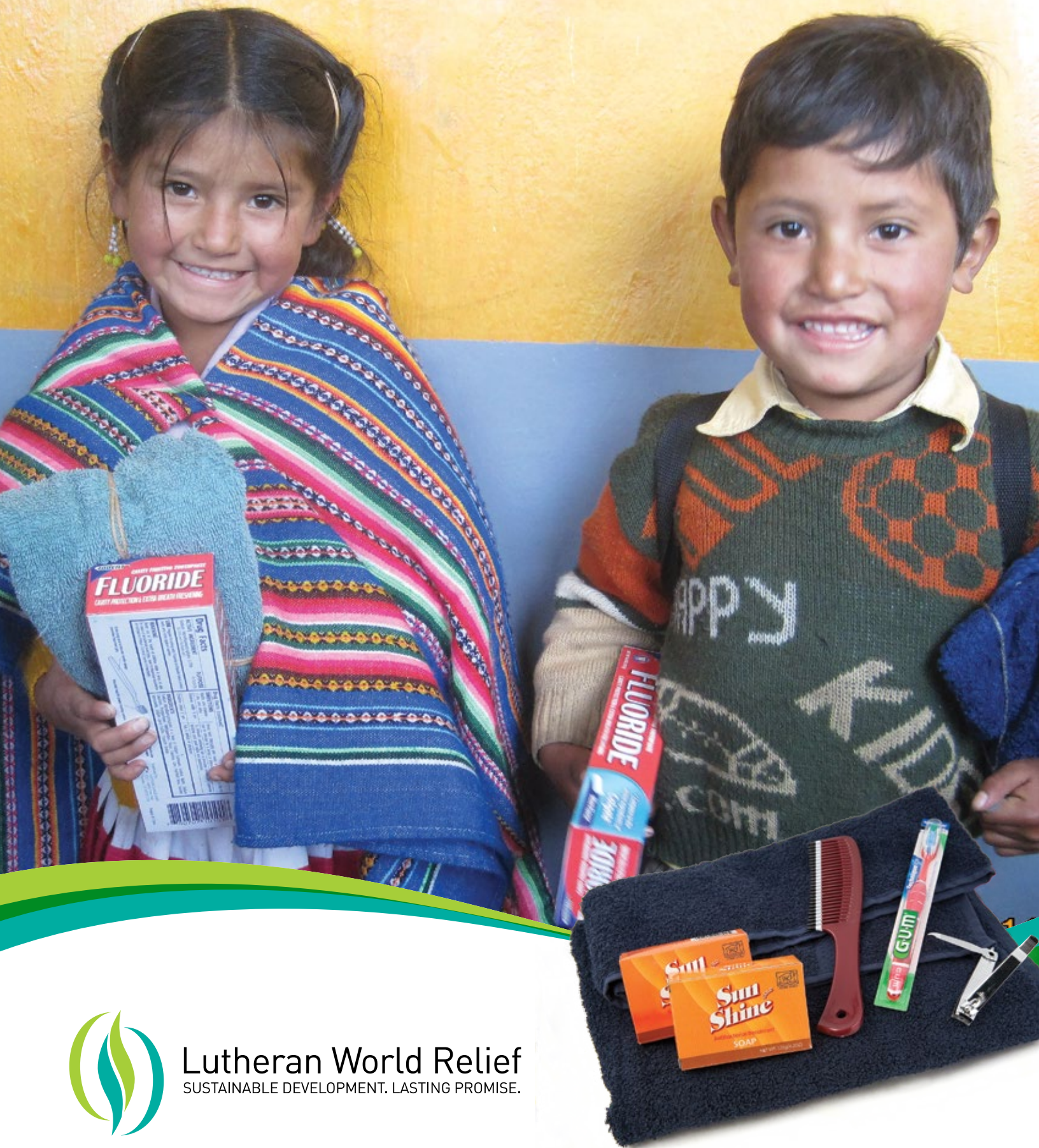


LWR PERSONAL CARE KIT LEADER GUIDE



Lutheran World Relief
SUSTAINABLE DEVELOPMENT. LASTING PROMISE.

Lutheran World Relief is a ministry of U.S. Lutherans, serving communities living in poverty overseas.

Welcome

Thank you for choosing to be a part of Lutheran World Relief's Personal Care Kit ministry, and for the work your group will be doing to assemble these Kits. Education is a key component in service. The purpose of this leader guide is to help your group learn about life in other parts of the world, become aware of the needs of our brothers and sisters in different countries, and discover how you can reach out to those in need. Together, you will explore themes of service, justice, mercy and accompaniment.

The activities in this guide are designed for middle school aged youth and older. However, you may discover that certain elements will work for younger groups as well as younger intergenerational group members. Like with any curricula, you should feel free to make modifications that will make this guide more suitable to the needs of your group. When processing with your group at the end of each activity, consider ways you would expand on the questions or share your own reflection. This may help participants engage more fully in the conversation.

Before engaging in the activities in this leader guide, find and set up in advance a space to assemble the Personal Care Kits. You can do this in any way that works best with the size of your group and the number of Kits you plan to assemble. See notes on page 4 for suggestions about how to organize your assembly area.



SETTING A GOAL

How many Personal Care Kits should you plan to assemble? We suggest having enough supplies for each participant to assemble at least five Personal Care Kits to go along with the activities in this leader guide. Here are some other suggestions to help you set a goal for your group.

- Personal Care Kits are often distributed to whole families. How many families are represented in your group? Make one Kit for each family as a way for you to stand together with families in need.
- The consumable components in one Personal Care Kit (soap and toothpaste) are intended to last one person about one month. How many Kits would your group need to make so that each member of your group would have enough soap and toothpaste to last six months? One year? Make that many Kits!
- Does your congregation or community have a special anniversary celebration coming up? Set your goal to match your anniversary milestone, and make Kits in honor of your community's continued service and generosity.

What other goals have you set? Email us at lwr@lwr.org to share your goal and pictures from your Personal Care Kit assembly!



Personal Care Kit Assembly

Your careful adherence to the instructions in this guide will ensure that all LWR Personal Care Kits are:

USEFUL: LWR works closely with our overseas partners to determine the best contents to include in Kits. Your Kits will do the most good possible when containing only the items included in the list on this page.

CONSISTENT: Consistency of Personal Care Kit contents helps our partners plan properly for Kit distribution, and keeps international shipping processes cost-effective and efficient. Disparity in Kit contents can cause costly delays.

FAIR: When all Personal Care Kits contain the same items, recipients are treated equally and fairly, which is important for those who have already experienced a great deal of injustice or tragedy.

FOR ALL PERSONAL CARE KITS, PLEASE FOLLOW THESE GUIDELINES:

Please give new items only. Sending top quality items shows the greatest care and respect for the dignity of the recipient. Quality items also withstand the harsh conditions facing many of the people who receive these supplies.

Please do not add items or decorate items with any religious symbols or messages, or with your congregation's name.

LWR provides Personal Care Kits based on need, regardless of religious creed. Religious references may be misinterpreted by the governments of the receiving countries, jeopardizing the delivery to the people who need the items most.

Please do not add items or decorate items with a U.S. flag, patriotic or military symbols, or references to the armed forces, including camouflage. LWR and our overseas partners have access to areas of the world others do not because we are impartial humanitarian organizations. If our intentions are misinterpreted as being politically motivated, our work, our partners and the people we assist could be endangered.

INCLUDE THE FOLLOWING ITEMS IN EACH PERSONAL CARE KIT:

- One light-weight bath-size towel (20" x 40" to 52" x 27"), dark color recommended
- 2-3 bath-size bars of soap totaling 8-9 ounces (no mini-hotel size bars, please), in original packaging
- One adult-size toothbrush in it's original packaging*
- One sturdy comb (no picks or fine-toothed combs); remove packaging
- One metal nail clippers (attached file optional); remove packaging
- Rubber bands, string, ribbon or yarn to secure each Kit.

**Toothbrush multi-packs may be used by sealing an individual toothbrush in a business-size envelope; no plastic bags or wrap.*

Do not add other items or leave out any of the items listed.

All items should be new and in good condition. Wrap all the items in the towel and tie securely with ribbon or yarn. Do not enclose the Kit or any of its contents in plastic bags.



Packing Your Personal Care Kits

- Pack completed Personal Care Kits in boxes. Label "Personal Care Kits" in **LARGE, BLOCK LETTERS** on the outside of the box, or attach a tracking label.
- Use strong cartons secured with packing tape, not to exceed 40 pounds.
- Do not use plastic or paper bags to pack.



Shipping Or Delivering Your Personal Care Kits

Include the name and address of your congregation on each box, and label contents clearly.

- Deliver your boxes to an LWR Ingathering near you. Visit ingathering.lwr.org to find out if and when a truck might be coming to your neck of the woods to collect Quilts and Kits.
- You can also deliver or ship your boxes prepaid to one of LWR's warehouses:

Lutheran World Relief
601 Main Street
PO Box 188
New Windsor, MD 21776
410.635.8795

Lutheran World Relief
398 East Richmond Street
South St. Paul, MN 55075
651.457.9009

Tracking your Personal Care Kits

Want to know where your Personal Care Kits go?

With LWR's Quilt & Kit Tracker, you can find out! Follow the journey of your gifts of love as they make their way around the world.



LOG ON to the LWR Quilt & Kit Tracker and find your congregation.



PRINT out a special barcode to put on your boxes of Quilts & Kits.



TRACK your Quilts & Kits online as they travel overseas to people in need!

Visit lwr.org/tracker for printable instructions and a Quilt & Kit Tracker video tutorial!

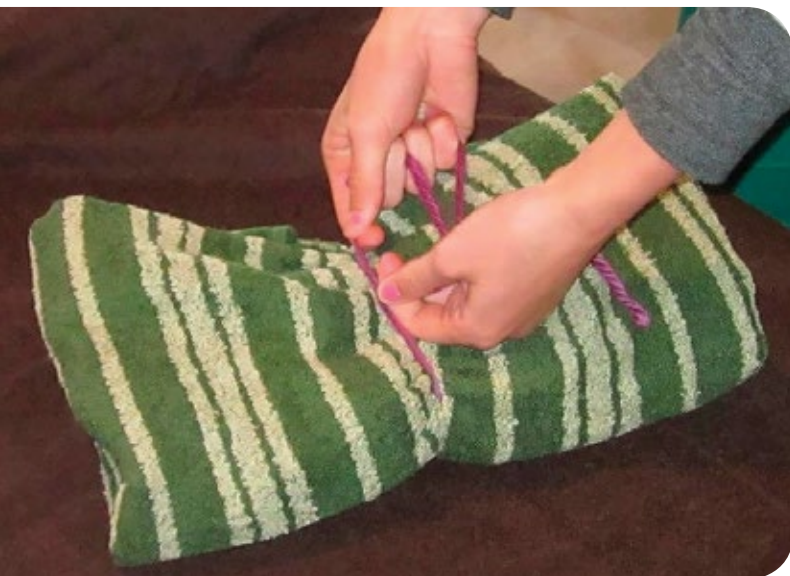
Getting Your Personal Care Kits Delivered To Someone In Need

It costs LWR approximately \$2.65 (including the addition of a tube of toothpaste) to send one Personal Care Kit around the world to a person in need. By covering these costs, you strengthen your support of LWR in helping to ship over 150,000 Personal Care Kits each year. **Encourage members to sponsor a Personal Care Kit at \$2.65 each. It's a great way to get the rest of your congregation involved in your group's work to assemble Personal Care Kits.**

To send your congregation's gifts for LWR's Quilt & Kit Shipping Fund, log on to lwr.org/donate/shippingfund, call **800.597.5972** or mail a check to:

Lutheran World Relief
Quilt & Kit Shipping Fund
PO Box 17061
Baltimore, MD 21298-9832

Specify Quilt & Kit Shipping Fund when making your gift.



Suggestions for Making Your Kit Assembly Run Smoothly

- Sort and organize all Kit items into piles with like items together.
- Remove tags or stickers from towels, and fold in half width-wise. Stack the folded towels.
- If combs or nail clippers are in additional packaging, consider removing all the excess packaging prior to the assembly. If this is not done in advance, participants will need to remove extra packaging during the assembly time.
- If you have multiple sizes of bars of soap, organize them into sets of 2 or 3 to total the appropriate 8-9 ounces of weight. This will help minimize confusion during packing.
- Consider the size of your group and the size of your Kit assembly space. Set up long tables in assembly-line fashion for large numbers of people and Kits. For a very large group or very large quantity of Kits, consider making two separate assembly lines.
- If space is limited, you can divide the supplies and people into groups around individual tables for assembly.
- If appropriate, consider assigning a few people to specific tasks during the assembly to keep the assembly line supplied with items, tie the Kits, count the Kits as they are packed into the boxes, tape the boxes closed, etc.
- Download a set of signs with specific instructions for each item to place with the piles of items in each assembly line. You can find the signs at lwr.org/resources.
- For more help visit lwr.org/video to see our video **Personal Care Kits: Tips and Tricks**.

We would love to share stories and pictures of your group assembling LWR Personal Care Kits. Send your information to:

LWR Quilt & Kit Ministry
Lutheran World Relief
700 Light Street
Baltimore, MD 21230

Email: lwr@lwr.org, or visit lwr.org/getinvolved to submit online.

Activities

It is important that your time together is more than merely assembling Personal Care Kits. There will be opportunities for discussion, Bible study, prayer, personal reflection, and a few fun games. May these activities be a blessing to your group, as you are a blessing to the people who will receive these Personal Care Kits!

What are you taking with you?

TIME: 5-15 minutes

PURPOSE: To get to know one another while discussing the lives and needs of those who receive LWR Personal Care Kits.

MATERIALS

Have items of a Personal Care Kit out for display purposes to refer to during the activity.

Organize your group in a circle seated on the floor or in chairs. Introduce the activity.

Today we are going to assemble LWR Personal Care Kits, which go to people around the world who have experienced a disaster or emergency, or who are struggling with the long term effects of poverty. Before we dive into putting our faith into action, we want to make sure we know each other.

Ask each participant share their name, as well as a country they would like to visit that begins with the first letter of their first name and one item they would bring with them that also begins with the same letter. For example, Susan would say, "Hi my name is Susan and I'm going to Senegal and I'm taking scissors." Participants may not use a country or item that has been previously named. Participants whose names begin with X or for whom all countries have been taken may use their last name.

To make this experience even more challenging you can ask each participant after they share their name to name each person before them, where they are going and what they are bringing.

After each person has an opportunity to share their name, destination and item, ask your group the following questions.

Were there any countries anyone named that you had never heard of? If so, where are they in the world?

Did anyone bring anything with them that you think is necessary for daily life? Did anyone bring anything with them that you think is just nice to have, but not necessary?

Conclude your activity by introducing the items that go into a Personal Care Kit.

Today we will be assembling Personal Care Kits that will be sent around the world to people in need, people who may not have easy access to these very necessary items that preserve dignity and promote health. Today as we work together to put our faith into action, remember those places we said we'd like to visit. Think of other places in the world that you feel like you might be called to help and share those with each other.



Handshake Game

TIME: 25 – 30 minutes

PURPOSE: To explore the importance of the items included in Personal Care Kits for preventing disease in communities that do not have access to clean water.

MATERIALS

Items included in a Personal Care Kit (you will use these for display purposes and refer to them during the activity)

Begin by having your group sit in a circle. Be mindful of physical limitations in your group. Group members can be seated on the ground or in chairs. Introduce the activity with the following words:

Soap and personal hygiene items like those we are wrapping into Personal Care Kits are an important way to keep people healthy. Access to soap, in particular, reduces the transmission of diseases that can prevent people from working or even lead to death. In places like refugee camps where people live in close quarters and don't have access to toilet facilities, clean water or health clinics, disease prevention through hand washing can mean the difference between life and death. In this next activity we are going to experience how quickly that can happen and what conditions lead to this dangerous situation.

Ask participants to close their eyes as you begin to walk around the circle and set the scene. As you tell the following story tap 2 to 5 participants on the shoulder, depending on the size of your group.

Close your eyes and imagine that you live in a rural village in southern India. The sun is hot, and the nearest town that has a clinic is a six hour bus ride away. You've lived in this village all your life, and though life is difficult, you wouldn't want to live anywhere else. You live in a small, two-room house with your mother, father, grandmother, grandfather, and five brothers and sisters. Most people in your village live in similar houses. In your village there is a central market where people come each day to buy and trade food, clothing and supplies. There is a well in the village market where many people fetch water each day. You often help your mother gather this water in large jugs and carry it back to your house, where your family uses it for drinking, cooking and bathing. In the center of your village there are also public toilet facilities, but they are very old. When it rains, they overflow and run through some of the streets. Today you've come to the central market with your family to buy some grain and gather water. But what you didn't know is that several people here are sick. And in your society it is rude not to shake the hand of someone when you greet them. You've lived here all your life, and to offend a neighbor would be bad for your family indeed.

Ask participants to open their eyes and continue.

Over the weekend several people in your village got sick. As I was walking around I tapped some people on the shoulder to signify those who are sick. In a moment, we're all going to stand up and walk around as if we're at the market, meeting friends, sharing the news, buying goods and shaking the hands of everyone we meet. All of you will shake hands, going about your business, but the people I tapped will use a special infections handshake.

Demonstrate how those who are infected will shake hands, lightly tapping the other person on the inside of their wrist.

Once you receive an infected handshake, you are also infected and begin passing your infection on to others with the special handshake.

Let the game proceed for around 5 minutes or until it seems that a considerable majority of participants are infected. Ask the group to stop right where they are and ask the following questions.

So what happened? Raise your hands if you were sick as I began the game? And now who is sick?

Give your group time to respond and share their experience. Continue with the activity by adding a new factor.

CONTINUED...

Activities

HANDSHAKE GAME CONTINUED...

In small villages like yours, where close physical contact with each other is an integral part of human communication, disease can spread very quickly. Now imagine if this was more than just the common cold. Imagine if you could not stop vomiting, and were so dehydrated that you couldn't walk or work. You have to work because your father needs help to gather the grain from the field. And you have to walk because your mother needs to gather water from the village well. You see, in a village like this, where people have no savings and they need the money they earn from day to day to survive, things can go very badly very quickly. This is how the cycle of poverty can quickly affect a whole village, causing famine and disease and even death.

Have your group close their eyes again, remaining where they are. Walk amongst the group and tap 2 to 5 people on the shoulder, depending on the size of your group.

You have just received a distribution of LWR Health Kits that have soap to help prevent the spread of infectious diseases. Community health care workers are training people how to use the soap in conjunction with purified water to prevent infection.

After you have tapped people on the shoulder, ask your group open their eyes and continue.

We are now going to play the same game again, only this time, people who have been trained by healthcare workers and given soap will have a special cleaning handshake, which is two soft squeezes. (Demonstrate squeeze)

Once you've been cleansed by the double squeeze of sanitizing goodness, you are no longer infected, cannot be infected and your handshakes are soapy. Everyone who became infected in our first round is still infected and can infect people like the first time around. However, if you get infected and then get a cleansing soapy handshake from someone else, the soap kills the infection and you will begin giving the cleansing soapy handshake to others.

After the same amount of time as the first round stop the group. Have those people who started out infected raise their hands; then those who were infected at some point during this round; and finally those who were infected by the end of the round.

Wrap up the activity with the following words:

In the places where LWR sends our Personal Care Kits, soap and water serve a vital role — but only if they are available. Today we've seen one example of how quickly infections can spread and what a difference soap and water can make. Soap is an important way to keep people healthy by reducing the transmission of diseases. In places where people live in close quarters and don't have access to toilet facilities, clean water or health clinics, disease prevention through hand washing can mean the difference between poverty and a flourishing and abundant life!

Later in our time together we are going to read about Jesus setting a model for us in washing feet. As we continue together in our activity of assembling Personal Care Kits, remember not only how quickly disease and illness can spread, but how quickly your action of following Jesus' example can reverse that and bring health and new life to a community.



LWR Trivia Game

TIME: 30-45 minutes

PURPOSE: To learn about the mission and ministry of Lutherans around the world through a fun game.

MATERIALS: A digital copy of the LWR Trivia PowerPoint and set of questions (download at lwr.org/resources) and a method of scorekeeping (i.e. whiteboard/markers, large paper/markers), a pen or pencil and paper for each team.

HOW TO PLAY: Divide players into 2 teams. For larger groups, 3 teams is an option, but some rules may need adjustment as the youth leader sees fit. The following rules apply for 2-team play.

Determine which team will begin. The first team will choose a category and then a point value, and the leader will click that space on the PowerPoint.

Both teams have the opportunity to answer the question via a few options:

- **Option A:** Teams share a bell or buzzer and a youth leader will determine which team buzzes in first to answer.
- **Option B:** One spokesperson on each team will be the official “hand-raiser” and a leader will determine whose hand is raised first.
- **Option C:** Each team alternates answering questions. If the team who chooses the category and answers the question gives the wrong answer, the other team has the opportunity to answer and get the points.

The question will appear onscreen. A time limit to answer is optional.

Scoring the Game: In order to keep score, a selected person should make scores visible to all players either on a large piece of paper, a whiteboard, a chalkboard, etc. When a team answers a question correctly, the point value assigned to the question is added to their score. If the question is answered incorrectly, the point value assigned to the question is subtracted from their score.

Double Difference Maker: There are 2 Double Difference Maker questions hidden in the game. Only the player (or team) who selects the question may answer. The team must place a wager of points (the team may wager up to 200 points more or less than what they have). After the wager is placed and said aloud, the leader may click the link to the question. After the team answers, follow the link to the answer slide. Add or subtract points accordingly.

Final Challenge: Once all questions in the table have been answered, click the Final Challenge link on the bottom of the question choice slide. Players will be prompted to decide the point value they wish to wager for the final question. Record point values prior to beginning the question. Click the next link for an instructions about the final question, then click the link to proceed. The question slide is timed to automatically change after 2 minutes, so no clicking is required once the question is visible. When the slide changes automatically, instruct players to stop conversation and writing. Instruct players to reveal their answers, then click on the answer, where all possibilities are visible. The game is now finished; award prizes if desired.

A Short Guide to the Question

Categories: Leaders may choose whether or not to give a short explanation of the categories before game play begins.

- In the Beginning: A bit about LWR’s history
- What’s in the name?: What is LWR? Some questions about who LWR is
- Global: Snapshots of LWR projects around the globe
- From the Ground Up: A category focusing especially on LWR’s work in agriculture
- Faith In Action: Questions about LWR’s Quilt & Kit Ministry
- Poverty: Some questions about the facts of poverty

FAQ:

How will I know which questions I’ve already used?

After a link in the PowerPoint is clicked, it will turn green. This will indicate that the question has been used.

Why does the next question keep showing up?

Make sure you’re clicking the links themselves in the slides, instead of clicking elsewhere on the slide. Just a general click or keystroke will automatically advance you to the next slide.

What happens when all the links in the table have been clicked and questions have been answered?

Now it’s time for the FINAL CHALLENGE!

The Power Point game, and a list of the questions and answers are available at lwr.org/resources.

Activities

Pick Your Own Path: Niger

TIME: 15-30 minutes

INSTRUCTIONS: Download the scenarios for this game at lwr.org/resources.

Your Personal Care Kits make a huge impact on a community that has recently experienced a typhoon or is recovering from a drought. From there Lutheran World Relief works with them as they transition from immediate relief to a place where they can thrive.

In this activity your group will jump into the story of a community in the country of Niger that has experienced drought and food insecurity. As a group, you will make decisions about how best to work with this community to ensure the people recover and are more resilient for the future.

You may choose to do this all together or break up into smaller groups and compare the decisions you make. If you break up into smaller groups, make a copy of the story below and assign one person to be the storyteller. Encourage groups to take time between their decisions, weigh out their options and come to a consensus as a group. At the end of this activity you'll find questions to help your group process what you experienced and a description about how you and LWR actually responded to needs like this in Niger.

PROCESS THE ACTIVITY

- Which decisions were the most difficult for your group to make?
- Which outcomes were the most surprising?
- What did you learn is important when sharing clean, accessible water with a community? The importance of having leadership in a community that takes ownership of the water system and can keep it clean, safe and running.
- If your group reached the practice of “habbanaye,” how was this helpful for the community? How did this feel related to the ways that Jesus calls us to serve others?
- Share with your group the following story of how LWR responded in Niger. What differences do you see between this and the story you were involved in? What lasting promise of hope and new life do you hear in this story that you'd share with others if they asked “Why do Christians do this kind of work in the world?”

WHAT LWR DID IN NIGER:

Niger, and other countries in the West African Sahel, have long experienced drought and erratic rains. However these factors, along with political unrest and conflict, have come together to create a serious food crisis that puts millions of people at risk for hunger.

The problem is that many people depend on their land for food. When the rain season is shorter — or doesn't come at all — families cannot grow as many crops. In addition, families

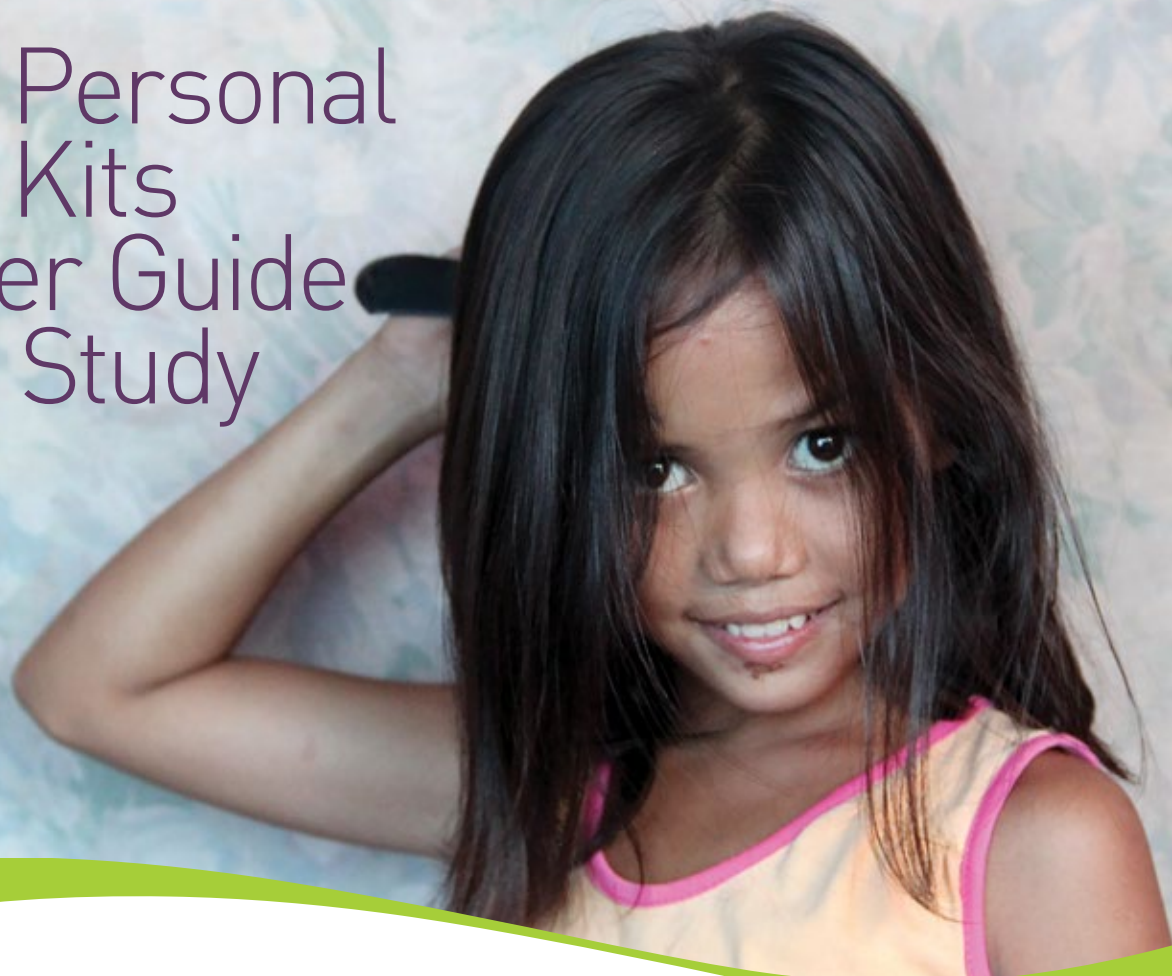
often have barely enough crops to consume and don't have anything left to save to produce seeds for the next season. This creates a domino effect that eventually results in hunger. Now multiply that across the region. The resulting food scarcity means food became very expensive at the same time as crops are failing.

LWR has worked in Niger since 1976 helping farmers cope with these conditions while still producing food and earning income to support their families. Because of the scale of the current crisis, LWR has taken on a larger-scale response targeted at increasing communities' resilience, better helping them to cope with adverse conditions while still being able to feed and support their families.

In Niger, LWR has worked with partners to help families in several ways, including cash-for-work programs, where families earn money for repairing and preserving natural resources, such as digging trenches to collect water in order to save it for irrigation. LWR also distributed seeds to farmers to help them plant their fields and worked with women's groups to set up habbanaye livestock sharing systems so that they could start their own flocks of goats. These goats produce milk to drink and sell, giving an important source of nutrition and income to families.

These interventions are aimed at helping people cope now, but also at helping them to become better prepared for the future. Your support of LWR helps make a lasting difference in these communities.

LWR Personal Care Kits Leader Guide Bible Study



SCRIPTURE: *John 13: 1-20*

OBJECTIVE:

For participants to connect their action of creating Personal Care Kits with the call for disciples of Jesus to give of themselves by offering the gift of personal dignity to others.

AGES:

The plan below can be modified and adapted to be appropriate for participants age 12 and above. Adults and youth are encouraged to participate together in this Bible study!

RESOURCES:

- Markers or pens
- Large paper for making lists
- Bibles
- Personal Care Kit examples

PREPARATION:

To help set the stage for your Bible study you can place Personal Care Kit examples around the room so you can refer to them later. You can also place your large paper on the walls ahead of time. Have Bibles available for participants to use. If you have an intergenerational group you can encourage participants of different generations to share Bibles. This Bible study is written using the New Revised Standard Version.

Have participants open their Bibles to John 13:1-20. Choose a method best for your group to read the text together. A larger group can divide up into small groups to read it together and then come back together with the large group, or a smaller group can have several participants read portions of the reading out loud.

After your group has finished the reading, provide them with background on the practice of washing feet and what is going on when we get to this part of the Gospel story. Adapt the text and questions below to best serve your group.

*What has been happening in the Gospel of John before we got here?
What is about to happen?*

Bible Study continued

You might be wondering what foot washing meant to the disciples and to Jesus at this time. Some people think that for early Christians foot-washing might have been something they did, like Baptism, to welcome new people into the community. Despite what it might have meant, we get some pretty clear signs in this story about what the disciples thought about having their feet washed. What were the reaction of some of the disciples?

Make sure your group discusses Simon Peter's reaction. Was he offended that Jesus, the son of God, would stoop down to wash feet? Why, then, did he want Jesus to wash more than his feet? Ask the group, *"Would you react like Peter? How would you react differently?"* Have a few volunteers get up in front of the group and improvise how they would have acted. Have someone play the role of Jesus and say simply, *"Now I'm going to wash your feet,"* and stoop forward to start washing. Allow participants to try out different emotions like shock, gratefulness, and disgust.

Ask the group, *"Why do we think the disciples might have been disgusted by Jesus kneeling down to wash their feet?"* Allow group to respond and share responses like the fact that feet seem dirty and a little gross. In fact some members of your group might already be a little disgusted by all this talk about feet.

Have participants pick up the Personal Care Kit examples sitting around them. Go through the Kits a piece at a time and have participants name the ways that all of the pieces of the Kit are used. These uses include brushing your teeth, drying off, clipping your fingernails and washing your face. You can use your large paper to make lists of these uses to refer back to later.

Ask the group, *"If someone is need of all of these things at one time, how might they be feeling about themselves?"* While being respectful of people who have experienced disaster, highlight that in the same way that the disciples' feet were probably pretty dirty due to walking, someone who receives a Personal Care Kit may not have had the time or resources to care for hygiene. Ask the group, *"How do you feel when you haven't had time to do the things that help you feel like yourself?"*

Have participants who did the earlier role playing step up again, but this time have your participant playing Jesus offer to clip their nails, brush their teeth or comb their hair instead of washing their feet. Ask the group, *"How did that feel? Different then having your feet washed? If so, how?"*

Ask the group, *"Does it make it harder to believe that Jesus would wash feet, when we consider that the disciples were just about to betray and deny him and Jesus knows that? So this action of washing their feet was truly one of grace. The disciples had done nothing to deserve such an awesome act of love, and in fact were about to do something that would cause Jesus harm."*

As a group, list out similar acts of grace we receive from Jesus along the lines of Jesus washing the disciples' feet. These could include the gift of Baptism, the forgiveness of our sin, the gift of community we find in the body of Christ. Add your group's reflections to your lists on your large paper.

Continue with your group saying, *"It's after performing this act of grace that Jesus says, 'For I have set you an example, that you should do as I have done for you.' Only after receiving the **grace** of what God has done for us are we freed to go and do likewise. It's through sharing this grace that was first given to us that we live as disciples of Jesus. In following Jesus, what gifts of grace can we give to others in need?"* List these out with your group along side the acts of Grace that Jesus gives us.

Remind the group of your earlier discussion of how recipients of Personal Care Kits might feel having not had the resources to care for things like combing their hair or cutting their nails. Highlight **personal dignity** as an important gift of **grace** we can provide others by giving gifts such as these Kits. Conclude with, *"God as creator first gives us our personal dignity as we are made in his image, and Jesus first gives us gifts of grace. In the same way, as disciples of Jesus we are called to protect one another's dignity and give the grace we've received ... even if it might involve some feet and seem a little gross! Let's pray together!"*

Lead your group in prayer to close. You can focus on those gifts of grace that your group listed earlier and use the following prayer:

*God of grace, thank you for the gift of your son Jesus Christ, whose took up a towel and bowl and washed feet. Through his gift, we pray that we can share that grace to all those whose dignity has been diminished by loss and disaster. We pray for these ways that we give grace to others ... For these and all other ways you would call us to wash the feet of your children around the world, we pray. **AMEN!***

Assemble your LWR Personal Care Kits

TIME: 20 – 30 minutes

When natural disaster strikes or political conflict flares, families often have little chance to gather their belongings before fleeing the danger. They arrive in a refugee camp, or other place of safety, scared, vulnerable and dirty from travel. The simple items included in a Personal Care Kit allow them to wash away dirt, sweat and germs with the fresh scent of soap and the softness of a towel, reminders of someone's care and concern for them in their plight.

Gathering around the table to assemble Personal Care Kits can be a great time to talk about faith and life. Enjoy this time together as a community working in the Kingdom of God!

Instruct the group about how the assembly will be conducted, dividing into smaller groups or assigning specific tasks as appropriate.

INCLUDE THE FOLLOWING ITEMS IN EACH PERSONAL CARE KIT



TWO BARS OF SOAP



TOWEL



NAIL CLIPPERS



TOOTHBRUSH



COMB

Do not add other items or leave out any of the items listed. Remove any excess packaging from combs and nail clippers. With a towel folded in half width-wise, place the rest of the items neatly near the fold, in the center of the towel. Fold the sides over the other items by thirds, and roll from the folded side to securely enclose the smaller items. Secure each Kit with a rubber band, or tie with ribbon, yarn or string. Do not enclose the Kit or any of its contents in plastic bags.

Mission Quilts Service of Blessing

Invite various participants, youth and adults, to take on leader roles in this litany.

PRAYER

Leader: As we begin this service of blessing, let us pray together. God of grace and mercy ...

People: ... the dignity of your children comes from you. Move in us so that we may respond to disaster and need for the sake of all those made in your image. Through Jesus Christ, our savior, redeemer and friend. Amen.

SCRIPTURE READINGS

Then God said, "Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth." So God created humankind in his image, in the image of God he created them; male and female he created them.

– Genesis 1:26 - 27

On the contrary, the members of the body that seem to be weaker are indispensable, and those members of the body that we think less honorable we clothe with greater honor, and our less respectable members are treated with greater respect ... If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it.

– 1st Corinthians 12:22 - 26

After [Jesus] had washed [the disciples'] feet, had put on his robe, and had returned to the table, he said to them, "Do you know what I have done to you? You call me Teacher and Lord — and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you." – John 13:12 - 15

SONG

Add singing that your group will enjoy to this blessing.

LITANY OF BLESSING

Use the petitions below and also have participants write their own in advance.

Bars of Soap

Leader: God of Peace ...

People: ... we ask for your blessing upon these bars of soap. As we reach out to our sisters and brothers around the world may these gifts paired with clean water be a witness to your abundance.

Bath Towels

Leader: God of Grace ...

People: ... we ask for your blessing upon these bath towels. May these gifts offer refuge for those living through the chaos of disaster.

Toothbrushes

God of Mercy ...

we ask for your blessing upon these toothbrushes. May your grace travel with them as those affected by drought, hunger, and poverty work to build a better life.

Combs

God of Justice ...

we ask for your blessing upon these combs. May your promises travel with these combs to bring hope to those around the world affected by a lack of abundant food and water.

Nail Clippers

God of Abundance ...

we ask for your blessing upon these nail clippers. May these clippers play their role in the lives of those who work for hope and dignity throughout the world.

Personal Care Kits

God of Promise ...

we ask for your blessing upon these Personal Care Kits. You have given us the opportunity to deliver your promise to others around the world. Bless those who use these as they strive for dignity. Give strength to those who work to bring new life to your children so that they can realize your lasting promise. All this we ask in the name of your Son, Jesus Christ. Amen

SENDING

Leader: My friends, Jesus calls us wash feet and guard the dignity of all in need!

People: Send us out to serve in his name! AMEN!

LWR distributed Quilts and Kits to families affected by Typhoon Bopha, which struck the Philippines in December 2012.





Lutheran World Relief

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PCKLG-20K-0914

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