

HANDS & FEET PROJECT

updated 03-15-09

Jesus moves through us as his hands and feet to reach a world that needs hope, help and healing.

Justice is love in action.



Overview of the Hands & Feet Project:

- Pray about where God has given you a passion (from this list or elsewhere)
- Each youth finds a peer & an adult champion to support a cause - by Easter (April 12)
- Each team (2 youth & an adult) develops a plan by Memorial Day Weekend (May 23-25)
- The youth give a presentation at the 30-Hour Famine Banquet on Mon., May 25, **2009**
- The teams work their plan for 12 months keeping track of their progress
- The youth give a presentation at the 30-Hour Famine Banquet on Mon., May 24, **2010**

Possible Causes To Choose From

Feel free to find a cause that you are passionate about that is not on this list!

CAUSE/INJUSTICE	RESOURCES
Abortion	-Since 1973, over 49 million babies have been aborted in the U.S. -Nearly half of all pregnancies to American women are unintended; four in 10 of these end in abortion. http://www.abortionno.org -On March 31 st , join thousands in mailing Obama an empty red envelope with a message on the back representing an empty life. http://www.redenvelopeproject.org/ -Volunteer at the East County Pregnancy Care Clinic http://www.ecpcc.org or http://www.unplannedparenthood.net
AIDS Pandemic	-World AIDS day is Dec. 1 -More than 25 million people have died of AIDS since 1981 -Africa has 11.6 million AIDS orphans -More than 33 million people are living with AIDS Join a grassroots movement started and fueled by college students to raise awareness, promote advocacy, and be transformed in response to global AIDS and related issues of injustice. http://site.actingonaids.org (World Vision site)
Alcohol Abuse	Help warn kids about the dangers of alcohol abuse & addiction and keep them from ever starting. http://www.freevibe.com/
Bullying	-Speak out against bullying and provide support for those who are being harassed. -Cyberbullying & Schoolbullying are very real & can be dangerous -The latest research shows that <i>more than half of all children</i> are, at least on occasion, directly involved in bullying as a perpetrator, victim, or both http://www.education.com/special-edition/bullying
Child Soldiers	Join with INVISIBLE CHILDREN, an organization started in 2003 by 3 young guys from East County San Diego who traveled to Sudan to "find a story" and discovered thousands of children affected by the war in Uganda. http://www.invisiblechildren.com View the movie: Invisible Children

Clean Water	Children are the most vulnerable to diseases caused by dirty water. You can raise money to build a well in Africa. http://www.africanwellfund.org or http://www.worldvision.org
Cussing	Start a chapter of the "No Cussing Club" at your school. http://www.nocussing.com
Domestic Violence	Speak out against domestic violence http://www.breakthecycle.org/ (Empowering youth to end Domestic Violence)
Drug Use	Help warn kids about the dangers of drug use and keep them from ever starting. http://www.kidsagainstdrugs.com http://www.freevibe.com/
Homelessness – Youth and/or Adult	GENERAL HOMELESSNESS Make "Helping Hand" packs with water & food and shelter info and give them away to homeless people. TEEN HOMELESSNESS Work with a church ministry group called Street Angels that reaches out to homeless youth in San Diego. http://streetangelsministry.com
Hunger	Over 900 million people in the world are undernourished http://www.worldhunger.org Click daily to feed hungry children at http://www.thehungersite.com
Illiteracy	-Illiteracy is still a huge problem in the U.S. -Volunteer at school or the library to read to younger children http://www.nrrf.org or http://www.valueusa.org/
Malaria	-Spread by a mosquito bite, there are approximately 515 million cases of malaria, killing between one and three million people, the majority of whom are young children in Sub-Saharan Africa -Kills 2,000 each day -World Malaria Day is April 25 -Host a Night of Nets http://www.nightofnets.org/ (World Vision)
Online Predators	Warn young people about the seriousness of internet safety so they can be protected from online predators. -20% of children encounter a sexual approach or solicitation online -29% of children freely give out their home address online -30% of teens have had someone ask to meet them in person -72% of teens have made an online friend -89% of sexual solicitations were made in chat rooms or by IM http://www.darkness2light.org/prevention/online_safety.asp
Slavery & Human Trafficking	Become a modern day abolitionist and help stop slavery & human trafficking. 27 million people are enslaved today – more than in the transatlantic slave trade. http://www.ijm.org (International Justice Mission) Book: Be the Change by Zach Hunter
Smoking Cigarettes	Help warn kids about the dangers of smoking tobacco and keep them from ever starting. http://www.notobacco.org (anti-smoking site for youth) http://www.kstask.org (youth-led group in KS, great ideas!)

ADD YOUR OWN! There are so many more: Environment, Poverty, Eating Disorders, Gang violence, Racism, Crime, etc. (Visit <http://www.idealists.org/kt/youthorgs.html> for youth run organizations)