

ESSENTIALS<— FOR —>BRACELETS & BAGS
(A way to help Cabécar Indian women and children)

After ministering among the Cabécar Indians for over a year now, we have noticed that many of the Cabécar women cannot work, or they have no way of helping provide for their children. Many Cabécar men leave their wives for other women or spend their money on alcohol or other vices, leaving no money for food and essentials for their families. These sad situations among the Cabécar families happen more often than not, and it hurts us to see Cabécar children and women without essential food items.

This is why we came up with ESSENTIALS <—FOR —> BRACELETS & BAGS. This is not a business for making money. This is a way for the Cabecar women to work from home, in order to receive essential food items for them and their children. This not only helps to build a good work ethic with these Cabécar women, but it also helps to instill confidence and strength, knowing that they are doing something to help provide for their families.

*This is how ESSENTIALS <—FOR —> BRACELETS & BAGS works:

- 1.) Here in Costa Rica, beans and rice are staple food items that they eat with almost every meal, every day.
- 2.) Each essential food item that we purchase costs between \$2.00-\$4.00. (Examples: a bag of rice, a bag of beans, a small carton of milk, and a bag of coffee, etc.)
- 3.) Each week we supply the Cabécar women with yarn or materials to make their BRACELETS or BAGS.
- 4.) Throughout the week, they hand-make their BRACELETS or BAGS, and then they trade them in to us for the essential food items.

We would like to seek donations for the handmade Cabécar BRACELETS & BAGS to help us with the cost of buying these essential food items. We are currently spending about \$45.00 per week to purchase these essential food items. We expect this amount to increase as we will offer this opportunity up to

more Cabécar women. For each donation that we receive, we will send some handmade Cabécar BRACELETS or BAGS. We would also like to open this up for fundraising opportunities, such as booths or tables set up at events for people to buy or give donations for these BRACELETS & BAGS. For now, we have had to put a limit on how many BRACELETS & BAGS the Cabécar women can make each week, because we do not have the funds for a multitude of essential food items to trade with them each week. It becomes very expensive for us to continue buying these essential food items on our own. So, we need your help!!!

How can YOU play a role in helping with this ministry?

- 1.) You can make a donation for BRACELETS & BAGS. When you make a donation, you will receive some handmade Cabécar BRACELETS or BAGS for yourself, or you can give them away as gifts.
- 2.) You can be an advocate for us in getting the word out about ESSENTIALS <—FOR—> BAGS & BRACELETS. Tell your friends, family, church, neighbors, and community about how they can help!
- 3.) You can set up an ESSENTIALS <—FOR —> BRACELETS & BAGS booth or table for an event at your church, community fundraiser, local school, fair, and other fundraising events to sell the handmade Cabécar BRACELETS & BAGS.

* All funds received from donations or sales of hand-made BRACELETS & BAGS by Cabécar women will go back into buying essential food items for the Cabécar women and children, or for buying the supplies for the Cabécar women to make more BRACELETS & BAGS.