

FALL 2015 VOL. 6, NO. 4

compassion explorer™



MAKE A PINECONE
Birdfeeder
& A JUMP ROPE!



**COMPASSION
EXPLORER
ON iPad!**

Details on back page.

GOD'S Green Earth

**HOW KIDS IN POVERTY CARE
FOR PLANTS & ANIMALS**


Releasing children from poverty
Compassion®
in Jesus' name

[compassion.com/
explorermagazine](http://compassion.com/explorermagazine)

What's Inside?

Hi, Compassion Explorers!

When God made Earth, He entrusted people to take care of it. Does your family have pets or a garden? In this issue, find out why caring for animals and plants is so important to people living in poverty.

Illustrations by Luke Flowers

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ABOUT THE COVER

Sponsored 6-year-old Emmanuel helps on his family's farm in Burkina Faso.



Welcome to My World!

See how chickens, cows, pigs and other animals help sponsored children and their families.

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Growing Up

Check out these gardens of kids around the world. **PAGE 12**



Game

Collect supplies to make food, clothes and shelter!

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compassion
explorer

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→ Compassionate Kids



Anna, fourth from left, and her sisters made friends in Honduras.

ANNA THE ADVOCATE

Anna, age 11, Ohio

Anna thinks everyone should be an advocate — a person who speaks up for someone else. By teaching people why kids living in poor countries have tough lives and by suggesting ways to help, Anna is an advocate for children in need. She inspired people at her church to become sponsors by explaining how Compassion's program helps protect kids from danger.

"To be an advocate you need a little bit of courage, confidence, faith, perseverance and knowledge in what you are doing," Anna wrote in an essay posted on her family's website.

To meet some of the children she speaks up for, Anna traveled with her parents, sisters and grandma to Honduras in 2014. There, they met two kids they sponsor and visited the Compassion center where registered children eat, learn, play and pray. After returning from Honduras, Anna inspired her Sunday school class to sponsor a child!

SWEETER THAN CHOCOLATE

Jane, age 6, Byron, age 10, Taylor, age 5
Indiana

Last winter, Jane, Byron, and Taylor [not pictured] decided to raise money to help kids like their family's sponsored child, Arkelida. It was a cold winter in Indiana, so they set up a hot chocolate stand. When people stopped for a warm drink, Byron, Jane and Taylor told them about Arkelida and how Compassion helps children in need. The drinks were free, but most customers donated money, which the kids gave to Compassion.

Jane says she wants to help kids living in poverty because it's the kind thing to do. Her brother agrees. He says, "I want all kids to have food and clothes and school and medicine."



"God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them."

— Hebrews 6:10

WELCOME TO MY WORLD!

Creatures Great & Small

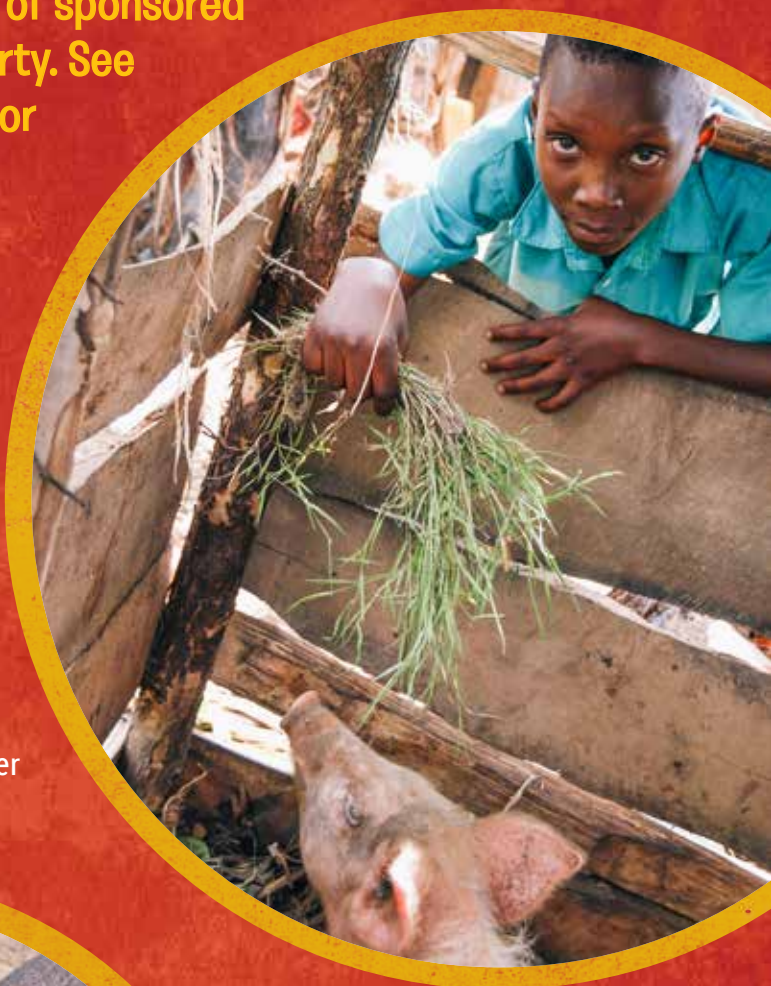
CHICKENS FOR SALE!

Before Sipilani was sponsored, the Indian girl's family struggled. Her dad, Nuas, says, "I could not buy notebooks and pencils for Sipilani. When my wife was sick, I did not have money to take her to a doctor." Then Sipilani got a sponsor who sent extra money as a family gift, which Sipilani's parents used to start a chicken farm. Now her family earns money by selling chickens.

Since animals can help people survive, they are important to families of sponsored children living in poverty. See how these kids care for their animals.

GARDEN HELPER

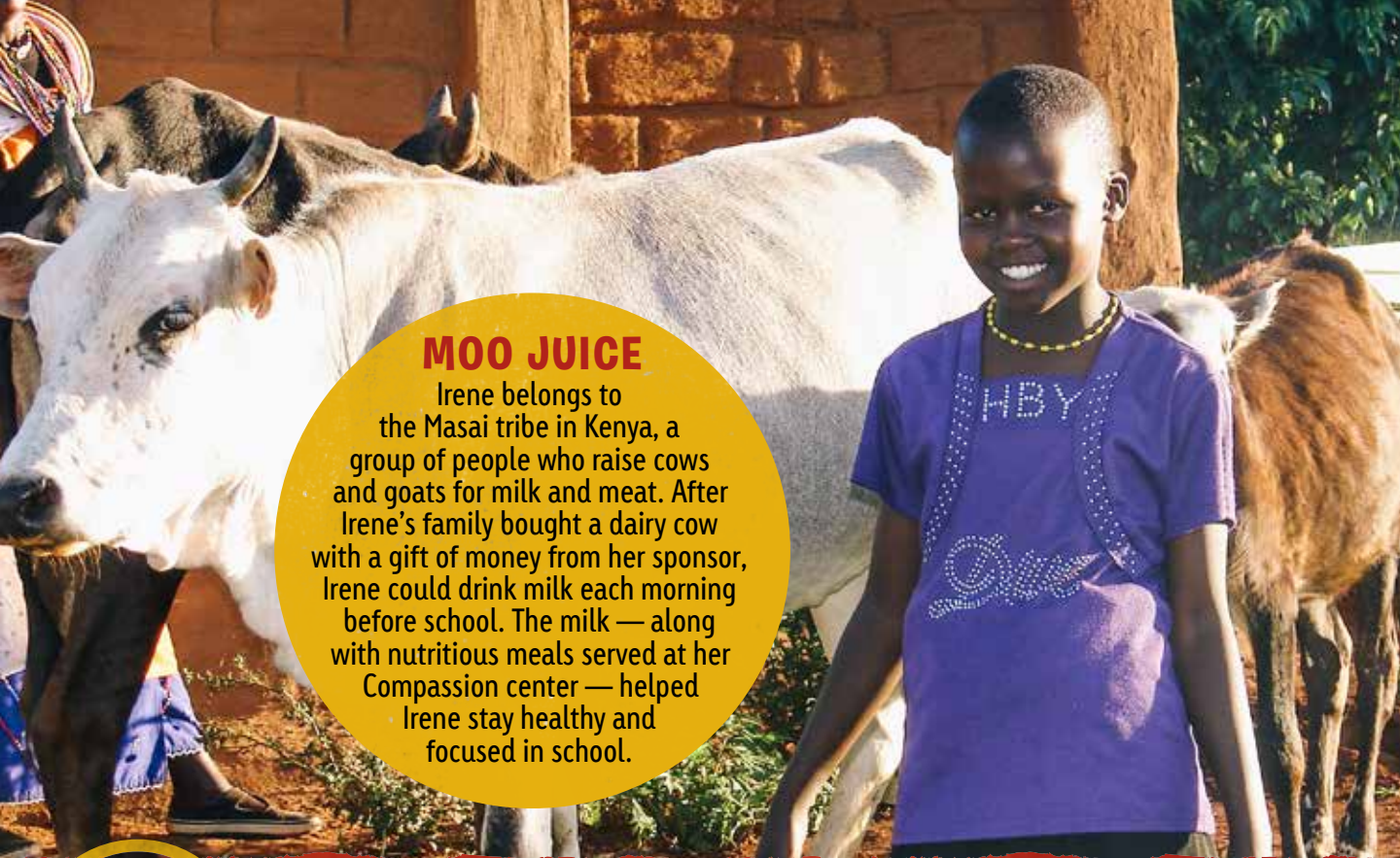
Fabien in Rwanda feeds a pig that was given to his family by the church that runs Fabien's Compassion center. The pig provides something that's worth a lot, even though it might not sound like it — manure. Fabien and his family use the manure as fertilizer in their garden, which grows food. The family also earns money by selling extra manure to other people for their gardens.



BUNNY BOOM

Some sponsored kids in Ghana are learning to raise rabbits, which give birth to lots of bunnies and don't cost much to care for. The pastor at one of Compassion's church partners gave rabbits from his personal farm to the families of 10 sponsored kids who showed an interest in caring for the animals. The families can now sell the rabbits for money or eat their meat.





MOO JUICE

Irene belongs to the Masai tribe in Kenya, a group of people who raise cows and goats for milk and meat. After Irene's family bought a dairy cow with a gift of money from her sponsor, Irene could drink milk each morning before school. The milk — along with nutritious meals served at her Compassion center — helped Irene stay healthy and focused in school.



MORE THAN A MUSTACHE

- Milk is a good source of calcium, a nutrient that builds strong bones and teeth.
- Many families who live in poverty can't afford to buy milk and don't own animals that produce it. But sponsored children often get milk at their Compassion centers.
- Worldwide, cow's milk is the most popular milk that humans drink.
- In developing countries, people also drink milk from buffalo, goats, camels and sheep.

A LIGHTER LOAD

A donkey helps Ariel haul water from a stream about a mile away from his home in Mexico. Many families in poverty don't have running water in their homes, so they have to walk long distances to fill up cans at ponds, rivers or wells before lugging the heavy load home. Pack animals like donkeys make the tough chore easier.



"Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

— Proverbs 3:5-6

→ What Does God Say About ...

Caring for the Earth?

Illustration by Luke Flowers

What do you think would be the coolest job? Racecar driver? Singer? Zookeeper? Adam, the first man who ever lived, had a pretty cool job. Listen to what Genesis 2:19 says about it:

“Now the LORD God had formed out of the ground all the wild animals and all the birds in the sky. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name.”

Wow! God let Adam name the animals. God also put Adam in charge of caring for a beautiful garden called Eden [Genesis 2:15].

Psalms 24:1 says, “The earth is the LORD’s, and everything in it, the world, and all who live in it.” The Earth belongs to God. All of the animals and people are also His. When God asked Adam to care for His creation, He was asking him to be a steward and take care of His property.

We are called to be stewards, or caretakers, of God’s creation too. For example, not everyone in the world has enough clean water to drink, but others waste water every day without even realizing it. Did you know that if you turn off the tap water while brushing your teeth, you can save about 7 gallons of water each day? Small changes can make a big difference.

- What is one thing you could do to care for the Earth God created?
- How might you help others who don’t have the same resources you do?

You may not have a job right now (other than going to school), but all of us have been entrusted with taking care of the things on the Earth, such as water, plants and animals, that belong to God. And that’s a pretty cool job.



DEAR JESUS,

Thank You for creating a beautiful world for me to live in. Thank You for trusting me to care for the Earth and the things You have created. Show me how to be a good steward. Please allow Compassion-sponsored kids around the world to have food and enough clean water to drink.

IN YOUR NAME, AMEN.

→ Crafts, Recipes and Projects *Adult help needed.*



ARROZ CON LECHE (ah-ROSE cone LAV-chay)

The Spanish name of this Colombian-style rice pudding translates to “rice with milk.”

INGREDIENTS

- 7 c. water, divided
- 1-3 cinnamon sticks
- 1 c. long-grain white rice
- 2 c. whole milk
- 1 [12-ounce] can sweetened condensed milk
- pinch of salt
- 1 tsp. vanilla extract
- $\frac{3}{4}$ c. raisins

DIRECTIONS

- ① Soak the rice in 3 c. water for 30 minutes. Strain out the water and set aside the rice.
- ② Put remaining 4 c. water and 1 cinnamon stick in a saucepan over medium-high heat. When it starts boiling, remove the cinnamon stick and add the rice to the pan. Return it to a boil and cook, uncovered, about 15 minutes or until rice is tender.
- ③ Strain out the liquid and put the rice back in the saucepan. Add the whole milk, condensed milk, salt and vanilla, and cook over medium-high heat until it returns to a boil. Reduce heat to low and cook, stirring frequently, about 20 minutes or until the mixture is thick.
- ④ Remove the rice pudding from the heat, stir in the raisins, and scoop it into serving dishes. Garnish with additional cinnamon sticks if wanted.

THAI-STYLE OMELET

In Thailand, omelets don't include cheese, and they're served on top of rice.

INGREDIENTS

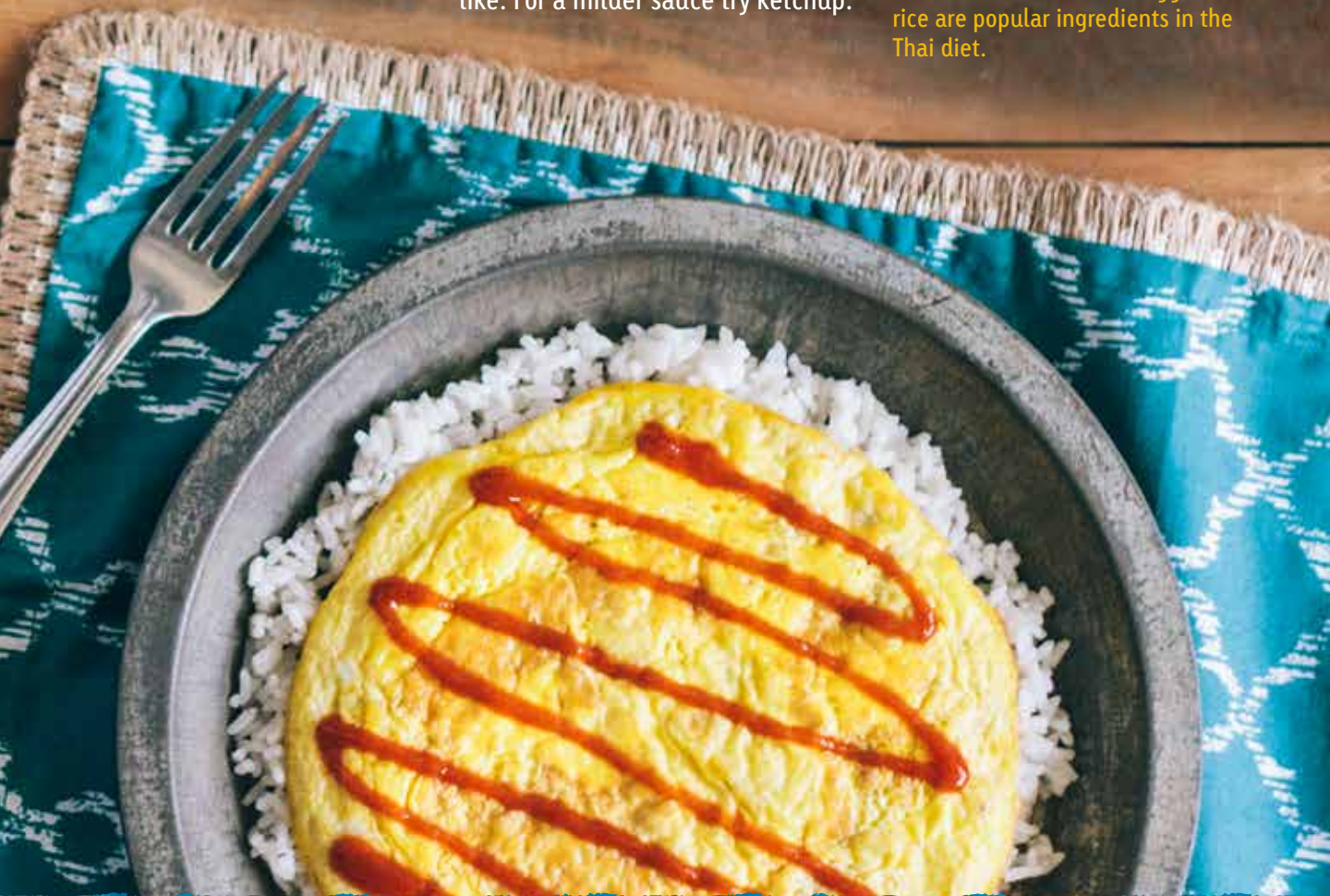
- 2 eggs
- 2 tbsp. cooking oil
- 1 tsp. fish sauce
[found in the Asian section of many grocery stores]
- ½ c. rice, cooked according to package directions
- Sriracha, a spicy Thai sauce, or use ketchup to keep it mild

DIRECTIONS

- ① Crack the eggs into a bowl. Add the fish sauce. With a whisk or fork, beat the egg mixture quickly for about 1 minute.
- ② Heat the oil in a pan over medium heat. Pour the egg mixture into the pan and cook about 20 seconds, or until the edges start to firm up. Use a turner to flip the omelet over and cook about 20 seconds more, until just golden brown.
- ③ Serve the omelet on top of the rice, and add as much hot sauce as you like. For a milder sauce try ketchup.



A family in Thailand eats a meal that includes an omelet. Eggs and rice are popular ingredients in the Thai diet.



→ Crafts, Recipes and Projects *Adult help needed.*



ARROZ CON LECHE (ah-ROSE cone LAV-chay)

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- 1 [12-ounce] can sweetened condensed milk
- pinch of salt
- 1 tsp. vanilla extract
- ¾ c. raisins

DIRECTIONS

- ① Soak the rice in 3 c. water for 30 minutes. Strain out the water and set aside the rice.
- ② Put remaining 4 c. water and 1 cinnamon stick in a saucepan over medium-high heat. When it starts boiling, remove the cinnamon stick and add the rice to the pan. Return it to a boil and cook, uncovered, about 15 minutes or until rice is tender.
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- ④ Remove the rice pudding from the heat, stir in the raisins, and scoop it into serving dishes. Garnish with additional cinnamon sticks if wanted.



A woman in Columbia is rinsing a pan of rice. Many people living in poverty depend on rice because of its low cost and availability.

THAI-STYLE OMELET

In Thailand, omelets don't include cheese, and they're served on top of rice.

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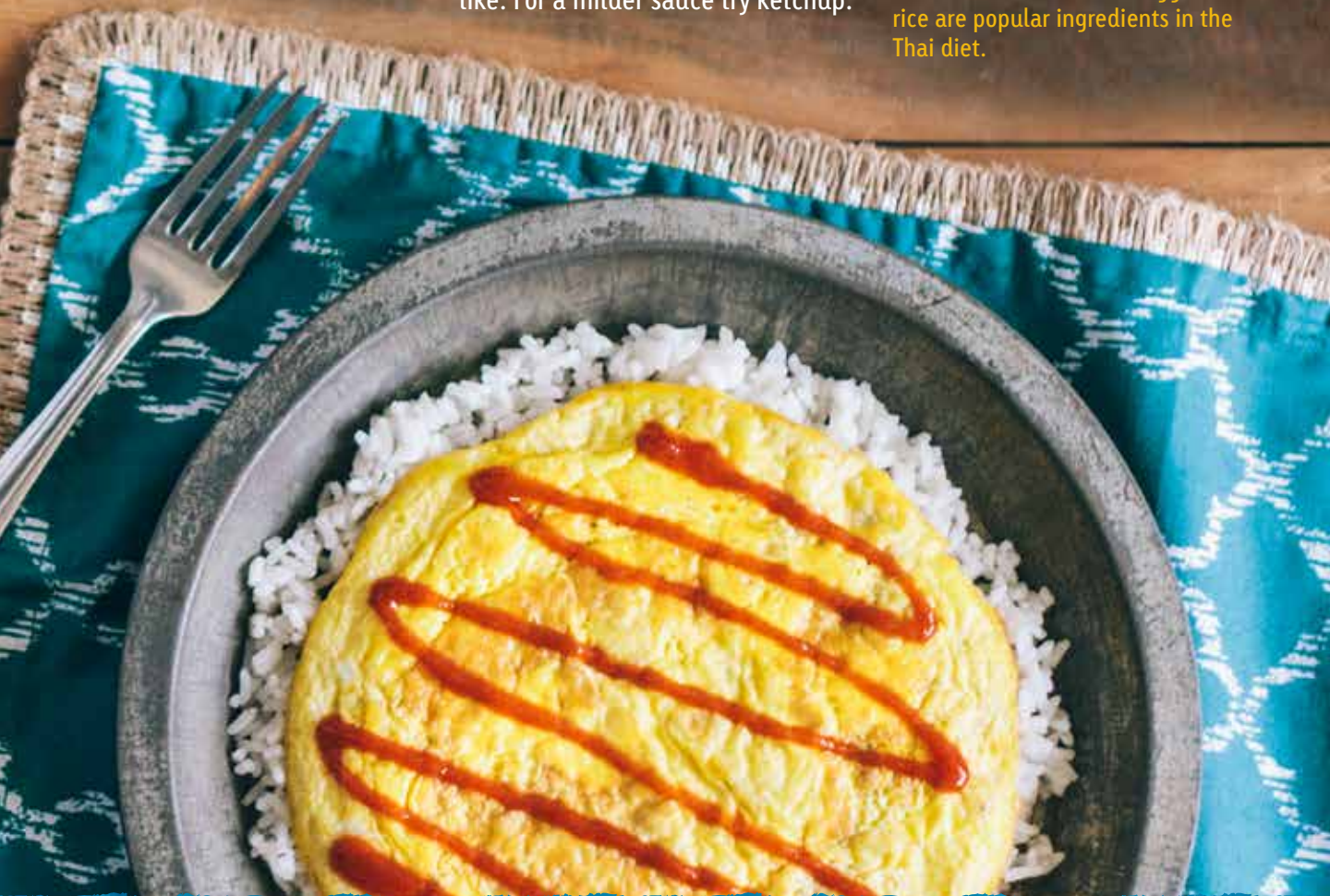
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A family in Thailand eats a meal that includes an omelet. Eggs and rice are popular ingredients in the Thai diet.



FOR THE BIRDS



The thousands of species of birds around the world, like this colorful parrot in Nicaragua, show God's creativity. You can make a pinecone birdfeeder to hang in your yard, then watch to see how many different types of visiting birds you can count!

SUPPLIES

- 1 large pinecone
- 2-foot-long string
- dull knife or craft stick
- 4 tbsp. peanut butter
- bowl
- ½ c. birdseed

DIRECTIONS

- 1 Find a pinecone with wide spaces between rows of "scales." If you don't have trees in your yard, go on a hike or visit a nearby park. Some craft stores also sell pinecones.
- 2 Tie the string to the top part of the pinecone, leaving a long tail.
- 3 Using a dull knife or craft stick, spread peanut butter between each row of pinecone scales.
- 4 Pour the birdseed into the bowl. Roll the pinecone in the bowl until the peanut butter is covered in seeds.
- 5 Tie your birdfeeder to a tree branch or other object that birds can access.

JUMP FOR JOY

Recycling helps keep trash out of landfills and oceans. And since it doesn't cost extra money, kids living in poverty often make toys by reusing old items. You can recycle by reusing plastic bags to make a jump rope.

SUPPLIES

- 6–8 plastic grocery bags*
- scissors
- masking tape
- duct tape

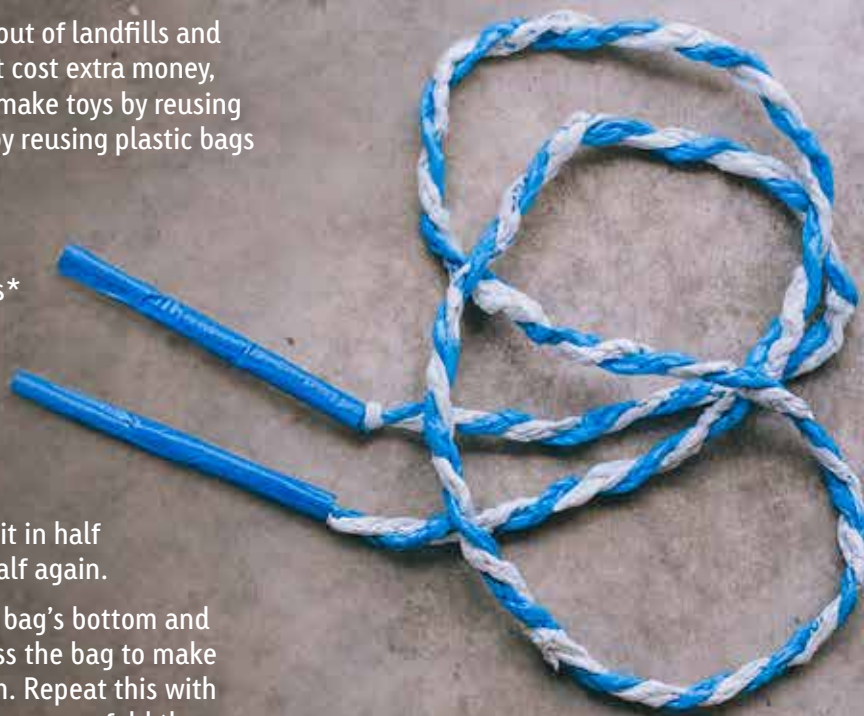
DIRECTIONS

- ① Lay 1 bag flat and fold it in half lengthwise. Fold it in half again.
- ② Cut off and discard the bag's bottom and handles. Then cut across the bag to make sections of about 1 inch. Repeat this with each of your bags. When you unfold the sections, you get loops.
- ③ Knot together 2 loops with a "strap hitch" by pulling an end of loop 1 under and up through loop 2, then back through loop 1 [see pictures]. Then pull both loops outward to form a knot. Keep attaching loops this way until your strand is about 10 feet long.
- ④ Repeat step 3 to make 6 more strands.
- ⑤ Tie together 3 strands at the top. Attach the knotted end to a secure surface with masking or duct tape if an adult says it's OK. Braid the 3 strands, tying a knot at the end.
- ⑥ Repeat step 5 with your other 3 strands. Then twist together both thick strands into 1 jump rope. Wrap duct tape around the edges as handles.

* If you don't have plastic grocery bags to reuse, you can save 24 other plastic bags, like bread bags or newspaper bags, instead. Then double the number of strands called for in steps 4–6.



More crafts at compassion.com/explorermagazine



Gardening Tools

Some sponsored children around the world help take care of gardens as part of their Compassion center activities. By helping to grow fruits and vegetables, the kids learn important skills and get nutritious food to eat.



At a Compassion center in Kerala, India, 80 sponsored children help a large garden grow. Each boy and girl cares for a row in the garden. They plant seeds, water the soil, and compost dead plants to make fertilizer. After the kids harvest the vegetables and fruits that grow, they eat those at their Compassion center. Any extra food from the garden goes home to the kids' families.



EDIBLE EXPERIMENT

Did you know you can turn some food scraps into new vegetables? Plants are living things that can keep growing roots, stems and leaves after they are removed from soil. They just need water and sunlight. Follow these steps to keep a steady supply of green onions, also called scallions, growing in your kitchen.

- 1 Next time your family cooks with green onions, ask an adult to chop off the white roots about an inch from the bottom and give them to you.
- 2 Fill a jar or glass with about $\frac{1}{2}$ inch of water. Place the white roots in the glass, keeping the top cut part above the water. Place the jar on a sunny windowsill.
- 3 Check on your onions every day. What do you notice about them? Switch the water every couple of days. You should see new green shoots within two days, and the top part should be long enough to cut off and eat after just a week!



Seven-year-old Borisut's Compassion tutors planted a garden at his center in Thailand, and taught sponsored kids and their families all about growing organic food. Borisut learned to "plant what you eat, and eat what you plant." His parents used the skills they learned from the tutors to plant a garden at home, where Borisut helps grow limes, pumpkins, bananas and other food to eat or sell.



As part of a farming class at their Compassion center, these sponsored kids in eastern Indonesia take care of a garden about a half-mile from the center. They grow chili peppers, a popular ingredient in spicy Indonesian recipes. By caring for the garden, the children learn farming skills that can help them find work after they finish school.

GUARDIANS of GRAINSBERRY



Raising animals and plants for food or to sell can help people living in poverty survive. In this 2- or 3-player game, pretend your family lives in the make-believe village of Grainsberry and can't afford many resources.

OBJECT

The first player who can make clothes, a meal and a home wins.

INSTRUCTIONS

- 1 Roll the die; highest roller goes first. Player 1 puts a game token on the board in any space she wants. Player 2 then puts 1 token in a different space. Take turns until all 6 spaces contain only 1 token each.
- 2 On your turn, roll the die. The space on the board (right) that matches the die gives a resource only to the player who has a token there. Example: Player 1 rolls a 3, which matches the die in the "eggs" space. Player 2 has a token there, so he gets money (his make-believe family sells eggs). Player 2 writes "money" on his resource list.
- 3 The next player takes a turn, repeating Step 2. On spaces that give more than 1 type of resource, pick only 1 and write it on your list.
- 4 Take turns rolling to gain resources. The pictures on this page show which resources you need to make a meal, clothes and a shelter. On your turn, you can exchange any 3 resources for any 1 resource of your choice, or you can trade with other players who want to. Examples: To make clothes, you need 1 wool and 1 thread, but you have no thread. You do have 2 milk and 2 wool. To exchange, cross out 2 milk and 1 wool on your score sheet and add 1 thread. To trade, ask another player if he will give you 1 thread if you give him 1 wool. Mark the trade on your score sheet. You can now make clothes.

SUPPLIES

6 GAME TOKENS

An equal number of 1 type for each player.
2-player example: 3 buttons for Player 1;
3 pebbles for Player 2. 3-player example:
2 buttons for Player 1; 2 paperclips for
Player 2; 2 pebbles for Player 3.



6-SIDED DIE



PAPER [resource list] AND PENCIL



GAME BOARD ON THE OPPOSITE PAGE





GARDEN [1 dot]

vegetable

GIVES



COW [2 dots]

milk or meat

GIVES



EGGS [2 dots]

money

GIVE



CROPS [4 dots]

thread or vegetable

GIVE



TREES [4 dots]

building supplies

GIVE



SHEEP [4 dots]

milk or wool

GIVE



→ Just for Grins and Giggles

Compassion workers frequently weigh babies in the Child Survival Program, like this sleepy boy in the Philippines, to make sure they're staying healthy.



KIDS, SEND YOUR CAPTIONS TO:

Compassion International, Attn: *Compassion Explorer Magazine* Editor, 12290 Voyager Parkway, Colorado Springs, CO 80921. Or email it to compassionkids@compassion.com.



Mooove on - my dinner is getting cold.

Spencer, 8
 Wausau, Wis.

Cow on the run. WATCH OUT!

Patricia, 10
 Raleigh, N.C.

Catch that cow! He ate my homework!

Amber Wester, 13
 Fountain City, Wis.

Run, run, run! As fast as you can! You can't catch me ... I'm the Runaway Cow!

Maranatha, 8
 Kansas City, Mo.

The bull got out. No one wear red!

Adilyn, 11
 Lockhart, Texas

Cow: "I think my fans are just a *little* too enthusiastic."

Jacob, 12
 Kearney, Neb.

The bull got out. No one wear red!

Adilyn, 11
 Lockhart, Texas



Remember this picture from the Summer 2015 *Compassion Explorer Magazine*? These are some of your great captions!

CALLING ALL EXPLORERS!

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- ① Parents: Go to App Store.
- ② Search "Compassion Magazine" and download free app.
- ③ Choose *Compassion Explorer*.

