

How can I help?



WHERE CAN I GET INVOLVED?

Thank you for caring! Matthew 25:31-40

I invite you to all to be part of the Kairos Prison Ministry.

While I know that not everyone is able to physically go into the prison, you can all be part of the team but getting involved in some of the other areas – **Financial donations**, **Baking Cookies**, the **Prayer Vigil**, drawing or painting **Place mats**, sponsoring a meal, writing scriptures on the **Prayer Chains** or donating some groceries.

Kairos is a ministry of love!

The Kairos Prison Ministry is an International Organisation that goes into prisons around the world to introduce the residents to the love of Jesus and change the lives of those who may never get another chance. We have the privilege of going into the prisons in our area (Zululand) and preaching the Good News of Jesus.

The Kairos Prison Ministry has 3 parts to it – (1) **Kairos Inside** - Going inside the prisons, (2) **Kairos Outside** - Ministering to the families of the prisoners & (3) **Torch** - a six months mentoring programme with youths .

Our next visit will be from **22nd -25th October 2026**, where the ladies will go into **Eshowe Women's Prison** in Eshowe.

Please see the 'Kairos Corner' or speak to Hilary Hoole if you have any questions.

Financial Donations are welcome towards the running costs of the weekend - accommodation for the volunteers and food for the participants (prisoners) & volunteers & other costs that are incurred.

EFT Bank Details

Acc. Name	- KZN Eshowe Ladies Inside
Bank	- FNB
Branch	- 250655
Acc. No.	- 6289 6872 126
Reference	- VFC & Your Name (*Donation)

Other areas that you can be involved are:-

Baking cookies/biscuits – you can make your own plain biscuits or use the Kairos Recipes below.

Being part of the **Prayer Vigil** – <https://www.prayervigils.net/vigil.php?pvId=2106> -please put your name down for a ½ hour slot(s) to cover the weekend in prayer. Prayer points below.

Drawing or painting **Place Mats** – For children and adults to take part in

Writing encouraging scriptures on the coloured strips of paper that form a **Prayer Chain**

Donating Groceries that will be used over the weekend.

Sponsor a meal – be a 'stranger' that touches someone's heart with the love of Jesus.

Prayer pointer ideas for PRAYER VIGIL

You can pray some or all the points but be led by The Holy Spirit.

But the most important thing is for us to be covered in prayer over the whole weekend

- Give thanks for the warden and staff for allowing Kairos to come in.
- Give thanks for all the volunteers who make it possible for Kairos to go into prisons.
- Pray for all the participants' stress and anxiety to be reduced and their comfort levels increased as the weekend goes on.
- Pray for each participant's salvation if they don't already know Christ or the rededication of their lives if they have already accepted Christ as their saviour.
- Pray that each participant has ears to hear The Holy Spirit.
- Pray the participants have an understanding of what they hear.
- Pray that the participants' walls of resistance are broken down.
- Pray that they understand how much God loves them.
- Pray that they begin developing a Christian community of support among themselves.
- Pray for safety as they go back to their cells.
- Pray that they are able to forgive and offer forgiveness.
- Pray that they open up with those at their tables (a table of participants and team are called family for the weekend.)
- Pray that they understand and accept God's love, grace and mercy offered to them individually.
- Pray for the mending of relationships between participants and between participants and their families.
- Pray that they will commit to and develop a daily Bible study and personal prayer time.
- Pray that they accept God's gift of grace.
- Pray that each participant is open to receive counsel from a pastor.
- Pray that the family tables bond and open up with genuine sharing during chapel and prayer times.
- Pray that each participant's heart will be touched by the love of Christ and the Christian community as they read their agape letters from the team.

Kairos Cookies

1,200 Dozen

The Kairos Motto is **Listen, Listen, Love, Love**
Cookies Spread God's Agape Love on Kairos Weekends
Only Home-Baked Prayed over Cookies are used

COOKIE BAKERS EXTRAORDINAIRE!

It's time to turn your ovens on and turn out 1,200 dozen cookies for the Kairos Prison Ministry. Do you think we can do it?? Cookies are distributed to the residents and staff members at the **ENTRAPMENT** Prison during the **KAIROS weekend**.

Every night each resident is given a paper bag containing a variety of one dozen homemade cookies. Saturday night is doubled to two bags & Sunday night three.

What a blessing these individual bags of cookies are to residents & wardens in these institutions! They soon realize that there are people who do care about them.

The power of the "unlimited" supply of cookies as a metaphor for God's infinite grace and love is massive. Cookie stories tell of reconciliation, forgiveness, and discovery of the joy of sharing.

The handmade cookies are a tangible and vital expression of Christ's love and witness from the outside Christian community. **YOUR WITNESS**- during this life changing weekend we endeavour to further God's kingdom on earth.

Pray for the Kairos weekend residents as you bake and package your cookies, asking God to use the "agape love" cookies and the team as instruments for his love, forgiveness, healing, Christian renewal and evangelism.

Baking and Packaging Instructions as per Correctional Services requirements

- Welcome to use any plain recipe. One that don't break or crumble are best.
- Plain biscuits - round or shaped - Attached are perfect - ideal recipes
- **NO decorations** - Icing sugar, cherries, luscious & thousands; coconut etc
- **NO fruit or raisins** - choc or caramel chips and oats are ok
- Don't over-bake cookies; brittle cookies may break during shipping and handling.
- Cool cookies before packaging so they don't stick together.
- Package into plastic bags (no metal ties or ribbons) - just tie a knot
- 1 Doz. per plain plastic bag. Assists with the counting

KAIROS CONDENSED MILK BISCUITS Makes approx 80 biscuits 500g Margarine 250g Condensed Milk 300g (1 1/2 cup) Baking powder 300g (1 1/2 cup) Vanilla Essence 2 tsp (10ml) Vanilla Essence 2 tsp (10ml) Vanilla Essence 2 tsp (10ml) Vanilla Essence	KAIROS MILK BISCUITS - <i>Makes approx 80 biscuits</i> 125g margarine 125ml (1/2 cup) Castor Sugar 125ml (1/2 cup) Brown Sugar 1 Egg 2 tsp (10ml) vanilla essence
METHOD 1. Cream Margarine & Sugar together 2. Stir in Condensed Milk and Vanilla essence 3. Roll into 12mm spheres, roll in baking powder 4. Roll into 12mm spheres, roll in baking powder 5. Sprinkle with Vanilla essence 6. Bake at 180°C for 10 to 12 minutes	METHOD 1. Preheat oven to 160° C. 2. Beat the butter, castor sugar and brown sugar until creamy. 3. Add the egg & vanilla essence. 4. Beat egg, sugar and vanilla mixture until light & creamy 5. Stir in the milk and vanilla essence 6. Add the milk and vanilla essence 7. Take heaped teaspoons of the mixture. 8. Roll into balls & place each onto a greased baking tray. 9. Flatten with a fork and 10. Bake in an oven, preheated to 160° C for about 12 - 15 minutes or until golden brown 11. Remove biscuits onto a cooling rack
KAIROS PEANUT BUTTER Makes approx 80 biscuits 1 1/2 cups Smooth Peanut Butter 1 cup Margarine 2 1/2 cups Brown Sugar 6 TBS Milk 2 tsp Vanilla essence	KAIROS CHOCOLATE BISCUITS Makes approx 80 biscuits 250 gm Margarine 3/4 Cup Castor Sugar 1 teaspoon Baking Powder 3 cups Flour 1 1/2 teaspoons Vanilla 1 1/2 teaspoons Cocoa 1 1/2 teaspoons Vanilla
METHOD 1. Combine Peanut Butter, Margarine, Sugar, Milk & Vanilla 2. Flatten in a large bowl until well blended 3. Add Egg and mix well 4. In a separate bowl combine Flour, Salt & sugar and mix well 5. Add flour mixture to peanut butter & mix until just blended 6. Loop heaped teaspoons into ungreased baking tray. 7. Flatten slightly in a glass or jar lid with a fork 8. Bake at 180°C for 7-8 minutes until set 9. Cool on wire rack 10. Store in airtight container when cool	METHOD 1. Cream Margarine and castor sugar 2. Add egg and mix well 3. Add dry ingredients 4. Press down dough and cut out shapes 5. OR roll into balls and press down with a fork 6. Bake at 180°C for about 15 minutes depending on your oven
KAIROS GINGER BISCUITS Makes APPROX 80 BISCUITS 400g Margarine 600g (400g) Sugar 2 extra large Eggs 300ml Milk 120ml Golden Syrup/honey 4ml Salt	CHOC OR CARAMEL CHIP BISCUITS Makes 80 biscuits 1 1/2 cups Margarine 4 TBS Milk 2 Eggs 2 tsp Baking powder 2 cup Choc or Caramel Chips 1/2 tsp salt
METHOD 1. Cream the butter & sugar until light and fluffy. 2. Beat in Eggs, then stir in the milk & syrup 3. Stir in the flour, Ginger, Cinnamon, Salt & Bicarb 4. Add to the butter mixture, Mix well 5. Shape the dough into balls & roll them into balls 6. Arrange cookies on a greased baking tray, leave space for 7. Flatten slightly with a fork 8. Bake in a preheated oven at 180C for 8 - 10min. 9. Leave to cool completely on a wire rack. 10. Store in an airtight container TIP - Dip fork in flour to minimize sticking when slightly flattening biscuits before baking	METHOD 1. In a large bowl combine Margarine, Sugar, Milk & Vanilla 2. Mix well until blended 3. Add sugar, Mix well 4. In a separate large bowl mix dry ingredients together 5. Add to the sugar & Margarine mixture until blended well 6. Stir in choc or caramel chips 7. Drop by rounded tablespoon onto ungreased baking sheet 8. Bake at 180C for 10-15min