



**GIFTS**  
FROM THE  
**HEART**

2022 CHRISTMAS  
CATALOGUE



Canadian Lutheran  
World Relief

*Help Ukraine! Give shelter to  
displaced families, inside on **page 3***

## 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!

**\$20**



## Here's how it works

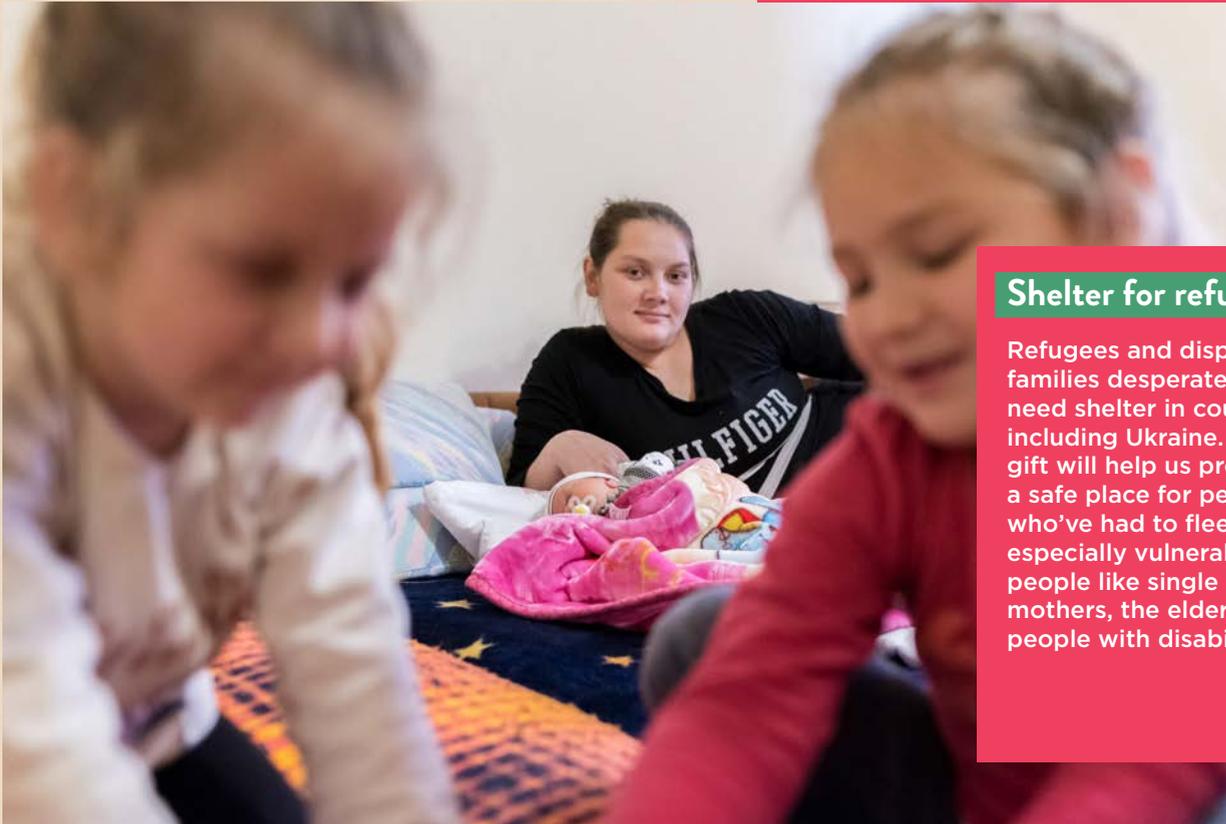
1. You choose just the right gift for that person on your list, like a pair of goats or a flock of chickens!
2. We'll send you a beautiful card you can share with your loved one to tell them about the special gift made in their honour.
3. Your gift changes lives — thank you!

## 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](http://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.

# Give hope in crisis



## 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**

## Refugee sponsorship

Even during COVID, 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  
\$

## 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**

# Give the gift of food



## 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

## 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

## Crop know-how

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

3:1 Match

\$100

## Fight drought

In Ethiopia, drought has put 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 at home

When families are forced to flee, one of the most pressing concerns is where they'll get water. Your gift will provide two families with water treatment chemicals so they'll have easy access to clean water.

**\$16**

## Hand-washing stations

Your gift will provide a hand-washing station at a market in Ethiopia, so that families can safely buy supplies and generate income without the risk of spreading disease, including COVID-19.

**\$80**

## 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.

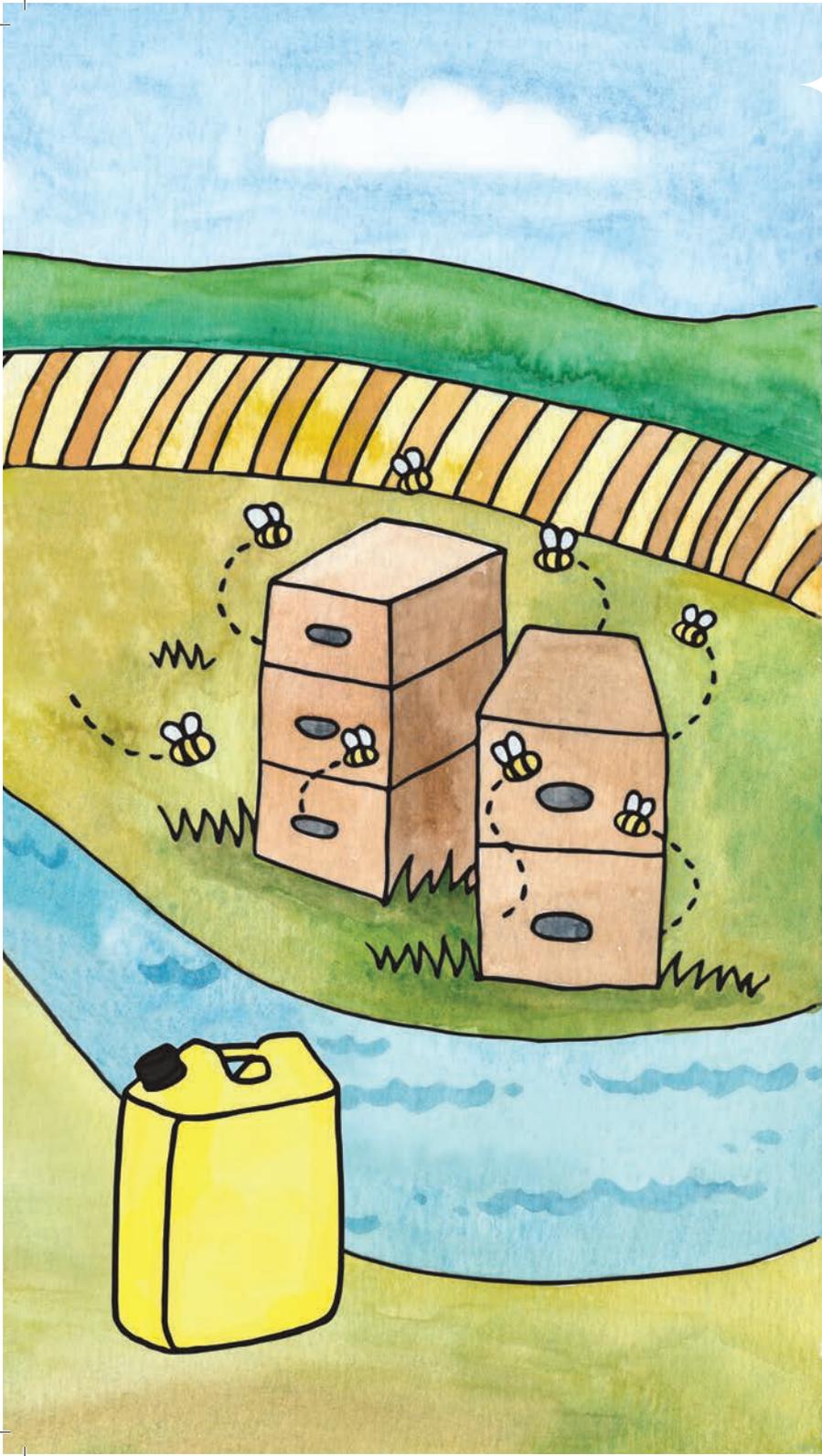
**\$200**

## 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**





# Tiny Hearts

Let your little ones share in the joy of giving with our Tiny Hearts garden! Choose gifts from this page for the *Tiny Hearts* in your life, and you'll help give a family everything they need to grow their own food.



\$5

Chicken



\$5

Bees



\$5

Trees



\$5

Seeds



\$8

Water jug



\$12

Garden tools



\$35

Goat

Whole garden **\$75**

# Give opportunity ✨ ✨ ✨

## Veterinary care

Livestock like goats and chickens can give families so much opportunity – but only if the animals stay healthy. Your gift will make sure a family has access to veterinary care for their livestock.

**\$35**



## 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**

## 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**

## Learning kit

When a child is forced to flee, they lose so much, including the ability to learn at school. Your gift will help make this right for a child in a country like Ukraine.

**\$20**

# 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**

## A safe birth

Give a gift of health and hope for mothers and their newborns! Your gift will help provide delivery beds, postdelivery beds and supplies to over-stretched health centres in Northern Uganda.

**\$50**

## 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 opportunity 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 Uganda, 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



### Shelter kit

When disaster strikes, your gift will give a family in crisis a safe place to sleep.

\$50

### 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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Your gift can help displaced women provide for their own families by growing their own food.



**Canadian Lutheran  
World Relief**

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**[www.clwr.org/GFTH](http://www.clwr.org/GFTH)**

**CHARITY REGISTRATION NUMBER:** 106863038RR0001  
Charitable donation receipts are issued to the donor for all gifts.