

COUNT YOUR BLESSINGS

with

THE CHRISTIAN AID COLLECTIVE

Keep a note of the amounts as you go. When you get to Easter, go to christianaidcollective.org/lent to pay your money in.

All amounts are suggestions only, please give what you can.

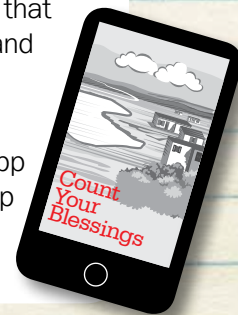
Youth Edition
(High School/Sixth Form Ages)

We know the world doesn't have to be the way that it is, with all of its inequality, injustice and poverty. We believe that a new world – a better world – is possible. But only if enough of us stand up and say enough is enough: this is not the world as God created it to be.

During Lent, use our calendar to spend time each day reflecting on how the world looks

right now. Then do something: through prayer, action or giving, to add your voice to that of all those working to bring justice and equality for all God's people.

Want to get involved on your smart phone? Our *Count Your Blessings* app is available to download from the App Store or Google Play.



5-9 March

A week for our planet



Wednesday 5

Ash Wednesday

Climate change hits the poor the hardest. Changing weather patterns put crops and livelihoods at risk, and poor communities are especially vulnerable when natural disasters strike.

Has the weather ever affected what you had available to eat? Pray for people who depend on the climate for enough to eat.

Thursday 6

Evidence suggests that there is more carbon dioxide in the atmosphere now than there has been at any other time in the last 800,000 years.



Give 30p for every item in your room that uses electricity.

Friday 7

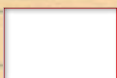
At the current rate of deforestation, the world's rainforests could completely vanish in 100 years.



Give 10p for every notebook you own – and make sure any paper you've finished with goes in the recycling!

Weekend 8 & 9

Climate change is a major concern for the people of Zanan Bchuk, a small pastoral village in northern Iraq. Half of the country is already affected or at risk of desertification. Families from Zanan Bchuk used to have to leave the village and travel for water in the driest periods, and at other times they feared their crops would not survive the often sudden and harsh rains. Christian Aid partner REACH helped the community to build a reservoir to collect water to see them through the dry periods.



Give 10p for every tap in your house – and give thanks that you don't have to go far to find one.



christian aid
collective

10-16 March

A week for food and water



Monday 10

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Around 780 million people still do not have access to clean drinking water – they know that every drink might make them sick.



Give 5p for every glass of water you drink today.

Tuesday 11

In Sierra Leone, three out of every four rural households do not have enough food to eat and go hungry.



Give 30p for every meal you have today, and an extra 10p if you had pudding!

Wednesday 12

On average, we each use 50l of water every day just flushing the toilet. That's more than the average person in Ethiopia has for all of their daily needs.



Give 5p for every time you flush the toilet today.

Thursday 13

Nearly half the population of Africa live on less than \$1.25 a day.

Consider taking the Live Below the Line challenge, to buy all your food and drink for five days with £5. Visit christianaidcollective.org/lbtl to find out more.

Friday 14

It takes over 130l of water to create a single cup of coffee. Since all of our coffee is grown overseas, that's water taken from scarce supplies in Latin America and Africa.



Give 50p for every cup of tea or coffee you have today.

Weekend 15 & 16

Wahid Fatir Mohammed Babakr, right, lives with his family in Zanan Bchuk. He knows that a varied diet is essential for his family's health. Because of the reservoir, the community can now grow vegetables that wouldn't otherwise have survived the harsh dry seasons. Full of entrepreneurial spirit, and with the backing of Christian Aid partner REACH, the community also decided to fill their reservoir with fish. Wahid and his family can now eat fresh fish and vegetables all year round.

Give thanks for the variety of different foods you've eaten today. Pray for those who don't have the same choice and are malnourished.



17-23 March

A week for young minds



Monday 17

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'Education is the most powerful weapon which you can use to change the world.' Nelson Mandela



Give 5p for every year you've spent in education since you started school.

Tuesday 18

Good news! More children than ever are in school. In 2012, 90% of children in developing countries enrolled in primary education.

Give thanks for this progress, and pray for the 10% of children who are not in education.

Wednesday 19

115 million children are currently involved in hazardous labour that keeps them out of school and puts them in harm's way.



Give 50p if you have a job where you feel safe.

Thursday 20

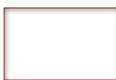
In Afghanistan, more than one in 10 children die before their fifth birthday.



Give 5p for every birthday you have celebrated.

Friday 21

Despite good progress towards equality, girls are still more likely to be out of school than boys.



Give 50p for every girl in your house who has been to school.

Weekend 22 & 23

Sarmand Wahid, right, loves to go to school and wants to be a policeman when he grows up. Sarmand has to walk a long way to get to his school and often misses lessons, especially in the winter when walking is harder. Sarmand's sister, Vian, lives away from home so that she can go to school. The community in Zanan Bchuk is lobbying for secondary school teachers so that their children don't have to leave their village to go to school.

What are your hopes for your future? Pray that both you and Sarmand will have everything you need to reach your full potential.



24-30 March

A week for women



Friday 28

Across the world, women make up only 20% of members of parliaments. Much more needs to be done to give women equal say in decision-making processes.

Find out who your local politician is by going to theyworkforyou.com. Give 20p if you already knew.

Monday 24

Women make up 70% of the world's poor.

Find out more about gender inequality, and share this – or another statistic – on your Facebook or Twitter account.

Tuesday 25

Having a job and earning a wage can be a major source of empowerment for women. But, worldwide, women are paid on average 10%-30% less than men for the same work.

Give 10p if a woman in your family has a job.

Wednesday 26

In 2014, over 600 million women live in countries where domestic violence is not a crime.

Pray for vulnerable women who are trapped in poverty.

Thursday 27

In Kenya, over half of all births happen without a trained medical professional present.

Give 50p if you were born with a doctor present.

Weekend 29 & 30

Mothersing Sunday

Despite changes in law to promote gender equality, women in Iraq have suffered economic, social and political marginalisation in recent years. Christian Aid partner REACH works with communities in northern Iraq, including Zanan Bchuk, to ensure women are part of decision-making processes and have a say in how their community is run.

This Mothersing Sunday, pray for mothers everywhere who don't have the freedom to determine what kind of a world their children will grow up in.



31 March-6 April

A week for raising your voice



Friday 4

In September 2013, the Indian government passed a bill to meet some of the demands of the month-long, 2012 March for Justice, organised by Christian Aid partner Ekta Parishad. This campaign victory could be the key to lifting 400 million landless people out of poverty.

Give 10p for every campaign march you've been a part of.

Monday 31

Campaigning in Bolivia changed the country's tax rules. Taxes now pay for breakfast for every primary school child, helping them to concentrate, improving their health and making sure they stay in education for longer.

Give 40p if you had breakfast this morning.

Tuesday 1

Tax dodging by some unscrupulous multinational companies costs poor countries an estimated \$160bn every single year – far more than the global aid budget.

Tell your local politician this isn't good enough. Go to christianaidcollective.org/lobbyist to find out how.

Wednesday 2

Brazil's quilombolas are descended from escaped slaves. Many in the Oriximiná region still live in the rainforest and rely on gathering brazil nuts for income. Christian Aid partner CPI helps them gain legal rights to land.

Give 10p for every food containing nuts in your cupboard.

Thursday 3

Thanks to your pressure during the IF campaign in 2013, the G8 put tax dodging at the top of their agenda.

Now let's make sure they stick to their promise to act. Find out the latest at christianaidcollective.org/take-action

Weekend 5 & 6

To improve their lives, the people of Zanan Bchuk needed electricity. REACH told representatives from the village how to ask the government to be connected to the grid. Eventually, the Ministry of Electricity agreed. When the electricity comes, the community will be able to pull water from the reservoir, power lights to allow children to study in the evenings, and preserve food with a refrigerator.

Give thanks for having electricity all day every day, at the flick of a switch. Reflect on how life would be if you couldn't rely on electricity, and give 5p for every power switch you've flicked today.



7-13 April

A week for health

Monday 7

Every 20 seconds, a child dies as a result of poor sanitation. That's a school class every 10 minutes.

Give 10p for every time you use a clean bathroom today.

Tuesday 8

In sub-Saharan Africa, nearly one in 20 adults lives with HIV or AIDS. Around 40% of new HIV infections are among young people.

Know the facts so that you can fight stigma and misinformation.

Wednesday 9

The Myanmar government spends just \$2 per person per year on healthcare. In the UK this figure is over \$3,000.

Give thanks that you can see a doctor for free.

Thursday 10

An estimated 600,000 people will die from malaria this year, although it is a curable and preventable disease.

Give 50p if you have been vaccinated against an infectious disease.

Friday 11

In Bangladesh, there is only one doctor for every 5,000 people. In the UK, there is one doctor for every 350 people.

Give 50p if you have been to see a doctor or nurse this year.

Weekend 12 & 13 - Palm Sunday

A good diet and access to clean water are essential for health. Since building the reservoir and having running water, Samira Mohamed has been able to provide her children with fresh, nutritious food and keep them clean and healthy. The tarmac road from the hospital in the nearest major town reaches to a few kilometres from her village of Zanan Bchuk, making it easier for her family to access healthcare – although it would be easier still if the road came all the way to the village.

Give thanks for the hospitals, clinics and surgeries we have. Reflect on when you have needed these services and pray for others currently in need.



14-20 April

A week for safety and peace



Good Friday 18

In recent years, certain conflicts have dominated the headlines. Many more rage on across the world, hidden from view without media coverage, in places such as Colombia, Somalia and Mali.

Read the world news and see what you might have missed. Give 10p for every time you've read the news this week.

Monday 14

War and conflict fuel poverty – homes are destroyed, livelihoods lost, essential services impaired. The consequences are felt for years, or even decades, to come.

Give 10p for every country you can name that is suffering from conflict today. Pray for peace.

Tuesday 15

Four years after the Haiti earthquake, Christian Aid partners continue to work with communities to rebuild their homes and restart their lives.

Give 5p for every room in your house.

Wednesday 16

Salsabeel Al Arabasi is Palestinian and lives in the West Bank. She has kidney problems and three times a week must cross an Israeli-controlled checkpoint to get to the hospital. If she is delayed she misses her treatment.

Pray for all children whose lives are impacted by conflict.

Thursday 17

Maundy Thursday

Conflict in Colombia has forced around 5 million people to leave their homes and flee to other parts of the country.

What would you take with you if you had to flee your home? Give 10p for every object you couldn't bear to leave behind.

Weekend 19 & 20

Holy Saturday and Easter Sunday

Like much of northern Iraq, Zanan Bchuk carries the scars of violence. The village has lived through decades of conflict. Time and again, the community returned to total devastation after fleeing bombs, tanks and soldiers. Houses were destroyed, the livestock on which the community depends were killed and family members were murdered. The fragile peace of today brings freedom – freedom to build a life, and to live without fear.

Give thanks for the peace that we enjoy. Pray for all those living in areas of conflict, and for peace to be brought to the whole of God's world.



Thank you for Counting Your Blessings! Go to christianaidcollective.org/lent to pay in the money you've raised. Your money will be well spent in the fight against poverty.

Total raised: £