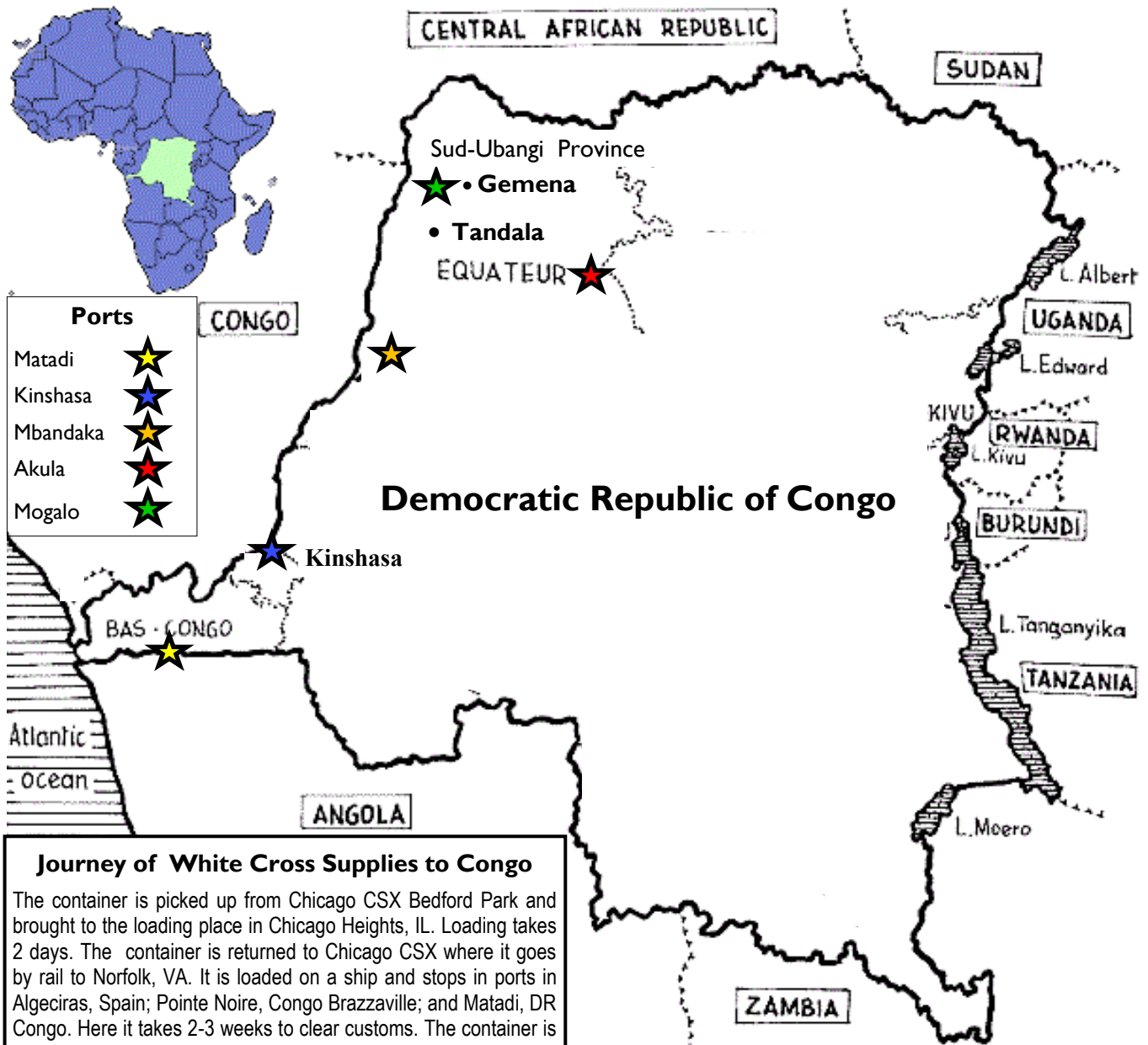


# White Cross Handbook



## Journey of White Cross Supplies to Congo

The container is picked up from Chicago CSX Bedford Park and brought to the loading place in Chicago Heights, IL. Loading takes 2 days. The container is returned to Chicago CSX where it goes by rail to Norfolk, VA. It is loaded on a ship and stops in ports in Algeciras, Spain; Pointe Noire, Congo Brazzaville; and Matadi, DR Congo. Here it takes 2-3 weeks to clear customs. The container is unloaded and the items are trucked 220 miles to Balis Center in Kinshasa. White Cross supplies are taken to Kinshasa Port and put on a boat to Mbandaka. When the boat arrives in Akula or Mogalo everything is loaded onto a truck and transported over very bad dirt/mud roads to Gemena. Once in Gemena the supplies for Tandala are sorted and trucked to Tandala. It can take 4-6 months for White Cross supplies to reach Gemena/Tandala. Weather, river levels, road and bridge conditions effect the time it takes the supplies to reach their final destination.

# Projects for the Democratic Republic of CONGO

## Medical Supplies for Tandala Medical Outreach

Our sister church in CONGO (CECU) is made up of over 1,000 local congregations. In 2022, they are celebrating 100 years since the Gospel of Jesus arrived in their corner of Congo! Titus Johnson, the first missionary there, arrived at Tandala, and decided that that is where God had called him.

Tandala Hospital was built around 1955 in the Ubangi Province, the northwest corner of what was then the Belgian Congo. Evangelical Free Church missionaries envisioned a place where compassionate care for physical needs could be integrated with the spiritual needs of the Congolese. Indeed from its early years, the motto was and remains “Compassion, Dedication and Integrity”.

Poverty in the Ubangi is extreme. There is little or no infrastructure, even today...no paved roads, no communication except for scattered cell towers that service small areas, no post office. Most people are subsistence farmers. Our White Cross medical supplies greatly assist the staff in caring for the patients.

Supplies needed for Tandala Medical Outreach:

1. Rolled bandages and squares
2. Surgical and medical linens
3. Uniforms for hospital staff
4. Layettes (newborn kimono and receiving blanket)
5. Latex gloves
6. Scripture cards

## Orphans & Widows—GlobalFingerprints, ELIKYA Center and Promise Home

(An orphan is a child who has lost one or both parents.)

We partner with the Congolese church in caring for and training orphans and widows. **GlobalFingerprints** is the EFCA child sponsorship program. We are currently caring for over 1,700 vulnerable children in the Democratic Republic of Congo. **GlobalFingerprints**...leaving behind the fingerprint of Christ...was launched in 2006. In Congo, most of our children stay in families—either extended family or a loving Christian takes them in. We assist with school fees, uniforms, medical care and nutrition. Most importantly we introduce the child to God the Father through His Son Jesus.

Check out GlobalFingerprints at: [www.globalfingerprints.org](http://www.globalfingerprints.org) / **\$35/month for child sponsorship**

Many of our orphans, when they turn 19 years old, are still in grade school. We are committed to preparing them for adulthood, and don't just drop their sponsorship at this age. Many of them will attend **ELIKYA Center** (Lingala for “**HOPE**”). Located in Gemena, Elikya is a training center for both older orphans and widows. Here, they learn valuable life skills, God's Word, and a vocational skill such as sewing, masonry, carpentry, mechanics, agriculture. Orphans and widows live at **ELIKYA** and receive the training for 1-2 years. When they return home, they are given the tools necessary to continue in their new trade. Sponsors are needed for widows who come to ELIKYA to study. The full amount for a widow's education and living at ELIKYA, as well as sending her home with the tools needed to start her business, is \$765.

Supplies needed:

1. Touch of Love kits
2. Touch of Mercy kits
3. Gently used or new tennis shoes
4. Notebook Bag kits
5. Dress and shorts kits (and finished garments)
6. Scripture cards
7. Girls' Hygiene kits

## Widows Receiving Training at the ELIKYA (HOPE) Center

**Every year, we need around 10-15 sponsors for our widows.**

ELIKYA Center accepts around 10-15 widows every year to study and learn a trade. They have health and nutritional needs while at ELIKYA. They need a Bible, and upon graduating, a sewing machine and money for returning home to their villages. As a sister in Christ, **pray** about sponsoring a widow. Sponsorship begins every August and is \$765 total for the widow's costs. Included in this is a gift of a sewing machine or other tools needed to begin her business and pocket money to return home is given to each widow.



**Please send Rachel or Nancy an email if you are interested in sponsorship.**

[Rachel.Balia@efca.org](mailto:Rachel.Balia@efca.org)

[Nancy.Hibma@efca.org](mailto:Nancy.Hibma@efca.org)

Let us introduce you to a widow who recently completed her training at the ELIKYA Center.



Mama Beatrice

### Mama Beatrice

On behalf of my family receive my greetings and gratitude. My words cannot express exactly how much you mean to me because of your support for me during my 10 months at the Elikya Center. You, and my time at Elikya has been a great consolation to me and my entire family. Through your support I learned a lot at the feet of the Lord and from my supervisors at Elikya. I did my training in soap making. This will allow me to make local soaps in my home village and to sell the soap to meet my needs and the needs of my family. I ask you to pray for my return to my village. You are also in my prayers forever because of the love you have shown for me.

**Elikya Account: #3854**



## **Why Promise Home?**

Since 2006, GlobalFingerprints Congo has been sponsoring kids with disabilities. They are truly the most vulnerable, in a culture that does not value their lives. So, even though we were sending money and backpacks, these kids' lives were not being changed.

So—in August 2018, we welcomed our first Promise Kids! Our goal with Promise Home is to model a loving home environment for kids who are rejected and devalued, offering them love and educational opportunities and integrating them in the church and community where they can grow and serve.

We have grown to three homes and three sets of House Parents. Pastor Papa Lisasi and Mama Jacky direct the whole ministry. They love these kids like their own—the result? The kids understand that they have a loving Heavenly Father who created them and has a plan for their lives! They are learning social skills, have school every day, and are learning a trade. The love kits, dresses and shorts, notebook bag kits, hygiene kits—are helping the Promise Kids as well. Thank you!!



Promise Home  
account:  
GlobalFingerprints  
Congo  
Promise Home  
#3854

## **Notebook Bag Kits (E/PH)**

*Kits are used in sewing class at the Elikya Center or Promise Home*

What is needed for 1 notebook bag kit (each kit makes 4 bags):

1. Four pieces of fabric 12" x 28" or 8 pieces of fabric 12" x 14"
2. Four pieces of rope, cording or strap, each 36" long
3. Four inches of Velcro to sew on (1" per bag)
4. One 8" sewing scissors
5. One spool of thread
6. Attach 20 straight pins and 3 needles to a small piece of fabric or paper
7. Place items in a large Ziploc bag and mark: **Notebook bag kit**



Finished notebook bag

## **DRESS & SHORTS for CONGOLESE ORPHANS**

Kits: E/PH    Completed projects: GF

Girls' dress and boys' shorts kits are used as a sewing project for widows and older orphans at the ***Eliya Center and the Promise Home***. Dresses and shorts that are sent as completed garments are given to ***GlobalFingerprints*** children.

**Dress patterns** are available in sizes: 4(23½"), 6(26½"), 8(31"), 10(33"), 12(35½"), 14(36½").  
The finished dress length for each size is in ( ).

**Boys shorts patterns** are available in small, medium and large.

Patterns and sewing instructions are available by contacting:

Muriel Olenik at: [molenik@sbcglobal.net](mailto:molenik@sbcglobal.net) or 847-308-0658 (cell)

### **Contents of dress sewing project kit – Place in a large Ziploc Bag**

- 4 cut out dresses and 2 pieces of fabric/per dress for pockets (use your judgment for size)
- 1 ½ yd. (half of a pkg. of double fold) bias tape per dress
- Additional trim for embellishment (optional)
- 15 long straight pins, 3 needles, small spool of thread
- An 8 inch sewing scissors (check Dollar type stores for scissors)

**Mark each dress inside back neck with size, please use permanent marker**

### **Contents of shorts sewing project kit – Place in a large Ziploc bag**

- 4 cut out shorts
- 1 ½ yd. cording per pair (used in waistband)
- 15 long straight pins, 3 needles, small spool of thread
- An 8 inch sewing scissors (check Dollar type stores for scissors)

**Mark each pair of shorts inside back with size, please use permanent marker**

**Completed dresses and shorts are also needed for those who enjoy sewing.**

Feel free to use your own simple pattern i.e. pillow case dresses for little girls.

**Questions? Contact Muriel Olenik**

[molenik@sbcglobal.net](mailto:molenik@sbcglobal.net)

847-308-0658 (cell) 815-877-0697 (home)

# Scripture Cards (GF)

“Scripture Cards” are a popular and effective tool in the ministry of the Congolese EFC. These cards are used in hospital and prison ministry, Sunday Schools, and HIV/AIDS education for young people. With very little available in the way of print or art, a beautiful “Scripture Card” is often hung up in a home as the only decoration on the walls. Your creative and careful work on this project will provide a cherished gift of beauty and Truth.

## Picture Sources:

1. Greeting cards, calendars, and SS curriculum
2. Appropriate pictures: flowers, scenery, animals (except owls and snakes), crosses and short biblical truths in English

## Printing Scripture Verses :

There are 4 master sheets for printing the Scripture verses – Groups 1,2,3, Group 1, Group 2, Group 3. The masters are formatted for mailing labels (1” x 2 5/8,” 30 per sheet). To print: select page to print and under *Page Sizing & Handling* select the “Actual size” option.

## To Assemble Cards:

1. Cut out a picture and glue on to card stock. *Do not use construction paper.*
2. Place Scripture verse label on card
3. Punch 2 holes in the top of card and string yarn or ribbon through holes for hanging
4. Write group number on the back of each card
5. Scrap booking materials, tools and techniques add fun, creativity and beauty to this project

## Card Groups:

Group 1: adult use (hospital and prison ministry)

Group 2: children in the “Choose Life” lessons (Sunday Schools, Public Schools, GlobalFingerprints)

Group 3: youth “Choose Life” (addresses purity, abstinence, fear and loneliness.)

## Packaging and Shipping:

Package the Scripture Cards by group number in Ziploc bags and label the bag with group number

## For your information:

Here is a translation of the Bible references. If you make these verse cards with young people or children, have them turn it into a Bible study as you look up and discuss these verses with them.

Yoane	=	John	Yisaya	=	Isaiah
Baloma	=	Romans	Matai	=	Matthew
Luka	=	Luke	Baebele	=	Hebrews
Galatia	=	Galatians	Filipi	=	Philippians
Ose	=	Hosea	Timote	=	Timothy
Nzembo	=	Psalms	Bakolinti	=	Corinthians
Masese	=	Proverbs	Yilima	=	Jeremiah
Yakobo	=	James	Ebandiseli	=	Genesis



**Molimo oyo azali na bino aleki  
milimo oyo ezali na bato ya mokili.  
1 Yoane 4:4b**

Pamba te, Nzambe alingi bato ya mokili  
mingi penza; yango wana apesaki Mwana na ye  
se moko, 'po' te moto nyonso oyo akondimela  
ye akufa te, kasi azwa bomoi ya seko.  
Yoane 3:16

**Pamba te lifuta ya masumu ezali liwa;  
kasi likabo ya ofele ya Nzambe ezali  
bomoi yaseko, na lisanga ya Nkolo na  
biso Klisto Yesu. Baloma 6:23**

Klisto alakisaki biso eloko babengaka bolingo,  
na ndenge apesaki bomoi na ye 'po na biso.  
Bongo biso 'pe to sengeli kopesa bomoi na  
biso 'po na bandeko na biso.  
I Yoane 3:16

Ya solo, bolingo ya Nzambe eleki monene:  
ezali biso te bato tozalaki kolinga ye, kasi ye nde  
moto azalaki kolinga biso, bongo atindaki Mwana  
na ye, oyo amipesaki lokola libonza 'po na  
kolongola masumu na biso I Yoane 4:10

**Pamba te Nzambe akoki  
kosala makambo nyonso.  
Luka 1:37**

Moto oyo andimi Mwana, akozwa bomoi  
ya seko; oyo atosi Mwana te akozwa  
bomoi ya seko te, kasi akotikala seko na  
etumbu ya Nzambe. Yoane 3:36

**Bongo nasengi bino: botika Molimo  
ya Nzambe atambwisaka bino, po  
bokoka koboya baposa na bino ya  
bomoto. Galatia 5:16**

Nzambe na ngai azali na bomengo pe  
lokumu nyonso; ye nde moto akopesa  
bino biloko nyonso oyo bozali na yan-  
go posa, po na Yezu Kristo.  
Bafilipi 4:19

**Totika kobanga, pamba te tozwi  
Molimo ya Nzambe; ye apesaka  
biso nguya, bolingo pe mayele ya  
kozala ekenge. 2 Timote 1:7**

Ezali Yo moto osalaki mobimba na ngai; pe  
otongaki ngai na libumu ya mama. Mersi po  
osala ngai na ndenge ya kokamwa penza;  
nandimi 'te misala na Yo nyonso ezali  
minene. Nzembo 139:13-14

**Moto atosaka mibeko amibatelaka  
ye moko; kasi oyo akebaka na  
bizaleli na ye te akokufa.  
Masese 19:16**

**Ata mwana ayebanaka na  
makambo ye asalaka, soki  
bizaleli na ye ezali ya malamumu  
pe ya solo. Masese 20:11**

Kozala moninga ya moto ya kanda te; kozala  
esika moko te na moto oyo amesana kosilika.  
Soki te, yo pe okolanda bizaleli na bango, pe  
okokangama na motambo. Masese 22:24-25

Nzambe alobi: Mama abosanaka mwana oyo  
amelisaka mabele? Asundolaka mwana oyo ye  
aboti? Ata soki mama akoki kobosana mwana  
na ye, kasi Ngai nakoki libosana yo te.  
Yisaya 49:15

**Yokisa tata na yo na mama na yo  
esengo, sepelisa mama oyo aboti  
yo.  
Masese 23:25**

**Nzambe afandaka na Ndako na ye  
ya bosantu, azali Tata ya bana  
bakufela baboti, pe Mobateli ya basi  
bakufela mibali. Nzembo 68:6**

**Nabondelaki Yawe, pe ye azongiseli  
ngai eyano; alongoli ngai kobanga  
nyonso.  
Nzembo 34:5**

Yawe, ata soki nazali kotambola na kati ya  
molili ya somo, nakoki kobanga eloko te; pam-  
ba te otambolaka nzela moko na ngai;  
olakisaka ngai nzela, obatelaka ngai na maka-  
ma nyonso. Nzembo 23:4

**Bongo botosaka Nzambe; boboya  
makambo ya zabolo, boye ye akokima  
bino penza mosika.  
Yakobo 4:7**

Yawe alobi boye: Botelema mwa-moke na  
nzela oyo bozali kotambola pe bokanisa;  
botuna makambo oyo eleka kala. Boluka  
nzela ya malamumu, bolanda yango, bongo  
bokoza bolamu. Yilimia 6:16

Pamba te ngai Yawe nayebi makambo  
nakani po na bino: ekozala makambo ya  
mawa te kasi ya esengo. Nakobatela bino  
pe nakopesa bino bolamu oyo bozali koluka.  
Yilimia 29:11

**Yango wana mobali atikaka tata na ye  
na mama na ye, pe asanganaka na  
mwasi na ye, po bango mibale bako-  
ma moto moko. Ebandiseli 2:24**

Bokima kindumba. Masumu mosusu nyonso  
oyo moto akoki kosala, ebebisaka nzoto na  
ye te; kasi moto oyo amipesi na kindumba,  
azali kobebisa nzoto na ye moko.  
I Bakolinti 6:18

**Bato na ngai bazali kokufa po  
moto moko te azali kopesa  
bango mayele.  
Ose 4:6**

Boye Mokonzi akozongisela bango: Nalobi  
na bino, ya solo: mbala nyonso bosalisaki  
ata moto ya suka na kati ya bandeko na  
ngai, bosalisaki ngai! Matai 25:40

**Bongo toluka makambo oyo  
ememaka boboto pe elen-  
disaka bondimi ya bandeko.  
Baloma 14:19**

**Bongo sik'oyo, bandeko, bokanisaka  
bobebe makambo ya solo, ya kitoko, ya  
bosembo, ya malamumu pe ya malonga.  
Bafilipi 4:8**

**Tokanisana biso na biso;  
tolendisanaka po tolingana pe  
tosalaka misala ya malamumu.  
Baebele 10:24**

Ya solo, ata bozali kolua, komela,  
to kosala makambo mosusu, bosalaka  
nyonso po na kokumisa Nzambe.  
I Bakolinti 10:31



Molimo oyo azali na bino aleki  
milimo oyo ezali na bato ya mokili.  
1 Yoane 4:4b

Molimo oyo azali na bino aleki  
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Pamba te, Nzambe alingi bato ya mokili  
mingi penza; yango wana apesaki Mwana na ye  
se moko, 'po 'te moto nyonso oyo akondimela  
ye akufa te, kasi azwa bomoi ya seko.  
Yoane 3:16

Pamba te, Nzambe alingi bato ya mokili  
mingi penza; yango wana apesaki Mwana na ye  
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ye akufa te, kasi azwa bomoi ya seko.  
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se moko, 'po 'te moto nyonso oyo akondimela  
ye akufa te, kasi azwa bomoi ya seko.  
Yoane 3:16

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na ndenge apesaki bomoi na ye 'po na biso.  
Bongo biso 'pe tosengeli kopesa bomoi na  
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moto azalaki kolinga biso, bongo atindaki Mwana  
na ye, oyo amipesaki lokola libonza 'po na  
kolongola masumu na biso I Yoane 4:10

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na ye, oyo amipesaki lokola libonza 'po na  
kolongola masumu na biso I Yoane 4:10

Pamba te Nzambe akoki  
kosala makambo nyonso.  
Luka 1:37

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Pamba te Nzambe akoki  
kosala makambo nyonso.  
Luka 1:37

Moto oyo andimi Mwana, akozwa bomoi  
ya seko; oyo atosi Mwana te akozwa  
bomoi ya seko te, kasi akotikala seko na  
etumbu ya Nzambe. Yoane 3:36

Moto oyo andimi Mwana, akozwa bomoi  
ya seko; oyo atosi Mwana te akozwa  
bomoi ya seko te, kasi akotikala seko na  
etumbu ya Nzambe. Yoane 3:36

Moto oyo andimi Mwana, akozwa bomoi  
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Bongo nasengi bino: botika Molimo  
ya Nzambe atambwisaka bino, po  
bokoka koboya baposa na bino ya  
bomoto. Galatia 5:16

Nzambe na ngai azali na bomengo  
pe lokumu nyonso; ye nde moto  
akopesa bino biloko nyonso oyo  
bozali na yango posa, po na Yezu  
Kristo. Bafilipi 4:19

Nzambe na ngai azali na bomengo  
pe lokumu nyonso; ye nde moto  
akopesa bino biloko nyonso oyo  
bozali na yango posa, po na Yezu  
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akopesa bino biloko nyonso oyo  
bozali na yango posa, po na Yezu  
Kristo. Bafilipi 4:19

Totika kobanga, pamba te tozwi  
Molimo ya Nzambe; ye apesaka  
biso nguyu, bolingo pe mayele ya  
kozala ekenge. 2 Timote 1:7

Totika kobanga, pamba te tozwi  
Molimo ya Nzambe; ye apesaka  
biso nguyu, bolingo pe mayele ya  
kozala ekenge. 2 Timote 1:7

Totika kobanga, pamba te tozwi  
Molimo ya Nzambe; ye apesaka  
biso nguyu, bolingo pe mayele ya  
kozala ekenge. 2 Timote 1:7

Ezali Yo moto osalaki mobimba na ngai; pe otongaki ngai na libumu ya mama. Mersi po osala ngai na ndenge ya kokamwa penza; nandimi 'te misala na Yo nyonso ezali minene. Nzembo 139:13-14

Ezali Yo moto osalaki mobimba na ngai; pe otongaki ngai na libumu ya mama. Mersi po osala ngai na ndenge ya kokamwa penza; nandimi 'te misala na Yo nyonso ezali minene. Nzembo 139:13-14

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Moto atosaka mibeko amibatelaka ye moko; kasi oyo akebaka na bizaleli na ye te akokufa.

Masese 19:16

Moto atosaka mibeko amibatelaka ye moko; kasi oyo akebaka na bizaleli na ye te akokufa.

Masese 19:16

Moto atosaka mibeko amibatelaka ye moko; kasi oyo akebaka na bizaleli na ye te akokufa.

Masese 19:16

Ata mwana ayebanaka na makambo ye asalaka, soki bizaleli na ye ezali ya malamumu pe ya solo. Masese 20:11

Ata mwana ayebanaka na makambo ye asalaka, soki bizaleli na ye ezali ya malamumu pe ya solo. Masese 20:11

Ata mwana ayebanaka na makambo ye asalaka, soki bizaleli na ye ezali ya malamumu pe ya solo. Masese 20:11

Kozala moninga ya moto ya kanda te; kozala esika moko te na moto oyo amesana kosilika. Soki te, yo pe okolanda bizaleli na bango, pe okokangama na motambo. Masese 22:24-25

Kozala moninga ya moto ya kanda te; kozala esika moko te na moto oyo amesana kosilika. Soki te, yo pe okolanda bizaleli na bango, pe okokangama na motambo. Masese 22:24-25

Kozala moninga ya moto ya kanda te; kozala esika moko te na moto oyo amesana kosilika. Soki te, yo pe okolanda bizaleli na bango, pe okokangama na motambo. Masese 22:24-25

Nzambe alobi: Mama abosanaka mwana oyo amelisaka mabele? Asundolaka mwana oyo ye aboti? Ata soki mama akoki kobosana mwana na ye, kasi Ngai nakoki kobosana yo te. Yisaya 49:15

Nzambe alobi: Mama abosanaka mwana oyo amelisaka mabele? Asundolaka mwana oyo ye aboti? Ata soki mama akoki kobosana mwana na ye, kasi Ngai nakoki kobosana yo te. Yisaya 49:15

Nzambe alobi: Mama abosanaka mwana oyo amelisaka mabele? Asundolaka mwana oyo ye aboti? Ata soki mama akoki kobosana mwana na ye, kasi Ngai nakoki kobosana yo te. Yisaya 49:15

Yokisa tata na yo na mama na yo esengo, sepelisa mama oyo aboti yo.

Masese 23:25

Yokisa tata na yo na mama na yo esengo, sepelisa mama oyo aboti yo.

Masese 23:25

Yokisa tata na yo na mama na yo esengo, sepelisa mama oyo aboti yo.

Masese 23:25

Nzambe afandaka na Ndako na ye ya bosantu, azali Tata ya bana bakufela baboti, pe Mobateli ya basi bakufela mibali. Nzembo 68:6

Nzambe afandaka na Ndako na ye ya bosantu, azali Tata ya bana bakufela baboti, pe Mobateli ya basi bakufela mibali. Nzembo 68:6

Nzambe afandaka na Ndako na ye ya bosantu, azali Tata ya bana bakufela baboti, pe Mobateli ya basi bakufela mibali. Nzembo 68:6

Nabondelaki Yawe, pe ye azongiseli ngai eyano; alongoli ngai kobanga nyonso.

Nzembo 34:5

Nabondelaki Yawe, pe ye azongiseli ngai eyano; alongoli ngai kobanga nyonso.

Nzembo 34:5

Nabondelaki Yawe, pe ye azongiseli ngai eyano; alongoli ngai kobanga nyonso.

Nzembo 34:5

Yawe, ata soki nazali kotambola na kati ya molili ya somo, nakoki kobanga eloko te; pamba te otambolaka nzela moko na ngai; olakisaka ngai nzela, obatelaka ngai na makama nyonso. Nzembo 23:4

Yawe, ata soki nazali kotambola na kati ya molili ya somo, nakoki kobanga eloko te; pamba te otambolaka nzela moko na ngai; olakisaka ngai nzela, obatelaka ngai na makama nyonso. Nzembo 23:4

Yawe, ata soki nazali kotambola na kati ya molili ya somo, nakoki kobanga eloko te; pamba te otambolaka nzela moko na ngai; olakisaka ngai nzela, obatelaka ngai na makama nyonso. Nzembo 23:4

Bongo botosaka Nzambe; boboya makambo ya zabolo, boye ye akokima bino penza mosika.

Yakobo 4:7

Bongo botosaka Nzambe; boboya makambo ya zabolo, boye ye akokima bino penza mosika.

Yakobo 4:7

Bongo botosaka Nzambe; boboya makambo ya zabolo, boye ye akokima bino penza mosika.

Yakobo 4:7

Yawe alobi boye: Botelema mwa-moke na nzela oyo bozali kotambola pe bokanisa; botuna makambo oyo eleka kala. Boluka nzela ya malamumu, bolanda yango, bongo bokozwa bolamu. Yilimia 6:16

Yawe alobi boye: Botelema mwa-moke na nzela oyo bozali kotambola pe bokanisa; botuna makambo oyo eleka kala. Boluka nzela ya malamumu, bolanda yango, bongo bokozwa bolamu. Yilimia 6:16

Yawe alobi boye: Botelema mwa-moke na nzela oyo bozali kotambola pe bokanisa; botuna makambo oyo eleka kala. Boluka nzela ya malamumu, bolanda yango, bongo bokozwa bolamu. Yilimia 6:16

Pamba te ngai Yawe nayebi makambo nakani po na bino: ekozala makambo ya mawa te kasi ya esengo. Nakobatela bino pe nakopesa bino bolamu oyo bozali koluka. Yilimia 29:11

Pamba te ngai Yawe nayebi makambo nakani po na bino: ekozala makambo ya mawa te kasi ya esengo. Nakobatela bino pe nakopesa bino bolamu oyo bozali koluka. Yilimia 29:11

Pamba te ngai Yawe nayebi makambo nakani po na bino: ekozala makambo ya mawa te kasi ya esengo. Nakobatela bino pe nakopesa bino bolamu oyo bozali koluka. Yilimia 29:11

Yango wana mobali atikaka tata na ye na mama na ye, pe asanganaka na mwasi na ye, po bango mibale bakoma moto moko. Ebandiseli 2:24

Yango wana mobali atikaka tata na ye na mama na ye, pe asanganaka na mwasi na ye, po bango mibale bakoma moto moko. Ebandiseli 2:24

Yango wana mobali atikaka tata na ye na mama na ye, pe asanganaka na mwasi na ye, po bango mibale bakoma moto moko. Ebandiseli 2:24

Bokima kindumba. Masumu mosusu nyonso oyo moto akoki kosala, ebebisaka nzoto na ye te; kasi moto oyo amipesi na kindumba, azali kobebisa nzoto na ye moko. I Bakolinti 6:18

Bokima kindumba. Masumu mosusu nyonso oyo moto akoki kosala, ebebisaka nzoto na ye te; kasi moto oyo amipesi na kindumba, azali kobebisa nzoto na ye moko. I Bakolinti 6:18

Bokima kindumba. Masumu mosusu nyonso oyo moto akoki kosala, ebebisaka nzoto na ye te; kasi moto oyo amipesi na kindumba, azali kobebisa nzoto na ye moko. I Bakolinti 6:18

Bato na ngai bazali kokufa po moto moko te azali kopesa bango mayele. Ose 4:6

Bato na ngai bazali kokufa po moto moko te azali kopesa bango mayele. Ose 4:6

Bato na ngai bazali kokufa po moto moko te azali kopesa bango mayele. Ose 4:6

Boye Mokonzi akozongisela bango: Nalobi na bino, ya solo: mbala nyonso bosalisaki ata moto ya suka na kati ya bandeko na ngai, bosalisaki ngai! Matai 25:40

Boye Mokonzi akozongisela bango: Nalobi na bino, ya solo: mbala nyonso bosalisaki ata moto ya suka na kati ya bandeko na ngai, bosalisaki ngai! Matai 25:40

Boye Mokonzi akozongisela bango: Nalobi na bino, ya solo: mbala nyonso bosalisaki ata moto ya suka na kati ya bandeko na ngai, bosalisaki ngai! Matai 25:40

Bongo toluca makambo oyo ememaka boboto pe elendisaka bondimi ya bandeko. Baloma 14:19

Bongo toluca makambo oyo ememaka boboto pe elendisaka bondimi ya bandeko. Baloma 14:19

Bongo toluca makambo oyo ememaka boboto pe elendisaka bondimi ya bandeko. Baloma 14:19

Bongo sik'oyo, bandeko, bokanisaka bobele makambo ya solo, ya kitoko, ya bosembo, ya malamumu pe ya malonga. Bafilipi 4:8

Bongo sik'oyo, bandeko, bokanisaka bobele makambo ya solo, ya kitoko, ya bosembo, ya malamumu pe ya malonga. Bafilipi 4:8

Bongo sik'oyo, bandeko, bokanisaka bobele makambo ya solo, ya kitoko, ya bosembo, ya malamumu pe ya malonga. Bafilipi 4:8

Tokanisanaka biso na biso; tolendisanaka po tolingana pe tosalaka misala ya malamumu. Baebele 10:24

Tokanisanaka biso na biso; tolendisanaka po tolingana pe tosalaka misala ya malamumu. Baebele 10:24

Tokanisanaka biso na biso; tolendisanaka po tolingana pe tosalaka misala ya malamumu. Baebele 10:24

Ya solo, ata bozali kolia, komela, to kosala makambo mosusu, bosalaka nyonso po na kokumisa Nzambe. I Bakolinti 10:31

Ya solo, ata bozali kolia, komela, to kosala makambo mosusu, bosalaka nyonso po na kokumisa Nzambe. I Bakolinti 10:31

Ya solo, ata bozali kolia, komela, to kosala makambo mosusu, bosalaka nyonso po na kokumisa Nzambe. I Bakolinti 10:31

# Touch of Love Care Kits (GF)

In your **Touch of Love Care Kit**, include only the following items:

- ❖ Hand towel (16"x28" to 18"x30")
- ❖ Toothbrush (leave in packaging)
- ❖ Toothpaste (large with screw top)
- ❖ Small notebook (5x7 or smaller)
- ❖ Small pencil sharpener
- ❖ 2 pens & 2 No. 2 **unsharpened** pencils
- ❖ Bar of soap (3½ to 5 oz.)
- ❖ 4 balloons
- ❖ Lingala verse card



## Instructions for both LOVE & MERCY kits

1. Please remove everything from its packaging except for the toothbrush.
2. Put everything in a gallon Ziploc bag
3. Include a Lingala Bible verse card printed on cardstock in each care kit—see the next page
4. Mark outside of Ziploc bag: LOVE or MERCY

Great projects to involve children! They can decorate, color, and sign the verse cards to go in each love or mercy kit.

# Touch of Mercy Care Kits (HIV)

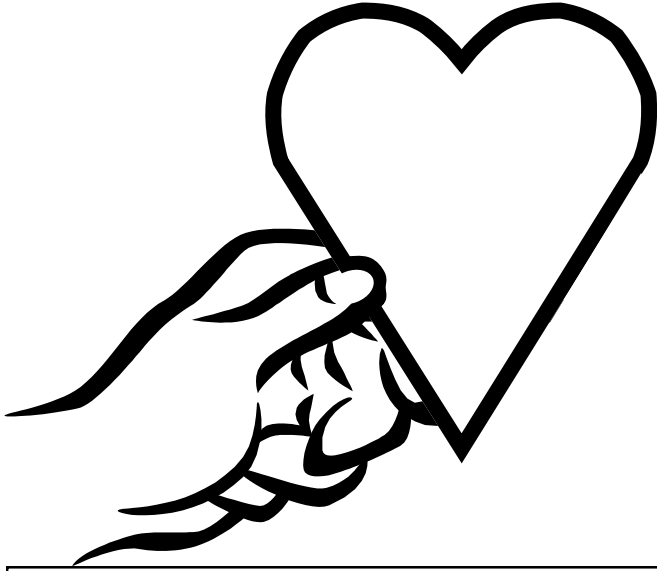
**Ministering to those with HIV, the elderly, and those in prison**

In your **Touch of Mercy Care Kit**, include only the following items:

- ❖ Washcloth and hand towel (16"x28" to 18"x30")
- ❖ Bar of soap (3½ to 5 oz.)
- ❖ Lotion for dry skin (6-8 oz.)
- ❖ Toothbrush (leave in packaging)
- ❖ Toothpaste (large with screw top)
- ❖ 1 chap stick
- ❖ 4 pairs of latex gloves
- ❖ Lingala verse card



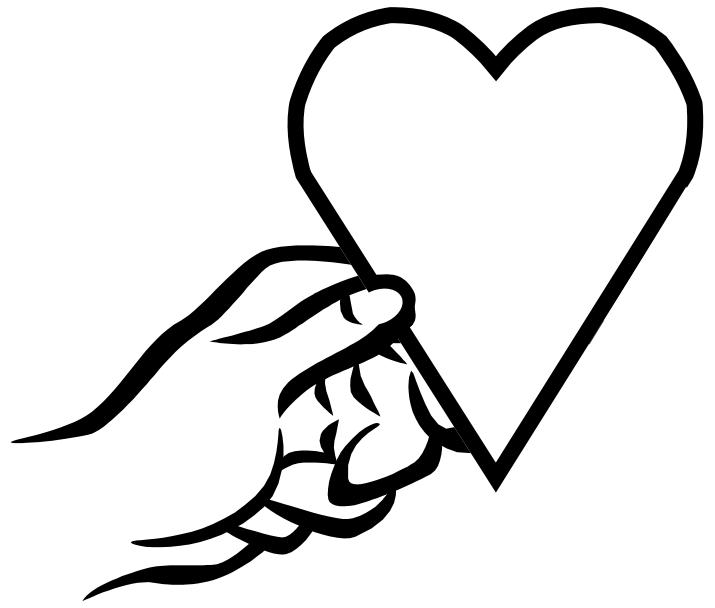
## Bolingo ya Nzambe eleki yonso!



"Tala ndenge Nzambe alakisaki biso bolingo na ye: atindaki Mwana na ye se moko awa na mokili, na tina ete tozala na bomoi ya solo mpo na ye."

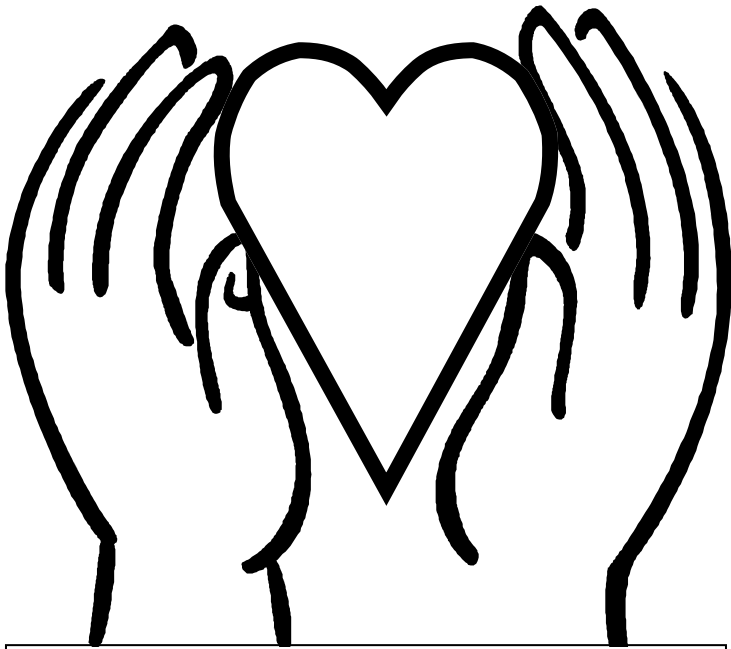
I Yoane 4:9

## Nzambe alingi yo mingi!



"Nzambe alingaki mokili na motindo oyo: apesaki Mwana na Ye se moko, ete moto na moto oyo akondimela Ye akokufa te, kasi azwa bomoi ya seko."

Yoane 3:16



"Ya solo, bolingo ya Nzambe eleki monene: ezali biso te bato tozalaki kolinga ye, kasi ye nde moto azalaki kolinga biso, bongo atindaki Mwana na ye, oyo amipesaki lokola libonza mpo na kolongola masusu na biso."

I Yoane 4:10

## Yesu alingi yo!!



Nzambe alakiselaki biso bolingo na Ye mpo na biso na motindo oyo: Yesu akufelaki biso wana tozalaki naino bato ya masumu."

Baloma 5:8

# SHOES for GlobalFingerprints kids! (GF)

New or gently used shoes  
(preferably tennis shoes, but other nice walking shoes are good)

ALL SIZES



Many children living in the States have several pairs of shoes. They often have shoes they no longer wear or that they have outgrown. Consider asking your church to do a Shoe Drive of all sizes of shoes, including small women's and men's sizes for children with larger feet. Shoes can be brand new or gently used. Include a few pairs of shoes in each tote/box that you ship along with your other White Cross materials. Please pack shoes in the bottom of the tote/box (not easily seen when it is first opened.)

Our goal is to give each GlobalFingerprints child a pair of shoes per year. With over 1,700 sponsored children in the program, we need shoes every year. Smiles light up the face of a child when they try on a pair of shoes and they fit!



*...leaving behind the fingerprint of Christ*

## Girls' Hygiene Kit (GF)

Hygiene Kits are a real blessing to girls and young women in Congo. When their monthly period comes, they often cannot go anywhere or do much. Very few have access to pads or other hygiene materials. They miss school and church and other special activities. These kits open doors for teaching on hygiene and purity. And the girls are so happy with the gifts—no longer have to be afraid or ashamed when they have their periods.

### What's in an hygiene kit?

Contents:

1 drawstring bag, 2 shields with wings, 8 trifold inserts, 1 washcloth, one small plastic wrapped bar of soap, 2 flat gallon size freezer Ziploc bags (sturdier than off-brands), 2 pair same size panties (colorful, avoiding printing and symbols that may be offensive, white should be dyed, no boy-short style, sizes girls 10 -12, a few 14,) 1 safety pin, and 1 instruction card.

See Appendix 1: Girls' Hygiene Kit for patterns, sewing and packing instructions.



Layettes for babies at Tandala Hospital & Health Centers (TH)

Always package the receiving blanket and kimono as a set

# Tandala Baby

## Kimono

Cut **two** for Front  
Cut **one** on fold for back

### *Basic Instructions*

**Sew all seams 3/8"**

Sew shoulder seams.

Finish front edges.

Sew bias tape on sleeve and neck edges. Or zigzag the sleeves.

(Leave about 6" extra on neck edges to tie for bow.)

### *Helpful Tips*

Press under 1/8" on sleeve and front edges.

Fold over on 3/8" line and topstitch so no raw edges show.

If double-faced bias tape is used, fold out one fold and lay right side of bias tape to wrong side of fabric.

With edges "flush", sew along fold line, which is easier if you iron it down first.

Fold bias tape to outside of garment.

With second fold tucked under, topstitch along that edge for a more finished look.

### ***Don't forget the receiving blankets!!***

Material to use: lightweight flannels, seersucker or calico

Finished blanket: approximately 36" square, or a purchased 30" flannel receiving blanket



## NEEDS FOR TANDALA HOSPITAL (TH)

### I. DRAW SHEETS

Use: Cover water-proof draw sheet and lift patients

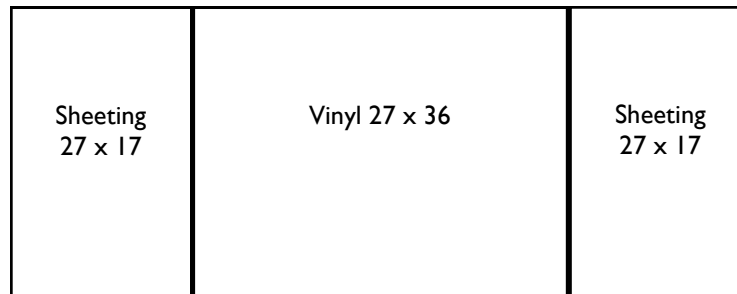
Use strong fabric such as muslin or a percale sheet. Finished size: 36" x 72". Hem all raw edges. Mark in center with permanent marker: **TANDALA ALEZE**. Mark corner: **ALEZE**.

### 2. WATER-PROOF DRAW SHEETS

Use: protect mattress

Vinyl tablecloth material is good for these. Out of one yard, you will get two draw sheets. The material is 54 inches wide so...

- a. Cut the material in half lengthwise, leaving two pieces 36 x 27
- b. Out of old sheets, cut 2 pieces 27 x 17
- c. Attach 1 piece of sheeting on each 27" side of vinyl
- d. Hem all the way around with 1/2 inch hem.
- e. Mark in center: **TANDALA ALEZE**
- f. Mark in corner: **ALEZE**



### 3. MATTRESS COVERS

Use: Protect mattress

Made like a pillowcase to slip over mattress. **Updated finished size: 42" x 77"** (84" wide before sewing). Material like poplin is recommended; a very strong bed sheet like percale can be used. Polyester blends wash better and are stronger. Mark in center: **TANDALA PROTEGE MATELAS**, and the corner: **MATELAS**

### 4. DOCTORS' & NURSES' SCRUB SHIRTS and PANTS

A man's pajama pattern with V-neck and short sleeves is great for these. Add a pocket. Use medium-weight cotton. Sizes: all sizes. Colors: **WHITE-MOST NEEDED**, any color or patterned scrubs are acceptable. Great places to purchase USED scrub uniforms for just a few dollars: Goodwill and Salvation Army.

### 5. SURGICAL LINENS

- A. In general, the surgical linens fall under two categories: wrappers (French word is "emballage") and drapes.
- B. A heavyweight, natural color material is best to use. A strong, percale sheet is acceptable.

C. Using a laundry pen or permanent fabric marker, mark each item:

- In CENTER, mark: TANDALA item name/number (example: TANDALA Emb #1)
- In UPPER RIGHT CORNER, mark: item name/number (example: Emb #1)

D. Following items are all sewn the same:

Sew all four sides with 1/2 inch seam, leaving opening to turn item inside out. Top stitch all four sides. Sew two diagonal seams (in an X), corner to corner. **MARK appropriately.**

**Emb #1 (finished size 12x12) 2 pieces fabric 13 inch square (or 1 piece 13x25)**

**Emb #2 (finished size 20x20) 2 pieces fabric 21 inch square (or 1 piece 21x41)**

**Emb #3 (finished size 36x36) 2 pieces fabric 37 inch square (or 1 piece 37x73)**

**Emb #4 (finished size 46x46) 2 pieces fabric 47 inch square (or 1 piece 47x93)**

E. Following items are all single thickness and sewn the same:

**Emb #5 (finished size 59x59) Hem all four sides and mark appropriately**

**Emb gant (finished size 21x17) Hem all four sides and mark**

**MAT abd (finished size 36x36) Hem and mark**

**MAT fesse (finished size 36x36) (same size as MAT abd) Hem and mark**

**Sous LAP (finished size 66x70) Hem and mark**

## F. LAPAROTOMY DRAPES

This is a long drape that covers both the patient and acts as a barrier in front of the patient's face during surgery. It is more complicated to sew.

1. Cutting size: Drape "B" is 78x102. Reinforcement piece "A" is 25x25
2. Finished size: 76x100
3. Mark: TANDALA LAP in center/LAP in upper right corner
4. Procedure: **see next page**

## 6. ROLLED BANDAGES

Used for: Wrapping wounds

Material must be absorbent, cotton content is best, used sheets, white or colored (no flannel)

- A. Tear sheets into long strips (3,4, or 5 inch wide strips) **Remove all raveling threads!**
- B. Sew strips together with double row of stitches.
- C. Apply tension as you roll strips into a **3 inch diameter roll.**
- D. Tie the finished roll with a strip of cloth.

If you would like information regarding a "bandage roller" contact: [whitecross@efca.org](mailto:whitecross@efca.org)

## 7. SQUARE COTTON DRESSINGS

Used for: Cleansing wounds

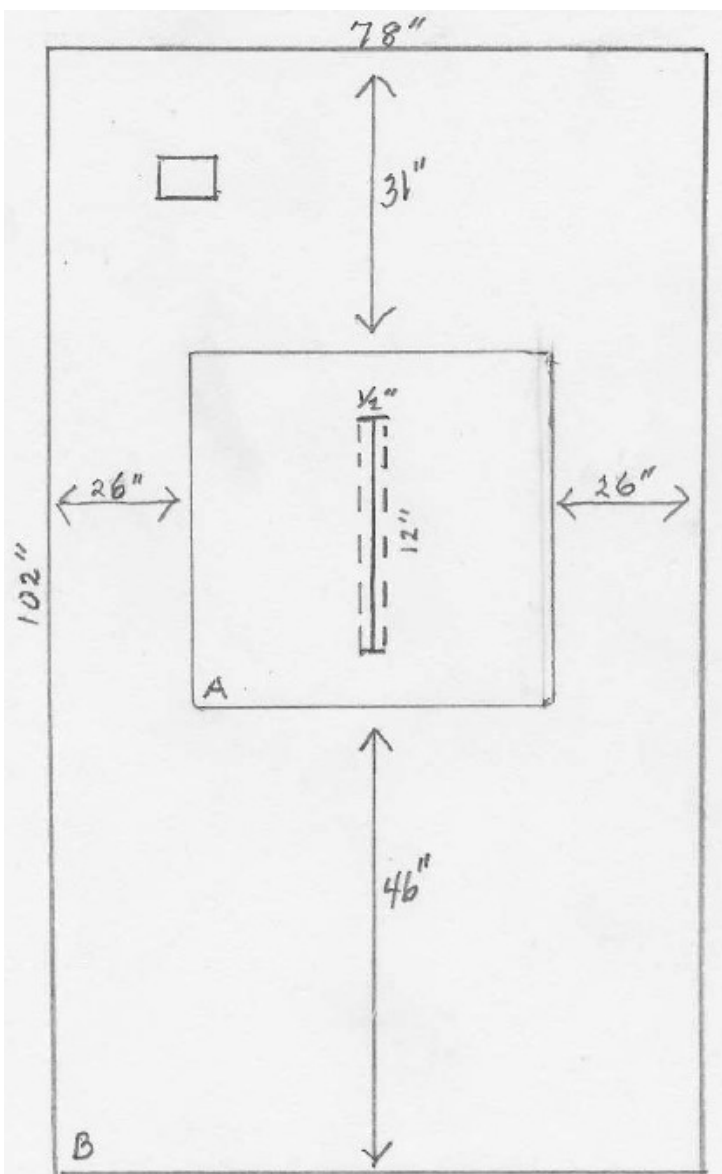
Material must be soft and absorbent, any color.

- A. Cut material into 3, 4 or 5 inch squares.
- B. Make a pattern from cardboard, sandpaper or use a fabric rotary cutter and mat.
- C. Remove any raveling threads.
- D. Package (any number of squares) in a neat pile in a Ziploc bag.

**8. SURGICAL/MEDICAL GLOVES** are needed at Tandala Hospital.

# Laparotomy Drape

1. Take 25"x25" Piece A and press it in half. With tape measure, place marks at 6.5" and 18.5" along the fold.
2. Open the fabric and with a pencil, connect the marks so you have a 12" line that is centered on the fold. Draw a 1/2" line across both ends of the 12" line (think top and bottom of a 12" high capital I).
3. Draw lines connecting those top and bottom ends and you have a 1/2"x12" rectangle.



4. Take 78"x102" Piece B and lay it flat on table, right side of fabric up.
5. Place marked Piece A on Piece B according to layout below.
6. Sew around the 1/2"x12" rectangle. Stitch again on top of your stitches to strengthen the seam.
7. Cut 12" slit on the center line through both layers of fabric and clip corners at an angle to get a squared opening.
8. Turn Piece A through the slit to the back side of Piece B. Press the slit flat making sure the 12" seam is fully open.
9. Turn the 4 sides of Piece A under 1/2" and top-stitch to attach Piece A to Piece B.
10. Top-stitch close to the edge around the 12" slit to reinforce it.
11. Hem all sides of Piece B, folding under twice to avoid raw edges.
12. Sew a contrasting color patch towards the top so nurses will know which end goes to the head.
13. Press, fold, and mark as instructed on previous page for all surgical linens.

## Packing and Shipping Instructions for White Cross Totes/Boxes to Gemena

- ◆ If your group is not large enough to ship a 90 lb container contact: [whitecross@efca.org](mailto:whitecross@efca.org) for information about other groups in your area who may also be shipping items.
  - ◆ 2 alternative contacts who will help ship items for you.  
 St Paul EFC, St Louis, MO - Contact: Phyllis Bauer Email: [pmaebauer@att.net](mailto:pmaebauer@att.net) Phone: (314) 567-3216  
 Lakewood EFC, Baxter, MN - Contact: Sharon Nance Email: [sjnance72@gmail.com](mailto:sjnance72@gmail.com)
1. Purchase a 35-gallon Sterilite or Rubbermaid Roughneck tote or a “Dish Pack” box 18x18x28 inches (U-Haul). 36-gallon Rubbermaid totes have been approved if 35-gallon totes are unavailable.
  2. Line each tote/box with a “heavy duty” or “Contractors” garbage bag sealed with twist tie or taped.
  3. Request a shipping number for each tote/box from Balis, our shipper ([mbalangl@gmail.com](mailto:mbalangl@gmail.com) or phone (224) 578-6069).
  4. If Balis does not email you the shipping forms PDF, go online and print or download a shipping form and donation letter at: [www.kinservicesfreight.com](http://www.kinservicesfreight.com). Click on “FORMS” and then on “USA-GEMENA/TANDALA Shipping form.”
  5. Fill in Date, Shipping #, Church name & address, Contact person, phone # and email.
  6. Fill in all columns on the shipping form except “Weight” column. Total weight **must not** exceed 90 lbs.
  7. Project Code column is as follows: (E/PH) Elikya/Promise Home; (GF) GlobalFingerprints; (HIV) HIV/Aids; (TH) Tandala.
  8. You will need 3 copies of the completed shipping form: one to place in the container, inside the plastic bag; one to send with payment to Balis, and one for your own records.
  9. Tape the container closed and write: Shipping # + Gemena on all 4 sides of each container.
  10. Send one copy of the shipping form and donation letter to Balis along with your payment of \$245.00 - \$255 (with shrink wrap if Balis does it). **All containers must be shrink wrapped.**
  11. Donation letter instructions:
    1. Print one donation letter for your tote(s)/box(es).
    2. Fill in the Shipping #(s) of your tote(s)/box(es).
    3. Fill in Church Name, Church Address, Contact Name.
    4. Fill in the Signed: Name of Church/Group.
    5. Fill in the Date: date items are sent to Balis.

### **Contact Information:**

Phone contact for our shipper Balis: (224) 578-6096; Email: [mbalangl@gmail.com](mailto:mbalangl@gmail.com)

### **Shipping and Payment Address:**

Kin Services Inc.  
 2027 N. Wainwright Court  
 Palatine, IL 60074

## SHIPPING FORM



Sample

2027 N. Wainwright Court Palatine, IL 60074  
 847-776-5911 (H)- 224-578-6096 (C)  
 Mbalang1@gmail.com

Date: 1/01/2024Shipping #: W-02401-01

Church name & address: -- First Free Rockford  
2223 N. Mulford Rd, Rockford, IL 61107

Contact Person & Phone #: Mary Jones (815) 984-3211Email: maryjones@gmail.com

**TO: CECU/GEMENA**  
**Mbandaka/Equateur**

\*For White Cross Shipments only

Items	Quantity	*Project Code E/PH, GF, HIV, TH	Weight (LB)
Rolled bandages	50	TH	
Dress kits	6	E/PH	
Notebook bag kits	10	E/PH	
Scripture cards	6 pkgs	GF	
Kimonos/Layettes	25	TH	
Hospital linens	15	TH	
Girls' Hygiene kits	10	GF	
Touch of Love Care kits	15	GF	
		<b>Total Weight →</b>	<b>88</b>

## INSTRUCTIONS FOR SHIELD AND TRI-FOLD INSERT

This pattern is modified from the free and nonrestricted use Operation Christmas Child pattern to better meet the needs of the girls we are serving.

### SHIELD

Select fabrics that are colorful and busy, stain-hiding prints, avoiding patterns and symbols that may be offensive in the target culture, including owls, camouflage, and patriotic symbols. Mix and match fabrics to make shields beautiful for the girls!

The pattern line is the fabric cutting line, not the sewing line. Stitching should be 1/4" inside the cutting line.

Cut from shield pattern:

Method A) (2) quilter's cotton and (1) white PUL

Method (B) (1) quilter's cotton and (1) patterned PUL

For end pockets, cut (2) 4" squares. Fold each in half, press, and topstitch scant 1/4" from fold. Hint for mass production: cut 4" wide strips of fabric, fold and press in half along length, topstitch scant 1/4" from fold, then cut 4" lengths for pockets.

Assemble shield:

Method A) Layer white PUL on bottom, shiny side up, then (1) quilter's cotton, right side up, then pockets centered on ends with folded edges towards the center of the shield, then last cotton, right side down, on top.

Method (B) Layer patterned PUL, right side up, pockets centered on ends with folded edges towards center of shield, then quilter's cotton, right side down.

Minimally pin or clip pieces to keep in place during sewing. Sew around the entire piece, leaving the area between the dots open for turning. Clip inner and outer corners of shield as needed for ease of turning.

Method (A) Turn right side out between layers of quilter's cotton, keeping pockets toward "bottom" side of shield.

Method (B) Turn right side out, keeping pockets toward bottom (PUL) side.

Minimally pin or clip pieces to keep in place during sewing. Sew around the entire piece, leaving the area between the dots open for turning. Clip inner and outer corners of shield as needed for ease of turning.

Method (A) Turn right side out between layers of quilter's cotton, keeping pockets toward

Smooth seams and poke out corners. Sew the turning hole closed, with raw edges out, stitching in line with the finished edge of the piece.



Flip the pockets to the “top” side of the shield, hiding the raw turning hole edges inside the pocket. Narrowly topstitch the entire shield, reinforcing the pocket edges at the folds with several back stitches.

Attach Kam Snaps, size 20, (off-brands are not as sturdy) to wings and you are done!!



## TRI-FOLD INSERT

Choose soft flannel in busy, bright, stain-hiding colors and patterns. Avoid patterns and symbols that may be offensive in the target culture, including owls, camouflage and patriotic symbols. Mix and match, making them beautiful for the girls!

Cut (1) 8” x 6.5” rectangle using template or rounding corners.

Cut (1) 5” x 6.5” rectangle finishing both longer edges with serger or overcast stitching.

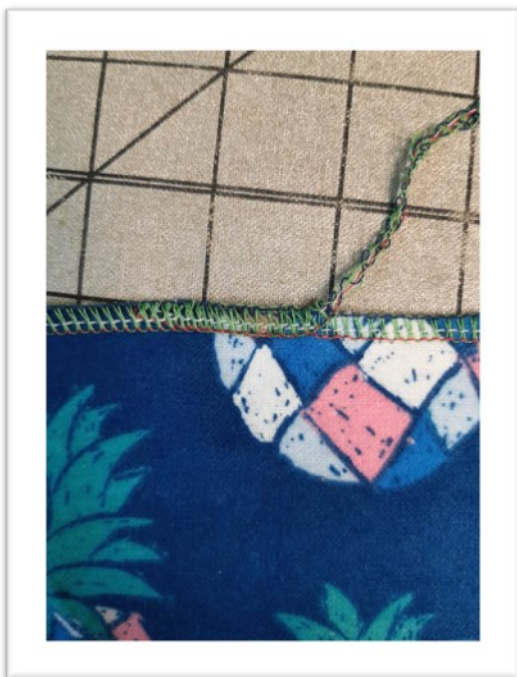
Align smaller rectangle on larger rectangle with wrong sides together, leaving 1 ½” margins at top and bottom of larger rectangle, (use the template to align). Sew in place along centers of both overcast/ serger stitching.



Then to finish all edges, serge/overcast around full insert starting on an edge with 2 layers of flannel, overlapping ending and starting stitching 1", pivot 90 degrees and serge off.

Weave tail threads through 1" of stitching or secure with Fray Check to finish ends.

Hints for mass production of inserts: cut 8" and 5" strips along length of fabric. (3-yard lengths are manageable) Finish edges of 5" strips with serger or overcast stitching, align on 8" width strip, using template to assist with spacing, pin and sew in place along center of serger stitching of 5" strips. Trace outlines of insert using template, cut apart, and serge edge of insert to complete.



## INSTRUCTIONS FOR DRAWSTRING TOTE BAG

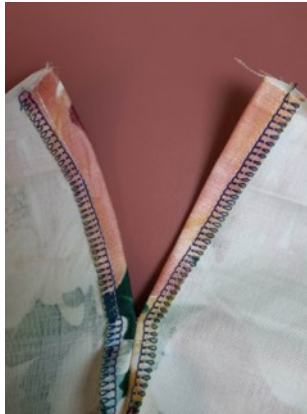
Select colorful, busy fabrics, using quilter's cotton, drapery or light upholstery fabric, cotton canvas or other durable fabric. Avoid patterns and symbols that may be offensive in the target culture, including owls, camouflage and patriotic symbols. Drawstrings may be made of durable cording, ribbon or paracord.

Cut Fabric 13" x 30", serge or overcast long sides to finish edges. Press under 1/4" and then an additional 1" on each unfinished edge. The creases will be used to make the casings for the drawstrings later in construction. Unfold.



Fold fabric right sides together, sew side seams just inside serger finished edges, starting approximately 4" from unfinished edges, reinforcing with back stitching at each end of seam.

Finish opening sides of casings. Finger-press open tops of side seams, fold over seam allowance edges of unsewn side seams  $\frac{1}{2}$ " at top of bag, tapering and decreasing the fold to match start of sewn seam allowance. Sew from top, down along the side seam allowance, to just below where side seam is sewn. Pivot and stitch across, back stitch to reinforce, then pivot to complete stitching to top of the bag. Repeat with the other side.



Fold over  $\frac{1}{4}$ " and then other 1" along folds to create casings, and stitch close to the bottom edge of the casing, reinforcing ends with back stitching. Turn bag right side out.

Cut (2) 42" pieces of cord/ sturdy ribbon/ paracord. Seal with Fray Check or melt ends to ensure edges do not unravel. Draw through casings. Knot ends to secure together.

The bag is completed!

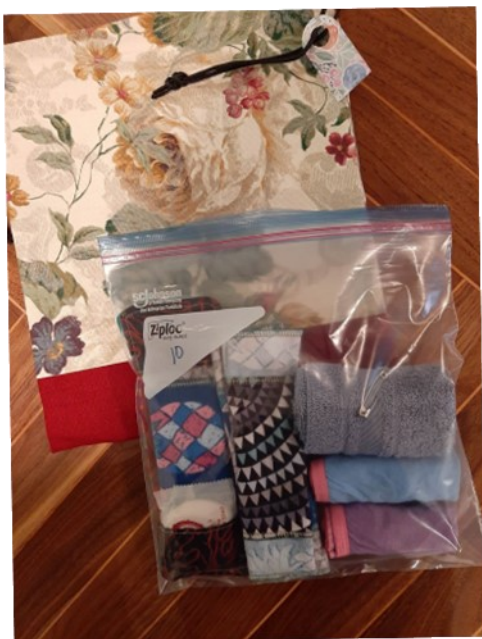
## WHAT'S IN A HYGIENE KIT?

### Contents:

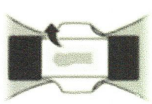
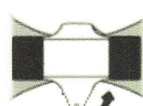
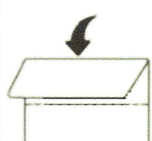
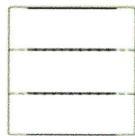
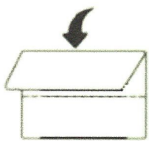
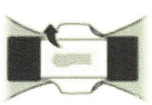
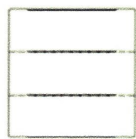
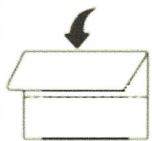
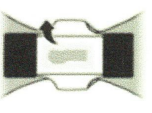
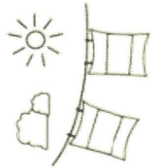
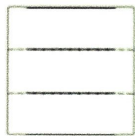
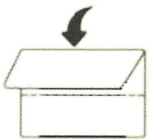
1 drawstring bag, 2 shields with wings, 8 trifold inserts, 1 washcloth, one small plastic wrapped bar of soap, 2 flat gallon size freezer Ziploc bags (sturdier than off-brands), 2 pair same size panties (colorful, avoiding printing and symbols that may be offensive, white should be dyed, no boy-short style, sizes girls 10-12, a few 14,) 1 safety pin, and 1 instruction card.

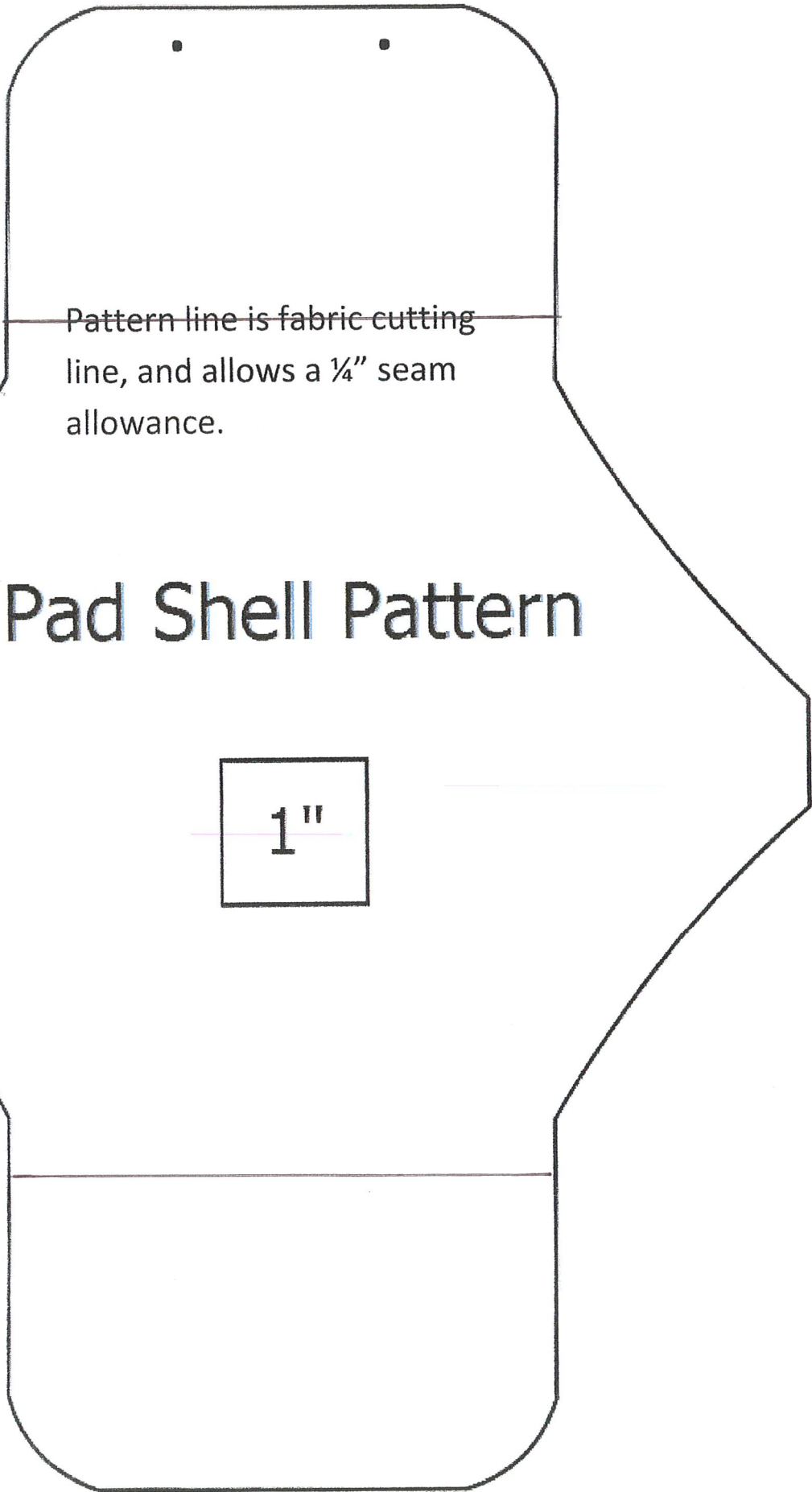
### Packing the contents in the bag:

Fold and fit 1 trifold in one shield, and 2 trifolds in the second, stack together. Nest these along the inside side of one Ziploc bag, then stack the other 5 folded trifolds, and place next to the shields. Tightly fold and roll the 2 panties separately and place them next to the inserts. Roll the washcloth and secure the safety pin in it, placing it in the bag near the panties. Slip the soap inside the lower pocket of the top shield. Roll up the other Ziploc bag, insert it and the instruction card behind the packed contents. Press out air and seal the bag. Write the size of panties on the outside of the Ziploc bag, insert it into the drawstring bag and pull closed. Slip a tag over the ties of the bag with the panty size indicated, then knot the bag closed.



**Congratulations! You have completed a hygiene kit which will be a blessing to a girl for several years!!**





Pattern line is fabric cutting line, and allows a 1/4" seam allowance.

# Pad Shell Pattern

1"

Insert pattern

