Real people. Real change. 75 years

75 Years of Hope
Put your faith into action through daily reflections and challenges
Welcome!

Christian Aid grew out of the need to support desperate refugees following World War 2. For 75 years Christian Aid has provided humanitarian relief and long-term development support for communities battling poverty worldwide, while highlighting suffering, tackling injustice and championing people’s rights.

And yet today we face one of our greatest challenges of all – the climate crisis.

Put your faith into action through daily reflections and challenges

Read the reflections and follow the give, act or pray activity each day. When you have finished, add up your contributions and send your total gift to Christian Aid.*

Day 1
Reflect on the humanitarian crises in your lifetime. Thank God for the work of Christian Aid over 75 years.

Day 2
Millions of the world’s poorest people are feeling the worst impacts of climate change, and experts predict more floods, drought and extreme weather patterns to come. In fact, the countries who played the least part in causing the climate crisis are facing the worst consequences.

Find out more at caid.org.uk/climate

Day 3
Give 75p for every time you’ve taken public transport this week, or £3.

Day 4
Commit to praying for God’s wonderful creation and those affected by climate change on each of these 75 Days.

Day 5
What would you like the world to be like 75 years from now, in 2096? Write down three ways you can help bring your dreams about and stick them on your fridge as a reminder. Take a picture and post it on Facebook, Instagram or Twitter using #ChristianAid75 and tag five friends to do the same.

Day 6
Commit to walking 1 mile (or 1 extra mile) every day for 75 days for sponsorship. For a sponsorship form, visit caid.org.uk/sponsorship

Day 7
Look at your gas, electricity and petrol bills. Pledge to reduce them by 7.5% this month. And next month...

*Please give what you can afford. Giving amounts are only suggestions. Remember, every pound you give will help transform lives.

Your total for Week 1

£
Weeks 2-3

Day 8
Give 20p for every minute of your shower today, or 75p if you had a bath.

Day 9
Trees capture carbon and improve the local environment. Find out about tree planting initiatives in your community. How can you get involved?

Day 10
Organise a Christian Aid Quiz with 75 questions.

Day 11
Make a paper prayer chain of 75 links. Join with family or friends to pray along the chain.

Day 12
Take a walk in nature and reflect on God’s glorious creation. How many types of tree can you identify on your walk? Give 75p for each.

Day 13
Every action matters in our pursuit of climate justice. In a year when the UK hosts the G7 and UN climate talks we need to make our voices heard. Sign our petition to the UK Government caid.org.uk/climate-justice-petition

Day 14
Could you run, walk or toddle 75 miles this month and ask people to sponsor you?

Day 15
Read Psalm 75. Thank God that he never leaves his people. The Lord is in control, even when it seems that everything is being destroyed.

Day 16
Donate 75p for every church member or family member over 75. Ring them up and offer to run errands and pray with them at this difficult time.

Day 17
Global carbon emissions dropped about 7.5% in 2020 due to the coronavirus crisis. What good low-carbon habits from 2020 can you continue now?

Day 18
Give 75p for every journey you make today, or £1 if you stayed at home.

Day 19
Climb a hill over 75 metres (or go to a high spot) and pray for all the communities you can see.

Day 20
What’s your carbon footprint? Search online for a carbon footprint calculator to check. Can you reduce it by 7.5%?

Day 21
Bake cookies to sell for Christian Aid. Post a photo on social media using #ChristianAid75 and tag five friends to do the same.

£7.50 could pay for 50 seedlings for a person to plant trees in a community facing the climate crisis.
Weeks 4-5

Angela’s coffee crops were shrinking every year due to climate change. Nicaragua is the second poorest country in the western hemisphere and 80% of the population rely on agriculture to survive.

Christian Aid’s partner Soppexcca are helping her to diversify into growing cocoa which is more resilient. She received 700 cocoa plants, tree saplings to shade the plants, fertiliser, loans, training and ongoing technical support.

£7.50 could provide 8 cocoa plants to help a family in Nicaragua start growing a better future

Day 22
Countries that caused the climate crisis must financially support those facing its worst impacts. The UK should lead the way by making more money available to tackle this crisis. Please write to your MP about this. [caid.org.uk/climate]

Day 23
Pray for Soppexcca as they help small-scale farmers organise themselves into cooperatives and provide resources and training to improve production, marketing and sales.

Day 24
Skip your usual coffeeshop drinks this week and give the money you have saved, or give 75p for every hot drink you have today.

Day 25
Talk to your church leaders and ask your congregation to declare a climate emergency. [climateemergencytoolkit.com]

Day 26
Pray that your church would share your passion for climate justice, and thank God for members who are taking action.

Day 27
Give 75p for every bar of chocolate in your home, or £3.

Day 28
Eating less meat is a great way to reduce your impact on the environment. Try a day (or more) of plant-based meals or start meat free Mondays. Share them on social media using #ChristianAid75.

Day 29
Switch your home to renewable energy. You can compare green energy suppliers at bigcleanswitch.org

Day 30
Take a carbon fast this week and leave your car at home (or if this is impossible, reduce your travel by 75%). Donate the money normally spent on fuel.

Day 31
Did you check the weather forecast today? If so, give 75p.

Day 32
Thank God for whatever weather comes your way today.

Day 33
Convince your church leaders to switch to renewable energy.

Day 34
From today until the COP26 UN Climate Talks in Glasgow in November 2021, let’s fill every day with prayer for a world where everyone can flourish and creation can breathe easily again. Sign up at caid.org.uk/prayerchain

Day 35
Fast through one of your meals today and donate the money you would have spent on food.
Since I joined the Climate Change Advocacy Group, we have been travelling around to train other groups and sing, to pass on the information about climate change.

After years of catastrophic drought, parts of Kenya were hit by relentless rainfall and flooding in 2020, which damaged crops that had struggled to grow.

Together, the climate crisis and coronavirus are a double threat to lives and livelihoods.

Rosalia is 73 years old. She used to spend a whole day collecting water, but life has been better since Christian Aid’s partner ADSE helped construct a dam and gave her training in how to face climate change. Now her climate advocacy group is planting trees and educating people in her community to grow vegetables and be more resilient.

Day 36
Ask people in your church and community to sign the climate justice petition at caid.org.uk/climate-justice-petition. Share on social media why you are doing this using #ChristianAid75 and ask your friends to do likewise.

Day 37
Pray for Rosalia’s climate advocacy group and ask his blessing on the work of ADSE in Kenya.

Day 38
Rosalia has planted 120 tree seedlings. Give 75p for every tree you can see from your window, or £3.

Day 39
Write to your local newspaper about the need for climate justice.

caid.org.uk/climate

Day 40
Organise a prayer event in your church to pray for climate justice. We have creative prayer ideas to help you make it happen. For resources and to sign up visit caid.org.uk/prayerchain

caid.org.uk/wallofhope

Day 41
Give 75p each time you use a flush toilet today.

Day 42
Eco Church helps churches demonstrate that the gospel is good news for God’s creation. Register your church with Eco Church or find out more at ecochurch.arocha.org.uk

Day 43
Read Genesis 1:1-31. What stands out to you from the story of creation? Are we living up to God’s vision for the earth?

caid.org.uk/campaignsignup

Day 44
Rosalia’s community uses water from the dam to produce bricks for building. Give 75p for every bedroom in your home.

Day 45
Ask people in your church and community to write to their MP or local politician about climate justice caid.org.uk/climate

Day 46
Create a prayer wall in your church (or any other space!) that people can add to with their own reflections on the past and hopes for the future. For ideas go to caid.org.uk/wallofhope

Day 47
Give 75p for each time you bought fresh produce this week.

Day 48
Over the past 75 years your campaigning has made a huge difference. Sign up for campaign emails and commit to take action on the biggest issues of the day.

caid.org.uk/climate

Day 49
Pray for Christian Aid’s partner ADSE as they work with communities in eastern Kenya to ensure adequate food and water, generate stable incomes and increase resilience in the face of the climate crisis.

The climate crisis is pushing communities in Kenya to the brink of survival.

£6 could buy a 50kg bag of cement to construct an earth dam.
Before the dam, Onesmus had to miss school to fetch water from the river. Now he can collect water from the dam in just 30 minutes, leaving him plenty of time for his studies.

Day 50
Onesmus’ classmates often used to be late for school because they were busy fetching water. Donate 75p for each tap in your house.

Day 51
Fossil fuel use contributes to the climate crisis. Persuade your church to divest from fossil fuels. Details at brightnow.org.uk

Day 52
Encourage your local school or children’s church group to use the climate crisis resources for young people at caid.org.uk/schools

Day 53
Ask people in your church and community to write to your MP or local politician about a local environmental issue.

Day 54
Education transforms lives. Give 75p for every unread book on your shelves, or £3.

Day 55
Give 75p for every year of education you have had.

Day 56
Kisilu filmed the impacts of extreme weather on his family and village in Kenya in an inspiring film called Thank you for the Rain. Host a film night caid.org.uk/TYFTR

Day 57
Ask people in your church and community to write to your local newspaper about the need for climate justice.

Day 58
Parents bring water to the school to prepare the students’ midday meal. Give 75p if you had lunch today.

Day 59
Pray for Onesmus and all children who are struggling to balance education with the chores they need to do to survive.

Day 60
Get your church or home group equipped to stand in solidarity with our sisters and brothers around the world battling against extreme poverty.

Day 61
Onesmus walks to school. Give 75p for every school within walking distance of your home, or £3.

Day 62
Give thanks to God for the dedicated staff teaching and supporting children in such challenging times.

Day 63
Organise a Climate Sunday at your church. For resources and to register, visit climatesunday.org

£335 could train an earth dam committee, giving them the knowledge they need to keep the dam in good repair and ensure they run it effectively.
Day 64
Give thanks for all that campaigning has achieved over 75 years to fight injustice and improve lives so all God’s children can thrive.

Day 65
This climate crisis looks overwhelming. But Jesus said, “For mortals it is impossible, but not for God; with God all things are possible.” Mark 10:27. Thank God for the role you can play in safeguarding God’s wonderful creation.

Day 66
Have you tried the penny mile challenge? Or instead of laying a mile of pennies, challenge your church or youth group to lay 75 metres of coins. Or 75 £1 coins. Share a photo on social media using #ChristianAid75.

Day 67
Run a session with your church or home group to discern your role in building a better world post-coronavirus. Find resources at caid.org.uk/buildingback For support, contact your local Christian Aid representative on hello@christian-aid.org

Day 68
Share images of people’s reflections on the past and their hopes for the future from your prayer wall (see Day 46) in your church magazine/website and on social media using #ChristianAid75.

Day 69
Want to take further action with Christian Aid, but not sure where to start?

The Campaigns Toolkit will help you think through how you and your church can create effective, high impact campaigns to bring about justice with our global neighbours.

caid.org.uk/campaigntoolkit

Day 70
Organise a 75 minute sponsored silence and encourage your friends to take part.

Day 71
For the last 75 years we have walked alongside churches in the UK and Ireland in a commitment to a world where everyone can flourish. How can you walk with us to build a world of dignity, equality, justice and love?

Day 72
Speak to someone who is 75 or over about your dreams for the next 75 years. Compare your thoughts and pray together.

Day 73
Are you up for a final challenge? Cycle 75 miles (or 7.5 miles if you prefer) and ask friends to make a donation for each mile you compete.

Day 74
Reflect on what you have done differently during these 75 days. What are you most pleased about? Where could you increase your commitment? What habits should you continue? If appropriate, share on social media using #ChristianAid75 and tag five friends to do the same.

Day 75
Congratulations! You’ve completed an amazing 75 days of action to bring justice, hope and love to our world. The work doesn’t stop here - what kind of world do you hope for in the next 75 years? Join the Christian Aid movement on the journey through continuing to give, act and pray.

£545 could pay for a skilled labourer to work on the construction of an earth or sand dam.
Thank you for standing with Christian Aid over the past 75 years to help the world’s poorest communities face their greatest challenges. Through your actions over the past 75 days, you’re continuing to bring hope for a greener future to our neighbours like Angela, Rosalia and Onesmus.

Your generous gift enables this vital work to continue throughout the world.

Your total:

£

It’s really easy to donate:

Visit caid.org.uk/75anniversary and donate online.

Call 01925 573 769 quoting CAM-000995/S to donate by credit or debit card.

Send a cheque to: Please write ‘75 Days of Action’ on the reverse of the cheque: 75th Anniversary, Christian Aid, 35 Lower Marsh, London SE1 7RL.

If you would like to make a donation by bank transfer/BACS, please email ipunit@christian-aid.org for the details.

Photo: Top: When climate change destroyed her livelihood, you helped Shikha Rani in Bangladesh set up a successful crab farming business.

Real people. Real change.