

Love One Another!



Valentine's Day is time when we celebrate the people in our lives who we love, and it's also a great occasion to pledge to bring love and comfort to those who are dealing with HIV especially those experiencing stigma and discrimination.

Here are some ideas:

- Give Caregiver's a Break – Offer to stay with a person dying of AIDS so their caregiver can claim some respite.
- Sponsor a testing day for HIV at your church on Valentine's Day so more people will know their status. Work with your local health department on setting up your event.
- Contribute to the UMC Global AIDS Fund's *Just Save One* Initiative which supports projects to prevent the transmission of HIV to newborns. Go to: www.umglobalaidsfund.com
- Love yourself and your partner by not having unprotected sex. Know your partner's status!
- Avoid dangerous, addicting drugs and urge your friends to do likewise. That's really being a friend!
- Employ HIV positive persons.
- Support food programs that provide healthy nutrition to those living with HIV such as: the Good Nutrition and Community Health Project in Malawi - Advance #3021417 or Kenya Methodist University Health Center (KEMU Health Center)- Advance #3020607. Go to: www.umcmmission.org/Give-to-Mission/Search-for-Projects
- Learn about AIDS so you have the facts, and treat those living with AIDS with respect and care.
- Teach children and youth about HIV and AIDS. Check with your local school system to make sure sex education classes are being taught that include information on HIV and AIDS.

**Let's work together this Valentine's Day to make the world a more loving, caring place.
God compels us to doing nothing less!**

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