

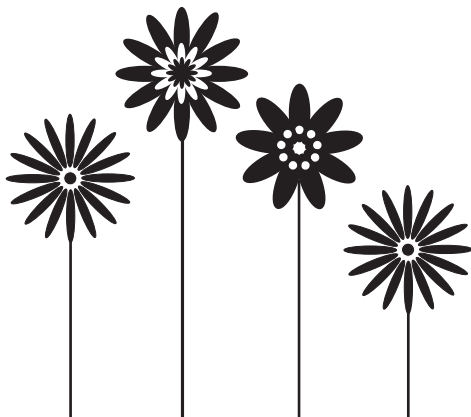


COUNT YOUR BLESSINGS 2010

A life-changing experience for Lent

Make Lent meaningful this year. Instead of giving up wine or chocolate, join us to look again at the good things in your life – and change the lives of others living in poverty across the world.

It's simple. Put up this calendar on your notice board or fridge and let us show you the world afresh each day. Then record your responses daily in the boxes as you walk with us from Ash Wednesday through to Easter.*



*The daily-giving amounts are suggestions only. Please give what you can.

LOVING FATHER

Often we forget your gifts to us,
letting them pass unnoticed
through each day.

Show us how to look again,
to see through your eyes
and give freely in response to what
we see.

And often we forget those who
struggle –

those whose greatest need
is lost among our riches.

Help us to look again,
to see through your eyes.

You gave so freely. Help us freely give.
Amen

Sign up for emails to help you keep Lent's journey in mind – and we'll send you meditations, reflections and powerful stories. Visit www.christianaid.org.uk/lent

A children's version of *Count Your Blessings*, resources for church worship and small study groups and more copies of this calendar are also available online.

You can also remove and keep this prayer bookmark, and photocopy the calendar for your friends, family or local church.

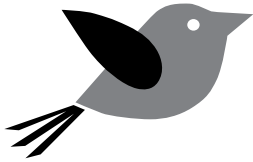
This leaflet can be rolled into a desk calendar too.

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WEEK 1: THE NEXT MEAL



**Wednesday 17
Ash Wednesday**
883 million people worldwide often don't know where their next meal is coming from. Give 10p for each hour between your last meal and your next.



Thursday 18
Wasted food costs the average family £420 a year. Give 42p for each type of food you binned this week.



Friday 19
In 2008 the price of basic foods such as rice, oil and sugar increased by 50%, placing even greater pressure on poor families. Give 20p for every packet or bottle of rice, oil or sugar you own.



Weekend 20 & 21
'We had 13 children, but four of them died.' What Leandro wants more than anything is to keep his children healthy. 80% of his family's diet is potato. Chronic malnutrition and infant mortality are huge problems in Bolivia. Christian Aid is helping to fund seeds, tools and training so families there can build greenhouses and grow vegetables to eat and sell. Could you hold a Super Soup Lunch on 26 March? Visit www.christianaid.org.uk/super-soup-lunch



WEEK 2: A DECENT LIVING



Monday 22
The International Labour Organisation estimates that 200 million more workers will fall into extreme poverty as a result of the global recession. Almost half live in south Asia. Give 10p for every £1,000 you earned last year.



Tuesday 23
One in six children worldwide is involved in child labour, which harms their mental, physical or emotional development. Give 10p for every year of your childhood you were free to play in your spare time.



Wednesday 24
'Happiness comes by chance. Today I am happy because I made £1.50 carrying stones.' Jimmy, street child, Democratic Republic of Congo. What has lifted your day today? Give £1.50 in thanks.



Thursday 25
A survey conducted by the Zimbabwe Farmers' Union found that agricultural yields almost halved in farming households affected by HIV. Give 5p for every year of your life you took more holiday leave from school or work than sick leave.



Friday 26
Poor people in developing countries spend 50-80% of their income on food. Give 5p for every £1 you have spent in a supermarket in the last week.



Weekend 27 & 28
Get ready for Mothering Sunday! Flowers are a lifeline for the women at Las Hortencias carnation nursery in Honduras. In 2007 a gale destroyed the nursery's plastic roofing, threatening all they'd worked for. But Christian Aid funded a new storm-proof roof reinforced with wire mesh. £11 could buy 10 metres of mesh. Visit www.christianaid.org.uk/lent today to find out how you or your church could buy life-changing gifts like this for Mothering Sunday.

WEEK 3: LIVING WATER



Monday 1
Every 20 seconds, a child dies from a disease associated with dirty water. Give 20p for each time you washed the car last year.



Tuesday 2
A dripping tap can waste as much as 5,500 litres of water a year – enough to fill a paddling pool every week of the summer. Give 55p if you can swim and 10p for each time you used a pool this year.



Wednesday 3
Inadequate access to clean water means 1 in 10 people worldwide consumes foods irrigated by waste-water, often containing dangerous chemicals or bacteria. Give 30p for each kind of fruit or veg you ate yesterday.



Thursday 4
Toilet-flushing accounts for about a third of household water usage. You probably flush away as much water in a day as you drink in a whole month. Place a brick in your cistern today to save water.



Friday 5
'Most of all I pray for clean water.' Everlyne Kithuku, slum inhabitant, Nairobi, Kenya. Today is World Women's Day of Prayer. Pray for all women who must cook and care for their families without access to safe water.



Weekend 6 & 7
'I've collected water for my family for nine years. It used to take me 40 minutes but now it takes five,' says Ketemash Takle, who likes numbers. Her favourite subject is maths – and next year, thanks to time saved by a local water point funded by Christian Aid, she'll start at secondary school. Give 10p for each step from where you're reading this to the nearest tap.



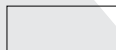
WEEK 4: TOMORROW'S CHILD



Monday 8
More children die because they aren't properly weaned than because of famine. Reflect on your favourite childhood memory. Pray for all children whose daily lives are a struggle for survival.



Tuesday 9
£1.75 could buy a school bag for a child in Zambia. Give this sum if you've ever had the privilege of wearing a school uniform.



Wednesday 10
Fewer than half of all pregnant women in developing countries have access to adequate prenatal care. Give 40p for each baby you know born with the aid of a midwife in the last year.



Thursday 11
'I think and hope that the babies I help to deliver will live in a better world.' Evalina Wandi Prata, midwife, Christian Aid partner IECA, Angola. Give 5p for every educational book in your home.



Friday 12
Children in the UK receive an average of £4.80 per week in pocket money. Give 48p if you've ever received pocket money.



Weekend 13 & 14
At 16 months, baby Cassim was diagnosed as malnourished and had stopped eating. Fearing for his life, Cassim's mother turned to our partner the Baptist Clinic, Malawi, for treatment and help with feeding. Nutritionist Kingless Chilembwe tracked his journey back to health every day for 11 months. Cassim is now a fit and healthy two-year-old. This Sunday is Mothering Sunday. Give 30p for every healthy child in your extended family.

FEBRUARY

FEBRUARY

MARCH

MARCH

WEEK 5: OUR CHANGING CLIMATE

MARCH

Monday 15

The UN estimates that there are now as many as 50 million refugees worldwide as a result of the effects of environmental deterioration. Give £1 if you own your own home and £3 if you own more than one.

Tuesday 16

Predicted changes in climate could put an additional 400 million people at greater risk of malaria. Give 40p for every flight that you took last year.

Wednesday 17

Christian Aid gets £4 for every recycled phone and £1 for every recyclable ink cartridge you donate. Call 0845 130 2010 or visit www.recyclingappeal.com/christianaid and quote 'Christian Aid' to order a recycling envelope today.

Thursday 18

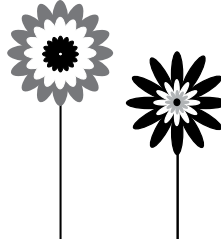
£7.50 could buy enough drought-resistant millet seed to feed four people for a year in Burkina Faso. Give 75p for every pair of wellington boots in your home.

Friday 19

Most plastic bags are only used once. Many take 1,000 years to degrade. Give 5p for every plastic bag in your home.

Weekend 20 & 21

In 10,000 schools across India, after-school clubs set up by our partner SEEDS are tackling both the causes and symptoms of climate change. Here children learn to conserve energy and respond to increasing floods, cyclones and drought. Give 30p for every electronic device you own that provides entertainment.



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WEEK 6: RIGHTS AND JUSTICE

MARCH

Monday 22

Fair trade helps 7 million worldwide. Next time you visit the supermarket, buy a fairly traded item you haven't yet tried.

Tuesday 23

Tax-dodging multinationals cheat the developing world out of at least US\$160bn each year, nine times the amount needed to educate all children globally. Visit www.christianaid.org.uk to demand tax justice.

Wednesday 24

855 million people in the world are illiterate. 70% of them are female. Give 2p for each item in the room that has text printed on it.

Thursday 25

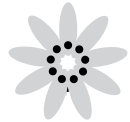
Rich countries spend US\$1bn a day subsidising their farmers. Much of their produce is sold to poor countries at vastly reduced prices, undercutting local traders. Give 40p for every local market you have shopped at this year.

Friday 26

'70% of the people live in rural areas, yet they have no space in the media.' PV Satheesh, Christian Aid partner DDS, which launched India's first rural community radio station. Give 30p for each time you caught your local news this week.

Weekend 27 & 28

We believe unequal power relations are at the heart of poverty, so we campaign to change the structures that hold poverty in place, and support people to claim their rights. In Afghanistan we work to challenge the stigma and discrimination faced by people who are blind and poor, ensuring they can access education and jobs. Consider the last time you felt excluded. Lift to God those who face discrimination.



WEEK 7: LIFE IN THE HOLY LAND

MARCH/APRIL

Monday 29

The Gaza Strip is one of the most densely populated places on earth, with 1.6 million Palestinians living in 365 sq km. Give 60p if there are more rooms in your home than people.

Tuesday 30

Ilana Rathouse is an Israeli nurse volunteering in the West Bank. 'We are creating threads of an embroidery upon which peace can be built,' she says. Give 10p for each time you've visited a local pharmacy this year.

Wednesday 31

The unemployment rate in Gaza is 45.5%. Give 40p for every treat you bought yourself yesterday.

Thursday 1, Maundy Thursday

'YMCA is the spirit to my body. They gave me olive trees and helped me plant.' Palestinian farmer Abed Rabin, Bethlehem. YMCA replants olive trees where they have been uprooted. Give 5p for every tree outside your window.

Friday 2 Good Friday

Children in nearly a third of all families in Gaza experience anxiety, phobia or depression – as do many children in the Israeli town of Sderot who live in fear of rockets fired from Gaza. Pray for all who battle mental illness.

Weekend 3 & 4 Easter

Three mornings a week Anna Akerlund stands at the main checkpoint between Bethlehem and East Jerusalem, where around 2,000 workers pass each day. She is there to monitor human rights abuses. 'It's important just to witness what is happening,' she says. Thank God for his most costly gift. Reflect upon the freedom it bought you. Give an additional gift of your choice, if you wish.

THANK YOU FOR COUNTING YOUR BLESSINGS!

Please return this form to **Freepost RSCR-TCEX-ABAA, Christian Aid, Valldata House, 2a Halifax Road, Melksham SN12 6YY.**

Title _____ Forename _____ Surname _____

Address _____

Postcode _____

I enclose a cheque for £ _____ **Please make payable to Christian Aid.**

This includes £ _____ from a separate children's *Count Your Blessings*.

Please tick here for a receipt

If you would like a children's thank-you certificate, please give the child's name: _____

I would like to receive free Christian Aid Week worship resources

Gift Aid

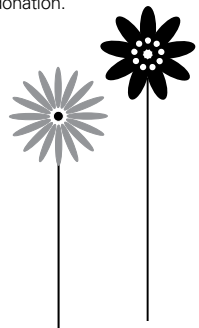
If you are a UK taxpayer, we can receive 28p from the government for every £1 you contribute – at no extra cost to you. Please tick the box below.

I want all donations I have made to Christian Aid in the past four years, and any donations I make in the future, to be Gift Aided until I notify you otherwise. To qualify for Gift Aid, you must pay an amount of UK income tax and/or capital gains tax at least equal to the tax the charity claims on your donations in the appropriate tax year (currently 25p for each £1 given). Tax year is 6 April one year to 5 April the next. *We cannot claim Gift Aid on donations from children.*

If you already receive information from us we will continue to send it, unless you tell us otherwise by writing to us at **Supporter Relations, 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

We would love to hear from you if taking part in *Count Your Blessings* has made an impression on you. Please send any reflections with your donation.



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