

The American
Cancer Society:

Faith and hope.







Faith and hope.



Dear Church Leaders and Friends,

It is through faith that many people first learn the principles of community giving. The American Cancer Society has a long-standing tradition of working with churches and other faith-based organizations to address cancer related issues and to improve the quality of life for those facing cancer. Relay For Life events across the nation provide the opportunity for churches to play a visible role in community leadership and to show support for those in your congregation affected by cancer.

Relay For Life is a great way for your congregation to...

- **Demonstrate support** for survivors and caregivers within your church family
- **Engage youth** in meaningful ways by teaching the value of community service
- **Provide your congregation with lifestyle information** for better health through nutrition and physical activity
- **Demonstrate the importance** of community involvement
- **Promote stewardship** at all levels
- **Participate in a team-building experience**
- **Enhance exposure of your church** and its mission to others in the community
- **Participate in a fun-filled and meaningful family event**
- **Demonstrate a partnership** with the American Cancer Society

We are sending you this Relay For Life Church Packet to extend an invitation to you and your church family to be a part of our Relay For Life event.

There are many ways you and your congregation can be involved:

- **Form a team.** It's never too late to form a Relay team, and there is plenty of time to get your church members, family and friends together to join our event. One of our Relay volunteers would be happy to talk with you or your congregation about forming a team. Visit www.RelayForLife.org for more information about forming a Relay team.
- **Participate on a current team.** There are teams already registered from all over the community, and interested participants can join an existing team. To register, visit www.RelayForLife.org.
- **Recruit Survivors and Caregivers.** Relay For Life is a celebration of survivorship. We encourage you to invite cancer survivors and caregivers from your congregation to come to the event and participate in the survivor and caregiver opening laps and other activities. Survivors can register online. Survivors and their caregiver are also invited to attend our Relay For Life survivor dinner. Information can be found on our website at www.RelayForLife.org.
- **Conduct a Luminaria Campaign.** Members of your church can purchase luminaria to honor or memorialize their loved ones. Luminaria are lit as part of the Luminaria Ceremony which begins after dark. A luminaria form is included in this packet.
- **Make a financial contribution.** You can ask members of your congregation to make a contribution in the fight against cancer. Visit www.RelayForLife.org for more information about making a donation.
- **Become a Volunteer.** We have numerous opportunities for volunteerism, from being on the Relay For Life committee to helping during the actual event. There is a place for everyone! Please visit our website for more information about being a Relay For Life volunteer.

Please feel free to contact me or another volunteer with Relay For Life for more information about how you can become involved with this meaningful and worthwhile event. We look forward to seeing you at Relay!

Sincerely,

The Relay For Life Committee



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What is Relay For Life?

The American Cancer Society Relay For Life is a life-changing event that brings together more than 3.5 million people across the country each year to celebrate the lives of people who have battled cancer, remember loved ones lost, and fight back against a disease that has taken too much.

At Relay, teams of passionate and committed people set up campsites at a local school, park or other community facility and take turns walking or running around a track or path. Each team is asked to have a representative on the track at all times during the event. Because cancer never sleeps, Relays are overnight events up to 24 hours in length.

Relay For Life unites communities worldwide to raise awareness and much-needed funds that enable the American Cancer Society to save lives and create a world with less cancer and more birthdays by helping people stay well and get well, by finding cures, and by fighting back.

As each Relay For Life event gets under way, special recognition is given to everyone who has faced a cancer diagnosis or helped someone with cancer. During the Survivors Lap, survivors are cheered on as they make their way around the track. It's a celebration of their victories and of the progress being made in the fight against cancer. Caregivers are also recognized for giving their time, love, and support to friends and family members who face the disease.

Shortly after nightfall, the event is lit by only luminarias dedicated to loved ones. As Relay participants walk the track in silence during the Luminaria Ceremony, they take time to remember or grieve loved ones and find healing. Each Relay also includes a Fight Back Ceremony so that people can make a personal commitment to help save lives from cancer by taking up the fight against the disease.

Celebrate. Remember. Fight Back.

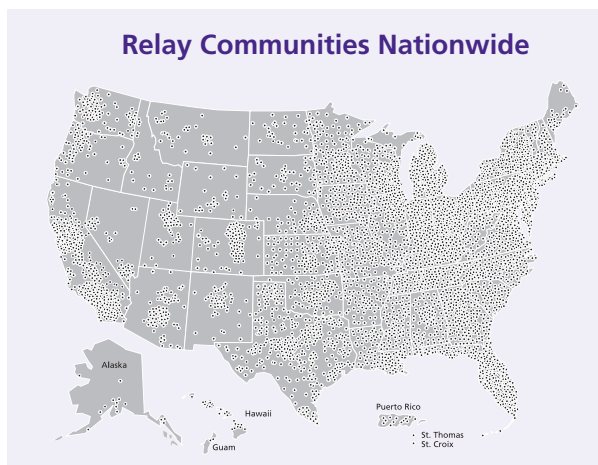
Because cancer never sleeps, Relays are overnight events up to 24 hours in length. They provide participants an opportunity to celebrate, remember, and fight back against cancer.

Celebrate. Beginning with the inspiring Survivors Lap, Relay celebrates the lives of people who have battled cancer and the victories that have been achieved over the disease.

Remember. Relay also offers participants a chance to remember loved ones lost to cancer. Family, friends, and caregivers come together at the life-changing event to grieve and find healing.

Fight Back. The money raised at Relay For Life enables the American Cancer Society to save lives and create a world with more birthdays by helping people stay well and get well, by finding cures, and by fighting back.

Relay Communities Nationwide





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The American Cancer Society is saving lives.

Money raised through the American Cancer Society Relay For Life enables the Society to save lives by helping people stay well and get well, by finding cures, and by fighting back. These are just a few examples of how those funds make a difference every day.

Helping people stay well

- We can help tobacco users quit through the American Cancer Society Quitline®, a telephone counseling service which doubles a person's chances of quitting tobacco for good.
- We develop guidelines for recommended cancer screenings and nutrition and physical activity, so people know what tests they need to find cancer early and how to help prevent the disease.
- We provide tips, tools, and online resources to help people set goals and stay motivated to eat healthy and maintain an active lifestyle.

Helping people get well

- Our phone lines are open every minute of every day and night to help connect people with the answers they need. Each year, we provide information, help, and support to the nearly one million individuals who call us at 1.800.227.2345. In addition, our web site, cancer.org, offers access to the latest information and news on cancer and helps people locate programs and services in their area.
- We offer an online support community for cancer survivors and caregivers to share stories and find support.
- We assist cancer patients in need with getting transportation to and from their treatments and offer help with free lodging for cancer patients and their caregivers.
- Through our clinical trials matching service, we connect patients with thousands of different treatment options.
- With sites at hospitals and treatment centers across the country, our American Cancer Society Patient Navigator Program provides one-on-one guidance to people facing cancer through every step of their journey.

Finding cures

- We've had a hand in nearly every major cancer breakthrough of the last century, including confirming the link between cigarette smoking and lung cancer, establishing the link between obesity and multiple cancers, developing drugs to treat leukemia and advanced breast cancer, and showing that mammography is the most effective way to detect breast cancer.
- We're the largest private funder of cancer research in the United States.
- We fund researchers with cutting-edge ideas, often early in their careers. Of the researchers chosen for Society funding, more than 40 have gone on to win the Nobel Prize, the highest honor in scientific achievement.

Fighting back

- The majority of Americans are now covered by a smoke-free law, thanks in part to the efforts of the Society and our nonpartisan advocacy affiliate, the American Cancer Society Cancer Action Network (ACS CAN).
- We help mobilize communities to fight back against cancer with events such as Relay For Life and Making Strides Against Breast Cancer®.
- We have helped uninsured, underinsured, and low-income women get breast and cervical cancer screening tests and follow-up treatment since 1991 and, along with ACS CAN, we have successfully fought for legislation protecting this care.

By supporting Relay For Life, you help make the American Cancer Society's services and progress possible, and that helps us all move closer to our ultimate goal: a world with less cancer and more birthdays.

Cancer Facts

- Approximately 1 in 3 women in the United States will develop cancer in her lifetime, while almost 1 in 2 men will have the disease.
- Cancer is the second leading cause of death in the United States, exceeded only by heart disease.
- All cancers caused by cigarette smoking and heavy use of alcohol could be prevented completely.



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Sunday of Hope Program Guide

The American Cancer Society's Relay For Life is a celebration of HOPE, giving communities the opportunity to celebrate the lives of people who have battled cancer, remember loved ones lost, and fight back against the disease. An important part of relay is the opportunity to remember those touched by cancer.

The night is brightened by the glow of illuminated bags called luminaria, each bearing the name of someone who has battled cancer. Some celebrate cancer survivors, while others help us honor and remember those gone too soon. All represent someone special who has been profoundly affected by cancer and the family and friends who continue to fight back in their honor.

What is a luminaria?

Luminaria are candles lit inside bags filled with sand, each one bearing the name of a person touched by cancer

What is Sunday of Hope?

- Church members are given the opportunity to provide a luminaria In Memory or In Honor of special loved ones in exchange for a donation to the American Cancer Society.
- Suggested donation: \$10.00/ luminaria Bag
- The luminaria are used to decorate the church for the Sunday of Hope
- Ideally, the theme of the service is HOPE

How is the Sunday of Hope organized?

- The Relay For Life Sunday of Hope is arranged and coordinated by a church member.
- This person is responsible for promoting the event through church bulletins or newsletters, collecting the "orders", creating the bags, and collecting the donations.
- On the morning of Sunday of Hope, the church is decorated with the luminaria.
- The service is planned with Hope as the theme, including sermon, scripture, prayer, music, with the luminaria as a reminder.
- A cancer educational message may be included in the church bulletin along with the names of the donor's and those represented through the luminaria.

Sample Newsletter or Bulletin Announcement

(If you would like to receive this form in electronic format for placing in a newsletter or bulletin, please give us a call)

On Sunday XX/XX/XXXX we will be celebrating a "Sunday of Hope" as part of the American Cancer Society's annual Relay For Life. Relay For Life is a celebration of HOPE in the fight against cancer. As part of our Sunday of Hope, we will be including luminaria, candles lit inside bags filled with sand, each one bearing the name of a person touched by cancer. We are giving you the opportunity to order a Luminaria "In Honor Of" or "In Memory Of" a loved one. These Luminaria will be used to decorate our sanctuary for this special service. Please fill out this form and return along with your donation (Checks made payable to American Cancer Society) by Sunday, XX/XX/XXXX.

Thank you.



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Sunday of Hope Helpful Suggestions

Appropriate Hymns

- My Hope Is Built
- Hymn of Promise
- Hope of the World
- We Shall Overcome
- Great is Thy Faithfulness
- Soon and Very Soon
- Amazing Grace

Appropriate Scripture

- Romans 5:3-5
- Acts 2:25-27
- Romans 15:12-13
- 2 Corinthians 1:7-10

Prayer for the Conquest of Cancer

Almighty and Loving God, we remember that Your will for each of us is health and peace, fullness of each life and wholeness of each life. We know that illness of every sort challenges Your plan and, therefore, must challenge us.

We thank You for those in sickness who rise to the challenge by bravely fighting on, and who continue to live and grow and love and serve in spite of the pain and suffering.

We thank You for all who minister to cancer patients; for those who are instruments of Your healing grace - the doctors, nurses, technicians, those involved in research and experimentation, and rabbis, priests, pastors, family and friends who are there with those who suffer - all channels of Your healing love.

Finally, we thank You for institutions and organizations that provide care - whose purpose is to challenge all that "corrupts and destroys the creatures of God."

We thank You for the great work of the American Cancer Society, and we ask Your special blessings, Dear God, on its healing work. Guide and empower our leaders, strengthen and give good success to its workers and volunteers, and grant that all may know that it is Your healing work that they do; and that one day You "will wipe away every tear from our eyes and that there will be no more pain, for the former things will have passed away."

This prayer, O God, we ask in Your powerful name of Love.



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Church Candle Ceremony

The “candle service” is very simple.

You will need:

- **3 candles** (consider using 2 white and 1 purple but you can use any color you choose)
- **A lighter**
- **3 people** to light the candles
- **Something written** (see below for sample)

At some point during the regular service you should have a “special offering” along with a song or special music. Coordinate this with your pastor.

Sample Script

To hear the words “You have cancer” is almost deafening. At first there is shock, then there is survival. Your life instantly changes from the typical day to day life you know, to an ever changing schedule of doctor appointments, medicines, treatments, and surgeries. This is the life of a cancer patient.

“You are in remission” are the words a cancer survivor longs to hear. As a survivor, you ask yourself, “how long will this last? How long until it comes back?” We have seen the survival rate climb year after year and with that our HOPE for a cure grows.

“I am sorry, there is nothing more we can do.” is a statement no one wants to hear. After struggling and fighting, some battles are lost. Through these battles, advances are made and memories live on.

It is in honor and memory that these torches are lit. For those fighting this terrible disease we embrace you (light a white candle), for those who have fought and won we honor you (light a white candle), and for those we have lost we remember you (light the purple candle; it should be in the middle).



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Fun and Easy Ideas for Faith-based Activity

Remember Those Lost to Cancer. Hold a Luminaria Service at your Church.

- Conduct a candle lighting service before or after your church service
- Ask your church members to make a donation to the American Cancer Society by purchasing a luminaria that will be lit in honor of a cancer survivor or in memory of a loved one lost to cancer (luminaria are available through the Relay For Life committee).

Educate your Congregation! Hold a Special Prayer Service at your Church.

- Conduct a prayer service to support families facing a diagnosis of cancer or to show support of the American Cancer Society.
- Inform your congregation about how the American Cancer Society is making a difference in the fight against cancer (a list of programs and services is included in this packet).
- Invite a health care professional to your church to talk about cancer issues and a Relay For Life volunteer to talk about the American Cancer Society.

Get Your Congregations Moving! Provide a Nutritious Meal and go for a Mini-Walk.

- Prepare a healthy breakfast, lunch or dinner for your congregation and ask participants to make a donation to your Relay team.
- Provide information on nutrition and physical activity (available through the American Cancer Society or at www.cancer.org) to all participants.
- Plan a Mini-Relay Walk after the meal to promote the importance of physical activity.

Celebrate Survivors! Hold Your Own Survivor Ceremony.

- Recognize cancer survivors before or after your church service.
- Provide information about survivor activities held in their honor during the Relay For Life event.

And Finally...

- Encourage your congregation to form a team and be a part of Relay For Life...in honor or in memory of a church member or loved one.

For more information, to register your church team or to donate, please visit www.RelayForLife.org



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Programs and Services

Cancer Survivors Network®* - A Web-based peer support service created by and for cancer survivors and their families. In the privacy of their own homes, they can access the free service via the Internet 24 hours a day, 7 days a week. The Web site contains approximately 250 hours of prerecorded personal stories and discussions among survivors or family caregivers. Additionally, the Web service offers a virtual community of survivors at all points in the cancer experience, as well as their family members and close friends. The community has many interactive features designed to help users connect with others like themselves to share experiences and support. Log in at www.cancer.org.

Reach to Recovery®* - A one-on-one support program which has helped people cope with their breast cancer concern for more than 30 years. Reach to Recovery volunteers are breast cancer survivors, trained to offer support at various points along the breast cancer continuum; including diagnosis, decision-making about treatment, treatment, side effects, remission, and more.

Look Good...Feel Better®* - In partnership with the Personal Care Products Council (formerly the Cosmetic, Toiletry and Fragrance Association, or CTFA), this free program is designed to teach women cancer patients beauty techniques to help restore their appearance and self-image during chemotherapy and radiation treatments.

Man to Man®* - This group program provides information about prostate cancer and related issues for men in a supportive atmosphere. Some areas offer Side by Side, a group program for the partners of men with prostate cancer, and/or a visitation program in which a trained prostate cancer survivor provides support to a man newly diagnosed with prostate cancer.

Hope Lodge®* - Short-term residences provide housing and referral services free of charge to cancer patients who would otherwise face costly alternatives. Hope Lodge offers a comfortable and supportive environment just when it is needed most.

I Can Cope®* - This program offers educational classes for people with cancer and their loved ones. Often held at local hospitals, these classes include doctors, nurses, social workers, and community representatives sharing information about cancer diagnosis and treatment, as well as helping people cope with the challenges of a cancer diagnosis.

NCIC - The National Cancer Information Center is a nationwide toll-free hotline available 24 hours a day, 7 days a week. Information specialists answer questions about cancer, treatments and related topics. Information on detection, prevention, alternative medicine, medication assistance, clinical trials, and community resources is also available. The most up-to-date written material on cancer is available at no cost. Many materials are available in Spanish; multilingual speakers and interpreters are available.

*American Cancer Society Programs and Services

We **save lives** and create more birthdays
by helping you stay well, helping you get well,
by finding cures, and by fighting back.

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