

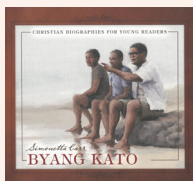
# A Way Out

For the month of December, you can help  
“pack a backpack” with prayers!

VOMC partners with Christian Faith Ministries in Nigeria to provide persecuted children like Nankpak with a safe place to heal, learn and grow in their faith. You can join in by filling a backpack with prayer sticks – each one showing a specific way to pray for these Nigerian children and the adults caring for them. Use one stick per prayer time, or grab them all and fill the backpack as you pray for each area. This December, let's “not grow weary of doing good,” but “bear one another's burdens” through prayer (Galatians 6:2,9 ESV)! For instructions and a printable template, visit: [vomcanada.com/TableTalksNigeria25](http://vomcanada.com/TableTalksNigeria25)



## RECOMMENDED READS

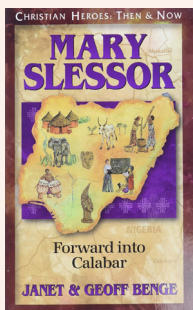


**Byang Kato**

by Simonetta Carr

\$20

Byang Kato had always believed his future lay in becoming a juju priest – until, one day, everything changed.



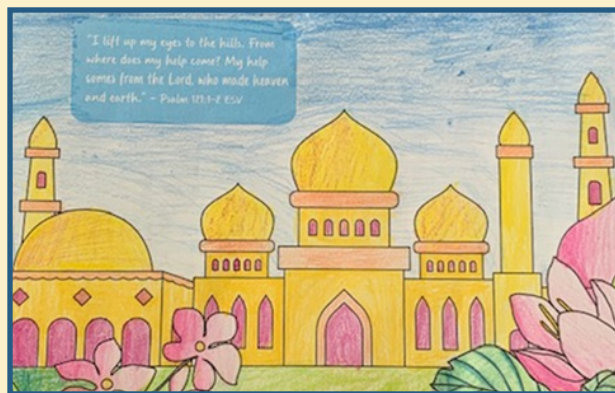
**Mary Slessor: Forward into Calabar\***

by Janet & Geoff Benge

*\*Not available at VOMC's online store, but available elsewhere.*

With courageous faith and deep compassion, Mary became “Ma” to many – rescuing lives, challenging injustice, and revealing the hope and freedom found in Christ.

## ARTIST OF THE MONTH



Hailey (age 10) from Chilliwack, BC, is the winner of *Colouring Connection* from the September issue of *Table Talks*. Congratulations and wonderful job! We received many fantastic submissions. Thanks to everyone who shared their creativity with us!

For more resources, including those that are free, visit our online store!

[vomcanada.com/store](http://vomcanada.com/store)



# Way Out: The Prayer Pack

## Materials

- a) Coloured cardstock or construction paper
- b) Scissors
- c) Glue
- d) Prayer Pack craft template

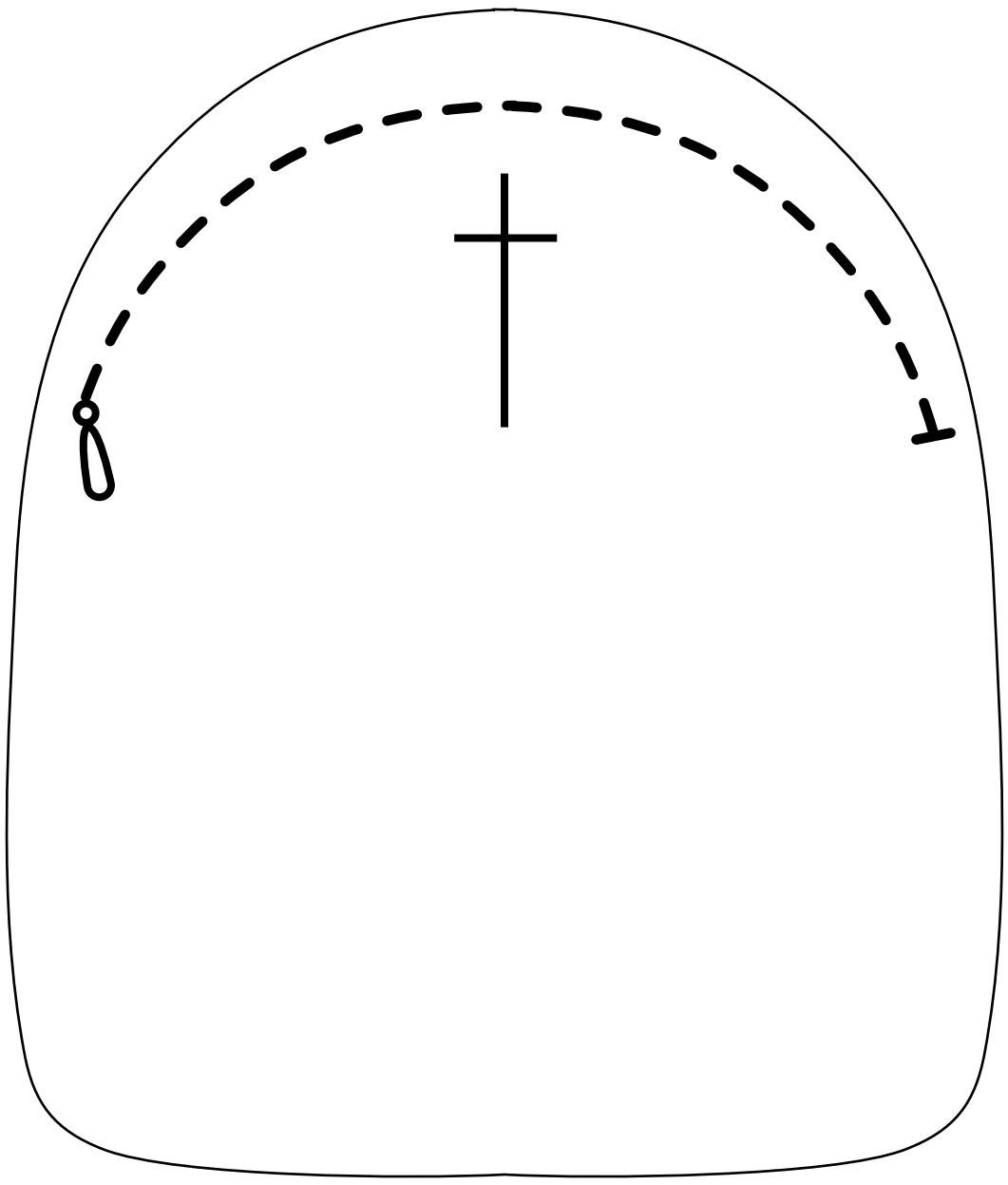
## Instructions

- 1) Print out the template.
- 2) Cut out all the pieces and colour the backpack (or print on coloured paper).
- 3) Take the front pouch band and glue it to the top of the pouch.
- 4) Position the completed pouch onto the main backpack cutout and glue it in place.
- 5) Attach the handle by glueing both ends to the top and back of the backpack to form a loop.
- 6) Glue the shoulder straps to the top corners of the backpack, forming large loops.
- 7) Cut out the prayer sticks and glue them to some popsicle sticks, and then place them in the pouch.
- 8) Fill the pouch with prayers!



**Cutouts for this activity can be found on the next three pages below!**



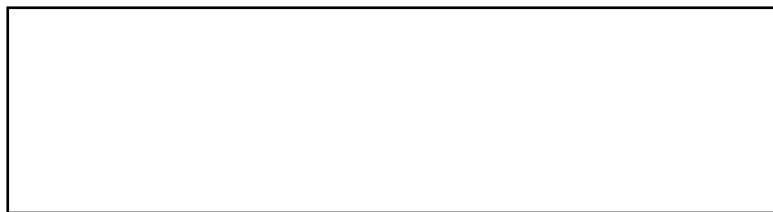


Prayer Pack ↑

shoulder straps →



backpack handle



pouch band



front pouch ↑



Education



Physical Needs



Trauma Care / Counselling



New Friends & Mentors



Bible Teaching

prayer sticks ↑