

**Tuesday 11**

Two billion people in the world have no access to electricity. Give 10p for every non-energy-saving light bulb in your home.

**Wednesday 12**

Today, someone in Zambia has less chance of living to 30 than someone born in England in 1840. Give 30p if you're over 30.

**Thursday 13**

The world's surface temperatures are rising faster than at any point in the last 10,000 years. Turn down your thermostat by one degree.

**Friday 14**

In Nicaragua, 13p could buy the 1lb of nails needed to build a latrine. Give 13p each time you flush today!

**Saturday 15**

Rigged trade rules cost the developing world US\$700 billion a year, according to the UN. Visit [www.christianaid.org.uk](http://www.christianaid.org.uk) to join the movement for trade justice.

**Sunday 16, Palm Sunday**

Today we mark Jesus' entry into Jerusalem on a donkey. How could you live more humbly?

**Monday 17**

Four decades of civil war in Colombia have created the second-highest number of internal refugees in the world. Give 25p for every holiday or short break you've had in the last year.

**Tuesday 18**

In Burundi, 45% of children under five are underweight. Give 10p for every snack you ate today.

**Wednesday 19**

64% of Palestinians live below the poverty line. In 1998 that figure was 20%. Give 40p if you have more disposable income now than in 1998.

**Thursday 20**

In Afghanistan, a harsh drought recently forced parents to sell their daughters, some as young as 10, into marriage so as to feed the rest of the family. Give 20p for every piece of food you threw away this week because it was past its use-by date.

**Friday 21, Good Friday**

Christ made peace through his blood, shed on the cross. (Colossians 1:20) Reflect on your relationship with the world and all those in it. Ask yourself whether it is a peaceful one.

**Saturday 22**

As increasingly unpredictable weather causes harvests to fail in Tajikistan, many men leave their families to find work in Russia. Give 10p for every person in your family less than an hour's journey away.

**Sunday 23, Easter Sunday**

Recount back to the risen Christ just some of his blessings to you this day. Thank God in particular for those you can't remember. Give a final donation of your choice, if you wish.

# Thank you for counting your blessings!

Please return this form as soon as possible to **Count Your Blessings, Christian Aid Community Fundraising team, PO Box 100, London SE1 7RT** or to your local Christian Aid office.

Title \_\_\_\_\_ Forename \_\_\_\_\_ Surname \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Email \_\_\_\_\_

I enclose a cheque for the sum of £ \_\_\_\_\_, raised by counting my blessings. Please tick here if you do not want a receipt

Gift Aid – to enable Christian Aid to claim back the tax already paid on your donations please complete the following declaration: **I am a UK taxpayer and would like Christian Aid to reclaim the tax on this and any donations I have made to Christian Aid in the past six years and any future donations, until I notify you otherwise.**

Signed \_\_\_\_\_ Date \_\_\_\_\_

Note: You must pay an amount of income tax at least equal to the tax we reclaim on your donations in the tax year.

**I would like to receive a Christian Aid prayer diary**

**I would like to receive worship resources for Christian Aid Week**

If you already receive information from Christian Aid we will continue to send it unless you tell us otherwise by writing to us at PO Box 100, London, SE1 7RT.

If you are new to Christian Aid, please tick here if you do not want to receive information from us.

If taking part in *Count Your Blessings* has made an impression on you, Christian Aid would love to hear from you. Please send reflections with your donation, and mark them for the attention of the Community division.

More copies of this resource are available from [www.christianaid.org.uk/getinvolved](http://www.christianaid.org.uk/getinvolved)

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# Count your blessings: Lent 2008

**If you can turn on a tap at home and pour yourself a glass of clean water, you're among the most privileged 15% of people in the world.**

How can it be that we are so richly blessed, while others must struggle for their basic needs? As Christians, we have a responsibility to stand up and be counted in the fight to redress the balance.

## Good gifts

Lent is a time for taking stock, and for looking at the gifts God has heaped upon us. It's also a time to recognise the impact our lives have on those in the world's poorest communities – not least in contributing to climate change, which is hitting the poorest first and hardest. Offer back to God just a fraction of his blessings to you this Lent through giving, praying and taking action to change the lives of those who have less.

**Get counting!** The box by each day is to keep a note of daily totals or to tick as you pray, act or praise.

**For ideas on how to turn *Count Your Blessings* into a family activity visit [www.christianaid.org.uk/getinvolved](http://www.christianaid.org.uk/getinvolved)**

**Please photocopy this resource for your church, friends and family.**



We believe in life before death

## February

### Wednesday 6, Ash Wednesday

Across Asia, the world's most crowded continent, a third of people live below the poverty line.

Look out of your window and take in the wealth that surrounds you.

### Thursday 7

More than a billion children will not go to school this year. Give 20p for every year you spent in full-time education.

### Friday 8

Tea pickers in Sri Lanka earn around £1 per day. Give £1 if you bought an item costing more than that today.

### Saturday 9

Two million people are living in camps in Darfur after the recent conflict drove them from their homes.

Give 50p for each floor of your home.

### Sunday 10

Moisés is 12. He lives opposite a US-owned smelting plant in La Oroya, Peru, and, like 70% of the population of the town, he has lead poisoning.

Pray that poor people may be heard as, like Moisés, they stand against unethical business.

### Monday 11

In the Gaza Strip, 1.5 million people are locked into an area no bigger than the Isle of Wight.

Give 50p if you have access to a garden.

### Tuesday 12

According to the World Bank, at the current rate of CO<sub>2</sub> emissions, sea levels could rise up to 1m by 2100, submerging up to 16% of Bangladesh.

Give 20p for every computer in your home. Give 20p more for each one left on unused for more than half an hour this week.

### Wednesday 13

Life expectancy in Sierra Leone is just 41 years.

Count to 41 – then pray for the children born in that country this week.

### Thursday 14

In some Indian villages, dalits – the lowest in India's caste system – are forbidden from using the same tea glasses as other customers in their local café.

Give the price of the last cup of tea or coffee you bought.

### Friday 15

52p could pay for a notebook, pen, pencil, sharpener and chalk, allowing a woman or child to attend literacy classes in Afghanistan.

Give 52p for each personal email or note you wrote today.

### Saturday 16

After losing both her parents, Talent moved in with her aunt. Money is tight, so free school lunches from Zimbabwean partner Christian Care keep her hunger at bay in the afternoons – but she still has only a cup of tea for breakfast.

Give 50p for each type of food and drink you had for breakfast today.

### Sunday 17

'For some countries, the impacts of climate change are lifestyle threatening. In others they are life threatening.'

Khaleda Zia Begum, former PM of Bangladesh.

Prayerfully identify one way you might consume less to lighten your tread on the earth.

### Monday 18

Annual global military spending exceeds US\$1 trillion – around 100 times the cost of putting every child in the world through primary school.

Give 10p for every educational course you've attended just for fun.

### Tuesday 19

182 million people in sub-Saharan Africa alone could die of diseases caused by climate change by 2100.

Give 10p for every car journey you have taken this week.

### Wednesday 20

In 2003, the IMF forced Ghana to tear up a law protecting its struggling rice growers from subsidised imports. Now the US provides 40% of Ghana's rice.

Give 20p for every hour you spent earning a living today.

### Thursday 21

Just 3p could pay for medication to combat sickness and fever for a person living with HIV in Honduras.

Give 3p for every bottle or box of medication in your home.

### Friday 22

It is expected that Africa's last remaining tropical glacier, on Kenya's Mount Kilimanjaro, will vanish by 2015.

Next time you boil a kettle, only fill it with the amount of water you'll need.

### Saturday 23

852 million people in the world do not have enough to eat.

Give 25p for every time you ate out this week.

### Sunday 24

A Christian Aid partner in Mozambique gathers decommissioned weapons and gives them to local artists, who turn them into sculptures.

Pray that God may rebuild countries like Mozambique torn apart by civil war.

### Monday 25, beginning of Fairtrade Fortnight

There are now 1,500 Fairtrade-certified products on sale in the UK.

Give 50p if you haven't bought a fairly traded product this week.

### Tuesday 26

Just 40p could buy ten eggs, one week's worth of protein for a family of four living in poverty in Kyrgyzstan.

Give 40p for every box of eggs in your fridge.

### Wednesday 27

A 15-year-old in Botswana has an 80% chance of dying from an HIV-related disease.

Give 10p for every teenager you know.

### Thursday 28

An estimated 12 million children in Africa have lost one or more parents to HIV-related illnesses.

Give 20p for each family member you've seen this week.

### Friday 29

Almost a billion people entered the 21st century unable to read or sign their names.

Give 5p for every pen in your home.

## March

### Saturday 1

45p could pay for a child's visit to a health clinic funded by Christian Aid in Jamaica.

Give 45p for every time you went to your GP last month. Give 90p if you didn't have to.

### Sunday 2, Mothering Sunday

Britain spends more than £1.5 billion a year on cut flowers. 25% are from Kenya where workers sometimes labour 18 hours a day for £25 a month, with no pesticide protection.

Spend time reflecting on your choice of gift for Mother's Day.

### Monday 3

At the current rate of CO<sub>2</sub> emissions, by 2050, 30 million more people may go hungry as agricultural yields drop across the globe.

Give 50p if you bought any fruit or veg from abroad this week.

### Tuesday 4

65p could buy a pair of shoes for a person in Cambodia.

Give 65p if you are wearing a pair of shoes and 10p for every other pair you own.

### Wednesday 5

Almost every other person in developing countries lacks adequate sanitation.

Give 30p for every toilet in your home.

### Thursday 6

In the UK, on average each person emits around 9 tonnes of CO<sub>2</sub> a year. In the US it is 24 tonnes. In sub-Saharan Africa, it is less than one tonne of CO<sub>2</sub> a year.

Visit [www.christianaid.org.uk](http://www.christianaid.org.uk) today to take action on the Climate Change Bill.

### Friday 7

K Rajamuthu has spent 25 years breaking rocks in a quarry in south India, but never earns more than £2.30 a day. Give £2.30 if you had a pay rise in the last year.

### Saturday 8

In parts of Bangladesh, rising sea-levels are causing water salination, so the poorest people must travel up to 24 hours to buy drinking water. Give 10p for every glass of water you drank today.

### Sunday 9

'Every day when I wake up I ask God to save our field staff from being targets of terror attacks,' said one of our Iraqi partners recently. Pray for all who work for peace.

### Monday 10

Every hour, more than 1,200 children die away from the glare of the media – the same effect as three tsunamis each month, every month.

Give the price of the last newspaper you bought.