



Georgia WMU&WEM is partnering with a couple serving in Southeast Asia to provide reusable feminine hygiene products to women in their country as a part of their overall strategy to share the gospel. Below is information they have provided to help you know more about the importance of this project:

The Need:

Either because of cost or availability, it is not always easy for women in the developing world to access feminine hygiene products. Women have been using reusable materials throughout history and in the country where we serve, women commonly use whatever they can find. One great issue when it comes to this subject is cleanliness. If the materials women use are not clean, this opens the doors to potential infection that could cause a range of problems. When families live a hand-to-mouth existence, sacrifices often have to be made. Unfortunately, this causes many women to use products that put their health at great risk. When we provide these materials to ladies in poor areas, they are being provided with a product that can last up to three years to help keep them healthy and clean. We include a ziploc bag in each kit to turn them into travel kits, so that ladies can take the kits and resume their normal life activities of school and work.

How the kits help us share the gospel:

We do not always have the freedom to enter villages under the banner of the gospel; but, entering a village to present a health lesson has proven to be no problem so far. At each session, we share carefully how to use and wash the kits, and instruct them not to share with the kits with others to prevent the spread of disease. We then also share basic health information about why women get a period each month. We also share the story of creation, why women have pain during childbirth, and the story of the bleeding woman who was healed.

At almost every training we have done, I have had ladies tell me that they have either never heard the information about their bodies before, or they have never heard the stories before. It has been a great opportunity to be able to enter these villages and share not only tangible help, but share the words of life. Thank you so much, ladies of Georgia, for being a part of sending us to these places, where there are ladies who have never heard!

About the pattern:

The shield/liner design is an oval, which is simple to cut out. Also, the liner is a folded insert that is merely a rectangular shape when unfolded. Many of our ladies in the developing world live in cramped conditions and do not have much privacy. The rectangular shape is discreet, because when it is hung out to dry, you can't tell what it is. So, ladies don't need to feel embarrassed to hang them out.

Instructions, pattern & pictures can be found at the end of this document.

Mailing Instructions:

Please mail the pads and liners to:

<<Please contact Beverly Skinner for Mailing Address>>

<<bskinner@gabaptist.org or 770.936.5321>>

Important instructions about mailing:

- Packages should NOT be sent by any kind of expedited or priority mail. As she says, “the slowest, cheapest method is just fine.” Packages often arrive weeks before she can pick them up.
- When estimating the value of the items in the box for shipping, please use the lowest possible estimate. Recipients must pay taxes on items received based on the estimated value of the package. The higher the value on the box, the higher the taxes they are required to pay. A good guide might be to only estimate the cost of the raw materials used to make the pads & liners.

Questions?

Please contact Beverly Skinner in the Georgia Baptist WMU/WEM office. 770-936-5321 or

bskinner@gabaptist.org.

****Please let us know if you are participating in this project. We would like to share stories from the field of how your investment is making a difference! Please e-mail Beverly Skinner to let her know of your participation. bskinner@gabaptist.org****



BEAUTIFUL BAGS - TRI-FOLD INSERTS

Finished size - 7"x 8"

The tri-fold liner was created to use as little water as possible to wash, to dry quickly and to be stacked for maximum absorbency. For modesty, the liner is designed to look like a washcloth when hung to dry. When the liner is folded it provides six layers of protection. An extra liner may be added for heavy days.

Materials:

Cotton flannel in bright colored prints. This allows inserts to be hung to dry (in public while avoiding social taboos), as well as concealing stains. Prewash and dry fabric to prevent shrinkage of finished inserts. Do NOT use fabric softeners.

1 yard 45" fabric will make 12 inserts.

It's pretty to use coordinating prints for the front and back and/or to match the lining fabric of the base Liner.

Step 1:

Cut strips 7" x 45".

Cut each strip into 8" lengths.

Step 2:

Place two 7"x 8" pieces with wrong sides together. Serge raw edges of all four sides to complete each liner.

OR place right sides together, stitch- leaving an opening- turn, press, and topstitch all sides.

BEAUTIFUL BAGS - OVAL BASE LINER

8 ½ "Oval Liner

The liner provides a moisture proof base to hold the absorbent insert in place. The oval shape is designed to dry quickly while protecting modesty when hung to dry. (Looks like a potholder)

Materials:

- Cotton flannel & PUL waterproof fabric **OR** cotton backed vinyl tablecloth
- 2 plastic snaps or 1 safety pin
- 8 inches rick rack **OR** strips cut from tightly woven poly fleece.
- 4 ovals may be cut from ¼ yard of 45" fabric

***PUL or polyurethane laminate, the waterproof layer in the liner, is made by bonding a film of polyurethane to cloth fabric creating a lightweight, breathable, and durable material. Joann Fabrics carries it.

Step 1:

Prewash and dry flannel fabric. Do NOT use fabric softeners.

Trace the pattern onto card stock or cardboard. Using a pen trace the oval pattern onto the flannel and the waterproof fabric of choice.

Mark placement for rick rack bands and snap placement.

Step 2:

If using the PUL waterproof fabric; place the oval of flannel and the oval of PUL together with right sides together. Stitch a ¼ inch seam allowance, leaving a one inch gap for turning. See Step 3 below to complete.

If using a cotton backed table cloth as your waterproof fabric, place the wrong side of the flannel and the plastic side of the tablecloth together. Serge or zigzag around the oval. This means the cotton side is on the outside. The pad is complete. You do not need to turn or press as you do when using the PUL.

Turn right side out. Tuck in the fabric at the opening and turn. Press with your hand and topstitch with a zigzag stitch around the whole oval. Pressing with an iron may melt the PUL. But you can try with a warm iron.

Step 3:

Band placement - this holds the insert in place and are placed on the flannel side.

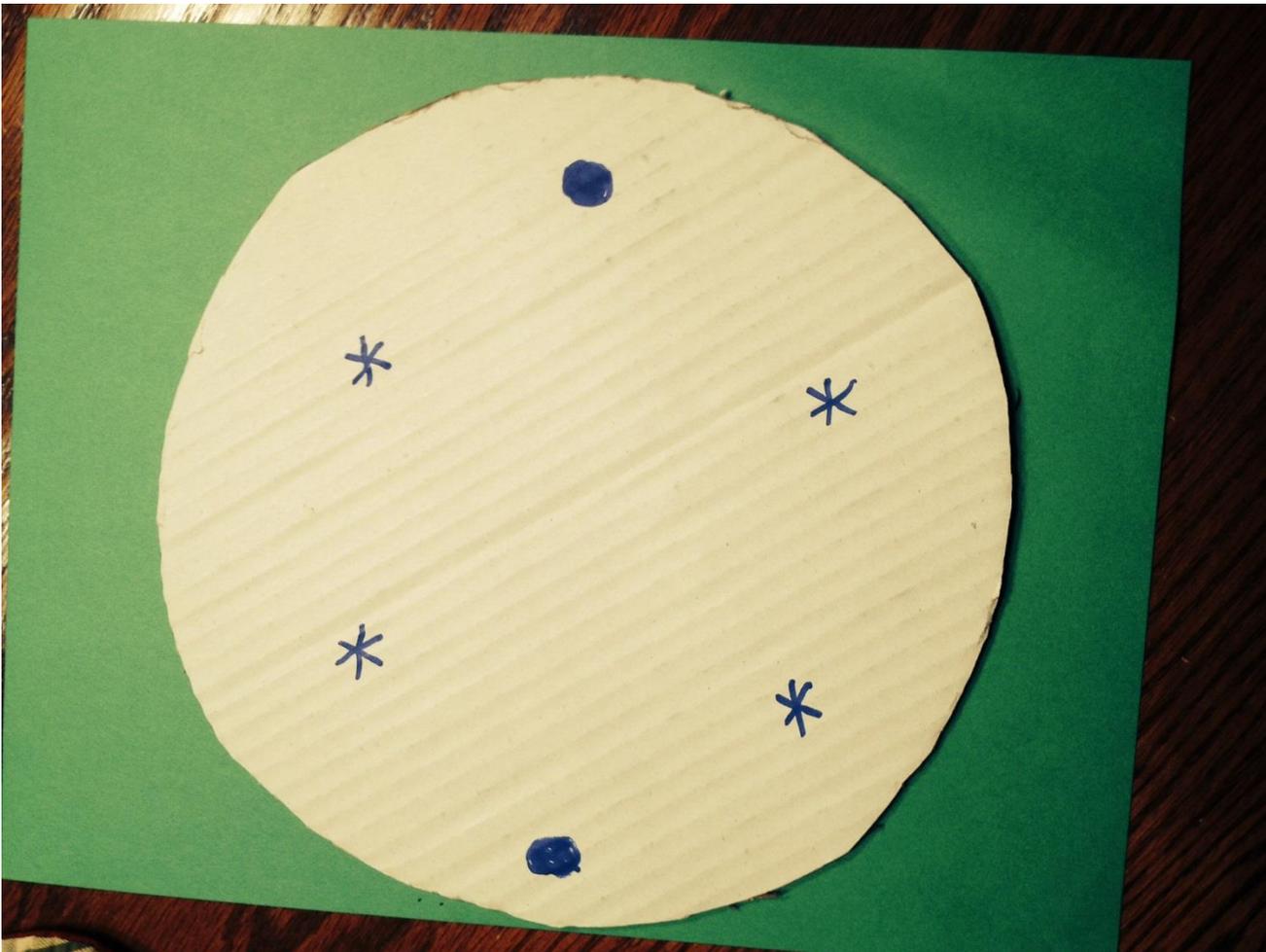
Rick rack: Cut 2 pieces 4 inches long. Tucking under raw ends, pin rick rack on placement markings. Sew in place, back stitching several times to secure.

If using Poly fleece instead of Rick rack: Cut 2 pieces $\frac{1}{2}$ inch wide and $3 \frac{1}{2}$ inches long. Pin on placement markings. Sew in place, back stitching several times to secure.

Step 4:

Fasten plastic snaps at placement marks or if using a safety pin, turn back & secure with the pin.

Oval pattern showing placement marks for snaps (circles) & bands for holding liner in place (asteriks).



Completed base & liner:

