

Heroes for Hope

Children Helping Children



Methodist Family Health invites children in your Vacation Bible School to become Heroes for Hope! By collecting Hero quarters and other items on our Wish List, your VBS will be helping a local mission that cares for children and families who need our help and guidance.

Methodist Family Health is a nonprofit organization that provides comprehensive psychiatric and behavioral healthcare to children and families in Arkansas. We were founded in 1899 by Methodists in Arkansas, and we've been reaching out and helping others ever since.

How can you become a Hero for Hope?

- Collect quarters and attach to the Hero flyer. The quarters will be used to purchase educational materials, school supplies such as backpacks and composition books, and more.
- Hold a competition among VBS classes and give a prize to the class that turns in the most Hero flyers filled with quarters.
- Donate a gift that the kids at Methodist Family Health will enjoy. We are in need of puzzles, books, board games, basketballs, footballs, soccer balls and volleyballs.

For more information, contact Maggie Beeler at mbeeler@methodistfamily.org or 501.661.0720.

Be a MFH Hero and make a difference in a child's life



1600 Aldersgate Road, Little Rock, AR 72205
501.661.0720 www.methodistfamily.org

Heroes for Hope

Children Helping Children



Be a MFH Hero and make a difference in a child's life

Be a Hero for Hope by collecting quarters in your Vacation Bible School. The quarters will be added to the Methodist Family Health Education Fund to purchase needed educational materials, school supplies such as backpacks and composition books, and more.

Also, bring a gift to donate during VBS. We are in need of puzzles, books, board games, basketballs, footballs, soccer balls and volleyballs. For more information, contact Maggie Beeler at mbeeler@methodistfamily.org

Methodist Family Health is a nonprofit organization that provides quality, compassionate psychiatric and behavioral healthcare to Arkansas children, adolescents and families. Founded in 1899 as an orphanage, today's Methodist Family Health serves more than 1,400 clients daily. Our mission is to give the best possible care to those who many need our help and to treat the whole person: behaviorally, emotionally and spiritually.



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Be a
Hero for Hope

Add 20 quarters around our Hero
for the Methodist Family Health
Education Fund.



Methodist Family Health Narratives

These narratives are designed for Vacation Bible School leaders to share with VBS participants prior to taking up the VBS offering on behalf of Methodist Family Health. The narratives are mini “teaching moments” related to behavioral and mental health awareness and what Methodist Family Health does to help Arkansas children and families.

Narrative #1

Have you ever been really angry ... or sad ... or scared? Have you ever felt like you couldn't do everything that everyone wanted you to? What your body feels when you have those emotions or thoughts is stress. Stress can hurt your body (like giving you a headache or a tummy ache) and it can hurt your mind, like making you feel upset.

Methodist Family Health has therapists who can help with these very feelings. A therapist is someone that you can talk to about how you feel and what you think, and they will listen and try to help you solve your problems. Therapists at Methodist Family Health teach kids like you coping skills (ways to deal with things) and stress relievers (what you can do to help get rid of that stress). They teach things like how to use deep breathing, time management, and communication to help you feel better.

Our offering this week is going to help Methodist Family Health, an organization connected to our church that helps children and families. Your offering money will help insure that more children are able to talk to a therapist to learn stress relievers, problem solvers, and coping skills. By getting help in these areas, children are less likely to feel depressed, angry, or scared and are better able to be successful in school, friendships, and relationships. They are less likely to get in trouble at home and at school when they feel better about themselves and the world around them.

Narrative #2

How many of you have ever had your feelings hurt? Or been angry because of how you were treated? Has someone said something mean to you, or done something that hurt you?

Now take a minute and think of this ... how many people have you hurt? What mean things have you said or done to someone else? Have you shoved, or pushed, yelled, or made fun of anyone? Think of how YOU have made someone else feel, and remember how YOU felt when someone did those same things to you.

The Bible teaches us The Golden Rule: Treat Others The Way You Want To Be Treated. Methodist Family Health believes in the Golden Rule, too. Your offering gifts this week will go to Methodist Family Health.

Through this offering we are showing our support for The Golden Rule, and your belief that everyone deserves to be treated with respect and dignity.

Methodist Family Health teaches children and family to treat each other with kindness, compassion, and love. We cannot guarantee that everyone will always treat you that way, but we can guarantee you will be a better person when you show them that respect despite what they may show you.

Narrative #3

Did you know that crying is good for you? When you cry, all the hurt that gets stuck somewhere in your body comes out with your tears! It's like taking a bath for your insides. Crying is a wonderful way of expressing your sadness -- and being sad is a normal feeling that happens to each and every one of us.

The good news is that our sadness can teach us something if we pay attention. It may tell us we need more rest, some exercise, some fun, to ask for help, or just a good friend to listen to us and/or pray for us. It is important that we treat ourselves like our own best friend.

If you don't know what to do when you are sad to help yourself, maybe a good question to ask yourself is "what would my best friend say to me?" and then do it! Before long, the sad feelings will pass and you'll be feeling like yourself again.

Our offering this week will be used by Methodist Family Health to teach children all over Arkansas that it's OK to cry and have sad feelings and that God understands and is with us no matter how we feel.

Narrative #4

Just about everybody has friends or classmates who tease a little too much, or who are always picking on someone because of their clothes or hairstyle, or they say mean things that hurt someone's feelings. What does the Bible say about how to deal with bullies? The Bible says "Love your enemies and pray for those who persecute (or tease) you." And even though it's really hard, the Bible also says "Love your neighbor (or classmate) as yourself."

Kids who are different, who have disabilities or struggle just to speak clearly or fit in, are very often the kids that bullies pick on. But, you know what? These are the kids who need a friend the most. I hope that you will choose to be that friend.

Thank you for bringing in your offering this morning. It will be used by Methodist Family Health, right here in Arkansas, to help children who have been bullied know that God loves them and that there are good and kind people all around them who are ready to be their friend.

Narrative #5

How many of you LOVE to play on the playground at school or at church or in your neighborhood? Wow, just thinking about the swings and slides and merry-go-rounds and jungle gyms makes me want to run outside this very minute! Playgrounds are fun places to be with a bunch of friends, aren't they?

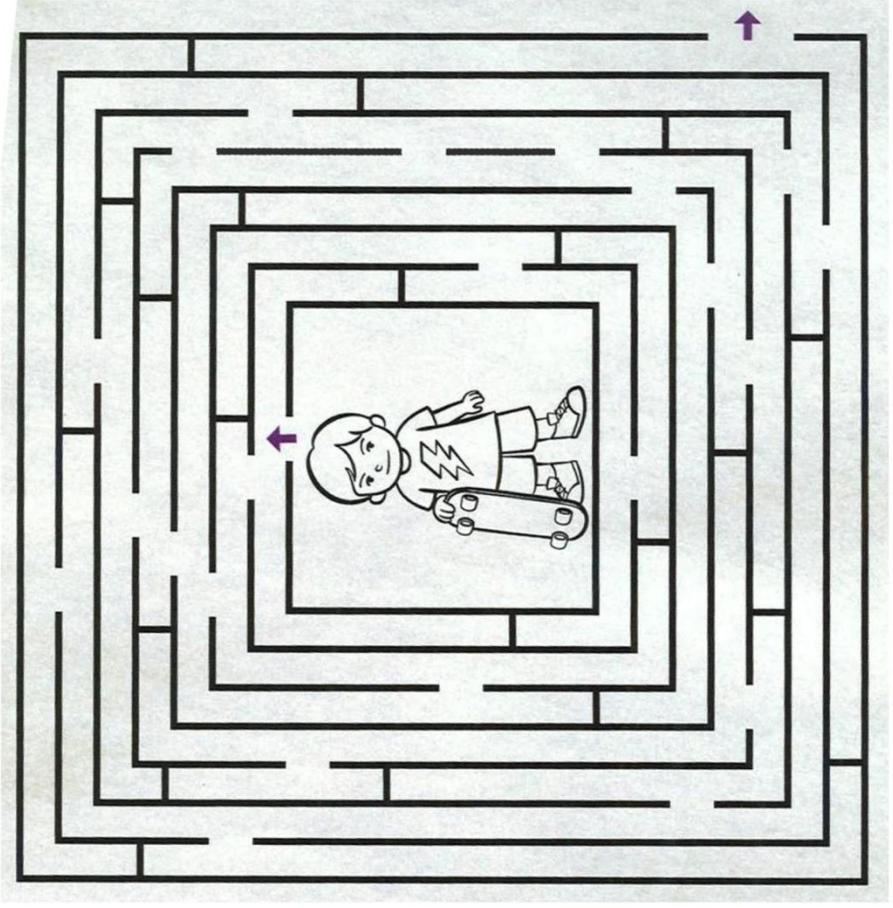
Have you ever been having a great time at the playground but noticed that everyone isn't having a great time? Sometimes other kids have a hard time joining in and sit off to the side by themselves. Maybe they are shy or having a tough day. Maybe they don't have as many friends as you do. Or maybe they get teased for some crazy reason, like their ears stick out or they stutter. It's sad when someone feels left out and lonely just because they're different from you or your friends.

Would you make a promise during our Vacation Bible School this week, that the next time you see a boy or girl sitting off to themselves, not joining in all the fun that you're having, that you will go over and invite them to have fun with you, too? That's called INCLUDING others. And God wants us to love and include everyone.

The offering money you give today is going to Methodist Family Health, a place right here in Arkansas that helps children learn how to have fun and to include others on playgrounds and wherever they might be. Thank you for remembering to always include others.

Heroes for Hope

Help the Methodist Family Health Hero below find his way out of the maze so he can help other Heroes like you collect quarters, donate balls and other recreational toys, and raise money for educational materials and school supplies such as backpacks and compositions books for the children of Methodist Family Health.



*Be a Hero for Hope
and make a difference*





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Heroes for Hope

Heroes for Hope care about others. Heroes for Hope collect quarters for Methodist Family Health and donate balls and other recreational items for the children being helped by Methodist Family Health. See if you can find the words below that are important to Heroes for Hope!

R E S P E C T T K S D P R A Y
 G H L O I O Q E I R A B E L Z
 H E L P E X T U N F A M I L Y
 R C S O E B N S D T A K M Y C
 C A S P V C T C N F R M I E G
 K R S K E E T V E F A U N L O
 J E S U S M Y T S K A M S L D
 S P M U S E K T S L A E D T D
 C E S U S J P T A N M Q D L D

CARING TRUST FAMILY HELP LOVE
 GOD KINDNESS JESUS RESPECT