

April

Wednesday 1

£4 could pay for a day's food for a family in Bangladesh, made homeless by floods, until they can re-establish their lives. If you buy a meal out today, give £4 in thanks that you have that choice.

Thursday 2

Today is International Children's Book Day. 93 million children of primary-school age are not in school. Give 30p for every book you pick up today.

Friday 3

As your countdown to Easter is nearing its end, there are only 241 days left in the countdown to the Copenhagen climate change negotiations. Order campaign action cards today (ref F1674) from orders@christian-aid.org or 0870 078 7788, to give out in your church or workplace.

Saturday 4

300,000 people will be collecting door to door for Christian Aid Week next month. Give 5p for every step they would need to take from the pavement to your front door.

Sunday 5

Today is Palm Sunday, when we remember Jesus being cheered by crowds as he entered Jerusalem. Pray for all who are alone today.

Monday 6

Millions of people have no chance to make choices about their future. Give £1 if you chose a different job to your parents.

Tuesday 7

£2.75 could buy a hairdresser's cape for a training project in Jamaica, giving practical skills to young men who would otherwise be involved in violence. Give 50p for every time you have had your hair cut in the last year.

Wednesday 8

Tonight, Jews celebrate Passover. Pray for the Israeli doctors and nurses who, as volunteers, will be travelling into the Palestinian West Bank to give medical care to communities with little or no access to medical services.

Thursday 9

A child dies from hunger every five seconds. Give 15p for every slice of bread you eat today.

Friday 10, Good Friday

God so loved the world that he gave his son to die for us. Remember today all who have had their children taken from them and pray that God will give them strength.

Saturday 11

This morning, 923 million people will wake up to another day of hunger. Give 15p for each packet of breakfast cereal in your cupboard.

Sunday 12, Easter Sunday

Hallelujah! Jesus is risen! Praise God for all his blessings as you think back over the last seven weeks. Give a final gift of your choice.

Thank you for counting your blessings!

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

Title _____ Initial _____ Surname _____

Address _____

Postcode _____

Email _____

I enclose a cheque for the sum of £ _____, (payable to Christian Aid) raised by counting my blessings. (This includes £ _____ from a separate *Children's Count Your Blessings*.)

Please tick here if you would like a receipt for the total amount.

Please tick here for a children's thank you certificate in the name of _____

Gift Aid declaration

If you are a UK taxpayer, we can receive 28p from the government for every £1 you contribute – at no cost to you.

I want all donations I have made to Christian Aid in the past six years, and any donations I make in the future, to be Gift-Aided until I notify you otherwise. I pay income tax and/or capital gains tax at least equal to the tax amount the charity reclaims on my donations. (This is currently 25p for every £1 donated. The government will pay an additional 3p on every £1 you give until 5 April 2011.)

Signed _____ Date _____

I would like to receive a prayer diary three times a year.

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 not to, 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 Max Khanna.

More copies of this resource are available from **www.christianaid.org.uk/lent**

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Christian Aid 2008

Count your blessings: Lent 2009

It's easier to give up something for Lent if you've got something to start with. Far too many people in the world don't even have life's basics.

As we face the financial challenges of each day, it's easy to forget that the everyday things we have around us would be unimaginable riches to many people. Instead of giving up alcohol or chocolate this Lent, join us to count some of the blessings that surround us all. From our riches we can give something back, in thanks to God.

Make your response count this Lent through the money you give, through the prayers you offer and through the actions you take. The box by each day is to keep a note of daily totals or to tick as you give, act and pray for change.

For a children's version of *Count Your Blessings* and church sermon notes, visit www.christianaid.org.uk/lent

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



We believe in life before death

February

Wednesday 25, Ash Wednesday

Rich countries gave ten times as much money to support banks last October as they had given in ten years to help poor countries with their debts. Give ten coins of your choice as you pray for justice for poor people.

Thursday 26

The UK spends £10.2 billion each year on food that ends up being thrown away. Give 10p for every cookbook you own.

Friday 27

Fairtrade Fortnight started on Monday and dozens of shops, including well-known high-street retailers, now sell products made of fair-trade cotton.

Put a note in your wallet or purse to look for a fair-trade cotton product next time you go clothes shopping.

Saturday 28

Only one in five people in Mali can read. Give 25p for each personal letter, text and email you read today.

March

Sunday 1

If rich countries do not cut their carbon emissions by 80% by 2050 up to three billion people will suffer acute water shortages. Come to Christian Aid's climate campaign event at Coventry Cathedral on 19 March – email campaigns@christian-aid.org or call 020 7523 2264 for more information.

Monday 2

One in eight people in the world does not have access to safe water. Give 50p if you have a bath or shower today.

Tuesday 3

£7.50 could pay for a mobile phone top-up card in El Salvador, held by local emergency committees to help isolated communities communicate during an emergency. Give 10p for each personal call or text you make on your mobile today.

Wednesday 4

Eight million fair-trade hot drinks are enjoyed in the UK every day. Give 50p for every packet of non-fair-trade tea, coffee or hot chocolate in your home.

Thursday 5

£1.50 could buy small, stimulating, children's educational toys for use in training sessions with mothers in Peru. Give £1.50 if you have toys in your home.

Friday 6

Today is Women's World Day of Prayer. Read Romans 12:5 and pray for five women you know.

Saturday 7

The controversial planned coal-fired power station in Kent will produce as much carbon dioxide each year as the entire country of Rwanda. Give 10p for every item in the room you are in now that is currently plugged in.

Sunday 8

There are now more than 4,000 Fairtrade churches in the UK, but that's still only 1 in 10. Check today whether your church serves fair-trade tea and coffee – and if it does, ask them to add fair-trade sugar, juice and biscuits too.

Monday 9

£3.50 could buy a garden fork in Burundi to enable someone to cultivate land and grow food to eat and sell. Give 10p for every garden tool you own.

Tuesday 10

In Peru, one in four people has no access to primary healthcare. Give 25p if you are registered with a GP and another 25p if you can name your GP.

Wednesday 11

200 million people are affected by disasters around the world each year. Give 20p for every insurance policy you have.

Thursday 12

While a quarter of the world's population do not have enough food, more than 40% of the world's grain harvest is fed to livestock. Give 40p if you have eaten meat today.

Friday 13

£4 is the cost per person for a group of mothers, children and young people to leave the violent shantytown they live in, in Colombia, and escape for a day. Give 40p for each holiday you had last year.

Saturday 14

There are 8.4 million refugees in the world today and 6.6 million other people who have fled their homes, largely because of wars and violence. Give 20p for every suitcase or rucksack you own.

Sunday 15

Even on the UK minimum wage of £5.73 an hour, you would be in the richest 11% of the world. Give 20p for each debit or credit card you have.

Monday 16

Angola exported nearly US\$30 billion of oil in 2007, yet 70% of its citizens live in abject poverty – on less than US\$2 (£1.30) a day. Give £1.30 for each car you own.

Tuesday 17

Someone will die in the next 12 seconds from an HIV-related illness, yet a month's supply of life-saving ARV drugs costs only £15. Give 10p for each family photo displayed around your home.

Wednesday 18

40% of people in the world do not have access to sanitation. Give 10p every time you flush the toilet today.

Thursday 19

14p could pay for a reusable milk bottle for a dairy project in Haiti that gives farmers better access to local markets and improves their income. Give 14p each time you drink milk today.

Friday 20

60p could buy 1,000 HIV campaign leaflets in Tanzania. Give 5p for each piece of paper pinned to your kitchen or office noticeboard at home.

Saturday 21

Today is the first day of spring. If it is not stopped, climate change will melt the massive glaciers in the Himalayas, on which more than a billion people rely for water for drinking, washing and agriculture. Give £1 if you have seen spring flowers today.

Sunday 22

Today is Mothering Sunday. By 2010, one in three children in Africa will have lost one or both parents to HIV-related illnesses. Give 20p for every mother in your extended family.

Monday 23

Last Christmas people in the UK threw away 20,000 tonnes of cards. Give 10p for each thing you throw away today.

Tuesday 24

25p could pay for a 'flower mirror', for a project building confidence for women in Guatemala, many of whom have never seen their own reflection before. Give 25p for every mirror in your home.

Wednesday 25

£5 could buy a uniform for a primary school child in Burundi. Give 20p for every wardrobe in your home.

Thursday 26

In the next minute, five people will learn for the first time that they are HIV-positive. Pray for five people who are suffering today.

Friday 27

If global temperatures rise by more than 2°C, 18% of Bangladesh will be underwater. Give 50p each time you use a washing machine or dishwasher today.

Saturday 28

A large UK supermarket stocks 30,000 different products, while many people in the world eat the same food every day. Give 20p for each different food you ate at your most recent meal.

Sunday 29

Someone born today in the UK could expect to live to the age of 79, while someone born today in Angola could only expect to live to 41. Give 1p for every year of your life.

Monday 30

£5 could provide a loan to a street child in the Democratic Republic of Congo, to enable them to set up a small business, such as shining shoes. Give 50p if you are currently paying back any loans.

Tuesday 31

In Senegal, each person is responsible for emitting 0.4 tonnes of carbon dioxide a year. In the UK the figure is 9.2 tonnes. Yet people in Senegal are suffering from desertification as a result of climate change. Give 25p for each item around your home currently on standby.