Learn by Doing

Choice Reach Out

Jesus touched many people. His hands healed the sick, blessed children and washed the disciples' feet. Hands represent putting loving thoughts for others into action through service (see *Arcana Coelestia* 10130). The Lord said, "I have given you an example" and charges us to do as He did. Students will use their hands to create a card sending wishes for joy and cheer to children and/or family members experiencing long term illness. Suggestions of organizations that accept cards (p. 4) and suggested wording for cards (p. 2) are included.

1. Children who are extremely sick may spend months away from home. If the hospital is far from home, children may see members of their family (including their parents) only occasionally. Some children have life-long illnesses and may never lead healthy "normal" lives.



2. What kinds of things might cheer you up if you felt lonely? (knowing somebody cares, telling a joke, etc.) What might not cheer you up? (thinking about yourself, your illness, and people you miss)
3. We will be making joyful cards to send to (a child, an agency that distributes cards to needy children or to families experiencing long-term hospitalization). Distribute *Reach Out Card* (p. 2) and other materials for creating and decorating care cards. Start by decorating the picture on the front. Fold the card in half and then in half again. Write a message on the inside.
4. Distribute *Reach Out Sample Wording* (p. 3) for students to use as a reference to draft their own messages or copy. Encourage students to write a rough draft first and then copy it on to the card.
5. Collect cards and affirm the love and good wishes that are being sent out to those in need.
6. Follow-up by sending cards to individuals or organizations.

Ideas for finding organizations that welcome cards for sick children and/or members of their families:

- **Your local hospital**
- **Ronald McDonald House**
- **St. Jude's Research Hospital**
  501 St. Jude Place, Memphis, TN 38105, USA
- **Target House, St. Jude's Research Hospital**
- **www.cardsforhospitalizedkids.com**

Materials Needed for Each Student

Reach Out Card p. 2 or blank paper, scrap paper for message rough drafts, mark-ers, scissors, pens or pencils, *Reach Out Sample Wording* p. 3

optional: fancy supplies like gold pens, stickers, camera & printer for photos, etc.

Prepare in Advance

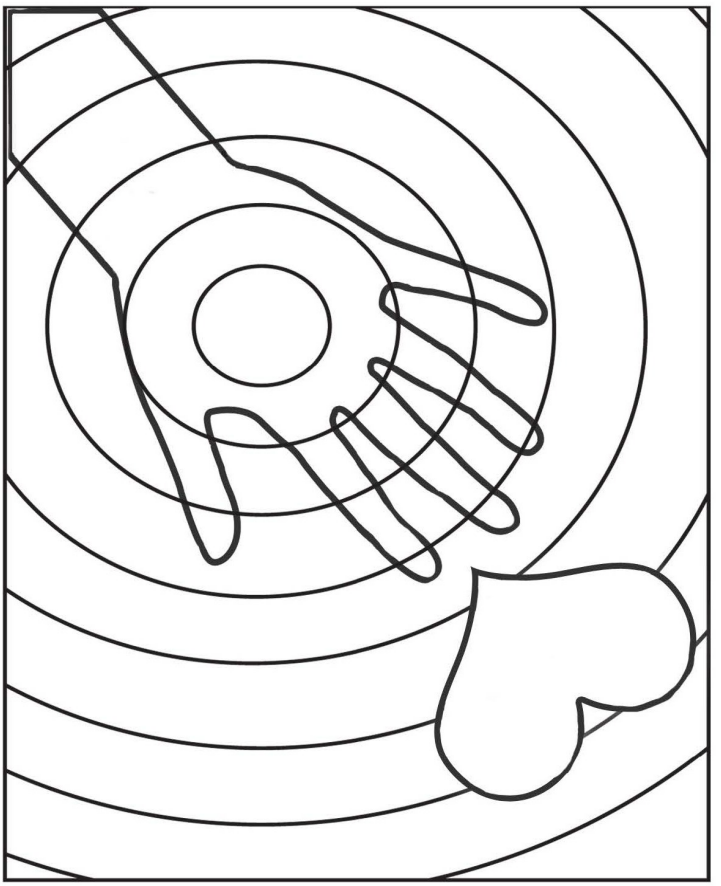
Choose an organization to send cards to (see this page for suggestions). Check to see if there are any rules about how to write cards, e.g. keep it positive.

- Avoid "get well" since some children are terminally ill and do not expect to get well.
- Avoid religious words since children receiving cards are from many backgrounds.
- Look for directions about how cards are to be signed. Some hospitals cannot accept messages that include personal information.
- *Reach Out Sample Wording*, p. 3 is included for assistance.

New Church Concept Sickness

All the diseases which the Lord healed represented spiritual diseases to which natural diseases correspond; and spiritual diseases can be healed only by the Lord, indeed by looking to His Divine omnipotence and by repentance of life. Therefore He said, "Your sins are forgiven; go and sin no more…." The faith by which spiritual diseases are healed by the Lord can be given only through truths from the Word and a life according to them. *Apocalypse Explained* 815

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Reach Out Card

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Reach Out Sample Wording

Things to Keep in Mind

- Make your message HAPPY. Say things like "Thinking of You," "You're special," or "Hope you're having a great day," etc. Keep it positive, cheerful and light-hearted.
- Write about what you enjoy doing – playing soccer, swimming, knitting, sledding, etc.
- Send a photo of yourself or a drawing.
- Try not to say anything that could be upsetting, e.g. do not talk about illness or say "Get Well" because some children will not get well.
- Do not use religious words. Children receiving cards will be from a variety of backgrounds.
- If possible, think about the child's own interests. Some organizations that send cards to sick children can tell you what a child likes (e.g. favourite cartoon characters, hobbies, etc.). Use that information to create a personal message. Knowing you know something about them can make a hospitalized child feel special and loved.
- Keep in mind that laughter can be the best medicine. Jokes are always fun. If you're not good at thinking up jokes, use a sample joke from below.

Sample Jokes

Q: Why do birds fly south?
A: Because it's too far to walk.

Q: What is the difference between a guitar and a tuna fish?
A: You can tune a guitar but you can't tuna fish.

Q: Why shouldn't you try to swim on a full stomach?
A: Because it's easier to swim on a full swimming pool!

Q: How do you know if your friend is turning into a fridge?
A: See if a little light comes on whenever he opens his mouth!

Q: What gets smaller the more you put in it?
A: A hole in the ground!

Q: Why do cows have horns?
A: Because they would look pretty silly with bells on their heads.

Q: How do you make a lemon drop?
A: Hold it and then let go!

Sample Letter

Hello (Child's First Name)!

I just wanted to say hello from [City, State/Country]. I am wishing you a day full of great big smiles and bright blue skies. I would like to share a joke with you:

[Insert joke or riddle here]

I hope you thought this was funny. I sure did!

Have a super day!
Sincerely yours,
[First Name Last Name]