

FILL THE ARK GUIDE

The story of Noah's ark and God's rainbow of promise still resonates today. You can create your own rainbow of promise to families in need, giving them renewed hope and a brighter future. From the comfort of your own home, your family can change thousands of lives.

Through Fill the Ark, you and your family will learn how your gifts share God's love and make a real difference. This program is a four-week devotional that explores solutions to end world hunger. Your program can be as simple or as elaborate as you like. Discover the possibilities of the ark theme, see worship ideas and celebrate your family's role in helping hungry families around the world!

An Ark for Today's World

We provide different animals — from chicks and goats to heifers and sheep — to people in need around the world. Our projects are designed to protect the environment by improving soil quality and health and by preventing erosion. By improving the soil, water and air, our project partners create a more productive and healthier habitat for both animals and humans. As it was with Noah, the ark is about hope and a new beginning.

For families participating in our projects, animals can provide:







Small business development training



A catalyst for community development

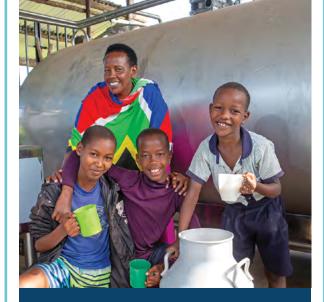


Noah's Story

GENESIS 6-9

Noah built the ark because of a crisis brought on by human sinfulness. Safe in the ark's haven, humans and every living thing inside weathered the storm. The rainbow was a sign that God will preserve the rhythm of planting and harvest and provide animals and plants as sustenance for humankind as long as the Earth endures.

As Noah drew upon faith and hope, we must also draw on faith and hope to build a future without hunger where all families can thrive. Your family can be a rainbow for others in the world today.



Learn About Heifer

Learn more about Heifer's work and the impact your giving will have.



Read stories from the field at Heifer.org/Blog



Watch videos at Youtube.com/HeiferInternational

PREPARING FOR LAUNCH

The Program

The calendar is divided into four weeks, one week on each page. Each day has a lesson and giving challenge. Set aside time to read each day's lesson. This time can be a special opportunity to connect as a family, to model gratitude for our abundant blessings and to respond to Christ's call to care for others in need. After reading the day's lesson, determine how much money to place in your giving jar. If there are children in your family who earn an allowance, you may want to increase their allowance temporarily to allow them to participate more fully. This approach teaches selfless giving and reinforces the biblical teaching to share from one's abundance.

Make a ceremony of each person placing his or her gift into the giving jar. Say a prayer — or even better, have one of your children say a prayer — that the money will be used to help another family somewhere in the world.

Create Your Giving Jar

Create your giving jar as a family. Choose a simple container (glass or plastic) and decorate with your favorite animals, scriptures or drawings — you can be as creative as you like! Find photos from Heifer projects on our Flickr page at **Flickr.com/Heifer**. Most children will understand that sometimes other children don't have enough to eat or a place to live and will want to help. When your child feels a connection after helping make the giving jar and learning about the need, watch how often that extra nickel goes in!

Set Goals

As a family, set a goal for a dollar amount or for specific animals that you can contribute toward your congregation's overall goal. It is important to help each person in your family understand that the money becomes the difference between a life of despair or hope for families in need.



1

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

ROMANS 15:13 (ESV)

SUNDAY » The Gift of Hope

The most important gift someone can receive is one they can't see, feel or smell — it's the gift of hope. When you donate to Heifer, lives can be restored. Families become self-sufficient, and they share their hope with others by Passing on the Gift®. Hope is contagious, and it starts with you. Thank you for giving families hope by giving them the resources and opportunity to provide for themselves and create a better future.

For your Fill the Ark contribution today, why not add the cost of a meal at your favorite restaurant?







MONDAY » Bees

Honeybees are essential to healthy crops, and a healthy beehive can double fruit and vegetable yields due to pollination. Additionally, families can increase incomes from the sale of honey, wax and pollen.

Where's the honey jar? Add 25 cents for every jar of honey in your kitchen.

TUESDAY » Heifers

The gift of a cow can change everything. Families receive pregnant heifers that provide milk and nourishment. The families can also increase their incomes by selling the extra milk.

Got milk? Add 25 cents if you have chocolate milk, 50 cents for white milk.

WEDNESDAY » Goats

Humans have relied on goats for their milk, meat, hair and hide for thousands of years. Because goats are friendly and affectionate, caring for them is often considered a good chore for children.

Do you like cheese made from goat milk? If so, give 15 cents. If not, give 20 cents.







THURSDAY » Chickens

Chickens are easy to care for and come with plenty of perks. Families raise flocks for protein-packed eggs and meat. When sold at market, the chickens and their eggs can also boost incomes.

What's in the fridge? Add 5 cents for every egg you find in your refrigerator, or 50 cents for every dozen.

FRIDAY » Garden Seeds

By growing vegetable gardens, youth living in poverty learn valuable entrepreneurial skills while contributing to their household income. They can also eat more nutritional and diverse foods

Does ketchup count? For every type of vegetable in your refrigerator, add 25 cents.

SATURDAY » Disaster Rehabilitation

Every year disasters like earthquakes, floods and hurricanes devastate communities around the globe. Those affected are often set back years and struggle to rebuild their lives. We help communities prepare before disaster hits.

Lights out! Have you experienced a power outage due to weather? If yes, give 25 cents. If not, give 50 cents.



2

Then God said, "Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it." And it was so.

GENESIS 1:11 (NRSV)

SUNDAY » Protecting Nature

Protecting our planet is essential to ending hunger and poverty. We also want to be good stewards of God's land and to leave a healthy planet for future generations. Our programs teach farmers how to raise animals and grow crops in ways that are good for the environment. This training helps ensure that people do not disturb protected forests, which house water supplies and endangered species.

Buy coffee? Why not add the cost of your daily brew as your Fill the Ark contribution today.







MONDAY » Tech Check

Technology is very important and can be used to teach project participants about sustainable ways to take care of their farms. Phones and computers can help connect farmers to Heifer staff members for training.

How many cell phones do you have at your house? Add 25 cents for each one.

TUESDAY » Family Farm Care

Some farmers don't have access to the resources needed to make their farm the best it can be. Heifer provides training about sustainable farming practices, conservation and how to market goods.

Have you ever visited a farm? Add 10 cents if you have, 25 cents if not.

WEDNESDAY » Fish

As the saying goes, "Teach a man to fish and he will eat for a lifetime." This gift allows you to do just that. Families see an increase in both health (thanks to the protein) and income (since fish are easy to sell).

Do you know how to swim? Add 50 cents if you do and 25 cents if you don't.







THURSDAY » Fertilizer

Purely organic, manure improves the soil and can dramatically increase a family's garden or crop production. Compost made from manure holds moisture and prevents erosion

Does your family compost? Add 10 cents if you do, 25 cents if you don't.

FRIDAY » Clean Water

Clean water is a necessity of life. When families have access to fresh water through treadle pumps, rainwater tanks and water conservation practices, they improve the health of their families, crops and livestock.

How many water faucets does your house have? One or two? Give 25 cents. Three or more? Give 60 cents.

SATURDAY » Tree Seedlings

Trees enrich the soil and clean the air we breathe. There are many kinds of trees, and families around the world plant them for a variety of reasons, including for delicious fruit and as a measure to prevent erosion.

How many trees do you have in your yard? Add 10 cents for every one you see.

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For the whole law is fulfilled in one word: "You shall love your neighbor as yourself."

GALATIANS 5:14 (ESV)

SUNDAY » Caring for Others

Noah was called to care for those on the ark. Many people of faith have set a lasting example of helping the less fortunate. Heifer was founded on this principle of sharing and caring. Our work around the globe offers a helping hand to those who want to improve life for their families and communities. It's a gradual process — but one that is effective and enduring.

Do you help around the house? Give a portion of your allowance as your Fill the Ark contribution today.







MONDAY » Biogas Stoves

Biogas stoves run off methane gas captured from animal waste. Unlike cooking over an open fire, clean-burning biogas doesn't pollute the air families breathe.

Who cooked the last meal in your house? If it was a grown-up, add 25 cents. If it was you or your siblings, add 15 cents.

TUESDAY » Solar Panels

Solar panels offer affordable and reliable power for homes and small farms. They provide lighting, clean water through wells or irrigation pumps, and charging stations for phones and radios.

Have you ever seen a solar panel? If yes, give 10 cents. If not, give 50 cents.

WEDNESDAY » Education

For many families, limited resources make it hard to send their children to school. Girls are often denied an education when money is tight. Heifer helps families find a way to educate all of their children.

What's your favorite subject in school? Add 25 cents if it's recess or lunch. Add 15 cents for anything else.







THURSDAY » Entrepreneurs

Heifer farmers often turn their talents and skills into money-making enterprises.

Some entrepreneurs sell goods. Others, like animal health workers, sell services.

What do you want to do for a living when you grow up? Add 25 cents if you have a good idea what you'll do. Add 10 cents if you're still figuring it out.

FRIDAY » Ducks

A duck can lay 300 large eggs a year, and families can raise whole flocks at a time. Now, that's a lot of eggs! A wonderful source of protein, eggs are a popular food staple to sell at markets around the world.

Does your refrigerator have a carton of eggs? If no, give 15 cents. If yes, give 5 cents for every egg you have.

SATURDAY » Worms

While worms make great fish bait, they are also very important for healthy soil, which helps grow our food. Earthworms break down organic matter into things that plants can use, and their castings make fertilizer.

Have you ever held a worm? Add 10 cents if you have and 25 cents if you have not.



4

But if anyone has the world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him? Little children, let us not love in word or talk but in deed and in truth.

1 JOHN 3:17-18 (ESV)

SUNDAY » Passing on the Gift

Every time you give to Heifer, your gift doesn't stop with the initial recipient. Each family enjoys the dignity of becoming a donor themselves by Passing on the Gift of one or more of their animals' offspring to a neighbor in need. This chain of giving extends to thousands of families, creating a lasting impact as the animals grow and multiply.

Place a gift in the giving jar to show your appreciation for the blessings you have received this week, this month and this year.







MONDAY » Pigs

Pigs aren't picky. They'll eat just about anything! That's why they're a great, low-cost protein source for families with few resources. Pigs will gladly put away table scraps and out-of-date produce.

What's for breakfast? Add 25 cents if you've eaten bacon this week, 15 cents if not.

TUESDAY » Sheep

Wool from sheep is a valuable resource, providing warm and durable clothing for families and children living in harsh environments. Sweaters and other products made from wool can be sold for added income.

Count sheep to fall asleep! Add 25 cents if you went to bed on time last night, 50 cents if not.

WEDNESDAY » Farming Cacao

Did you know chocolate comes from cacao? Heifer project participants in Ecuador are harvesting wild cacao in a way that sustains the health of the forest while boosting local economies.

Do you like chocolate? Add 10 cents for every piece you've eaten this week.







THURSDAY » Water Buffalo

Water buffalo are gentle giants that allow farmers to plant four times as many crops, allowing them to sow fields in days that would take weeks to plant by hand. And, bonus — water buffalo manure fertilizer improves crops.

Let's get to work! If you help with yard work, add 10 cents. If not, add 25 cents.

FRIDAY » Animal Health Worker

Community Animal Health Workers are a lot like veterinarians. Heifer trains these workers to provide expert medical care to livestock. Their training lets them help take care of their neighbors' livestock when the animals aren't well.

Do you take your pets to the vet? If you do, add 20 cents. If not, add 25 cents.

SATURDAY » Empowering Women

If women farmers had equal access to resources, an additional 150 million people would have enough to eat. Heifer supports women's groups and trains families on gender equality to make that a reality.

How many amazing girls or women do you know? Give 5 cents for each one.

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