



Canadian Lutheran
World Relief

GIFTS FROM THE HEART

2023 CHRISTMAS
CATALOGUE

New this year!
*Give kids a hot
meal at school,
inside on **page 2***

School meals

Young learners can't thrive if they're hungry at school. Give a child a month of meals at school, including rice, beans, eggs, milk, cheese and veggies!

\$20



Here's how it works

1. You choose just the right gift for that person on your list, like a pair of goats or a flock of chickens!
2. We'll send you a beautiful card you can share with your loved one to tell them about the special gift made in their honour.
3. Your gift changes lives — thank you!

3 ways you can give Gifts from the Heart today

- Fill in and return the enclosed order form in the envelope provided.
- Give safely and securely online at www.clwr.org/GFTH
- Call toll-free: 1.800.661.2597

We're working with people around the world to determine what they need to be self-sufficient, and your gifts are a critical part of empowering them to live in justice, peace and dignity. All gifts featured in Gifts from the Heart represent real items from our work around the world, and the symbolic gift you choose from Gifts from the Heart will help support communities with the items they need most. Charitable donation receipts are issued to the donor for all gifts. This year's Tiny Hearts poster is representative of CLWR's GRIT project, which is implemented in partnership with LWF Jerusalem, and funded by Global Affairs Canada.

Give hope in crisis



Emergency food

Give life-saving food to a family in an emergency. When disaster, drought or famine strikes, your gift will allow our local partners to immediately get life-saving food to families facing severe malnutrition. Your gift will be matched 4:1!

4:1 Match

\$20

Refugee sponsorship

We're working with churches across Canada to safely provide a new start in Canada to refugees who had to leave everything. Your gift can help provide a warm, safe "welcome home."

YOUR
CHOICE
\$

Emergency response fund

When disaster strikes, it's your gift that will allow us to respond. Your gift, of any amount you choose, will respond immediately to people in emergency situations around the world.

YOUR
CHOICE
\$

Shelter for refugees

Refugees and displaced families desperately need shelter in countries including Ukraine. Your gift will help us provide a safe place for people who've had to flee—especially vulnerable people like single mothers, the elderly and people with disabilities.

\$50

Give the gift of food

Crop know-how

Give training to farmers so they can grow more food to feed themselves, their families and their communities.

3:1 Match

\$100

Seeds

Hope grows from the smallest seeds! For people starting over after drought, disaster or war, seeds provide healthy food and the ability to earn an income. Your gift can become a full garden for two families!

3:1 Match

\$50

Garden tools

Your gift of garden tools like spades, rakes and hoes will help families grow gardens full of healthy food to eat and sell at the market.

3:1 Match

\$75

Fight drought

Drought is putting farmers at risk of losing their livelihoods, with many forced to leave their homes. Your gift can give farmers hope through the construction of irrigation canals that will connect farmers' fields to a steady water supply.

3:1 Match

\$250



Give clean water



Water for women

In Myanmar, where women face regular safety risks, a Lifesaver unit in a women's centre can provide regular clean water for 60+ women and girls.

\$400

Emergency water

When families are facing disaster, clean water saves lives. Your gift will provide a family with a safe source of water while they get through crisis.

\$30

Build a latrine

Your gift provides a refugee family with the materials to build their own latrine, improving health, hygiene and safety for the whole family.

\$200

Clean drinking water for a community

Everyone should be able to get enough clean water to meet their daily needs. You can build a well in a refugee settlement, which will provide refugees the life-giving water they need.

\$2000

MANY WOMEN AND GIRLS aren't able to go to school or find good jobs, but together we can help! When you support education programs like our project called GRIT in the West Bank, you give women a chance to chase their dreams and provide for their families!





Tiny Hearts

Let your little ones share in the joy of giving with Tiny Hearts! Choose gifts from this page for the tiny hearts in your life, and you'll help give someone access to schooling, a career, and a new future!



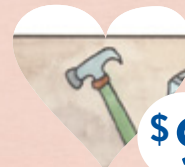
\$5

Mouse



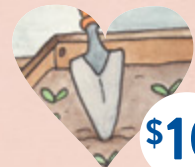
\$6

Wrench



\$9

Hammer



\$10

Garden tools



\$15

Chef's hat



\$30

Help make a classroom open to everyone

Give opportunity

Protect
your gift: add
veterinary care for
your livestock!

\$15

Pair of goats

Goats meet many needs — their milk, cheese and meat add healthy protein to diets, and their young can be sold to pay for education, housing and healthcare, or given to other families in the community.

\$70



Flock of chickens

Families who've had to flee their homes need a way to generate income again. Help a family start a small chicken farm, which gives them eggs, meat and a way to build a livelihood.

3:1 Match

\$45

Start a livestock farm

Give a displaced family the start of a new life with a rooster and four hens, 5 sheep, 4 goats, a dairy cow and an ox for farming.

\$1200

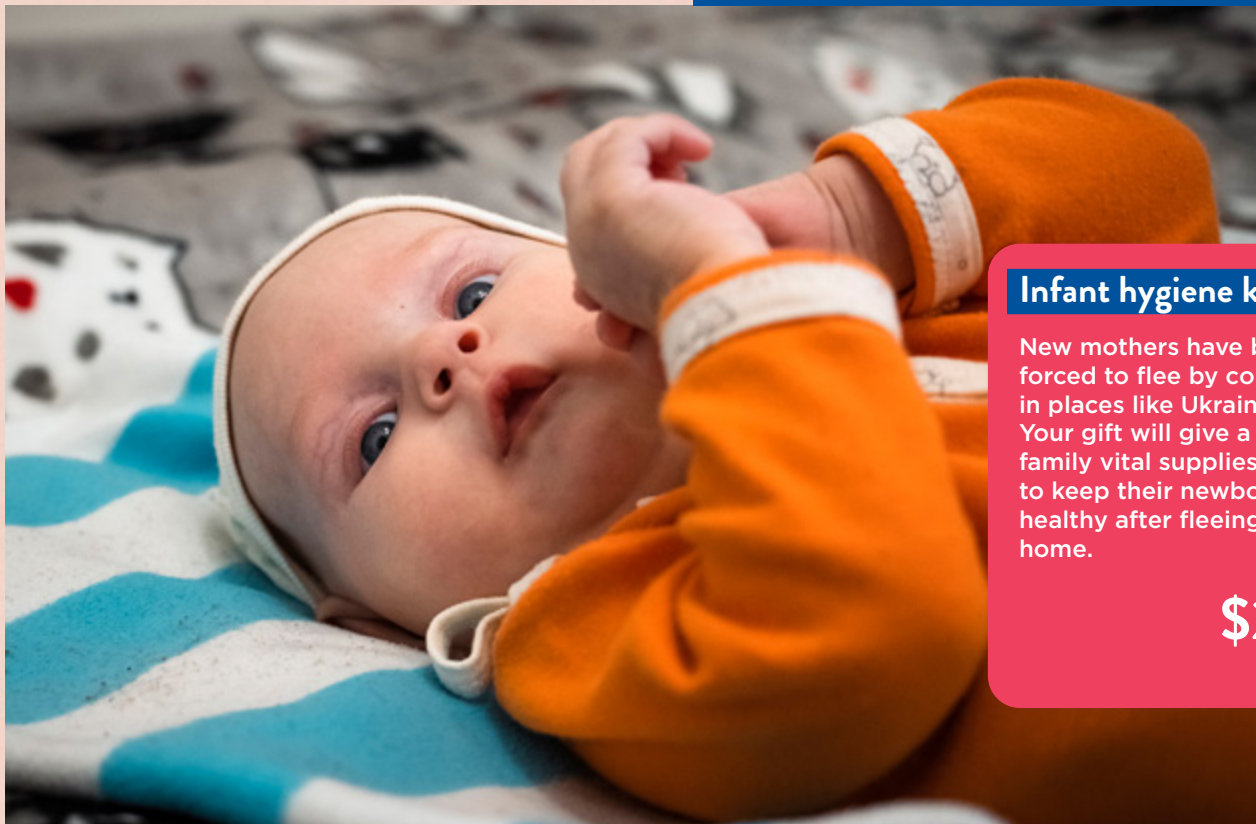
Fishing kit

In regions where heavy flooding has covered farmland, fishing has become the best source of income and food. Provide a kit to get a family started.

\$10



Give the gift of health



Infant hygiene kits

New mothers have been forced to flee by conflict in places like Ukraine. Your gift will give a family vital supplies to keep their newborn healthy after fleeing home.

\$20

Mobile clinics

In the West Bank, your gift will provide life-saving medical care by supporting a unique mobile mammography clinic and mobile diabetes clinic.

\$75

Pregnancy care

Being forced to flee can be especially difficult for expecting mothers. Your gift will provide care and support at a women's centre

\$60

Dialysis for a child

Giving dialysis to a child with kidney disease can save their life. Your gift provides treatment for kids at Augusta Victoria Hospital.

\$500

Give women the chance to thrive

Technical scholarship

Give a young woman in the West Bank a scholarship so she can attend technical or vocational school. In a region facing chronic poverty and unemployment, you can help launch a young woman's career this year!

\$750



Women in business

In Ethiopia, many single mothers are displaced and don't have a stable source of income. Your investment in an aspiring entrepreneur will equip her with what she needs to start a business.

\$100

Solar lights for safety

In refugee settlements, women and girls are particularly vulnerable. Make sure community water sources, latrines and other public areas are well-lit by installing a large solar light to keep women and girls safe.

\$100

Safe space for women

Women and girls who have to flee home can face so many risks. These special facilities in places like Tigray, Ethiopia provide displaced women with support, security and critical services including trauma care.

\$200



Where needed most

Not sure what to choose?

Make a gift that will go where it's needed most. Inspired by God's love, we respond to poverty and injustice, and we challenge their root causes.

By giving to where needed most, you allow us to carry out that mission quickly and effectively, all around the world.

YOUR
CHOICE
\$

Quick gifts to help now

Our warehouse closed during the pandemic, but thanks to our partners you can provide help more quickly and sustainably by choosing these items that will be bought locally in the regions we work!

Dignity kit

In Myanmar, most women who are displaced can't get basic menstrual health items, which stops them from leaving their homes, going to school or work. When you give the gift of a dignity kit, which includes soap, underwear and sanitary pads for women, you're giving them an equal opportunity to work and learn.

\$15



Learning kit

When a child is forced to flee, they lose so much, including the ability to learn at school. Your gift will give a child the chance to learn and grow!

\$20

Blankets

Your gift will provide warm blankets for a family that's been forced to flee from their home community.

\$30



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Make sure
displaced
women have
a safe space
to receive
support.



**Canadian Lutheran
World Relief**

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CHARITY REGISTRATION NUMBER: 106863038RR0001

Charitable donation receipts are issued to the donor for all gifts.