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feed one, or feed them all.

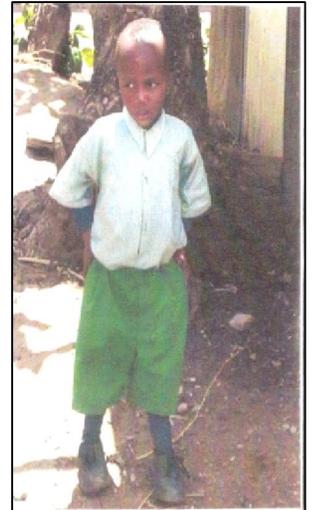
My dear Friend,

Joseph is a six year old boy whose mother is single and her salary is very little. She struggles to feed and educate Joseph and his twin sister Margaret.

Joseph started falling when he was 3 ½ years old. He was born with rickets but it was diagnosed at a later age. The disease has weakened his bones so much that it can cause lameness.

The good news is that Joseph's rickets can be cured if he undergoes the prescribed treatment.

The bad news is that the disease has progressed to the point where he needs continuous care and follow-up at a local clinic. Plus, Joseph needs costly medicine and special, prescribed food. The cost is just too much for his mother. There is no way they can pay for the food and medicine for Joseph and feed themselves, too. It is a heartbreaking decision for any mother: feed one or feed them all.



Like you, I am so saddened by Joseph's situation. Yet I also see hope.

Your gift can not only help Joseph and children like him recover from rickets, but provide the right food – fortified with vitamin D – so they never experience the ravages of the disease!

Have you ever met a boy or girl with rickets? If you had, you would remember. The child could have bowed legs and maybe a curved spine. She or he might break her bones a lot, or falls down more than most children. At its worst, a child can have a deformed skull from bones that never harden properly.

By the grace of God, rickets was eliminated in America and Europe about 50 to 75 years ago - when vitamin D was added to milk.

Can you bring God's grace to the children of the Bahati district of Nairobi, where rickets still flourishes, even today?

In Kenya, now, and years ago in the US, impoverished city children live in places that have tremendous pollution. The soot and dust is so bad from the cars with no filters and the wood and coal used for heat that going outside is unhealthy. Their roofs and the pollution shield them from the sun, so their bodies don't make vitamin D naturally.

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When these same children eat, they focus on filling their bellies to make the hunger go away. Good, nutrient rich foods - the ones with vitamin D - are a luxury. Their mothers live in the same conditions, so their breast milk doesn't help them avoid the disease.

Today, in America, not only is vitamin D added to milk, but it is in cereal and margarine, too. A child can stay out of the sunlight all day - and many do - and never have a problem.

This is not so in the Bahati district of Nairobi, where Sr. Margaret informs me that there are several children with rickets that the Sisters help care for.

One of them is Joseph.

Reach out to Joseph today. Your gift can help supply him and children like him with the food and medicine they need to recover from this preventable disease.

Unlike so many problems we face, Joseph has an easily treated disease. Joseph has a condition that should never happen today.

For more than 80 years we have known the cause of rickets and can easily treat children who have it. Better yet, we can stop anyone from getting it, too. Nobody needs to suffer from rickets, yet they do. By not acting we deny them the full, productive lives that God wants for them.

Joseph is not alone. He's only one of many, many children in Bahati who have rickets. The Sisters see them every day.

The Sisters are committed to getting these children the help they need. This disease is so easy to prevent that we need to stop it before it starts. That means the children's and mother's diets need to change to include vitamin D rich foods.

Make your gift so that we can get Joseph, and each child like him, the help they need.

God has blessed us with the right foods to avoid rickets. Let us pass this blessing to Joseph and his friends.

Your Missionary Sister,

Sr. Mary Bernadette

P.S. Make your gift today and Joseph and all the children helped by the Sisters are treated, or avoid the scourge of rickets!