

compassion  
**explorer**®

**Working**   
**for Water**

**A TOUGH CHORE IN  
THE CARIBBEAN**

  
Releasing children from poverty  
**Compassion**  
in Jesus' name

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explorermagazine](http://compassion.com/explorermagazine)

**Recipe**  
**MAKE A DOMINICAN-  
STYLE STEW**

**Game**  
**CAN YOU GET  
THROUGH THE  
MAZE?**

## What's Inside?



### Departments

- Compassionate Kids **PAGE 3**
- What Does God Say About ... ? **PAGE 7**
- Crafts, Recipes and Projects **PAGE 8**
- Just for Grins and Giggles **PAGE 16**

### ABOUT THE COVER

Kids in Haiti drink clean water from a faucet at their Compassion center.



## Hi, Compassion Explorers!

Aren't you thankful that we can just turn on faucets to get clean water? Think of all the ways you use water each day. For many kids in poor countries, finding the water needed for drinking, bathing, laundry and dishes is difficult. In this issue, find out why!

### Welcome to My World!

Meet kids in Haiti and the Dominican Republic who work hard to get the water they need.

**PAGE 4**



### Sprouting House

Craft a home from sponges.

**PAGE 11**



### Heart & Soles

What it takes for kids to have shoes.

**PAGE 12**



## Compassionate Kids

### Siblings Who Care



### Compassion Explorers quench a family's thirst.

Nine-year-old Ian and his 5-year-old sister, Tava, spent their past year in home school studying different countries and cultures. The brother and sister, who live with their mom and dad in Colorado, learned that some people in the world don't have clean water to drink. That made Ian and Tava sad.

In poor countries, clean water can be hard to find. Some families can't afford homes with running water. So they collect water from ponds, lakes or rivers that are filled with germs. Other families have running water at home, but the liquid that comes out of the faucet is dirty and makes them sick if they drink it. Also, many kids live far away from a water source and spend lots of time and energy walking to get it.

After Ian and Tava learned about this, they were reading *Compassion Explorer Magazine* and found an article called "Help Change the

World Right Where You Are." They decided to sell bottles of water to customers at two neighborhood garage sales. They raised \$97 and donated it to Compassion to help get clean water to people in need. The money was more than enough for a filter that gives clean water to a family for life!



Tava helping at the garage sale



Have you done something special to help Compassion-sponsored children? Let us know at [compassionkids@compassion.com](mailto:compassionkids@compassion.com)!

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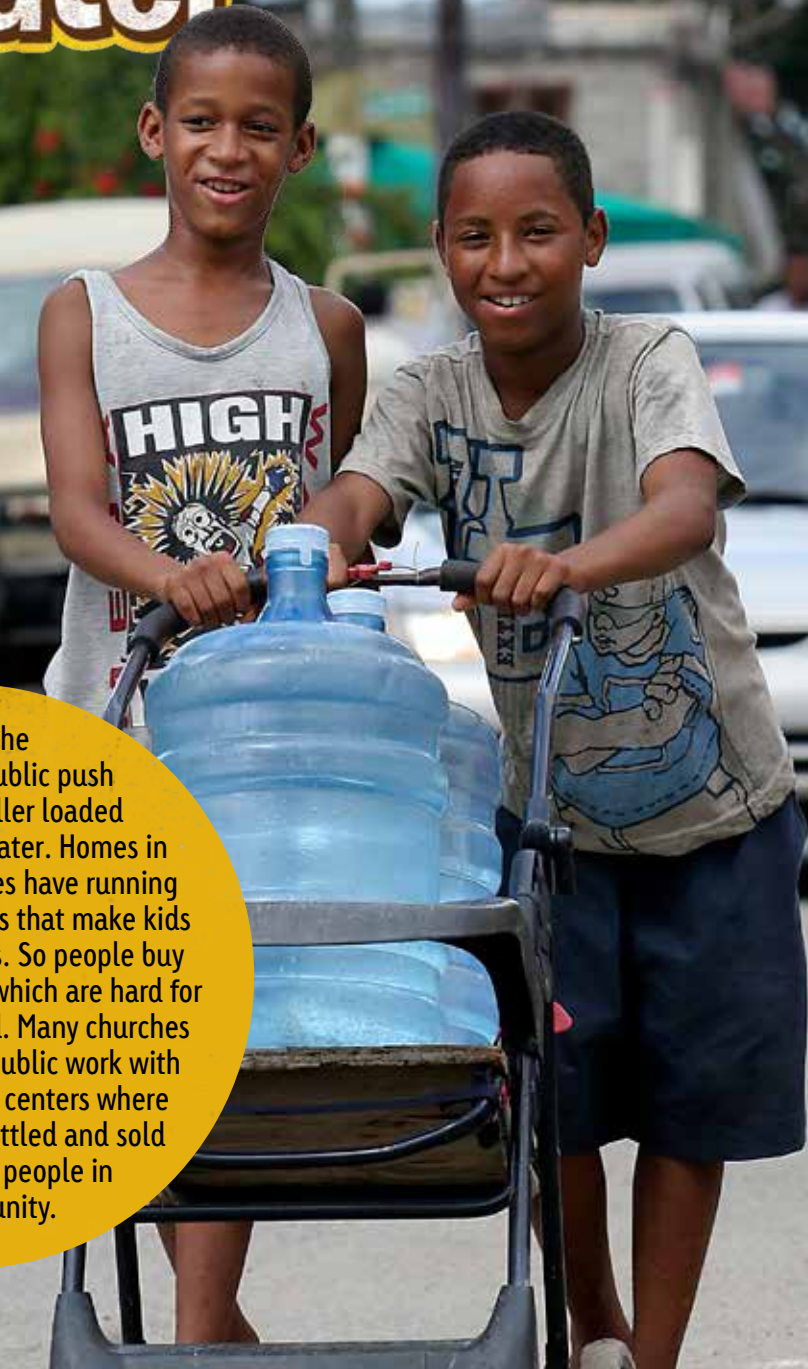
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WELCOME TO MY WORLD!

# Working for Water


The countries of the Dominican Republic and Haiti share one island in the Caribbean. Many people on the island are poor. They work hard just to get the water their families need. Let's find out why!

A photograph of two young boys in the Dominican Republic pushing a baby stroller. The stroller is loaded with several large blue plastic water jugs. They are on a paved street with cars in the background.

Boys in the Dominican Republic push an old baby stroller loaded with jugs of clean water. Homes in many Dominican cities have running water, but it has germs that make kids sick to their stomachs. So people buy jugs of filtered water, which are hard for poor families to afford. Many churches in the Dominican Republic work with Compassion to build centers where water is cleaned, bottled and sold at low prices to people in the community.

A photograph of a young girl named Fiona in Haiti. She is wearing a red long-sleeved shirt and a dark skirt, and is bent over a shallow pond, filling a yellow plastic jug with water. The water in the pond appears murky.

Fiona, a sponsored girl in Haiti, has no running water in her home. So she fills up jugs at a pond near her home. But the water isn't clean, and drinking it could make her sick. So Fiona cleans the water using a filter that Compassion gave her, and then it is safe to drink.

A photograph of three young girls at a Compassion center in the Dominican Republic. They are sitting at a table and washing their hands in large green plastic basins. A woman in a pink shirt is sitting behind them, watching and teaching them.

At their Compassion centers, sponsored children learn why it's so important to wash their hands. These girls at a center in the Dominican Republic are washing away germs with soap and water. Their tutor in the pink shirt teaches them that washing their hands will help keep them healthy.

Ederson Germain's family doesn't earn enough money to live in a house with a bathroom or running water. So the 7-year-old in Haiti wakes up at 6 a.m. to get water for bathing from a well outside his house. Ederson lowers a pail into the well to fill it with the water at the bottom. Then he pours the water into a tub and uses it to wash himself before going to school.



Nine-year-old Leivis washes dishes in a bucket at her home in Barahona, a city in the Dominican Republic. Her home has no running water. Her family has to buy several jugs of filtered water each week for chores like dishes. Leivis' parents don't earn much money, so paying for the water and a taxi to get to the water shop can be difficult. Thankfully, Leivis is sponsored and drinks clean water at her Compassion center.



### HAITI

<b>CAPITAL CITY</b>	Port-au-Prince
<b>LANGUAGES</b>	French, Creole
<b>CURRENCY</b>	Gourde
<b>RELIGIONS</b>	Christian 83.2%, other 14.6%, voodoo 2.1%



### DOMINICAN REPUBLIC

<b>CAPITAL CITY</b>	Santo Domingo
<b>LANGUAGE</b>	Spanish
<b>CURRENCY</b>	Peso
<b>RELIGIONS</b>	Roman Catholicism 95%, other 5%

## → What Does God Say About ...

# Humility?

Illustration by Luke Flowers

You've probably never washed anyone's feet. It's not common in our part of the world these days, but it was common in Bible times. Back then, many people wore sandals or went barefoot while walking along dirt paths and roads. So their feet got dirtier than ours usually do. Also, people didn't have the indoor showers and bathtubs we have today, so they couldn't easily wash off the dirt.

So during Jesus' time on earth, people would wash their feet with buckets of water and rags. Even today, many families in poor countries can't afford to live in homes with showers or baths. They use buckets of water and soap to bathe.

Washing other people's feet in Bible times was a way of serving them. Many households had servants, and it was usually their job to wash their masters' feet. But in John 13, Jesus surprised His disciples by offering to wash their feet! The disciples thought that since Jesus was God and Master of all, they should wash His feet. But Jesus wanted to show them that it's not a sign of weakness to serve someone — it's a sign of love, strength and humility. Humility means you don't view yourself as better than other people.

Jesus' disciples learned from His powerful lesson, and you can too!

- Read John 13 in your Bible or have someone read it to you.
- With an adult's help, offer to wash a family member's feet. Get a bucket of water, add some soap, and then take it to an area where it's OK to make a mess. Use a washcloth to wash someone's feet.

How did it feel? How do you think Jesus' disciples felt when He washed their feet? What are some other ways you can serve others?



### PRAYER

### DEAR JESUS,

Thank You for coming to Earth to teach us how to love one another. Please give me ideas for how I can show love, strength and humility as I serve others. And help me to show kindness without expecting anything in return.

**IN YOUR NAME, AMEN.**

## WHITE BEAN AND CHORIZO STEW

*Makes 4 servings.*

This spicy sausage stew is popular in the Dominican Republic, where people often serve it with white rice.

### INGREDIENTS

- 2 tbsp. olive oil, divided
- 1 lb. spicy chorizo, sliced \*
- 1 red onion, diced
- 4 cloves garlic, crushed
- 1 red bell pepper, diced
- 2 potatoes, diced
- 1 large carrot, diced
- 1 sprig of thyme
- 2 (15-oz.) cans white beans (cannellini)
- 2 c. chicken or vegetable broth
- salt and pepper to taste

### DIRECTIONS

- ① Heat 1 tbsp. oil in a pot over medium heat. Add the chorizo and cook until browned and heated throughout, about 8 minutes. Remove chorizo and place on a plate.
- ② Heat the remaining oil in the pot. Reduce heat to low and add the onion, garlic, bell pepper, potatoes, carrot and thyme. Cook and stir 5-7 minutes or until the onion becomes transparent.
- ③ Add the beans and broth to the pot. Simmer over medium heat until the vegetables are thoroughly cooked, about 10-14 minutes. Add water if you want a thinner stew. Fold the chorizo slices into the stew and serve.

\* If you don't like spicy food, you can substitute a mild or sweet sausage for the spicy sausage.



Samuel, a 5-year-old in the Dominican Republic, eats soup out of a cup at his Compassion center.



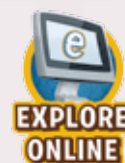
## HAITIAN FRENCH TOAST

*Makes 6 servings.*

Because French people colonized Haiti in the early 1600s, some Haitian cooking is similar to French cooking. As you help make this sweet breakfast, pray for kids in Haiti whose families can't afford enough food.

### INGREDIENTS

- 1 loaf French bread
- 1 c. orange juice
- ½ c. heavy cream
- 2 eggs
- 1 tsp. ground cinnamon
- dash of nutmeg
- ¼ c. white sugar
- 3 tbsp. butter
- powdered sugar for dusting



Find more recipes to make with your family at [compassion.com/explorermagazine!](http://compassion.com/explorermagazine!)

### DIRECTIONS

- ① Cut off the ends of the loaf and save for another use. On a cutting board, cut the rest of the bread into ½-inch-thick slices.
- ② In a 9-by-13-inch pan, whisk together the orange juice, cream, eggs, cinnamon and white sugar.
- ③ Place the bread slices in the pan, turning them until they absorb all the liquid.
- ④ In a large skillet, melt the butter over medium heat. Add bread slices and turn as needed until each side is golden brown, about 5 minutes. Dust with powdered sugar and serve with maple syrup.



Nadiane, a sponsored 11-year-old, gets ready to cook over a fire at her home in Haiti.

## CLEAR THE WAY

In developing countries like the Dominican Republic and Haiti, many kids drink dirty water because it's all they have. The dirty water can make them sick. Compassion provides water filters to families who need them in their homes. Make your own mini water filter and see how the beginning of the process works!

### SUPPLIES

- dirty water
- plastic water bottle or 2-liter soda bottle
- scissors
- 2 coffee filters
- sand
- gravel/pebbles
- rocks

### DIRECTIONS

- 1 Fill a cup  $\frac{3}{4}$  full with water. Make it dirty by adding some dirt or sand, and then set it aside.
- 2 Have an adult use scissors to cut the plastic bottle in half and poke a hole in the lid.



- 3 Turn over the top part of the bottle so the lid is facing down, and place it in the bottom portion of the bottle.
- 4 Put the coffee filters inside the top part of the bottle and push them down.
- 5 Pour some sand onto the coffee filter. Then place some pebbles on top of the sand layer. Next place some bigger rocks over the pebbles.
- 6 Slowly pour your glass of dirty water into the bottle over the rocks. What do you notice about the water that drips into the bottom part of bottle?

### WHAT HAPPENED?

Your filtration system turned the dirt in your water into clumps that got stuck along the way, while the liquid was able to pass through. Your filter is a simpler version of the ones Compassion provides, so it doesn't include the final disinfection step. That means that even though your filtered water looks clearer, it might contain bacteria. To make it safe to drink, it would need to be boiled for 5 minutes. Many kids living in poverty who don't have filters boil their water each time they need to cook, brush their teeth or take a drink!



Fiona, a sponsored girl in Haiti, holds up water that she purified using a filter from Compassion.

## SPROUTING HOUSE

In poor countries, many families live in homes made of weak materials. Roofs may leak when it rains, and dirt floors turn to mud. Even worse, when a disaster comes — like last year's hurricane in Haiti — homes fall down or flood. As you build and water this house that sprouts, think about what it would be like to live in a home that doesn't protect you from the weather.

### SUPPLIES

- 4 colorful sponges
- scissors
- toothpicks
- small bowl
- shallow dish
- 3 tbsp. seeds (chia, alfalfa and/or wheat berry)
- water
- misting spray bottle



### DIRECTIONS

- 1 Cut three sponges in half. Take one of the halves and cut it in half again. These smaller halves will be your front and back walls.
- 2 Your fourth sponge will be the base of your home. Insert a toothpick into the sponge that will be your front wall, leaving an inch of toothpick exposed. Then push the exposed toothpick into the base sponge so it stands up. Use toothpicks to set up the rest of your walls, using two toothpicks each for the longer sidewalls.
- 3 Once your walls are set up, push a toothpick into the top of each sidewall, leaving  $\frac{3}{4}$  inch of toothpick exposed. Then stick on two pieces of sponge to be your roof, angling them inward.
- 4 In a small bowl, mix 2 tbsp. seeds with a little water to make a thick mixture. With a butter knife, spread the mixture over your roof. Then spread some on the base sponge outside the house.
- 5 Place the house in a shallow dish. Pour a little water into the dish around the base sponge. Imagine how it would feel to see water rising up around your home if you lived in one as shaky as this! Mist the roof with your spray bottle of water. Does the roof keep all the water out? Pray for kids in homes with leaky roofs.
- 6 Each day add some water to the bottom of your dish. Once or twice a day, mist all the sponges with water. In a couple of days, your seeds will start to sprout. Water it daily to keep it growing!

Note: An adult can use a hot glue gun to glue together your pieces of sponge for a sturdier house.





# HEART & SOLES

What shoes do you wear? Find out why shoes are extra important for children living in poverty, and see how your life compares with theirs.

Sources: Mexican National Institute of Statistics and Geography, National Geographic, nationmaster.com, OECD, Pew Research, UNICEF, UNwater.org, zappos.com

Illustrations by Luke Flowers

## RUN FOR YOUR \$\$MONEY\$\$



COST OF A PAIR OF NIKE RUNNING SHOES IN THE U.S.: \$76-\$81



YEARLY INCOME OF AVERAGE HOUSEHOLDS  
U.S.: \$58,714  
MEXICO: \$10,080

YEARLY INCOME OF THE POOREST HOUSEHOLDS  
U.S.: \$23,021  
MEXICO: \$1,924



## WALKING

**ETHIOPIA**  
In some areas, kids can walk more than 12 miles just to get to school!



**ASIA & AFRICA**  
Girls and children in Asia and Africa walk an average of 3.7 miles a day just to fetch water.

**U.S.**  
Less than 25% of kids are physically active at least 60 minutes per day.



## LOOK OUT BELOW!



## THESE BOOTS WERE MADE FOR ...

U.S.

KEEPING FEET WARM AND DRY IN SNOW



PLAYING IN PUDDLES!



PROTECTING FEET FROM SEWAGE-FILLED MUD

EGUADOR



**ELSA,** who lives on an island in Ecuador, has sparkly **PINK** boots that protect her feet. Elsa used to play barefoot in the mud on her island, which has sewage mixed in with it. She got an infection that kept her in bed a lot instead of outside playing and going to school. But because Elsa is in Compassion's program, her sponsor sent some extra money so she could get boots. Compassion pays for her medicine, and now she has energy to play and learn!

## THE OLDEST KNOWN LEATHER SHOE IS



5,500 YEARS OLD!

HIGH HEELS ORIGINATED IN TURKEY IN THE 1400s



**BALLERINA'S** WEAR "POINTE SHOES" TO PROTECT THEIR FEET WHEN THEY'RE DANCING ON TIPTOES.

# TOY HUNT

Children living in poverty must get creative to make toys that don't cost money. They use materials they find around their homes and streets. Help Jean collect items on his walk home from his Compassion center in Haiti. Then see what toys he can make out of them!

Illustrations by Luke Flowers

Items to be found along the way:

-   
4 plastic bottles
-   
board
-   
metal cooking-oil can
-   
2 ears of corn
-   
plastic grocery bags
-   
string/twine
-   
pieces of paper/  
discarded posters



**CHECK OUT THE TYPES OF TOYS JEAN CAN MAKE WITH THE ITEMS HE COLLECTED!**



car made from plastic soda bottles



doll made from corn husks



guitar made from a cooking-oil can



soccer ball made from grocery bags



jewelry beads made from paper



Learn to make a soccer ball and paper beads at [compassion.com/explorermagazine/](http://compassion.com/explorermagazine/)





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## → Just for Grins and Giggles

Remember this picture from the fall 2016 *Compassion Explorer Magazine*? Here are some of your great captions!



**Ahh, my head is stuck in this bucket.**

David, 9  
 Spring Hill, Tenn.

**Wait ... you're telling me this isn't the way to drink water? I've been lied to!**

Aimee, 13  
 Spring Hill, Tenn.

**Empty again.**

Myles, 9  
 Macomb, Mich.

**Hello? Is anybody in here?**

Goldie Rush, 9  
 N. Little Rock, Ark.

**Mama, all the washing is done!**

Tuto, 9  
 Gauteng, South Africa

**Another trip to the well.**

Ava, 8  
 Macomb, Mich.

**Where did all the water go? Ahhh, spider!**

Madeline, 10  
 Turlock, Calif.

More captions at [compassion.com/explorermagazine!](http://compassion.com/explorermagazine!)



### KIDS, CAPTION THIS PHOTO FOR THE NEXT *COMPASSION EXPLORER*!

Send a caption by April 10 to: Compassion International, Attn: *Compassion Explorer Magazine* Editor, 12290 Voyager Parkway, Colorado Springs, CO 80921. Or email it to [compassionkids@compassion.com](mailto:compassionkids@compassion.com).

Kids walking home from school in Indonesia use big leaves as umbrellas.



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