

Hello sweet sister in Christ!

Thank you for your interest in The Dignity Project. This ministry came about when I had the opportunity to teach a bible study at our church. These teenaged girls were going back to school within a week and I was so excited to study the Word together and arm them with Scripture. I was impressed hearing them ask for advice about things like how a Christian girl should dress and how to co-exist with people who aren't kind. It blessed me to see these girls' desire to live holy lives!

One of my love languages is gift giving, even if it is just a card or cup of coffee, I love to give gifts! So I asked our pastor's wife what I could get the girls to bless them as they went back to school. I thought they would want lipstick, mascara or even a new bra. I was humbled by their response. More than anything, they wanted sanitary pads! After we studied, discussed life's tough questions and prayed together, I passed out their gift bags. Adorably packaged by my daughter Sophie, the bags were filled with body spray, deodorant and sanitary pads. I fought back tears as they gratefully shouted, danced, clapped and hugged me! That experience is now seared onto my heart.

After some research, I discovered that many women struggle through embarrassing challenges during their monthly menstruation. Here in Uganda a package of disposable sanitary pads is simply not affordable to most women. The alternatives are not good: old rags, pieces of cloth and tree bark. This causes many young girls not to attend school during their menstruation for fear of odor or leaking. Many women in nearby villages are forced to go into the bush during their menstruation and hover over a hole. Those who can afford disposable pads typically only use one pad per day to save on cost. The lingering thought that has gripped my heart is that these women have been stripped of their dignity during their monthly menstruation. They shoulder fear, worry, shame and some even outcast. Sisters, we are ambassadors of Jesus Christ - the Supreme Dignity Restorer - so together let's help restore their dignity!

The reusable sanitary pads you are making will be given to these precious women. Those of us living here in Uganda will pass them out at schools, churches and in the villages. As we distribute them, we will discuss proper hygiene, share about the Supreme Dignity Restorer and in some cases teach how to make the pads. Perhaps some day even you could come distribute the pads and teach the women here how to make them. We always welcome visitors! With each cut of fabric and stitch you sew, I pray Christ will give you great joy as you honor Him with your time and gifts!

I encourage you to gather women in your homes to help in the work. Get your children, sewing savvy grandma or shut-ins involved! Have a pot-luck at church, followed by a sewing-party. Bless my heart, I love a good pot-luck! Could you use this opportunity as an outreach in your community? Perhaps as you serve at your local women's shelter, you could introduce this idea and sew together. Get creative! I can't wait to see how God uses you!

Please don't hesitate to include notes of encouragement and/or printed photos with your donated pads. The recipients would love to hear from you and see photos of your sewing parties! If you would like to make a tax-deductible financial contribution towards shipping the pads to Uganda and/or fuel to deliver them here in Uganda, please make checks out to WGM/Jade Metz and write 'Dignity Project' in the memo. Please mail your packages and/or checks to:

World Gospel Mission  
c/o Jade Metz  
P.O. Box 948  
Marion, IN 46952

Do you have questions or comments? Please email me at:  
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With great love,



Missionary Disciple serving in Uganda  
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