

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 501.906.4220.

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



1600 Aldersgate Road, Little Rock, AR 72205
501.906.4220 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 2,400 clients daily. Our mission is to give the best possible care to those who may need our help and to treat the whole person: behaviorally, emotionally and spiritually.



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Methodist Family Health Narratives for Vacation Bible School

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 Being Positive

Do you know what it means to have a “Positive Attitude”? That means even when you are facing a big challenge or a big hurdle (like a test at school or doing something you’ve never done before) that you BELIEVE in yourself and are willing to make a try at it and do your best. It is important to believe in yourself and believe that God will be with you to help you learn from a situation, no matter what.

Being positive means you know there is something to be learned or that you will be a better person, even when something is hard or challenging.

Methodist Family Health has therapists who listen to children who need help in being positive. 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).

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 how to be positive thinkers and how to be problem solvers.

Narrative #2 Serving & Helping Others

Have you ever heard the phrase “Many hands make light work”? That means a lot can be accomplished when you work together with others, rather than leaving it up to just one person. Besides, it’s usually a lot of fun to work together as a team and share an activity with friends.

The Bible teaches us that sharing and helping are good things to do. Today, some call this “giving back,” other call it “volunteering.” Whatever you call it, it’s the right thing to do.

Think about ways you or a group of friends can help others. You might sort through your old toys and clothes and donate some of the things you no longer wear or play with to a local charity. You might organize a yard sale, or neighborhood bake sale, or sell lemonade and give the proceeds to a group that needs funds to help others. Ask your parents to look in the church newsletter or web site and tell you ways our church works to help others, then find a way to support that project or activity.

Our VBS offering today is one way you can help others. Your offering is going to Methodist Family Health, which reaches out and helps children and families right here in Arkansas. Thank you for helping others by giving an offering for this special cause.

Narrative #3 Respecting Parents

One of the Ten Commandments that God gave to Moses is “Honor your Father and your Mother.” That means your mother and father are extra special people who love you and care for you and want the best for you. And to “honor” them is to be respectful of them in word and action and in every way you possibly can. It means show your parents respect, affection and gratitude.

This Commandment helps us see how learning respect and honor within our families helps prepare us to show honor to our Heavenly Father.

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 may or may not have a mother or father in their lives. Your gifts will help these children know that God loves them and that you love them. And that’s the right and respectful thing to do.

Narrative #4 Sharing

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, aren’t they?

There are lots of lessons we can learn on the playground. One is the lesson of taking turns. Everyone gets a turn but sometimes you have to wait a little while. You have to share the swings and slides and climbing places. Sharing means you don’t push or jump in front of others, but you allow everyone to have a turn. It does take patience to have fun on the playground – but it is so worth it. Sharing is one very important way to show God’s love to others.

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 share with a joyful heart.

Heroes for Hope Activities for Children in your VBS

1. Have the children in your VBS make a card, bookmark, cross or artwork for one of the 300 children who call Methodist Family Health their home (via residential programs).
2. Bring your older VBS children to the Methodist Children’s Home (Little Rock) or Methodist Behavioral Hospital (Maumelle). Contact Maggie Beeler for scheduling and more ideas, 501.906.4220.
3. Tie-dye a shirt, a pair of socks or a hat for a child in Methodist Family Health’s programs.
4. Have a time of prayer for the 2,400 children in Methodist Family Health’s care daily.

Be a Hero for Hope

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



Methodist
FAMILY HEALTH