

Suggestions for Card Writing for the Sunshine Club

1. **Bible Verses:** We would like to include a bible verse somewhere on the card. You do not need to write out the complete verse, just the verse to look up. Below are some examples to use.

Birthday Cards and Mother's Day Cards

Zephaniah 3:17
Numbers 6: 24-27
Philippians 4:13
Jeremiah 29:11
Psalm 37:4
Psalm 46:5
Proverbs 3:5-6
Numbers 6:25

Psalms 91:115-6
Matthew 5:6
Luke 1:45
Romans 8:28
Philippians 4:8
Psalm 138
Psalm 139

Christmas Cards

Matthew 1: 18-25
Matthew 2: 1-23
Luke 1: 26-38
Luke 1: 39-45
Luke 1: 46-56
Luke 2: 1-32

2. **Examples of what to write on the card:**

Christmas:

- Merry Christmas and Happy New Year.
- 'Tis the season to wish one another joy, love and peace. These are my wishes for you.
- As we celebrate the birth of Jesus, may you find peace and joy within.
- Celebrating the wonder and joy of Christ's birth, let's welcome Him into our hearts.
- With prayers that Christ Jesus will be born in our hearts again this Christmas.

Birthday:

- Keeping you in my prayers and wishing you happiness and smiles on your special day.
- Hope you can feel the warm, caring thoughts that surround I'm sending you on your birthday and always.
- Special blessings on your special day.
- May God's love and peace fill your heart today and always.

Mother's Day: We don't know which women on our list are mothers or whether they had a bad relationship with their own mother. We do know that all of these women in Perryville prison experience some kind of pain on this day whether it is over the separation from their own children, from their mother, or from the lack of a mother figure in their life. You are

welcome to create your own message for the cards you send, these suggestions were selected because they seemed to cover any aspect of Mother's Day that these women might be experiencing.

- Happy Mother's Day! May God's love and peace fill your heart today and always.
- Hope you can feel the warm, caring thoughts that surround you on Mother's Day and always. Blessings this day and every day.
- "If you ever feel distressed during your day, call upon Our Lady. Just say this simple prayer: 'Mary, Mother of Jesus, please be a mother to me now.' I must admit - this prayer has never failed me." ~ Mother Teresa Blessings on Mother's Day and always.
- "As a mother comforts her child, so will I [God], comfort you." Isaiah 66:13 May you be comforted by the love of God this Mother's Day and always.
- Mothers may not always be there, but God is. Turn your heart to the true origin of love.

3. Reminders:

- Please sign the cards using either your first name or "Your friends at _____ (the name of your church). Do not include your last name.
- No glitter or stickers are allowed on the cards. Plain address labels are allowed.
- You CAN draw on the envelopes and also on your notes or letters or cards.
- You can spray the cards with perfume. They LOVE that! They don't have access to anything that smells nice in prison (no scented deodorant, shampoo, soap, etc.) so perfume scented letters and cards are treasured.

Thank you so much for donating your time and effort to let these ladies know that they are not forgotten and that they are special and precious to God. For many of them, this will be the first mail they have ever received since they were incarcerated or maybe even in their whole life. You are bringing a message of love to someone who desperately needs to hear it.

If you have any questions, please contact Maryanne Vermillion at maryannever516@gmail.com. Maryanne coordinates the Sunshine Club for the Diocese.