



CHRISTIAN FOUNDATION FOR CHILDREN AND AGING
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***A note from CFCA:** We are always trying to reduce costs and improve efficiencies. To help with this, some projects are now sending annual photos in a digital format to CFCA headquarters in Kansas City, Kan., for printing and mailing to sponsors. You are receiving this photo with a letter about your friend's project, written by the project coordinator. You will still receive a spring letter from your friend. If you have not received it already, it will come in the mail separately.*

Dearest Sponsors,

All the children, youth and aging in our care constantly express appreciation, gratefulness and love for the love, generosity and goodness you extend to them through CFCA sponsorship.

The children and youth are growing and learning to do well in their young lives. They go to school as early as 6 a.m. Monday through Friday. The majority are enrolled in formal education. Some children with learning difficulties or those in crisis situations attend special education or receive special intervention. The Dumagat tribal children and youth and their parents are learning to read through the Integrated Literacy Program.

On Saturdays, the children and youth have activities to reinforce formal learning. They start at 8 a.m. with Care for God's Creation activities such as Clean and Green, gardening and recycling. After snacks they convene for a scheduled activity: values formation and community building (Gospel values, co-creating sustainable environment, and rights and responsibilities of children and youth), health and nutrition education (preventing contagious diseases and eating from the Moringa tree, which valued for its medicinal and nutritional value), recreation and talent development (theater arts, dancing, choral singing, and playing traditional and ethnic musical instruments) or neighborhood play (sports and play by sponsored and non-sponsored children in the same community to sustain friendship).



A group of sponsored youth and some CFCA mothers are now speakers at seminars called "Children and Youth for a Sustainable Future." It promotes holistic environmental education to develop a special love for the environment in children and youth. To date, 600 sponsored children and youth have attended. After the seminar the participants make a daily action plan to help care for and protect the environment.

Also, there are special activities throughout the year that the sponsored members await with excitement and joy, such as sponsors visiting through individual visits or the mission awareness trip in February. Other special days the sponsored members enjoy are the Earth Day celebration in April; Friendship Day in the summer, which celebrates friendship and peace; birthday parties with gifts; swimming at an adjacent resort; and the annual Christmas party.

Benefits received by the children and youth are based on their needs. For education they receive tuition help, school supplies, school uniforms, a bag, school shoes, a field trip and quarterly educational savings in preparation for college education. Those who decide not to pursue a college education can use their funds to meet requirements for a job, such as tools or capital to start a livelihood. A yearly allocation for health is made for hygienic and dental items and medical needs. This is transferable to parents or siblings as assessed in times of emergency. For nutrition, 55 percent of the monthly sponsorship benefit is allocated for food subsidies to help the family acquire food in a time of rising food prices.

The aging continue to develop in various ways. They are organized into small, caring groups, called Kapitbahayan. Each Kapitbahayan has 15 neighboring aging members. They meet weekly to share their accomplishments, pray together, listen to the Gospel and create daily goals. Commonly shared activities are visiting invalids, interacting with other older persons or growing vegetables and medicinal plants in pots, backyards and empty lots.



There is a quarterly community assembly of aging for learning, participation in community building and socialization. They discuss care for the planet, healthy aging, preventive health care, geriatric diseases and orientation on the rights and responsibilities of the elderly known as the Senior Citizens Act. Inspired by this act, 50 aging leaders from different subprojects met Oct. 11 and 12 for an organizational development workshop facilitated by our working team. They named their organization the Antipolo Project Older Persons Association (APOPA). They drafted a document containing their vision, mission, goals and the group's constitution and bylaws. They are proud of their organization as it will always be a driving inspiration to be alive and fruitful every day.

The aging receive the following benefits: monthly food subsidy; assistance for medical, dental, eye care; quarterly education and socialization; formation and an annual retreat excursion during the summer; birthday and Christmas celebrations; and celebration of the Day of the Elderly. A one-time vacation trip is provided for sponsored aging to visit family members.

The families of sponsored members are taught activities for empowerment and making CFCA's community of compassion meaningfully happen in daily living. Like the aging, the families are organized into Kapitbahayans with 15 neighboring families. Kapitbahayans meet once a week to pray, listen to readings, recognize God's presence together and resolve issues and concerns. Quarterly, all the Kapitbahayans in the community gather together for individual reports, discussion of wider agendas and a celebration of life and prayers.

Three years ago, fathers began an organization called Empowerment and Reaffirmation of Paternal Abilities Association. They meet in the community every Sunday to develop plans to help strengthen families, promote protection of women and children, make peace and care for the environment. They network to develop disaster-risk reduction and climate-change mitigation. And starting this year, all families will be addressing the crisis on food with our sustainable-food project, with special support from CFCA.

We appreciate very much your caring commitment to your friend here through the sponsorship program. We lift you and your families up in our prayers. Wishing you all the best and unlimited joys – Maraming salamat.

Sincerely,

Malou G. Navio, coordinator, and team