

A Guide to Participating in
Walk a Mile in their Shoes
...bringing Hope, Health and Healing
to all God's Children



Congregations
Stand for Healthy Children

Children's Sabbath Plan
2006-2007

Sponsored by:
AWE: Children's Ministries

What is the **Walk a Mile in their Shoes** Campaign?

Walk a Mile in their Shoes, is an advocacy and prayer vigil project sponsored by AWE: Children's Ministries that invites congregations throughout the Diocese of Bethlehem to join in a *Sabbath Season of Prayer and Action for Children*.

It begins with the observance of the National *Children's Sabbath* (sponsored by the *Children's Defense Fund*, Washington, D.C.) and the Diocesan ECW's collection of *Undies for Children at Risk* at our Diocesan Convention.

In the months that follow Diocesan Convention, congregations throughout the Diocese are invited to unite in witness for children through prayer, education, worship and action using this **Walk a Mile in their Shoes** guide for suggestions.

Following this simple **Walk a Mile in their Shoes** guide will challenge you take off your slippers and really try on children's shoes for size. You will likely find that the services afforded them don't fit their soles or feed their souls.

The **Walk a Mile in their Shoes** Pledge Card contains SUGGESTIONS for service and action on behalf of children. If you are already collecting children's health items or taking action on behalf of children throughout the year, you are most likely already on the **Walk a Mile in their Shoes** journey. If you are new to the journey, remember, you don't have to do everything on the Pledge Card to join the Walk! Just sign up and take the first steps to learn about the needs of children in your community and throughout our country.

So blaze a trail, cut a new path and keep a Log of your journey. Dust off your sneakers and take a walk with a child. Plan on attending the **Walk a Mile in their Shoes** Walk-a-Thon on April 21, 2007 to mark the end of our Journey. **Walk a Mile in their Shoes** promises to be an amazing and eye-opening trek. Get ready to touch soles and souls!!



Why Walk a Mile in their Shoes?

Nine million children living in the United States don't have health insurance. Without insurance, children are at risk of illness and disabilities that are preventable or treatable. Children with health insurance are healthier and get better overall care.

Uninsured children are more likely to lack a usual source of health care, go without needed care, and end up worse off than children with health coverage in many measures of health.

The needs of children should be a priority for all of us as individuals, groups and communities of faith. Our Baptismal Covenant calls us to put our faith into action by standing for Healthy Children.

AWE: Children's Ministries of the Diocese of Bethlehem invites you to join in praying for a future filled with Hope, Health and Healing for all of God's children and to take action by **Walking a Mile in Their Shoes** and joining this year's Children's Sabbath Campaign.

Working together, we can make a difference where the needs, hopes and dreams of children are involved.

The Rev. Debra J. Kissinger
Missioner to Children & Child Advocate
AWE: Children's Ministries

Mrs. Lee Anne Allison
Walk-a-Thon Chair
Christ Church, Reading



Walk a Mile Kick-off

Diocesan Convention 2006

Collect *Undies for Children at Risk* and send them with your Parish Delegates or ECW Delegates to Diocesan Convention.

Sign up at the AWE: Children's Ministries table to join the **Walk a Mile in their Shoes** campaign.

Back home review the **Walk a Mile in their Shoes** pledge card for SUGGESTIONS and decide what efforts you will make in your home parish to bring Hope, Health and Healing to all of God's children. Parishes may work with or make collections to a shelter or program for Children at Risk of their choice in their community.

Celebrate the *Children's Sabbath* in your parish the way you always have - only this time use it to kick off the **Walk a Mile in their Shoes** Campaign too!

Helpful resources for the **Walk a Mile in their Shoes** Campaign are listed below and can be found in the Children's Sabbath Manual.

- Sunday School Curriculum resource (pp. 90-111)*
- Promote your efforts in your local paper and newsletter (pp. 34-38)*
- Bulletin Inserts (pp. 39-44)*
- Daily Devotional Guide (pp. 81-85)*
- Children's Worship Bulletin (pp. 86-89)*
- *Episcopal Liturgy for Children's Sabbath* (pp. 60-64)*

* All page numbers refer to the Children's Sabbath Manual available through the Children's Defense Fund at www.childrensdefense.org or Sally Jo Snyder at (202) 662-3579



Walk a Mile in their Shoes

Pledge Card

We, _____, pledge to pray for children who live nearby and throughout the world.

We also pledge to use our time, talent, and treasure to bring Hope, Health and Healing to all God's Children by Walking a Mile in their Shoes in the following ways: (check all that apply)

- Share far & wide the web-based child health related resources provided by **AWE: Children's Ministries** at the end of this book
- Assemble Health Supply Kits to donate to an organization serving low income families and children
- Serve healthy snacks at Coffee Hour
- Make healthy snacks for hungry children for a local agency
- Sponsor a Child Care Seat safety check station
- Organize an enrollment for Medicaid and the **State CHIP**
- Volunteer at a community health clinic once a month
- Sponsor an Immunization or Dental Clinic
- Learn about "Call to Action for Katrina's Children"
- Invite a Speaker on Children's Health or Mental Health Care to speak or preach at your church
- Honor people who work with and for children during one of your church services
- Include prayers for children, healing and those who work in health professions in your services
- Fill a Boatload - Continue the **Cruising to Equity** campaign
- Start a Child Advocacy Book Group
- Write letters to elected officials
- Come up with your own unique idea!!!
- Organize members to walk in the **Walk a Mile in their Shoes** Diocesan Walk-a-Thon on April 21, 2007

For "HOW TO" live out these suggestions - TURN THE PAGE!!!

Walk a Mile in their Shoes

Ideas and Suggestions

WEB-BASED CHILD HEALTH RELATED RESOURCES provided by AWE: Children's Ministries may be shared far and wide. Consider highlighting some in your weekly bulletin or monthly newsletter. Why not have a monthly children's health column? Check the different websites for special programs you might offer locally or use it to stimulate new ideas and projects. A Website list is included at the end of this participation guide.

HEALTH SUPPLY KITS: assemble Health Supply Kits to donate to an organization serving low income families with children. Announce special offerings in advance. Consider collecting:

- Children's toothbrushes
- First aid kit items
- Children's Shampoo
- Diaper wipes
- Baby Lotion
- Children's toothpaste
- Child sensitive soap
- Triple antibiotic ointment
- Disposable diapers
- Diaper Ointment

HEALTHY SNACKS AT COFFEE HOUR: Learn about and serve healthy choices for Coffee Hour. Why not try vegetables, fruits, yogurt or small sandwich squares instead of cookies and brownies? Provide nutritional information from one of the websites below.

HEALTHY SNACKS FOR HUNGRY CHILDREN: Contact a program serving low-income or homeless children, such as a shelter, after-school program, or soup kitchen. Take what you have learned from your "Healthy Snacks at Coffee Hour" above and share it with a local agency. Engage your members to prepare, deliver, serve and interact with the children.

CHILD CARE SEAT SAFETY CHECK STATION: Contact your local police to offer a Child Care Seat Safety Check station at your church. Advertise it to the community. Most police stations offer this service free of charge.

ORGANIZE AN ENROLLMENT FOR MEDICAID AND THE STATE CHIP for families in your area. Contact your local CHIP or Medicaid office. Ask if a staff person or qualified volunteer could come to your church to enroll any eligible families or if a volunteer from the congregation could be trained to help with the enrollment process. Publicize the availability of CHIP and Medicaid enrollment assistance throughout the congregation and community, using posters, flyers, notices in community newspapers, and other channels. More information on this idea can be found on pp. 24-27 and 206-207 of your Children's Sabbath Manual. Visit www.coveringkidsandfamilies.org and www.covertheuninsured.org.

VOLUNTEER AT A COMMUNITY HEALTH CLINIC once a month. Check your blue pages for the one closest to you.

SPONSOR AN IMMUNIZATION CLINIC: Help decrease the vaccine preventable disease rate and increase access to health care to a poor population by sponsoring an immunization clinic. Contact your local community health professionals or www.health.state.pa.us. More information about this opportunity can be found on p. 218 of the Children's Sabbath Manual.

SPONSOR A DENTAL CLINIC: Contact your local dental association and offer to sponsor a clinic for needy children. Advertise it to the community.

LEARN ABOUT "CALL TO ACTION FOR KATRINA'S CHILDREN" on pp. 4-5 of your Children's Sabbath Manual or at http://www.childrensdefense.org/katrina_children.aspx.

SPEAKER OR PREACHER ON CHILDREN'S HEALTH OR MENTAL HEALTH CARE: invite someone from the community who is involved in children's health coverage outreach to speak or preach at your church. A local Parish Nurse would also make a great speaker! Topics could include: the importance of health insurance and the availability of CHIP and Medicaid as well as the importance of coverage for children with special mental health needs and other disabilities.

HONOR PEOPLE who work with and for children during your church services. At an appropriate point in the service, invite these professionals and/or volunteers (contacted in advance) to come forward for a brief time of recognition using prayers for God's guidance in their work and prayers for the children they serve. See "Prayer Suggestions" below.

OFFER PRAYERS FOR CHILDREN: Specifically name problems afflicting children in your community, as well as crises affecting children across our nation and throughout our world. See "Prayer Suggestions" below.

COLLECT A BOATLOAD OF ITEMS that help children get the start they need in life. Continue with your **Cruising to Equity** program from last year. Resources and Participation Guides are still available in the Treasure Chest under Advocacy at www.bethlehemtreasurechest.org.

CHILD ADVOCACY BOOK GROUP: Select a book or other resource on children's concerns and child advocacy to read and discuss in a small group. Many suggestions can be found on pp. 220-228 of the Children's Sabbath Manual.

WRITE LETTERS TO ELECTED OFFICIALS: Be a voice of justice for children by writing letters and planning visits to members of Congress and writing letters to the editors of local newspapers. Sample writing tips can be found on pp. 210-218 of the Children's Sabbath Manual.

WALK IN THE Walk a Mile in their Shoes DIOCESAN WALK-A-THON. Organize members of your congregation to walk in the **Walk a Mile in their Shoes** Diocesan Walk-a-Thon on April 21, 2007. Sponsor forms and instructions will become available by February 2007 at www.bethlehemtreasurechest.org.

Walk a Mile in their Shoes

Prayer Suggestions

The Book of Common Prayer (BCP) contains many excellent prayers for children and healing. Additional suggestions can be found in the Children's Sabbath Manual pp. 65 and following.

- For a Sick Person (BCP p. 458)
- For Recovery from Sickness (BCP p. 458)
- For a Sick Child (BCP p. 458)
- Before an Operation (BCP p. 459)
- For Strength and Confidence (BCP p. 459)
- For the Sanctification of Illness (BCP p. 460)
- For Health of Body and Soul (BCP p. 460)
- For Doctors and Nurses (BCP p. 460)
- Thanksgiving for the Beginning of Recovery (BCP p. 460)
- For the Poor and Neglected (BCP p. 826)
- For those who Influence Public Opinion (BCP p. 827)
- For Families (BCP p. 828)
- For the Care of Children (BCP p. 829)
- For Young Persons (BCP p. 829)
- For the Gift of a Child (BCP p. 841)
- For the Restoration of Health (BCP p. 841)
- Collect for Saint Luke (the physician) (BCP p. 244)



Walk a Mile in their Shoes Web Guide

(Check out the kids options on many of these sites!)

September

Stop Bullying Month

<http://stopbullyingnow.hrsa.gov/index.asp>

Head Lice Prevention Month

www.headlice.org

Childhood Cancer Month

www.candlelighters.org

October

Halloween Safety Month

www.preventblindness.org/safety/halloween_safety.html

www.halloweenmagazine.com/safety.html

SIDS (Sudden Infant Death Syndrome) Awareness Month

www.firstcandle.org/

Children's Health Month

www.childrenshealth.gov

www.mchb.hrsa.gov/

www.aaaai.org/patients/just4kids/default.stm

www.familyvillage.wisc.edu/education/kids.html

Fire Prevention Week

www.nfpa.org/index.asp

National School Lunch Week

www.schoolnutrition.org/

November

National Adoption Month

www.adoptioncouncil.org/

Prematurity Awareness Month

www.marchofdimes.com/

December

Safe Toys and Gifts Month

www.preventblindness.org/children/safetoy.html

http://kidshealth.org/parent/growth/learning/safe_toys.html

National Handwashing Awareness Week

www.henrythehand.com/

January

National Birth Defects Prevention Month

www.marchofdimes.com

Car Seat Safety Month

www.nhtsa.dot.gov/portal/site/nhtsa/menuitem.9f8c7d6359e0e9bbbf30811060008a0c/

February

National Children's Dental Health Month

www.ada.org/

www.adha.org/kidstuff/index.html

Kids E.N.T. (Ears, Nose, Throat) Health Month

www.entnet.org/KidsENT

Children of Alcoholics Week

www.nacoa.org

National Eating Disorders Awareness Week

www.nationaleatingdisorders.org

www.just-for-kids.org/

March

National Nutrition Month

www.eatright.org
www.kidsnutrition.org/resources/kids.html

National School Breakfast Week

www.schoolnutrition.org

Multiple Sclerosis Awareness Week

www.nationalmssociety.org/

National Poison Prevention Week

www.poisonprevention.org/

American Diabetes Alert Day

www.diabetes.org/for-parents-and-kids.jsp
www.diabetic-lifestyle.com/forkids.htm

April

National Autism Awareness Month

www.autism-society.org

National Youth Sports Safety Month

www.nyssf.org/

National Child Abuse Prevention Month

<http://www.childwelfare.gov/>

Alcohol Awareness Month

<http://www.health.org/>

Foot Health Awareness Month

<http://www.apma.org>

National Public Health Week

www.apha.org/nphw

National Youth Violence Prevention Week

www.violencepreventionweek.org/

National Infant Immunization Week

www.cdc.gov/nip/events/niiw/

May

Better Hearing and Speech Month

www.asha.org

Don't Smoke!

www.keepkidsfromsmoking.com/

Better Sleep Month

www.bettersleep.org/
www.sleepfoundation.org/

National Physical Fitness and Sports Month

www.fitness.gov/
www.aahperd.org/naspe/

Cover the Uninsured Week

<http://covertheuninsured.org/>
<http://coveringkidsandfamilies.org/>

National SAFE KIDS Week

www.safekids.org/

National Stuttering Awareness Week

www.stutteringhelp.org/

National Missing Children's Day (5/25)

www.childfindofamerica.org/

June

Fireworks Safety Month

[www.preventblindness.org/safety/fireworksaf
ety](http://www.preventblindness.org/safety/fireworksafety)

Home Safety Month

[www.homesafetycouncil.org/homesafetymo
nth/homesafetymonth.aspx](http://www.homesafetycouncil.org/homesafetymonth/homesafetymonth.aspx)

Sun Safety Week

www.sunsafetyalliance.org/

National ASK (Gun Safety) Day

www.paxusa.org/ask/index.html

Internet Safety Month

www.safekids.com/
www.netsmartz.org/
www.mcgruff.org/Grownups/is.htm
[www.safeyouth.org/scripts/news/docs/intern
etsafety.asp](http://www.safeyouth.org/scripts/news/docs/internetsafety.asp)

Kid-Friendly Health Websites

Health Topics

Kids Health

<http://kidshealth.org/kid/index.jsp>

Children's Health Month

www.childrenshealth.gov/forkids.html

First Gov for Kids Health

www.kids.gov/

US Dept. Health & Human Services

www.hhs.gov/kids/

St. Louis Children's Hospital

www.bjc.org/bjc_kids_home.aspx?id=2282

Healthy Heart

www.healthyfridge.org/justforkids.html

National Institute of Health

www.niehs.nih.gov/kids/home.htm

Health Finder

www.healthfinder.gov/kids/

National Handwashing Awareness Week

www.henrythehand.com/

Kids Nutrition Websites

Horticulture for Kids

<http://aggie-horticulture.tamu.edu/kindergarden/>

USDA for Kids

www.usda.gov/news/usdakids/index.html

FDA for Kids

www.fda.gov/oc/opacom/kids/

Farm Bureau for Kids

www.kfb.org/kfbkids.htm

Nutrition Fun for Kids

<http://nutritionforkids.com/kidactivities.htm>

University of Illinois Kids Food

www.urbanext.uiuc.edu/kids/index.html

Apple Fun

www.bestapples.com/kids/

Kids Safety Websites

Fire Prevention

www.fs.fed.us/kids/
www.sparky.org/
www.usfa.dhs.gov/kids/flash.shtm

Internet Safety

www.ftc.gov/bcp/online/edcams/kidzprivacy/kidz.htm

Kid Safety

www.usfa.dhs.gov/kids/flash.shtm

Tough Stuff

Divorce

http://kidshealth.org/kid/feeling/home_family/divorce.html
http://pbskids.org/itsmylife/family/divorce/print_article7.html

Teasing

www.mnsu.edu/comdis/kuster/kids/kids.html#teasing
www.kidshealth.org/kid/feeling/emotion/bullies.html
www.lehman.cuny.edu/faculty/jfleitas/bandades/teasetips.html

Can't get along

www.urbanext.uiuc.edu/conflict/

Walk a Mile in their Shoes Walk-a-thon



Saturday, April 21, 2007

Starting at the Allentown Fairgrounds and walking past many of the agencies and non-profits that serve Children at Risk.

- A 5 mile walk on level ground and gentle slopes that is the perfect intergenerational mission opportunity for congregations large and small!
- Prayer stations and Water stations along the route!
- Funds raised will benefit the Katrina's Children's Fund and 2 children's Health Agencies in the Northern & Southern parts of the Diocese.

Contact: Mrs. Lee Anne Allison at 610-530-0799 or glmballison@enter.net for more information about the Walk-a-Thon. Walk-a-Thon details will be available at www.bethlehemtreasurechest.org beginning February 2007.

The Children's Sabbath Program & its Sponsor

The **Children's Sabbath** is sponsored by the **Children's Defense Fund (CDF)**, guided by an interfaith advisory committee, and endorsed by hundreds of denominations and religious organizations.

The mission of CDF is to Leave No Child Behind and to ensure every child a Healthy Start, a Head Start, a Fair Start, a Safe Start, and a Moral Start in life and successful passage to adulthood with the help of caring families and communities.

CDF provides a strong, effective voice for all the children of America who cannot vote, lobby, or speak for themselves, with particular attention to the needs of poor and minority children and those with disabilities.

CDF is a private, nonprofit organization supported by foundations and corporate grants and individual donations that has never taken government funds. To learn more about CDF go to www.childrensdefense.org.

For More Information about Walk a Mile in their Shoes Contact:

The Rev. Debra J. Kissinger
Missioner to Children & Child Advocate
AWE: Children's Ministries
dkissinger@diobeth.org

Mrs. Lee Anne Allison
Walk-a-Thon Chair
Christ Church, Reading
glmballison@enter.net

Episcopal Diocese of Bethlehem
333 Wyandotte Street
Bethlehem, PA 18015
Phone: 610-691-5655
www.diobeth.org
www.bethlehemtreaurechest.org

Share Your WALK A MILE IN THEIR SHOES Project with Us!
Please send stories, pictures, copies of programs, etc. to the above address.

Time for Hope, Health and Healing for all God's Children

"We are guilty of many errors and many faults but our worst crime is abandoning the children, neglecting the fountain of life. Many of the things we need can wait. The child cannot. Right now is the time his bones are being formed, his blood is being made, and his senses are being developed. To him we cannot answer 'Tomorrow.' His name is 'Today.'"

Gabriela Mistral, Chilean Poet,
Educator, Nobel Laureate

Today...

- One out of every nine children does not have health care coverage
- Poor children are four times more likely to be uninsured than more affluent children.
- Most uninsured children have at least one working parent and most live in families with incomes above poverty.
- White children are the largest group of uninsured children (40 percent). However, the odds of being uninsured are worse for Black and Latino children; Black children are almost two times more likely and Latino children are almost three times more likely than White children to be uninsured.

Uninsured children are waiting for health care...

- One in six has parents who delayed medical care because of the cost
- One in every nine has an unmet medical need.
- One in every five has an unmet dental need.
- One in every seven has not seen a doctor for two or more years.

**To the child we cannot say "Tomorrow."
The child's name is "Today."**