

christian
aid



**Real people.
Real change.**

75
years

75 Years of Hope

Put your faith into action through
daily reflections and challenges

75 Days of Action!

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.

We are delighted that you are marking this anniversary by joining our 75 Day Challenge to contemplate how climate change impacts our sisters and brothers around the world – and take action together. You will meet Angela, Rosalia and Onesmus – people who are pushed to the brink of survival by the climate crisis. Inspired by the Christian tradition of building the kingdom of God through giving, acting and praying, this 75 day challenge will help you join the fight against 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.*

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

 @ChristianAid
 @christian_aid
 @christianaiduk

Week 1

1

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...



Your total for
Week 1





Michael Junior holding paw paw and passion fruit saplings in his village in Kenya

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.



Your total for
Weeks 2-3



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

Weeks 4-5

'When I was a kid, the weather was totally different. It's been changing a lot and we don't know when it's the rainy season or the dry season.'



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

Your total for
Weeks 4-5



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.'



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

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

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?

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/campaignsignup

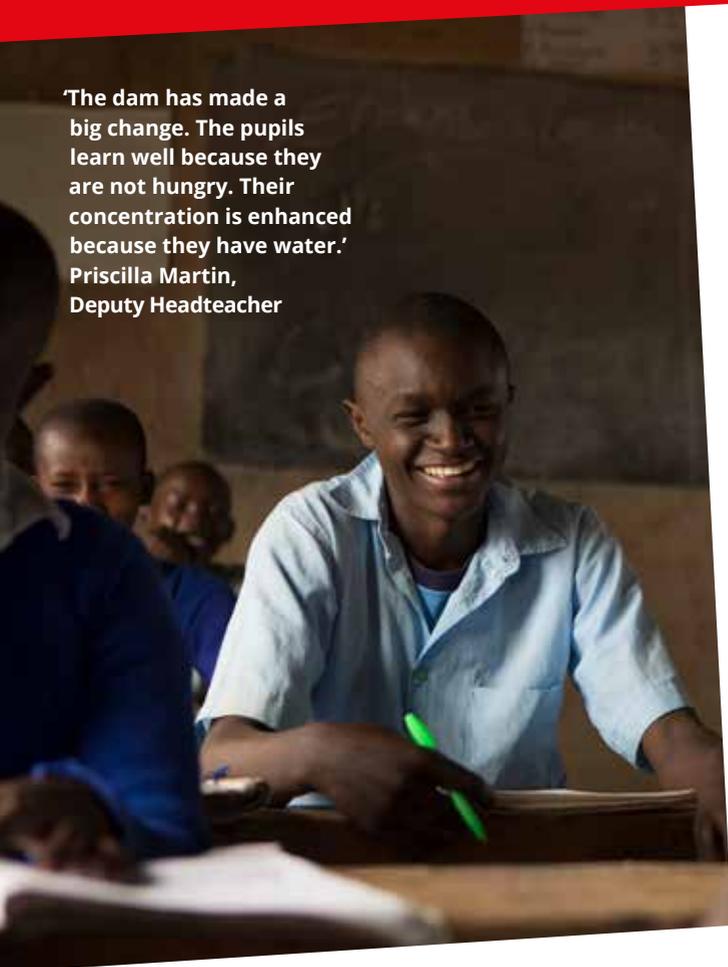
Day 49
Pray for Christian Aid's partner ADSE as they work with communities in eastern Kenya to ensure adequate food and water, generate stable incomes and increase resilience in the face of the climate crisis.

Your total for
Weeks 6-7

£

£6 could buy a 50kg bag of cement to construct an earth dam.

'The dam has made a big change. The pupils learn well because they are not hungry. Their concentration is enhanced because they have water.'
Priscilla Martin,
Deputy Headteacher



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.

caid.org.uk/solidarity

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

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.

Your total for
Weeks 8-9



£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

Clean water is now on tap at Onesmus' school



Weeks 10-11



Thousands of supporters joined the Cut the Carbon march to London in 2007.

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.

Your total for Weeks 10-11



**Real people.
Real change.** **75**
years



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.



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.**



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



**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.

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