

# CLASSROOM RESOURCES

## Bible Books for Families in Ukraine



A mission project of the  
**LUTHERAN HERITAGE  
FOUNDATION**

- Arts & Crafts
- The Ukrainian Language
- Holiday Celebrations
- Language Arts
- Music
- Snacks
- Games & more





# THANK YOU

for adopting "Bible Books for Families in Ukraine" as a mission project for your students. Their mission gifts will make a big difference in the lives of Ukrainian families who are suffering in the midst of war and want to learn more about Jesus.

In this packet are several activities you can use to help bring this project to life for your students. You may be surprised to realize that you're already familiar with certain aspects of Ukrainian history and culture, such as the beloved children's story "The Mitten," or the famous Christmas song "Carol of the Bells."

Along with ways to weave Ukrainian references throughout your curricula, this packet also includes craft and snack ideas. One of the best ways to illustrate the importance of having the Bible and other Christian books in one's own language is to teach your students a few Ukrainian words or phrases. A quick search of the Internet will bring up even more ways to share Ukrainian life with your students.

Of course, it doesn't take a planned activity to keep this mission project in your students' minds. Including the project in your classroom prayers, sharing the enclosed classroom devotion/chapel message, or celebrating offering milestones will all help to keep the project in the children's thoughts and prayers.

Some of these activities are better suited to a Lutheran day school setting, while others will work well in a Sunday school or VBS classroom. Feel free to pick and choose the activities you think will best help your students identify with their Ukrainian brothers and sisters in Christ.



## ONLINE LINKS:

As you look through these Classroom Resources, you'll often see the symbol above, indicating that there are online enrichment activities that you may want to consider. These links (and other downloadables) are available for your convenience at the LHF website:

**[www.LHFmissions.org/  
UkraineLinks](http://www.LHFmissions.org/UkraineLinks)**



# GENERATING ENTHUSIASM AND SUPPORT

The Lutheran Heritage Foundation has been offering mission project ideas to Lutheran schools and Sunday schools for nearly 20 years. In that time, we've been pleased that teachers from across the United States have shared with us their creative ideas for generating enthusiasm and support for the projects among their students and their families:

**1. Use the English *One Hundred Bible Stories* in your classroom devotions.**

Explain to your students that Lutheran day schools are illegal in Ukraine, but that the children *can* go to Sunday school and vacation Bible school. Remind them that the book you're using is the one that their offerings will provide for their Ukrainian brothers and sisters in Christ.

**2. Publicize the children's project to your church and school family.**

In your weekly parent letters or church bulletins, keep a running total of how much money the children have given. Divide that total by five, and let everyone know how many Ukrainian children will now be able to have a Bible storybook, thanks to your students' generosity!

**3. Maintain a missions bulletin board.**

Keep a running total of the amount raised on your bulletin board, along with a pictograph of how many books the children have funded. You can use something as simple as a cutout of a book shape, or a photocopy of the book cover as a graphic. When the students give enough to provide another book, celebrate the occasion!

**4. Hold a special fundraising event.**

You might have a spaghetti dinner, a bake sale, or a children's "Christmas in Ukraine" party. Talk to your congregation's Thrivent representatives about obtaining Thrivent Supplemental Funds for this LHF mission project.

**5. Have a year-end mission party!**

Once you've concluded your participation in this project, joyfully celebrate! Decorate, and prepare some of the recipes and play some of the games suggested in this packet. Create a "big check" written out to LHF, gather the children around it, and take a picture.



# UKRAINE IN YOUR CLASSROOM

There are many ways to weave references to Ukraine into your Lutheran day school curricula:

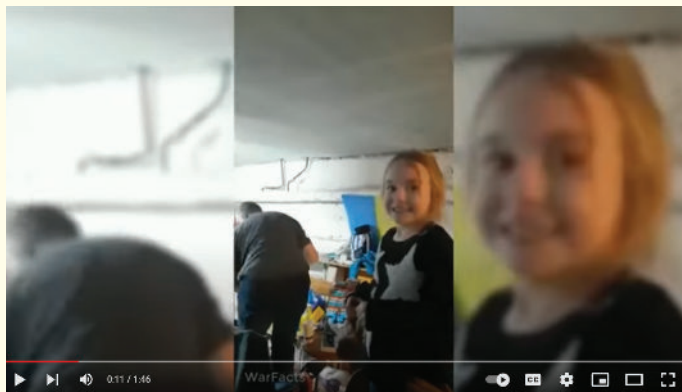
## CURRENT EVENTS



Help your students put themselves in Ukrainian children's shoes by watching this video highlighting the experiences of families fleeing the Ukrainian/Russian conflict.



<https://sharemylesson.com/todays-news-tomorrows-lesson/being-ukrainian-refugee>



See living conditions in a Ukrainian bunker, where in dark days, a little girl brings a moment of joy.



<https://www.youtube.com/watch?v=x5hAx1AaMNY>

## MUSIC

Ukraine has a rich musical heritage. Several famous musicians have Ukrainian roots, including:

[Sergey Prokofiev](#) (1891-1953) was born in Katerynolav, Ukraine in the late 1800s. Even your youngest students can be entertained by listening to one of Prokofiev's most famous compositions, *Peter and the Wolf*.

[Peter Tchaikovsky](#) (1840-1893) was born in Russia to a Ukrainian father and a French mother. Tchaikovsky's *Symphony #2* is nicknamed "Ukrainian Symphony" because of its use of Ukrainian folk themes.

[Vladimir Horowitz](#) (1903-1989), a brilliant concert pianist, and master violinist [Isaac Stern](#) (1920-2001) both emigrated from Ukraine to perform in the United States and Canada. If you don't have recordings of their music in your school or home, check your local library. Many clips are also available on YouTube.

Many Ukrainians have found comfort and solace in music as the war has raged outside their bomb shelters. Watch a video on that topic here:



<https://sharemylesson.com/todays-news-tomorrows-lesson/music-ukraine>

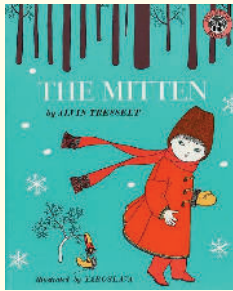
## LITERATURE, LANGUAGE

[Ukrainian Proverbs](#) - Share these Ukrainian proverbs. What insights can your students gain?

- Your head is not only for putting a hat on.
- No matter how hard you try, the bull will never give you milk.
- The church is near, but the way is icy. The tavern is far, but I will walk carefully.
- Only when you eat a lemon do you appreciate what sugar is.
- A dream is sweeter than honey.
- For a job we need time. For fun we need one hour.
- Love tells us many things that are not so.
- A crow will never be a falcon.
- Black souls wear white shirts.
- A hungry wolf is stronger than a satisfied dog.
- Flies will not land on a boiling pot.
- Borrowed bread lies heavy on the stomach.
- Fire starts with sparks.
- He who licks knives will soon cut his tongue.
- Keep fire away from straw.
- Love will find a way. Indifference will find an excuse.
- If you chase 2 hares at the same time, you will catch neither of them.
- The devil always takes back his gifts.
- The earth will cover the doctor's mistakes.
- The malicious cow disturbs the entire herd.
- The word "enough" does not exist for water, fire and women.

## LITERATURE, LANGUAGE (CONT.)

Below are several books appropriate for different age levels. If your school library doesn't have these books, consider seeking them out through interlibrary loan at your public library.



### ELEMENTARY

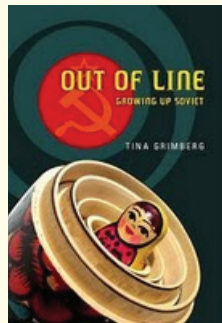
#### ***The Mitten*, by Alvin Tresselt**

A Ukrainian folk tale. Deep in the woods on the coldest day of winter a little boy drops his mitten. And that lost mitten stretches and stretches -- and stretches! -- to provide shelter for many woodland creatures. The Ukrainian illustrator Yaroslava drew the animals wearing Ukrainian costumes. The story makes a wonderful impromptu play to do with a group of children, some stuffed animals and a big sheet or blanket.

#### ***Sirko and the Wolf*, by Eric Kimmel**

A dog and a wolf help each other in time of need in this Ukrainian tale that explains why dogs and wolves are forever friends. The illustrator paints the rolling Ukrainian countryside in summer and winter, and presents detailed interiors with its inhabitants in period clothing to provide readers a peek at days gone by. Eric Kimmel has also written two other Ukrainian folk tales for children: *The Castle of the Cats* and *The Bird's Gift: A Ukrainian Easter Story*.

### JUNIOR HIGH



#### ***Out of Line: Growing Up Soviet*, by Tina Grimberg**

Upper elementary teachers may also want to share portions of this author's first-hand accounts of growing up in Ukraine in the 1970s. Tina Grimberg's collection of memories of growing up in Kiev, Ukraine gives readers a look behind what was the Iron Curtain. She tells of endless hours standing in line for basic necessities, yet experiencing the joys of family and friends who support each other in spite of the difficult conditions. Note to teachers: Though this is an excellent book, be sure to read it before sharing it with your students. Certain parts may not be appropriate for all ages.



#### ***Souvenirs From Kyiv*, by Chrystyna Lucyk-Berger**

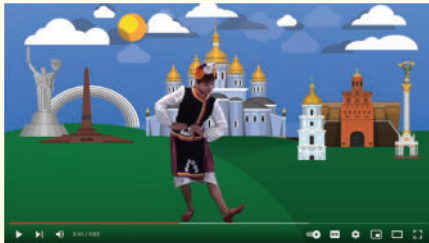
Larissa is a renowned embroiderer, surviving in occupied Ukraine during World War II as a seamstress in her ruin of a workshop. Surrounded by enemies, she expresses her defiance by threading history into her garments. But at what cost? ... Mykhailo is a soldier on leave, returning to Ukraine from the front on Christmas Eve. As he travels through his country, he is confronted by the hardship the war has brought to his fellow countrymen. Will what he sees this Christmas change the course of his life forever? These stories bring to life the true history of Ukrainian families who fought to survive World War II. Laced with hope, *Souvenirs from Kyiv* celebrates the endurance and resilience of the human spirit.

# UKRAINE'S CULTURE



Children of all ages will be captivated by the Ukrainians' high-energy folk dances, especially the Hopak. They even may be excited to try replicating their moves during recess and gym class!

<https://www.youtube.com/watch?v=A0gdrzOi1A>



Teach your students some simple Ukrainian folk dance steps! Though the start of this video is directed to very young children, even your oldest students will enjoy learning these simple and then more complicated steps.

<https://www.youtube.com/watch?v=9I3IMZ20j2k>



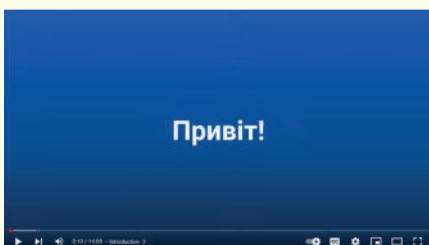
Many of your students will know of the American TV show, "America's Got Talent," but did you know Ukraine's Got Talent, too? During free time, share this video of a superstar child yodeler who wows her Ukrainian audience.

<https://www.youtube.com/watch?v=CHspo7fphCI>



Perhaps as part of your LHF devotion time (see enclosed Devotion Booklet), share this video of Ukrainian children singing "Jesus Loves Me."

<https://www.youtube.com/watch?v=zW-9V27vMQg>



Learn a bit of the Ukrainian language! Victor and Oksana teach some basic words and phrases, such as "hello" and "My name is..."

<https://www.youtube.com/watch?v=KC4lh8tfA70>



# HOLIDAY CELEBRATIONS

The history of Ukraine is a story of greatness and oppression. Ukrainians are a strong, deeply religious people who kept their culture and traditions alive through decades of struggle. In their many religious ceremonies and age-old traditions, Ukrainians pay tribute to the source of their strength: a deeply held faith in God, love of family, and a sense of oneness with nature.



## CHRISTMAS

Christmas Day in Ukraine (and in Ukrainian communities around the world) falls on **January 7**, in accordance with the Julian calendar. The newer Gregorian calendar, adopted by the Roman Catholic church in 1592, became the standard for most of the world. However, the Ukrainian churches never made the switch and still mark religious dates by the older Julian calendar.

- When you celebrate Christmas in your school or Sunday school, explain to the children that their Ukrainian brothers and sisters in Christ must wait a little while longer before having their own celebrations. Once you've returned from vacation and as the Ukrainian Christmas nears, mention the date again to your students.

In Advent, several holy days lead up to the birth of Jesus Christ. During this time, many Ukrainian Christians observe a meatless, milkless fast that culminates with a Christmas Eve feast called Sviata Vecheria, or Holy Supper. Anywhere from seven to seventeen dishes may be served, although the traditional number is twelve (representing the twelve apostles).

Much careful preparation goes into the Sviata Vecheria. One of the favorite traditional dishes is a delicious bread called **kolache** (KO-latch). When making kolache, the dough is divided into three pieces and braided together, representing the Trinity. The braid is shaped into a circle (symbolizing eternal life in Christ) and after it is baked, a candle is placed in the center. Lit, the candle symbolizes the star of Bethlehem, or the light of Christ in the world.

- During your classroom Christmas party, serve **Easy Christmas Kolache** (recipe in this booklet). You or a parent can make this bread ahead of time, or you can make it with the students if you have the facilities and time permits.



## CHRISTMAS (CONT.)

Candles are also placed in the windows of Ukrainian homes, sending out a welcoming light to any lonely, hungry person who might pass by. Remembering the plight of Mary and Joseph on the first Christmas Eve, Ukrainian families want to be sure the light of their hospitality shines bright this night.

At midnight or early the next morning, everyone but the sick or very old attends Christmas Day worship. The service is filled with beautiful choral music. In some places, the Christmas Mass begins at midnight and continues until the first light of Christmas morning!

Calling a merry "Khrystos Rozhdaietsia!" ("Christ is born!") and answering "Slavite Yoho!" ("Let us glorify Him!"), families head home from midnight worship to prepare for a merry Christmas Day of caroling and visiting with family, neighbors and friends. Some of the carolers dress as shepherds, wise men and angels and, at each stop, present a Christmas play along with their carols.

- One famous Ukrainian Christmas carol your students may know is the "[Carol of the Bells](#)" (also known as "Ring, Christmas Bells," featuring more Nativity-based lyrics). Try singing this carol together at Christmas time, or perhaps play a recording of the song during your Christmas festivities. The original Ukrainian song is based on an old Slavic legend that every bell in the world rang in honor of Jesus on the night of his birth.

Ring Christmas bells, merrily ring,  
Tell all the world Jesus is King.  
Loudly proclaim with one accord  
The happy tale, Welcome the Lord.

Ring Christmas bells, sound far and near  
The birthday of Jesus is here.  
Herald the news to young and old,  
Tell it to all in every tongue.

Ring Christmas bells, tell loud and long  
Your message sweet, peal and prolong,  
Come all ye people, join in the singing,  
Repeat the story told by the ringing.

Ring Christmas bells, throughout the earth  
Tell the glad news of Jesus' birth,  
Loudly proclaim with one accord  
The happy tale, Welcome the Lord.

## EASTER

The most important day for Ukrainian Christians is Easter. The pastor greets the people by saying “Chrystos Voskres” (“Christ has risen”)!

During the 40 days of Lent, Ukrainians prepare themselves spiritually by fasting, like they did during Advent. No meat or dairy products are eaten. They scrub their houses inside and out. The week before Easter, they prepare food for the Easter feast.

Another important part of Ukrainians' Easter celebration is making decorated Easter eggs. There are two types of Easter eggs: a simpler one, called *krashanka* (“KRAH-shahn-kah”), is an edible boiled egg painted with one bright color. The more detailed *pysanka* (“PIH-sahn-kah”) is a raw egg intricately painted by covering portions of the egg with wax, and then dipping the egg into different colored dyes.

- At Eastertime, remind your students of the Ukrainians' egg-decorating tradition. Perhaps dye Easter eggs yourselves, or create your own designs using the pattern supplied in the [Crafts](#) portion of this booklet. You may also wish to do an online search for “pysanka” and share photos of the Ukrainians' beautiful work.





*Kolach*

# RECIPES

## **NALYSNYKY (PANCAKES)**

Ingredients:

2 eggs	1/2 c. sifted flour
1/3 c. milk	1/4 tsp. salt
3 Tbsp. water	

Directions:

1. Beat eggs with a whisk or electric beater until light and fluffy. Add the milk, a little at a time, beating it in well.
2. Add the water in the same way, and then beat in the flour and salt, making sure there are no lumps. The batter shouldn't be too thick (should be the consistency of thick cream).
3. Lightly grease a small frying pan. Heat until fairly hot, and put enough batter in to thinly cover the bottom of the pan (tip the pan to make an even coating). Keep a close eye on the heat, so that the pancake doesn't burn.
4. Do not flip the pancake; just let it cook through. When the bottom is lightly browned and the pancake is firm to the touch, carefully take it out of the pan without breaking it and place on a plate to keep warm.

Ukrainians like a variety of fillings, sweet and savory, in their pancakes. One quick and easy filling is to spread canned pie filling (Ukrainians most often use cherry or poppy seed) onto a pancake and carefully roll up. Or, you can try:

## **HOMEMADE POPPY SEED FILLING:**

1/2 c. poppy seeds	1 c. sugar
2 c. milk	2 Tbsp. cornstarch

Cook poppy seeds and 1 1/4 cups milk for 30 minutes, then add 3/4 cup milk, sugar and cornstarch. Cook for 5 minutes. Cool.



## CHRISTMAS HONEY BALLS

### Ingredients:

1 stick margarine	4 eggs
4 c. flour	2 tsp. baking soda
1 c. honey	2 tsp. baking powder
1 c. sour cream	48 walnut halves

### Directions:

1. Preheat oven to 350 degrees.
2. Cut margarine into flour with a pastry knife.
3. Place honey in a microwave-safe bowl and heat on 50% power until bubbling (or, place honey in a heat-resistant glass cup and place cup in a pan of hot water; stir).
4. Add honey to flour and margarine; stir well
5. Add sour cream, eggs, baking soda and baking powder. Knead into a smooth dough. Add more flour, 1 tablespoon at a time, until dough is no longer sticky.
6. Pinch off small pieces of dough and roll into 3/4-inch balls. Place balls on greased cookie sheet. Press a walnut half into the center of each cookie.
7. Bake for 15-20 minutes, until golden. Cool on a wire rack.

Makes 48 cookies.

## EASY CHRISTMAS KOLACHE

### Ingredients:

1/2 cup butter or margarine	1 (1 pound) loaf frozen bread dough, thawed
1/2 cup packed brown sugar	1/2 c. chopped pecans
2 teaspoons ground cinnamon	1/4 c. maraschino cherries, halved

### Directions:

1. In a saucepan, combine butter, brown sugar and cinnamon; cook and stir over low heat until sugar is dissolved.
2. Next, cut dough into three even pieces. Roll each piece into a rope and place them side by side. Braid the three pieces together and pinch the braided ends together. Bring the two ends together to make a braided circle, tucking one end under the other and pinching together.
3. Spread a fourth of the syrup mixture over the bottom of a lightly greased 10-in. or smaller tube pan. Sprinkle with half of the pecans and cherries. Place the bread braid on top and sprinkle the remaining syrup mixture, pecans and cherries. (If you wish, you may now cover with plastic wrap and store in the refrigerator overnight. If you do, remove from the refrigerator 30 minutes before baking.)
4. Bake at 375 degrees for 30-35 min. Immediately invert bread onto a serving plate. Serve warm.

## FRUIT COMPOTE (a traditional Ukrainian drink)



### Ingredients:

Any kind of fruit or berry  
(an assortment is the best!)  
Sugar (1 to 2 cups)  
Lemon juice or citric acid

### Directions:

1. Fill a large pot half to two-thirds full of fruit (pictured here are apricots, assorted sour berries, and four lemon slices).
2. Boil until all fruit is very soft, about a half-hour or so. Let sit covered for 10 minutes.
3. Carefully pour off juice through a strainer into a serving pitcher.
4. While still hot, add sugar to taste.

Lemon juice or citric acid will cut the sharp sweet taste, bringing out a more natural fruit flavor. Use very little (if using citric acid, a pinch will do at a time) and keep tasting till you get a juice flavor you like.

### Serving Suggestions:

Cool and put in the refrigerator. Serve over ice. You can also add sparkling water into each glass to make it fizzy. Sprite or 7-Up is also good, but can make it too sweet.

Or, you can serve the compote at room temperature like most Ukrainians. Drink it straight but in small quantities.

# GAMES

## **OLD WOMAN KUTSIA**

This game is similar to the American game, Blind Man's Bluff:

Pick one person to be the Old Woman. That person is blindfolded (or closes their eyes) and stands in the middle of the room.

The Old Woman is twirled round 3 times, and then the child has to try to touch the others, who run away from him or her.

The other players should try to get as close as possible to the Old Woman without being caught. The first person tagged is now "Old Woman Kutsia."

## **KRYKA (WILD GEESE)**

10 or more players, played indoors and outdoors.

This is a game of tag where the leader tries to reach the end of the line and tag the last person, or "sleeper":

Players form a long single-file line, each holding the waist of the player in front of him. The game begins with the first player in line, the leader taking the flock on a journey. Since the role of leader is always the most difficult, the leader will always try to change places with the sleeper, the last player in line, and he may do so by catching the sleeper.

However, the sleeper does not want to give up her position and she tries to evade the leader. The leader must then be very tricky to sneak up on the sleeper and catch her sleeping.

If the leader is successful, he becomes the sleeper and the next player in line becomes the leader. Then the game continues, with the leader always taking the flock on a little journey through a series of obstacles (under a table, around a tree, etc.) before he tries to catch the sleeper.



# ART & CRAFTS

## DOUGH ORNAMENT

### MATERIALS LIST:

- All-purpose flour
- Salt
- Water
- Mixing bowl
- Spoon
- Butter knife
- Baking sheet
- Nonstick cooking spray
- Polyurethane spray varnish (optional)
- Ribbon (1/4" wide)
- 24-gauge florist wire (found in craft stores)
- Dried flowers, wheat stalk tops, rose hip berries (optional)

Craft this small wreath to hang on the tree as an ornament, or place a paper doily beneath it on a plate and lay flat as a table decoration. The symbolism behind this ornament is the same as the Ukrainian Christmas bread, *kolach*. The pieces of dough (representing the Trinity) are braided together and formed into a circle (symbolizing our eternal life in heaven with Jesus).

First, make your favorite salt dough recipe, or try this one:

1. Combine in a mixing bowl:
  - 1 c. flour
  - 1/2 c. salt
  - 1/2 c. water

Add more water (one teaspoon at a time) if necessary. Knead for 10 minutes.

2. Place dough on work surface. With a butter knife, divide into equal sections of dough for each child. Depending on the ages of the students, you may need to help them divide their dough into three equal pieces.

3. Students should roll each dough piece by hand into a 9" rope, about 1/4" thick. If dough is sticking to the work surface, sprinkle the surface with a small amount of flour and continue rolling.

4. Pinch the three ropes together at the top, then demonstrate to the students how to braid. Continue braiding to the end of the dough ropes, and then bring ends together to make a circle. Moisten the ends with a small amount of water before pinching together.

5. Spray a baking sheet with nonstick cooking spread and place the wreaths on it. Bake in a low-temperature oven (225 degrees F) until thoroughly dry -- approximately 4-6 hours. (You may wish to bake the wreaths at home and have the students decorate them another day.) Spray with varnish to preserve the wreath.

6. When the wreath is thoroughly dried, decorate it by making a bow out of ribbon. Attach the bow to the wreath by pushing florist wire through the knot at the back of the bow and wrapping wire around the braid. Twist the ends of the wire together to close. This will also serve as a hanger.

7. Additional decorations may be added, such as dried flowers, rose hip berries and wheat stalks tucked behind the bow.

## UKRAINIAN ARTIST MARIA PRYMACHENKO (1909 - 1997)

Maria Prymachenko was a famous Ukrainian folk artist, born to a peasant family near Ukraine's capital city of Kyiv. She attended school for four years before contracting polio, which left her with a physical impairment that impacted her life and art.

During childhood, Prymachenko's mother taught her embroidery, and as she got older, she began creating fantastical creatures in her embroidery work. Eventually she switched to painting, and her works have been displayed in countries around the world.



Unfortunately, a museum dedicated to her works and holding 25 of her paintings was hit by missiles during the Russian invasion in 2022. Local people dashed into the burning museum to save 10 of her paintings before the fires became too great.

Maria's paintings are known for their simplistic nature and beautiful, bright colors. One of her pieces is available on the next page as a coloring sheet; reproduce for your students to color, or encourage them to paint/color their own fantastic beasts!

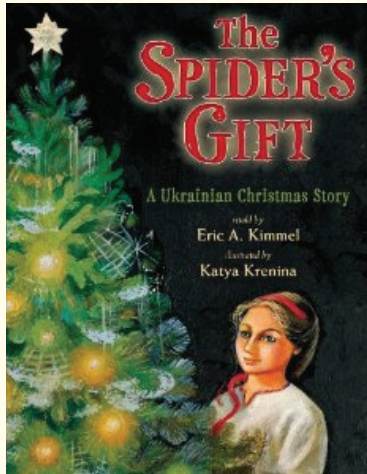








## SPIDER ORNAMENT



A spider at Christmas? Yes! Ukrainian Christmas trees have a spider and web for good luck. Legend has it that a poor woman with nothing to put on her children's tree woke on Christmas morning to find the branches covered with spider webs turned to silver by the rising sun. You can share this tale with your class by reading *The Spider's Gift*, a picture book by Eric Kimmel.

One quick and easy way to make spider ornaments for your students' trees takes just a few items (shown at right).

### MATERIALS LIST:

- 18mm silver jingle bells
- 30mm silver jingle bells
- black pipe cleaners
- black or silver ribbon, 1/8" or 1/4" thick
- Hot glue and hot glue gun

### Directions:

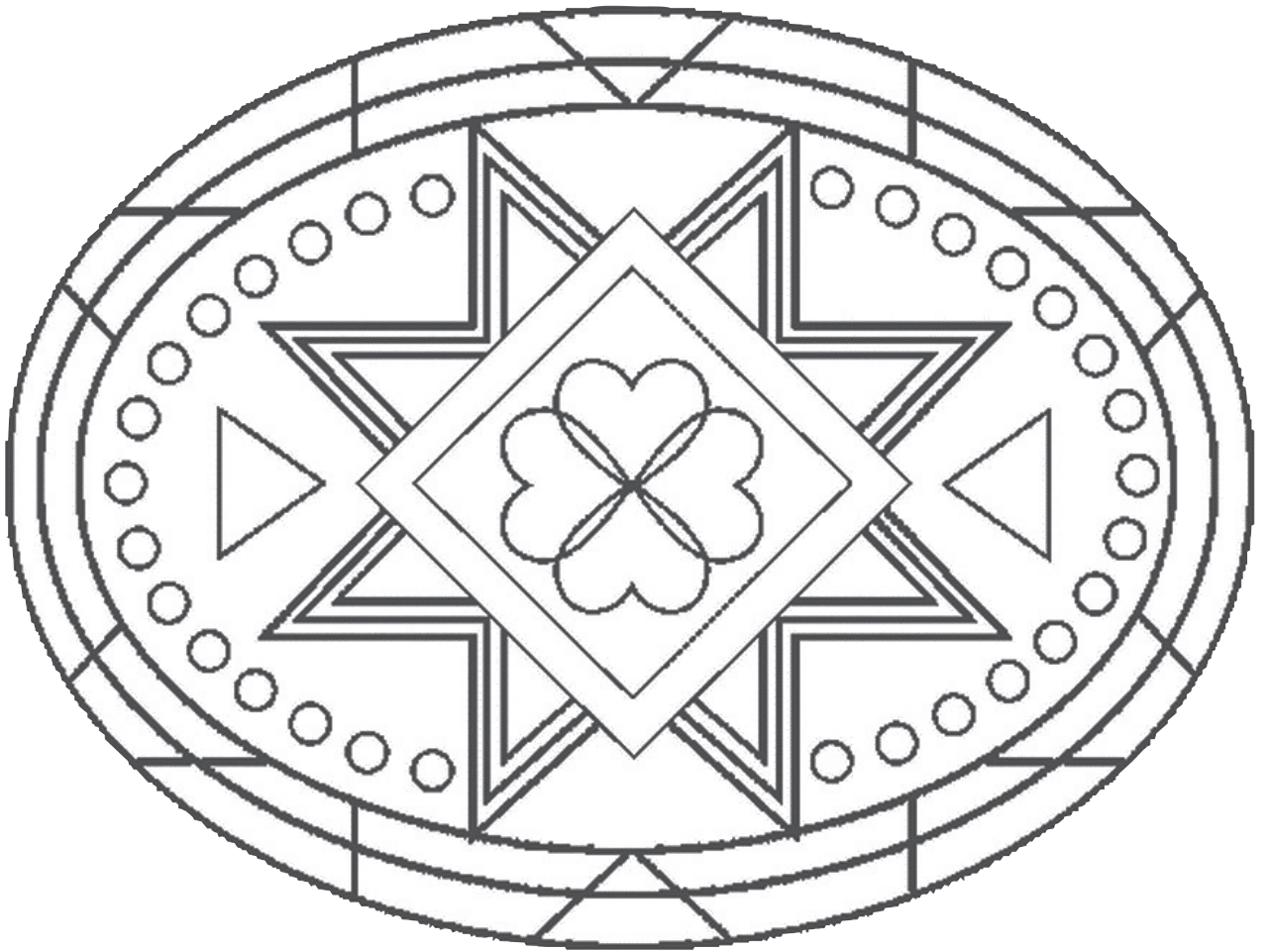
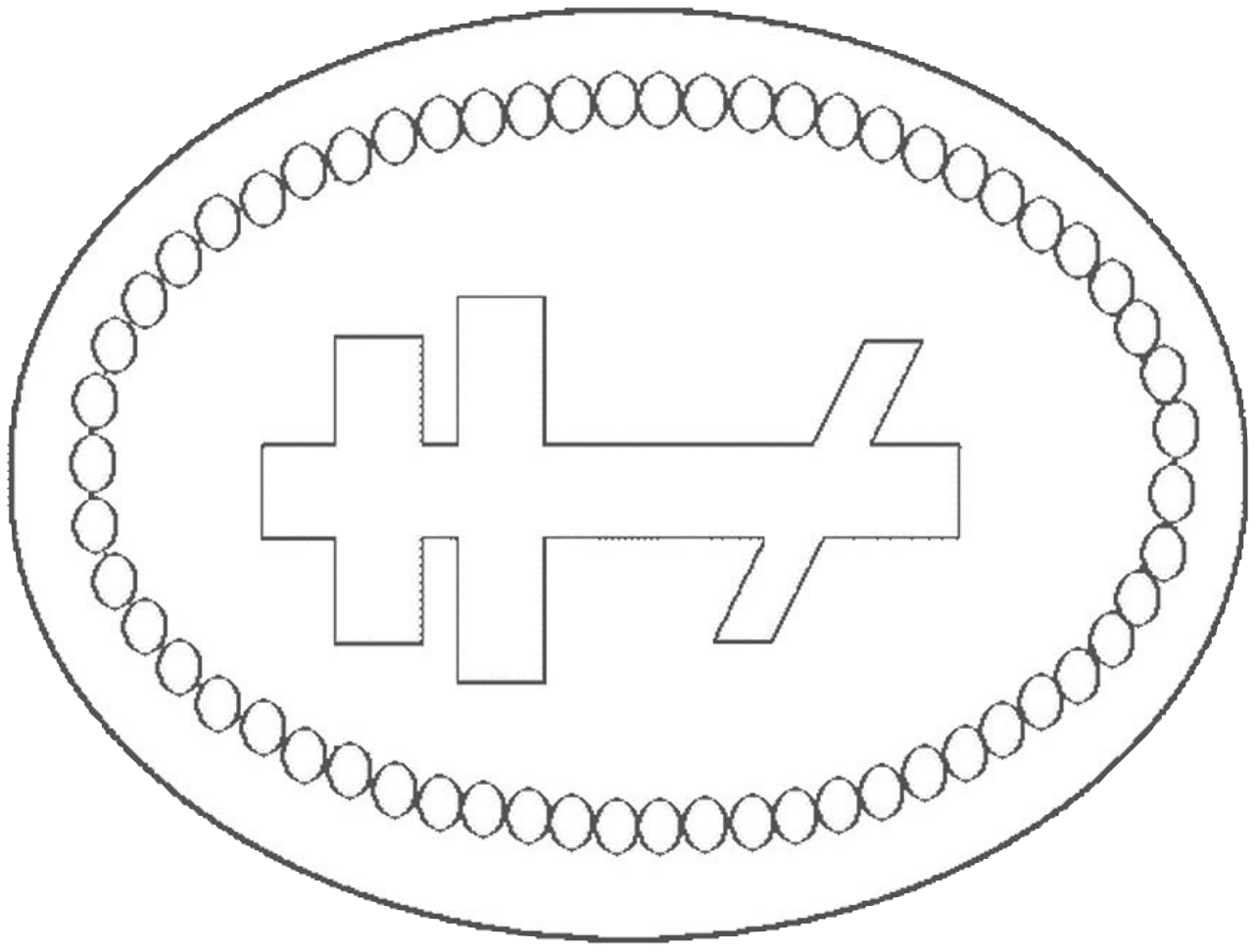
1. Take one 18mm bell and one 30mm bell and thread four black pipe cleaners through the holes of each one. Pull the bells tightly together and twist the pipe cleaners to ensure the bells stay together.
2. Cut the pipe cleaners as necessary to make the correct length for spider legs. Fold the legs into a Z shape to make feet.
3. Use the ribbon to tie a bow around the neck of the spider. Tie another loop through the bow to make a hanger.

## PYSANKA (EASTER EGG) DESIGNS

Ukrainians design very complicated designs for their Easter eggs. Your students can color their own eggs using the patterns on the following page (you may choose to enlarge them with a photocopier). Other designs are available on the Internet; simply do a search for "Ukrainian Easter egg design."



You may be curious about the cross on the top egg. This is called a [Slavonic cross](#), which is different from the cross we usually see here in the United States because it includes a lower bar. One part of the bar points upwards, one part of the bar points downwards. According to Rev. Slavik Horpynchuk, bishop of the Ukrainian Lutheran Church, this design speaks about the two criminals who were crucified on both sides of the Lord. The one who repented and believed in Jesus went to heaven (upwards); the one who rejected the Lord and mocked His sacrifice went into hell (downwards). This style of cross is used throughout Ukraine.





# LUTHERAN HERITAGE FOUNDATION

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