

COUNT YOUR BLESSINGS 2012

Make Lent count

Lent is a time to take each day to reflect, pray and be thankful for the goodness of God and the blessings that we have received. Make Lent count this year in a fresh way by joining us on the Count Your Blessings journey and supporting some of the poorest communities in the world.

From Ash Wednesday to Easter Sunday, record your responses to each daily action in the boxes provided and see how, this Lent, you can go on a journey that will transform the way you see the world. *

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



Ever wanted to have Count Your Blessings at your fingertips but didn't have anywhere to put your leaflet? Download our brand new android app this year, available at christianaid.org.uk/lent and count your blessings digitally!

Featuring a calculator function and daily reflections direct to your phone, your Count Your Blessings journey couldn't be simpler.

You can also follow our *Count Your Blessings* journey on twitter.com/christian_aid by searching for **#cyblessings**

Or visit our **Facebook** page christianaid.org.uk/facebook-count-your-blessings for daily thoughts and reflections.

Thank you to all those who counted their blessings last year. Your generous offerings resulted in more than **£300,000 for Christian Aid's work** to end poverty.

To order copies of a **children's** version call **0870 078 7788**, email orders@christian-aid.org or visit christianaid.org.uk/lent to download a copy as well as an all-age-talk and small group resources.



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WEEK ONE: RIGHTS

22-26 February

A week for justice

Wednesday 22 Ash Wednesday

Only 15% of the world's population live in countries that enjoy a free press.

Give 10p for every newspaper you have chosen to read this week.

Thursday 23

Christian Aid partner CPI has helped more than 7,000 Quilombola people in Brazil to exercise their right to claim collective ownership of the forest lands on which they live.

Give 20p if you can see a tree from your window.

Friday 24

Tax dodging by some unscrupulous companies means developing countries lose more money annually than they receive in aid.

Give 50p if you have benefited from a tax-funded service in the last year.



Weekend 25 & 26

Christian Aid partner Ekta Parishad has begun a 13-month journey across India to transform the lives of hundreds of millions of Indians living in poverty. The group will campaign across 25 Indian states to demand that the government hold to their promises on land rights. The climax will see 100,000 landless people, some barefoot, covering 350km to Delhi in October and November 2012, in one of the biggest non-violent campaigns the world has ever witnessed.

Give 10p if your local MP has held an open meeting in the last six months. If you don't know, give 20p and find out by visiting findyourmp.parliament.uk



Christian Aid/Simon Williams

You can also join us on a March for Justice here in Britain in October 2012, by contacting your local Christian Aid office.

27 February – 4 March

A week for change

Monday 27

82% of the British population are now internet users, compared with only 0.2% of the population in Mali.

Give 50p for every hour of leisure time you will spend on the internet today.

Tuesday 28

884 million people in the developing world use unsafe drinking water sources.

Give 50p if you have always lived in a property with running water.

Wednesday 29 Leap year

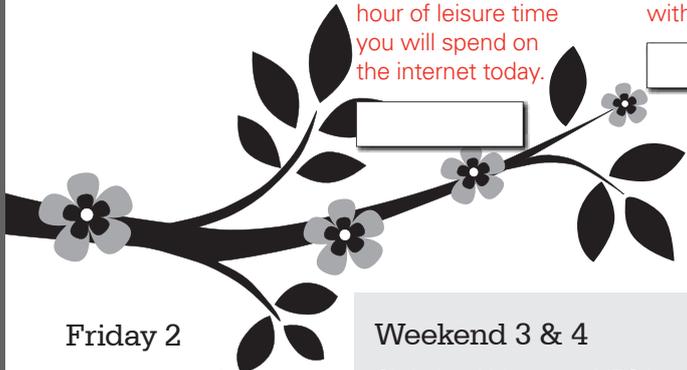
After severe flooding in Pakistan in 2010, Lal Chand lost everything. But with the support of Christian Aid partner CWS-P/A he is now training to become an electrician and will be able to support his family.

Give 10p for every light in your home.

Thursday 1

In Burundi there is less than 1 doctor for every 20,000 people. In Britain there are 42 doctors for every 20,000 people.

Give 10p for every doctor at your local surgery.



Friday 2

£1.45 will pay for one person to benefit from a community health outreach session in Jamaica, run by Christian Aid partner S-corner, which also provides vital health services to local communities.

Give 20p for every time you have accessed free healthcare this year.

Weekend 3 & 4

Christian Aid partner YEC has supported women in adapting to climate change and ensured that they are now able to work to support themselves in Tajikistan. With the support of YEC, Hodzhibibi has now established a thriving raspberry-growing business and is a member of her local women's cooperative, through which she is making a good living.

Give thanks for new employment opportunities that pay a fair wage.

Give 50p if your financial situation has improved since last year.



5-11 March

A week of caring for creation



Monday 5

The UN Office for the Coordination of Humanitarian Affairs (OCHA) estimates that 70% of natural disasters affecting the world today are climate related.

Give 20p if you are not currently with a green energy supplier, like Ecotricity.

Tuesday 6

Christian Aid's ideal world in 2030 would be one free from poverty and the effects of climate change. What would your ideal world look like?

Pray for those who are currently living with the effects of climate change.

Wednesday 7

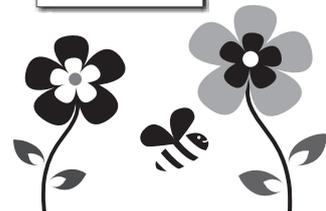
Christian Aid's partners around the world are helping communities to prepare for and respond to natural disasters, in places like Tajikistan and Honduras.

Give 10p for every item you could not live without.

Thursday 8

Most plastic bags are only used once. Many take 1,000 years to degrade.

Give 50p if you have accepted a plastic bag in a shop this week.



Friday 9

Britain generates 9 tonnes of carbon dioxide per person per year. In Nicaragua, where the effects of climate change are already being felt, it is 0.8 tonnes.

Give 50p for every flight you have taken in the last 12 months.

Weekend 10 & 11

Christian Aid partner CCDB is introducing duck-rearing to families in areas of Bangladesh where climate change has caused rivers and groundwater to become salty and where traditional farming methods are more difficult. Duck-rearing means that Roban Biswas is now able to send his children to school.

Reflect on your ideal world and how we can make real changes together as a movement for the eradication of poverty and climate change.

Give 5p for every item you have recycled today.



12 March – 18 March

A week for equality



Monday 12

Guatemala has the highest levels of maternal mortality in Latin America, with just 41% of births attended by a professional.

Give 50p if your local hospital has a maternity ward.

Tuesday 13

Only 17% of working adults earning a wage in Iraq are female.

Give thanks for the opportunities we have to earn a living.

Wednesday 14

Two-thirds of the world's 799 million illiterate adults are women.

Give 5p for all the women in your family who have attended secondary school.

Thursday 15

In Somalia, for every 80 children born, one of their mothers will die from causes connected with the pregnancy. In Britain there is around one death for every 8,000 children born.

Give 20p for every child you are related to.



Friday 16

Fewer than 1 in 10 seats in the Indian parliament are held by women.

Give 50p if you have ever had a female boss.

Weekend 17 & 18 Mothering Sunday

Pak is 23 and has two children. She has been living in a women's refuge run by Christian Aid partner CWCC in Phnom Penh, Cambodia since she came to seek help after having been beaten unconscious by her husband. CWCC is also helping her bring a case against her husband to court, and Pak hopes to receive training so that she can begin rebuilding her life with her children in safety.

Give thanks for mothers throughout the world and the organisations that work to protect them.

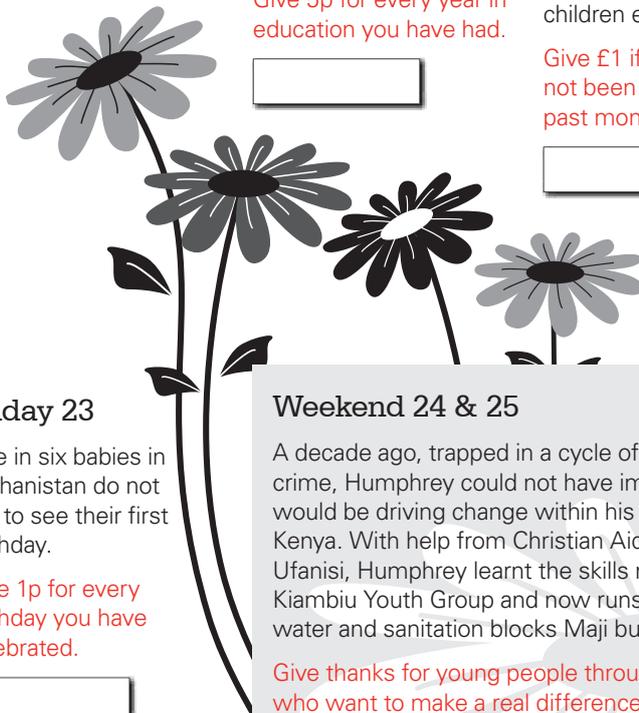


Christian Aid/Amanda Farrant



19-25 March

A week for children



Monday 19

Only 10% of children finish primary school in South Sudan.

Give 5p for every year in education you have had.

Tuesday 20

About 1.5 million children die each year as a result of diarrhoea – that's 4,100 every day or three children every minute.

Give £1 if you have not been ill in the past month.

Wednesday 21

A quarter of infants in south Asia have not been immunised against measles – a highly contagious disease that kills a child every three minutes.

Give 5p for every immunisation you have had in the last 5 years.

Thursday 22

Children around the world miss a total of 443 million days of school every year due to water-related illnesses.

Give 5p for every clean glass of water you have drunk today.

Friday 23

One in six babies in Afghanistan do not live to see their first birthday.

Give 1p for every birthday you have celebrated.

Weekend 24 & 25

A decade ago, trapped in a cycle of violence and crime, Humphrey could not have imagined that he would be driving change within his community in Kenya. With help from Christian Aid partner Maji na Ufanisi, Humphrey learnt the skills needed to lead Kiambiu Youth Group and now runs one of the five water and sanitation blocks Maji built in Kiambiu.

Give thanks for young people throughout the world who want to make a real difference.

Give 10p for every rubbish bin or wastepaper basket you have in your home.



Christian Aid/Elaine Duigenan

26 March – 1 April

A week for reconciliation

Monday 26

One in three people in Angola faced a demand for a bribe from officials within the last year.

Give thanks for our government and police who act for our protection.

Tuesday 27

People affected by conflicts around the world are displaced, on average, for 20 years.

Give 20p for every house move you have chosen to make.



Wednesday 28

Christian Aid partner MCSL works with Sierra Leonean chieftancy systems to resolve conflict.

Pray for people living in conflict today.

Thursday 29

75% of those killed or wounded in war are civilian. In WW1 it was only 5%.

Give 10p for every country you know of in conflict.

Friday 30

The conflict in Israel and the occupied Palestinian territory has continued to affect the most basic of Palestinian human rights, such as freedom of movement.

Give 20p if you have a passport and 10p for every trip out of Britain you have made in the last 12 months.

Weekend 31 & 1 Palm Sunday

Tita and her family were forced off their lands in Colombia. Christian Aid partner Justice and Peace is working to provide legal advice to families like Tita's, to secure legal land titles.

Give £1 if you own your home or are a legal tenant with a right to stay in your home.

2-8 April

A week of striving to earn

Monday 2

Only one in five people in Burundi have more than US\$1.25 (80p) to live on a day.

Give 50p if your salary (or pension) is above 80p a day.

Tuesday 3

Almost half of all children aged 5-14 in Cambodia have to work.

Give 20p if you started work when you were over the age of 16.

Wednesday 4

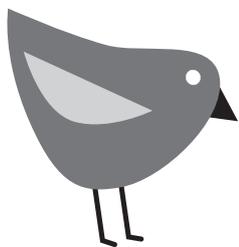
More than a quarter of the working-age population in South Africa are out of work, compared to 8 out of 100 in Britain and Ireland.

Give £1 if you are currently employed.

Thursday 5 Maundy Thursday

Christian Aid partner COC Bless in Egypt has trained farmers to grow green beans for export to Europe, earning them five times the local market price.

Give 10p for any fruit or vegetable you bought this week that was not grown in Britain.



Friday 6 Good Friday

In 2010, 73% of the British population donated to charity.

Give thanks for the generosity that has been shown and the work that has been accomplished through it.

Weekend 7 & 8 Easter

Major Janvier Bulambo was one of 492 high-ranking Congolese soldiers to receive civilian rights training organised by Christian Aid partner CBCA. The training has seen the beginning of reconciliation between soldiers and civilians and a hope to finally bring peace to the eastern Democratic Republic of Congo.

Dear Lord,
As we give thanks for the gift of your son,
we remember that love and life
are always stronger than violence and death.
Help us to see past ourselves
that we may love as he loves
and bring your peace to the world.



Christian Aid/Ally Garnweh

As we celebrate our risen Lord, give thanks for all people around the world who are working for peace and reconciliation.

Thank you for counting your blessings

Please return this form to:
Count Your Blessings
Christian Aid,
35 Lower Marsh
London
SE1 7RL

Christian Aid will not pass your details on to any other organisation. If you already receive information from Christian Aid we will continue to send it unless you tell us otherwise by writing to us at Supporter Relations, Christian Aid, 35 Lower Marsh, London SE1 7RL.

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

Contact reference (if known)

Title Forename

Surname

Address 1

Address 2

Town Postcode

I enclose a cheque for £ (please make cheques payable to Christian Aid)

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

Tick here to receive a receipt for your donation.

We would love to hear your thoughts on *Count Your Blessings 2012*. Please email caw@christian-aid.org or write to Church Appeals, Christian Aid, PO Box 100, London SE1 7RT and let us know what you think.

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I agree that I want all the donations I have made to Christian Aid in the past four years, this donation 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 that the charity reclaims on your donations in the appropriate tax year (currently 25p for every £1 given). Tax year is 6 April one year to 5 April the next. (We cannot claim Gift Aid on donations from children.)