up to the big day, here are some small steps your family can take towards generosity on a daily basis. Don't feel overwhelmed! Even if you do one a month and talk about it, it is a win! These experiences soak deep into our children's hearts!

ROLL your neighbor's trash can in for them

DRAW a picture for the mailman or garbage collector and tape it to the box

CLEAN UP a sibling's room for them

WRITE a thank you or encouragement note for your teacher

RETURN a grocery cart for someone in the parking lot

GIVE a drink to a worker outside or a homeless person

These are just some helpful suggestions. Feel free to be creative and make it as big as you like! Don't forget to hashtag us on social media at #familiesforfamilies so we can see the amazing things you and your families are doing for families like Jen's in Kenya!

UPCOMING FAMILY ACTIVITY

In March, gather your kids and communities — we are going to take over with generosity! Choose from an activity below — go big or go small! We have provided you with PDF material for both options. Use the hashtag **#FAMILIESFORFAMILIES** on your social media outlets to encourage your community to support families across the ocean!

BAKE SALE. Get your mixers ready or buy some yummy sugar cookie mix and some fun icing colors. 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! Get out those cookie cutters or just throw some Rice Krispie treats together. Invite people to your bake sale via social media; send the kids with a wagon door to door; set up a table at your child's sport functions; the sky is the limit! See our printables **HERE** to make it even easier.

RICE AND BEAN NIGHTS. Did you know many times an East African family eats only rice and beans once a day? Take a night out of your week to eat only rice and beans for dinner! There may be complaining, but use it as a time to talk about God's generosity to us and how we can show others his love by being generous to them! Use the \$30-45 you would have spent on this meal and pass it along to CARE for AIDS. You can support a family in the program for a whole month with just \$25. Even better, bag up dry rice and beans and give it to friends and invite them to join you in this mealtime generosity!



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 email 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!

