



FAMILIES FOR FAMILIES

QUARTER THREE



WWW.CAREFORAIDS.ORG

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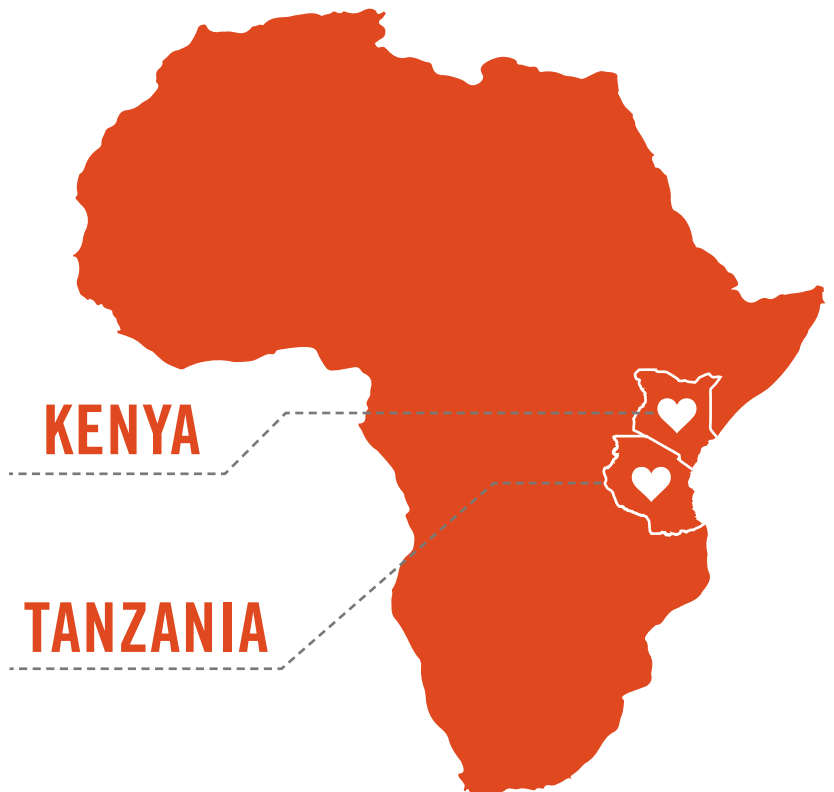
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WELCOME!

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.



FAMILY STORY SPOTLIGHT

MEET ALFRED & CAROLINE! Did you know in Kenya if you have a sickness called HIV/AIDS, people do not want to be around you? People are confused on how the sickness spreads so they think it is best to stay away from anyone who is sick. Sometimes, people who have this sickness get called mean names and their hearts get sad. Have you ever felt sad because of something said to you?

Courage is trusting God instead of listening to the unkind words of others. It also takes courage to get help when you are sick.

Meet Alfred and Caroline. They live in Kenya in a town called Kisumu and have been married for 15 years. When their son, Benson, was born, Caroline found out she was sick with HIV. She was afraid to tell even her husband she was sick. She asked God for courage to tell him. When she did, her husband wanted to help her. He found out he was also sick.

Alfred was getting sicker and didn't have a job or money. The kids couldn't eat very often or go to school. Alfred and Caroline were sad. They took a brave step and decided to get help at the hospital.

One day at the hospital, program located in their the program and learn choices and learn a

they heard about the CARE for AIDS nearby church. They decided to join how to live a healthy life, make good skill so they could work again.



FAMILY STORY SPOTLIGHT CONT'D

They also learned about Jesus and all He had done for them. They learned Jesus doesn't label them as sick. Jesus is the Healer, and He calls them loved! Alfred and Caroline wanted to know more about Jesus, so they started reading their Bibles together as a family.

Alfred and Caroline also learned how to make soap. They started walking door-to-door selling their soap. That takes courage too! Have you ever done something like that? They even sold their soap to a nearby hospital and school. Now Alfred and Caroline can send their children to school and pay for food and. They even started putting money away for savings.

Often, our circumstances seem kind of scary. Life can feel uncertain if you don't know what's next. Trusting God takes courage. We don't have to have the whole plan or know exactly what to do. One little prayer for courage, one little step of courage, and God takes over and reminds us He is **GOOD**, He is **GOD** and He has **GOT THIS!** This is a lesson Alfred and Caroline learned. Victor, Benson, Michelle and Linet are so glad to have their parents healthy again. They are thankful to go to school and then come home to a loving family learning about Jesus. Courage really pays off!



VIRTUE OF THE QUARTER

COURAGE

KID-FRIENDLY DEFINITION

BEING BRAVE BECAUSE
YOU KNOW GOD IS WITH YOU;
RELYING ON GOD'S STRENGTH
WHEN YOU FACE FEAR

VERSE OF THE QUARTER

ELEMENTARY / MIDDLE SCHOOL MEMORY VERSE

"BE STRONG AND COURAGEOUS.
DO NOT BE AFRAID OR TERRIFIED...
FOR THE LORD YOUR GOD GOES WITH YOU;
HE WILL NEVER LEAVE OR FORSAKE YOU."

DEUTERONOMY 31:6

PRESCHOOL MEMORY VERSE

"WHEN I AM AFRAID, I PUT MY TRUST IN YOU."

PSALM 56:3

LIVING WITH COURAGE

TIMES WE NEED COURAGE: HOW WE CAN HAVE COURAGE:

<p>When we are trying something new</p>	<p>God is for us! He is on our team. God calls us His child, His treasure. He tells us he loves us, accepts us and approves of us. We don't need to fear a new task because we have the God of the universe on our side, with us and behind us. Romans 8:37</p>
<p>When we are scared in our bed at night</p>	<p>We know God is with us and we can talk to Him about being afraid and ask for courage and comfort. God sets His angels around us in protection. Pray through or read Psalm 91. Repeat Psalm 56:3.</p>
<p>When someone is making fun of us.</p>	<p>We can remember what God says about us. In Ephesians 1, He calls us His child, holy, adopted, redeemed, chosen, included, an heir, purposed. Have courage to choose the truth over hurtful lies people may say. Read Ephesians 1 and 2.</p>
<p>When someone is making fun of someone else</p>	<p>We can have courage to stand up for that person and ask for them not to be treated that way. Then, we can encourage kindness and truth. 1 Thessalonians 5:11</p>
<p>When life feels hard or when you get bad news</p>	<p>We can have courage to know Jesus is with us in the storms of life working for our good and His glory. We can lean on Him for comfort and strength and talk to Him about our needs. Romans 8:28, Philippians 4:6</p>
<p>When we are afraid of what is next</p>	<p>Have courage and choose trust instead of fear. Remember God sent His own son to die in your place to give you salvation. How much more will He take care of your smaller needs each day? He is a good father who knows best and delights in giving His children good things! Psalm 118:6-7, Luke 12:22-26</p>
<p>When we share our faith</p>	<p>We have access to the Holy Spirit and Jesus' power! That makes us like God's little superheroes! He wants us to share His love with others, not keep it a secret. Ask God for the words to say and He will give them to you! And remember, it isn't about your words. God will do the work as long as we are willing! Luke 12:12, Jonah 2:9</p>



CONVERSATION STARTERS

COURAGEOUS CONVERSATIONS

- 1. When was a time you needed courage?
- 2. When do you feel like you are afraid? What can you do when you're afraid?
- 3. Where does courage come from? How do we get it?
- 4. If you get scared at nighttime, what would having courage look like?
- 5. Tell me about someone who has a lot of courage.
- 6. *Parents:* Tell a time when you had courage to make a hard choice or needed courage in a life circumstance.
- 7. *Parents:* Tell your kids one of your fears and how you depend on God in that area.

TRY IT WITH COURAGE" ACTIVITIES WE CAN DO THIS SUMMER

- 1. Make a new friend in the neighborhood
- 2. Make a wise choice when others are not.
- 3. Stand up for someone!
- 4. Try a new summer camp.
- 5. Start school knowing God is with you and for you.
- 6. Share God's love with a friend who may need it.
- 7. Do something helpful for a neighbor or person in need.



FAMILY ACTIVITIES

TRUST FALL

Kids, can you trust your parents to catch you? Fall backwards with your hands folded on your chest and see how hard it is to have courage and let go! The second time, wear a blindfold.: Does this make it harder to have courage? If your parents say ok, you can even try falling off the couch!

ROLE PLAYS IN COURAGE

- **STANDING UP FOR SOMEONE AT SCHOOL**

Parent: You are the kid calling names and excluding Child A.

Child A: you're the one being made fun of or excluded.

Child B: Have courage and try standing up for Child A! Try a few different phrases. Parents give suggestions at the end.

- **SHARING YOUR FAITH**

Parent: You are your child's friend who may not know about Jesus. Ask your child questions as they start to share.

Child: Try different ways you could be brave and share your faith!

- **MAKING A WISE CHOICE**

Parent: You are your child's friend trying to get them to make a bad choice.

Child: Try different ways to stand up for what is right and make the wise choice! It always takes courage to choose the wise choice!



SPOTLIGHT ON COURAGE

- **DAVID AND GOLIATH**

Watch this story by [CLICKING HERE](#).

- **MARY**

Read Luke 1. How did Mary exemplify depending on God for courage in her response in verses 46-55?

- **MESHACH, SHADRACH AND ABEDNEGO**

Read Daniel 3.

Kids can [CLICK HERE](#) to follow along with The Message translation.

Talk about the 4th person in the fire! God is always with us in the middle of hard things and easy things. One step of courage is all we need to take, trusting he will be with us and help us every step!

- [CLICK HERE](#) to print the virtue and verse cards for this quarter.



LOVE & SERVE DAY ACTIVITIES

HOMELESS SHELTER OR SENIOR CENTER

Just as we learned with Alfred and Caroline, it takes courage to step out of our comfort zones. Visit your local homeless shelter or nursing home and offer encouragement to people there! Or make bag lunches for homeless people you see on the streets. Make sure to include a special note for them and pray they have courage to do hard things!

RICE & BEANS LUNCH OR DINNER

This doesn't need to be fancy or complicated. Simply invite a few families over that are in the same stage of life as you. Prepare the rice and beans. **CLICK HERE TO VIEW THE RECIPE.** Allow the kids to help serve the meal. Use paper plates or bowls for easy clean up! This is a great opportunity for older kids to explain this month's virtue and what they've been learning. If that feels too intimidating, watch one of the CARE for AIDS videos on your smart TV and have a short discussion about families around the world being more alike than different. Don't overthink it. The goal is to come together, share a meal and make this an easy time for our kids to see that loving and serving others can be simple and fun! Whatever the families would have spent on a meal out, **DONATE TO FAMILIES FOR FAMILIES.**

CONGRATULATIONS GRADUATE CARDS

As school gets back in session, create cards for moms and dads that have successfully completed the CARE for AIDS program! These moms and dads have spent 9 months learning to take care of themselves and their families through spiritual and health counseling as well as job empowerment seminars. This is a really important time in their lives and one that should be celebrated! Invite a few classmates over and allow the kids to use their creative minds to design cards for these families! This is a nearly free way to teach your kids about loving, encouraging and celebrating others!

All cards can be collected and mailed to:

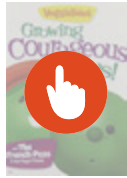
CARE for AIDS, 977 Grant Cove Place, Atlanta, GA 30315

FOR LOCAL ATLANTANS, JOIN US AT THE HUNGER PROJECT

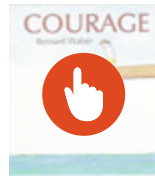
On Saturday, August 19th, CARE for AIDS is partnering with Feeding Children Everywhere to pack meals for thousands of people in East Africa! All ages are invited to join in the intentional fun! **CLICK HERE TO SIGN UP.**

RESOURCES

RESOURCES



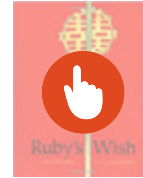
**GROWING COURAGEOUS KIDS
BY VEGGIE TALES**



**COURAGE
BY BERNARD WABER**

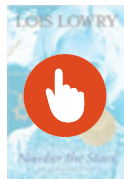


**THUNDER ROSE
BY JARDINE NOLEN**

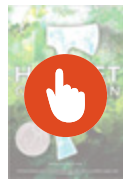


**RUBY'S WISH
BY SHIRIN YIM**

For older readers (upper elementary / middle school age)



**NUMBER THE STARS
BY LOIS LOWRY**



**HATCHET
BY GARY PAULSEN**



**THE COURAGE OF SARAH NOBLE
BY ALICE DALGLIESH**

FAMILY MOVIE NIGHT

- **WIZARD OF OZ**

This classic movie is filled with messages of courage! While the green-skinned, wicked witch may be a bit frightening for smaller kiddos, the lessons are worth watching.

- **THE INCREDIBLES**

This is a movie the whole family can enjoy! This adventure-filled film can teach us all about family, courage and identity.

- **FINDING DORY**

Dory shows courage in the face of many challenges in her pursuit to find her family. This is a sweet sequel to Finding Nemo; with similar themes of friendship, courage and determination.

- **A BRAVE HEART: THE LIZZIE VELASQUEZ STORY** {for older kids - ages 10+}

This is a documentary about a courageous young woman named Lizzie Velasquez. Lizzie was born with a very rare congenital disease but it wasn't until she saw a video of herself on YouTube titled "The World's Ugliest Woman" that she began speaking out against bullying. This film has some intense scenes so we recommend older kids still watch this with a parent. Rich conversations will come from seeing this story together.

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!

