



Diocese of Maryland
Children's
Lenten Project 2009
Nets for Life
Sunday, March 29
Fifth Sunday in Lent

Sleeping Safely

What keeps you safe while you sleep?

Think of things in your house that keep you safe. Your home should have a smoke detector. Do you have a fire alarm? Do you have a fire escape or a plan with your family to leave your house safely if there's a fire? Do you have a carbon monoxide detector?

Maybe you sleep peacefully because someone special tucks you in at night and says prayers with you at bedtime.



Something that can help children sleep more peacefully in Africa and other places where there is malaria are bed nets. When children have bed nets above and around their beds, they don't have to be afraid that they will get mosquito bites while they sleep and maybe get malaria.



In this picture, men are unloading bundles of bed nets which will be given to people to use in their homes.



These people have their bed nets (in the blue packages — this is what the ones we give will look like) and are taking them home.



This boy has his bed net over his bed. He is all ready for a safe night's sleep!

A Prayer:

Dear God, thank you for all the people who work to keep us safe. Thank you for smoke detectors and carbon monoxide detectors, for fire alarms and fire escapes. Thank you for mosquito nets. Thank you for mother and fathers, grandmas and grandpas, and all who tuck us in at night. Thank you for letting us help others sleep safely too.