

Through Prayer.

Prayer to our Heavenly Father is at the heart of all we do in missions, from feeding the poor to starting new churches, for the work, the challenges, and for the lost within Appalachia! Often the cards, emails, or telephone calls telling a worker/missionary that they have been remembered in prayer is vital and provides the strength they need for that moment.

1. Use the project manual and pray for each project request. You can find it at www.arministry.org.
2. Download the Ministry Center sites and pray for each of the sites and the missionaries who serve there.
3. Pray over the unchurched towns, cities, and counties in the area served by ARM.
4. Contact ARM for prayer request and prayer needs. By Phone: 606-316-4298. By E-Mail: arm@arministry.org.

Through Short-Term Mission Trips

“Hands-on missions” is exciting. It is a great way to teach missions. Through Appalachian Regional Ministry (ARM), multiple missions’ experiences are available, ranging from a weekend mission trip to a week-long missions experience. In some cases we have been able to arrange a one day missions experience for children.

5. In the spring or fall plan a “Ladies Only Mission Trip.” Many mature adults love to come and do missions during the autumn as the leaves are changing colors.
6. Work with a ministry site and plan a ladies retreat involving ladies from your group and ladies from the ministry site.
7. Plan a week-long mission trip utilizing one of the projects listed in the ARM project manual.
8. Join a church planter and Prayerwalk a community. Do a door to door survey for him.
9. Work with ARM to do a specialized mission project. Some groups have taken medical mission trips, others have taught cooking classes, sewing classes, and VBS. Many come and work in food pantries and clothing closets. Still others come to work with young mothers and their babies. Often specialized mission projects can be arranged around your gifts and skills.

Through Mission Projects

One of the strengths of ARM is the mission opportunities offered that allow participants to serve while staying at home. Because of health, work, small children, or variety of reasons many women cannot take a short-term mission trip, but they can still be very active in missions. They can get the church involved too through collecting needed items.* Such as...

10. Food for a ministry site
11. Household paper products and household cleaning supplies
12. School supplies and back packs for children and youth
13. Hygiene items for children, youth, adults, and especially for women
14. Bedding items
15. Towels and wash clothes
16. Coats for children and youth
17. Sewing clothing for children
18. Provide blue jeans for children and youth
19. Provide new shoes for children and youth
20. Collect disposable diapers (cloth diapers are wonderful, but many of those receiving assistance do not have the funds for soap and bleach nor a washing machine)
21. Provide baby clothing
22. Make baby blankets

23. Collect wedding and prom dresses (a couple of ministry sites help young ladies with these items)
24. Purchase Wal-Mart Gift Cards. When the cards are sent to ARM they are distributed to a site that has a need.
25. Collect toys at Christmas and for birthdays. The toys should be new or if slightly used, cleaned and in excellent repair.

****Note all food items need to be in date and please NO home canned products. All clothing and bedding items need to be clean, in good repair, sorted, and not dated. Also please consider using boxes. Plastic garbage bags speak of “trash” even when we are trying to help.)**

Through Sponsoring a Small Mission Organization at a Ministry Site in Appalachia

Several WMU organizations have adopted a small group of ladies at a ministry site in Appalachia. The groups are kept small, usually 10 to 14 ladies. The ladies have to earn the privilege to participate in the sponsored group. For example they have to attend a number of Bible studies, assist at the ministry center as a volunteer, and be active at their church. Sponsors plan a weekend trip, bringing the ladies from Appalachia to the sponsoring church for a weekend. They plan special activities for the women such as:

26. Eating out in a nice restaurant.
27. Pampering the Appalachian women with a trip to a beautician or manicurist.
28. A trip to the mall along with a mall gift card for each participant.
29. A trip to something in the area that reflects the culture of that area. One group took their ladies to a major league baseball game, another to a music concert; another took their group to the Biltmore House.
30. The weekend concludes on Sunday after worship with a special lunch after church. The women from Appalachia are served as honored guests. Perhaps your group could partner with a sponsoring group to host a Women’s Weekend Away type event.



Appalachian Regional Ministry

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