



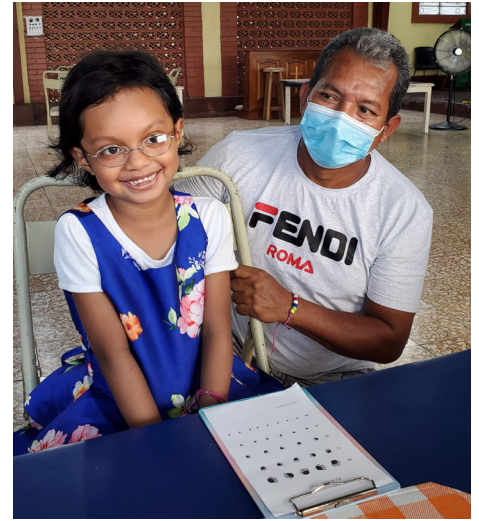
## Help the MOST Ministries Eyeglasses Mission Trip From Home!

### What is the MOST Ministries Eyeglasses Mission Trip?

A project that encourages participants of all ages and backgrounds to share Christ's love by addressing physical and spiritual needs of people in Belize. The trip is November 15-22, 2025. Team members will be using a simple testing system created for MOST Ministries to distribute eye glasses to those in need and share the Gospel through words and actions while in Belize. Learn more about the trip on the [LWML-IED.org](http://LWML-IED.org) or [MOSTministries.org](http://MOSTministries.org) website.

### Four Ways You Can Help the Team From Home

Help from home or with your LWML group using your God-given gifts and talents to share His glory with others. See other side for details.



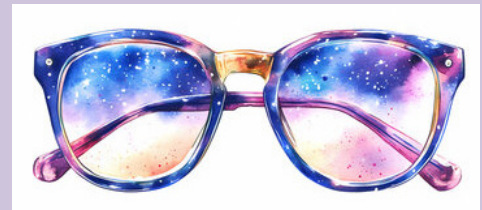
**#1 Collect**  
NEW Sunglasses



Check out the  
Amazon Gift Catalog

**#2 Collect**  
Used Prescription  
Eyeglasses

Take up a collection  
in your community,  
or donate a pair



**#3 Make**  
Eyeglass Cases



Host an event to make  
eyeglass cases, or  
make them at home

**#4 Pray!**

Pray for MOST Ministries, the safety of the  
team, and thanksgiving for God's gifts!

### Contact Information

- **Amazon Gift Catalog** [amazon.com/hz/wishlist/lz/1F5VF9M3OU545/ref=nav\\_wishlists\\_1](https://amazon.com/hz/wishlist/lz/1F5VF9M3OU545/ref=nav_wishlists_1)
- **Pattern for eyeglass cases** [mostministries.org/eyeglass\\_cases1](https://mostministries.org/eyeglass_cases1)
- **YouTube Tutorial video for eyeglass case pattern** [youtu.be/7c-aKcR](https://youtu.be/7c-aKcR)
- **Most Ministries Mailing Address** MOST Ministries, 655 Phoenix Drive, Ann Arbor, MI 48108

# Details on How You Can Help the Belize Mission Trip From Home

## #1 Collect NEW Sunglasses

- Must have at least 400 UV protection
- Must be NEW
- Must be non-prescription
- May be any size (adult or child)
- MOST has an Amazon Gift Catalog for each purchase. See below for address.
- Up to 800 pairs are needed, which will be taken with the team to Belize
- Sunglasses donations may be given to any team member or may be mailed directly to MOST Ministries (see address below)

## #2 Collect Used Prescription Eyeglasses

- Adult- and child-size eyeglasses are needed
- Must be in good condition
- **MUST BE BOXED and SENT DIRECTLY to MOST Ministries** to the address on front page
- Upon receipt of the donated glasses, volunteers at MOST's Mission Center will sort, clean, and read the prescription strength to prepare them to be sent with the mission team to Belize
- PLEASE DO NOT give/send individual team members your donations of prescription eyeglasses.

## #3 Make Eyeglass Cases

- See below for eyeglass case pattern and instructions for those who wish to make fabric cases
- Watch the YouTube video with instructions (address on front)
- Up to 1000 fabric eyeglass cases are needed, which will be taken with the team to Belize
- Fabric cases can be given to any team member or may be mailed to MOST Ministries at the address on front page
- Do not collect bulky or hard-sided cases; they cannot be used/shipped overseas due to restrictions

## #4 Continue to Pray

### How to Make Eyeglass Cases

#### Option 1 and Option 2

##### You will Need:

- Fabric (heavy felt, fleece, decorator or denim)
- Thread to match your fabric
- Sewing Machine

##### Instructions (Option 1):

- Cut fabric piece 7 1/2" square
- Hem one edge of fabrics that fray
- Fold in half
- Sew side and bottom seam
- Turn inside out unless felt or fleece is used, or you zigzag or serge the side seam

##### Instructions (Option 2):

- Cut fabric piece 14 1/2" x 4 1/2"
- Hem short edge of fabrics that fray
- Fold in half
- Sew both long (7 1/4") side seams
- Turn inside out unless felt or fleece is used, or you zigzag or serge the side seams

#### Option 3 Drawstring Eyeglass Cases

##### You will need:

- Flannel of fleece 7" x 8" (OR quilted material 8" x 9")
- 16" - 18" cord or ribbon
- Bead to fit double cord (to pull cord tight)

##### Instructions:

- Fold 7" (or 8") 3/4" down with wrong sides together and stitch to make cord casing.
- Make holes 3/4" from both sides on inside of casing to put drawstring cord through.
- Pull cord through with 5" on each end.
- Fold material in half long ways, right sides together, so that it is 7" x 3 1/2".
- Stitch bottom and long sides together to the top.
- Backstitch to lock in.
- Trim corners.
- Turn case inside out and put bead on the two ends of the cord.
- Tie the two ends together.
- Slide the bead down to close the case.