We must not, in trying
To think about how we can make
A big difference,
Ignore the small daily differences
We can make
Which, over time, add up to
Big differences
That we often cannot foresee.

Our Lady of Perpetual Help
Religious Education Program
Dear Families:

During the Season of Lent and Easter, we are told to sacrifice, pray and give alms. Therefore, as we continue to celebrate the season of Easter and in the spirit of almsgiving, we are proud to once again be holding the Seventh Annual Make A Difference Day Market with emphasis on ways we can help the children and families in our community.

On Tuesday, April 28th and Saturday, May 2nd, 2015, during their regularly scheduled classes, the children in the Religious Education Program will learn more about the need for help that continues for children and families in our own community with the work of the Respect Life Ministry and the work of the Sharing Room with Sister Paulanne.

Each class will have a chance to visit a “market” during class time (as well as before and after class), and also watch a short movie about the Sharing Program with the goal of helping fund the needs of these children and families. Please talk about this event with your child. Decide together how you can support this REaching Out Project.

I would ask as a family that you take a look at the first part of this “catalog” of items needed for the Respect Life Ministry and their Annual May Mother’s Day Baby shower to help families in need. You will notice that the second half of this “catalog” are items needed to help fill the shelves for our Sharing Parishes as well as help families in our own community. Each student should complete the order form that represents items that will be sent on their behalf to families in our own community. Additional donations will also be accepted.

This experience will serve as a reminder of how very little money can buy something so important and essential to others in our own community and surrounding areas. Once again, we encourage parents to visit the Market along with their children during class time. Together, we can make a difference!

As always, thank you for your support of the Religious Education Program at Our Lady of Perpetual Help.

Cherie DiCesare
Director of Religious Education
The month of May Baby Shower will help mothers in crisis situations. Funds raised through the Make a Difference Day Market will benefit our Sharing Parishes in Chicago, Aid for Women, The Women’s Center and Catholic Charities of the Archdiocese of Chicago.

Aid for Women, founded on the faith and teachings of the Catholic Church, reaches out to thousands of women every year throughout the Chicago metropolitan area, who are facing a difficult pregnancy by providing support and resources for her and her baby. Services are provided at five locations throughout Chicago and also in Des Plaines. Aid for Women also operates Heather’s House, a residential program located on the Maryville Academy campus in Des Plaines, Illinois.

The mission of Heather’s House is to support women in difficult pregnancies by offering them a safe and secure home where they can live with their babies. More than just a shelter, Heather’s House offers mothers an opportunity to develop the life skills, education and job skills necessary to become God-dependent, financially-independent and loving mothers. Residents attend classes at local colleges and participate in volunteer-run life skills classes such as bible study, childcare, cooking, nutrition, fitness and computers, while balancing homework and caring for their children. Women are mentored and encouraged to develop a plan for their own future and that of their child as well.

*The Month of May Baby Shower is sponsored by the OLPH Respect Life Ministry.*
BABY WIPES
Babies need their diapers changed approximately 10 times a day, so stocking up on extra wipes is a sound investment, especially in households with multiple young children.

Total cost to help a baby with disposable diapers: $5.00

BABY BLANKETS
Baby blankets symbolize a very special time in both a mother and child’s life, holding many precious memories of the early days of life. However, many babies across the world will never get the chance to experience even the simple comfort that a warm clean blanket brings.

Total cost to help a baby with baby blankets: $5.00
CLOTH DIAPERS & DIAPER PINS
For families who cannot afford diapers, a set of cloth diapers can make a huge difference. Approximately 1 in 3 families struggle to keep their babies in diapers. Most people in need can get help with food, shelter, and clothing, but diapers are normally not available unless you pay for them. You can make a difference for these people and the planet at the same time.

Total cost to help a baby with cloth diapers: $5.00

NEWBORN BABY CLOTHES
All babies everywhere deserve warmth, food and love. Here, in our nation, too many babies are without the essentials to meet their most basic needs.

Total cost to help a baby with clothing: $5.00
BABY BOTTLES
It is something we all need to do – eat. Donate baby bottles for mothers who need bottles to feed their babies but cannot afford them.

Total cost to help a baby with baby bottles: $2.00

BABY FORMULA
It is something we all need to do – eat. Donate baby formula for mothers who need to feed their babies but cannot afford the formula.

Total cost to help a baby with baby formula: $5.00

BABY FOOD
It is something we all need to do – eat. Donate baby food for mothers who need to feed their babies but cannot afford the portions of baby food.

Total cost to help a baby with baby food: $2.00
BABY TOYS
Help a baby’s growth and development with by purchasing baby toys. Interactive and colorful baby toys can stimulate a baby’s mind necessary for proper development.

Total cost to help a baby with baby toys:
$3.00

BABY TOILETRIES
Shampoo, liquid soap, lotion and powder. Touch is so important to our health and wellbeing. Think about the times when you've felt sad or alone. Didn't a hug from a friend make you feel better? Likewise, your baby also feels better when held and comforted by your loving touch. In fact, studies have shown that touch therapy, including baby massage, contributes to a healthy weight gain, enhanced growth and social development in babies.

Total cost to help a baby with baby toiletries:
$2.00
Nearly 800,000 people in Cook County, including one in five children, struggle to have access to healthy food and are at risk of hunger, according to a new study. Hundreds of thousands of our neighbors struggle to access food on a daily basis. As men and women throughout our community face high unemployment and stagnant income, the continued rise in food prices places additional strain on households across Cook County. Hunger continues to disproportionately affect children as 255,180 of the food insecure individuals in Cook County are under the age of 18. This equates to 20.8 percent of Cook County’s child population.

Nearly 678,000 people each year rely on emergency and supplemental food provided by food pantries, soup kitchens and shelters. That figure represents a 36 percent increase over Hunger in America 2006 and reflects the recession and accompanying rising unemployment rates. Each week, the food pantries and its member agencies serve 142,400 men, women and children.

The Our Lady of Perpetual Help Sharing Program, in unity with the Parish, strives to address the challenge of Matthew 25, to minister to the suffering Christ among us, providing support for basic human needs of the poor.

Consideration is given to those within our Parish community, to the communities of our four inner-city Sharing Parishes – Our Lady of Tepeyac, St. James, St. Philip Neri, and St. Sabina – and an international parish in Santiago, Chile. Assistance is offered beyond these boundaries where feasible and material, volunteer, or financial resources allow.

Together we can make a difference and fill the Sharing Room shelves with food designed to provide nutrition and calories for chronically hungry kids.

Never worry about numbers. Help one person at a time, and always start with the person nearest you.

~Mother Teresa
**TUNA**
The tuna sandwich is a lunchbox staple. Nutritionally speaking, tuna is a healthy food. It’s an excellent source of high-quality protein, low in saturated fat and a good source of niacin and selenium. It also delivers beneficial omega-3 fatty acids.

**TOTAL COST TO SHARE TUNA FISH WITH A FRIEND:** $5.00

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**100% FRUIT ROLLS**
Fruit roll-ups. Made from only the good stuff. Fruit.

**TOTAL COST TO SHARE FRUIT ROLLS WITH A FRIEND:** $1.00

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**RAISINS**
Raisins have a lot of good things going for them such as fiber, potassium, and vitamins.

**TOTAL COST TO SHARE RAISINS WITH A FRIEND:** $1.00
UNSWEETENED APPLESAUCE
100% natural fruits bring you a healthy snack all children can enjoy—anytime, anywhere.

TOTAL COST TO SHARE
APPLESAUCE WITH A FRIEND:
$2.00

GRAHAM CRACKERS
Graham crackers are not just cookies. They’re super-cookies. They’re fuel. Help fuel a child’s next adventure!

TOTAL COST TO SHARE
GRAHAM CRACKERS WITH A FRIEND:
$3.00

FRUIT CUPS
Fruits, even those contained in fruit cups, are sources of many essential nutrients that are under consumed, including potassium, dietary fiber, vitamin C, and folate (folic acid).

TOTAL COST TO SHARE FRUIT CUPS WITH A FRIEND:
$2.00
LOW SUGAR CEREAL BOWLS
With vitamins, calcium, and fiber, a bowl of enriched whole grain cereal with milk and fruit is a power-packed snack or healthy start to the day.

TOTAL COST TO SHARE CEREAL WITH A FRIEND: $5.00

CHEESE STICKS
The protein in this kid-friendly snack keeps energy levels high.

TOTAL COST TO SHARE CHEESE STICKS WITH A FRIEND: $5.00

YOGURT
Low-fat yogurt is an excellent source of calcium, and children love it. Not only is yogurt delicious, but it helps our kids grow into the best, strongest, healthiest grownups they can be. Yogurt is a balanced source of protein, fats, carbohydrates and minerals.

TOTAL COST TO SHARE YOGURT WITH A FRIEND: $3.00
100% FRUIT JUICE BOXES
No sugar added. Excellent source of Vitamin C. 4 ounces equals ½ cup of fruit. A sweet taste kids love!

TOTAL COST TO SHARE A JUICE BOX WITH A FRIEND:
$3.00

NOODLES
Pasta is a fabulous source of complex carbohydrates which is need for children to sustain their energy levels as they grow.

TOTAL COST TO SHARE NOODLES WITH A FRIEND:
$1.00

Thank you for making a big difference!
# MAY MOTHER’S DAY BABY SHOWER

## NAME:

<table>
<thead>
<tr>
<th>ITEM</th>
<th>PRICE</th>
<th>AMOUNT DUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disposable Diapers</td>
<td>$5.00</td>
<td></td>
</tr>
<tr>
<td>Baby Wipes</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>Baby Blankets</td>
<td>$5.00</td>
<td></td>
</tr>
<tr>
<td>Cloth Diapers</td>
<td>$5.00</td>
<td></td>
</tr>
<tr>
<td>Baby Clothes</td>
<td>$5.00</td>
<td></td>
</tr>
<tr>
<td>Baby Bottles</td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>Baby Formula</td>
<td>$5.00</td>
<td></td>
</tr>
<tr>
<td>Baby Food</td>
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<tr>
<td>Baby Toys</td>
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<tr>
<td>Baby Toiletries</td>
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<tr>
<td>Baby Pacifiers</td>
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<tr>
<td>Baby Laundry Detergent</td>
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</tr>
<tr>
<td>Additional Donation</td>
<td>Any Amount</td>
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</tr>
<tr>
<td><strong>TOTAL AMOUNT DUE</strong>*</td>
<td></td>
<td>$</td>
</tr>
</tbody>
</table>

**CASH OR CHECKS**

Please make checks payable to **OUR LADY OF PERPETUAL HELP**
# SHARING ROOM ORDER FORM

**NAME:**

<table>
<thead>
<tr>
<th>ITEM</th>
<th>PRICE</th>
<th>AMOUNT DUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuna</td>
<td>$5.00</td>
<td></td>
</tr>
<tr>
<td>100% Fruit Rolls</td>
<td>$1.00</td>
<td></td>
</tr>
<tr>
<td>Raisins</td>
<td>$1.00</td>
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</tr>
<tr>
<td>Graham Crackers</td>
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<td></td>
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<tr>
<td>Applesauce</td>
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<tr>
<td>Fruit Cups</td>
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<tr>
<td>Cereal</td>
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<td></td>
</tr>
<tr>
<td>Cheese Sticks</td>
<td>$5.00</td>
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<tr>
<td>Yogurt</td>
<td>$3.00</td>
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</tr>
<tr>
<td>Juice Boxes</td>
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<tr>
<td>Noodles</td>
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</tr>
<tr>
<td>Additional Donation</td>
<td>Any Amount</td>
<td>$</td>
</tr>
</tbody>
</table>

**TOTAL AMOUNT DUE**

CASH OR CHECKS

Please make checks payable to “OLPH”

*(OLPH will then in turn give the money to the Sharing Room)*.