



Rise Above Foundation Cebu

Issue 1—2010

FAMILY CARE CENTER



The Family Care Center in Guadalupe serves as a child minding center, a meeting place for children in our sponsor education program, a training center for the mothers to learn skills like bag making and sewing, a place for instructional meetings as well as our "Sunday Boost" - a motivational and inspirational meeting.

On July 26, 2009, our dream of opening a Family Care Center became a reality and now children have a beautiful place to learn and grow. From 8am-4pm Monday-Friday, teacher Dema and Danish interns

FACTS: The world poverty level of US\$ 1 a day is true for 40% of the population in the Philippines, and 25% go hungry to bed at night.

teach the children through play and activities. They also give them showers, lunch and snacks daily. Needless to say, the children are now healthy and growing strong and the parents are so thankful to be a part of the program.

The mothers have an opportunity to find work while the children are cared for in a safe environment.

In December 2009, we arranged a training and work shop

for making bags out of recycled materials—rice sacks and juice sachets. These bags have already become popular.

From June, 2010, over 60 children are sponsored for education in Guadalupe and Kalunasan, and their lunch and snacks are prepared at the Family Care Center and brought to the schools by the mothers. Every Sunday, food is donated by Joven's Grill and Seafoods and served there.

TOGETHER WE CAN MAKE A DIFFERENCE!

ACTIVITY REPORT



Michelle, one of the Danish interns with Shina, from the Family Care Center.



Livelihood training.



The children performed a Christmas Play for their parents and siblings as well as guests and all the children and parents from our Sponsor Education Program in Guadalupe!



The children from our Sponsor Education Program received extra school materials as Christmas gifts.



Having fun learning important healthy habits! Here is Marie helping them in a hand-washing and toothbrushing activity after lunch.
← Teacher Dema has fun playtime with the children. They loved the house made by Gabriel from a freezer box.



The children enjoy outings together with their mothers and FCC personnel at D'Family Park.



The children and their parents received dental treatment at our Dental Mission.



Rodrigo, 6 years old is one of the children at the center. We were happy to get sponsoring for his siblings education.



We arranged training in bag making for all the mothers, and as a result, some of the mothers are now weaving rice sacks into bags.



Yearly Rise Above Foundation receives more than 100 Danish interns to Cebu, and some of them work as volunteers at the FCC for 6 months at a time. The Center is in need of donations. Please help sponsor this program.



A team of Canadian volunteers who worked with us, purchased bags made by the mothers, and brought them back to Canada to give as gifts to friends and family. They really liked the bright colors and shape—perfect for shopping.

The Power of Giving

It was a really hot summer's day many years ago. I was on my way to pick up two items at the grocery store. In those days, I was a frequent visitor to the supermarket because there never seemed to be enough money for a whole week's food-shopping at once. You see, my young wife, after a tragic battle with cancer, had died just a few months earlier. There was no insurance -- just many expenses and a mountain of bills. I held a part-time job, which barely generated enough money to feed my two young children.

Things were bad -- really bad.

And so it was that day, with a heavy heart and four dollars in my pocket, I was on my way to the supermarket to purchase a gallon of milk and a loaf of bread. The children were hungry and I had to get them something to eat. As I came to a red traffic light, I noticed on my right a young man, a young woman and a child on the grass next to the road. The blistering noonday sun beat down on them without mercy. The man held up a cardboard sign which read, "**Will Work for Food.**" The woman stood next to him. She just stared at the cars stopped at the red light. The child, probably about two years old, sat on the grass holding a one-armed doll. I noticed all this in the thirty seconds it took for the traffic light to change to green. I wanted so desperately to give them a few dollars, but if I did that, there wouldn't be enough left to buy the milk and bread. Four dollars will only go so far. As the light changed, I took one last glance at the three of them and sped off feeling both guilty (for not helping them) and sad (because I didn't have enough money to share with them).

As I kept driving, I couldn't get the picture of the three of them out of my mind. The sad, haunting eyes of the young man and his family stayed with me for about a mile. I could take it no longer. I felt their pain and had to do something about it. I turned around and drove back to where I had last seen them. I pulled up close to them and handed the man two of my four dollars. There were tears in his eyes as he thanked me. I smiled and drove on to the supermarket. Perhaps both milk and bread would be on sale, I thought. And what if I only got milk alone, or just the bread? Well, it would have to do. I pulled into the parking

lot, still thinking about the whole incident, yet feeling good about what I had done. As I stepped out of the car, my foot slid on something on the pavement. There by my feet was a twenty-dollar bill. I just couldn't believe it. I looked all around, picked it up with awe, went into the store and purchased not only bread and milk, but several other items I desperately needed.

I never forgot that incident. It reminded me that the universe was strange and mysterious. It confirmed my belief that you could never out give the universe. I gave away two dollars and got twenty in return. On my way back from the supermarket, I drove by the hungry family and shared five additional dollars with them. This incident is only one of many that have occurred in my life. It seems that the more we give, the more we get. It is, perhaps, one of those universal laws that say, "If you want to receive, you must first give."

There is a little rhyme that goes like this:

*"A man there was, and they called him mad,
The more he gave, the more he had."*

Most times, we think that we don't have anything to give. Yet, if we look more closely, we'll see that even the little we have could be shared with others. Let us not wait for a time when we think we'll have lots and then we'll give. By giving and sharing the little we have, we open up the storehouse of the universe and permit rivers of good to come our way.

Don't take my word for it. Just honestly try to give and you'll be surprised at the results. Generally, the returns do not come back from those we give to. It comes back from sources we could hardly imagine. So give your way to riches. Take a chance on this universal principle. Take a chance on yourself. Universal principles always work. Sometimes the return from giving happens very quickly as in the true story above. Other times, it takes much longer. But be assured of this: Give and you will receive -- and you'll receive lots more than you ever gave. And when you give, don't do it with a heart of fear, but with a heart full of gratitude. You will be amazed at how it all works out. Open the gates of affluence in your life by giving a bit of what you have to those in need. As the great Teacher said, "Give and it will be given unto you".

Try it. You'll like it!

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