Friday 26

Over the past 20 years there has been a steady increase in the frequency and intensity of hurricanes in Central America and the Caribbean. Thousands of homes belonging to poor people are destroyed each year.
Give 5p for every window in your home. Give an extra 20p if you have double-glazing.

Saturday 27

Many people can't complete their education, as they are forced to start work to help feed and clothe their families.
Give 5p for every GCSE/CSE/O-level you have and 10p for every A-level.

Sunday 28 Pal Sunday

Today is Palm Sunday, when we celebrate Christ's entry into Jerusalem.
If you went to church today, give 10p for each song or hymn you sang.

Monday 29

The government of Nicaragua is trying to privatise water sources – lakes, rivers and ponds – as well as water supplies. Hundreds of thousands of Nicaraguans won't be able to afford water.
Give 10p every time you wash your hands today.

Tuesday 30

Although 60% of Brazilian farmland is unused, 4.8 million families have no land of their own.
Give 10p for every house plant you own.

Wednesday 31

Many people in poor countries never travel beyond their own village.
Give 10p for every country you've ever visited.

APRIL

Thursday 1 Maundy Thursday

At the Last Supper, Jesus washed his disciples' feet.
Give 5p for every bottle of cleaning product in your home.

Friday 6, Good Friday

Today marks the day that Jesus died on the cross.
Pray for all those who suffer because of injustice, poverty or broken relationships with friends and family.

Saturday 7

The world's 50 poorest countries have less than 3% of the vote at the International Monetary Fund.
Give 20p if you had the right to vote in the last general election. Give another 30p if you didn't get round to it.

Sunday 8, EASTER DAY

Jesus came 'that we might have life and have it to the full.'
If you have had your vaccinations against Covid-19 you are fortunate. Give your last amount to show appreciation

Thank you for counting your blessings!

Please return this form as soon as possible to
Count your Blessings, Christian Aid, PO Box 100, London SE1 7RT
or to your local Christian Aid office.

Name

Address

Email address

I enclose a cheque for the sum of £_____ , raised by counting my blessings. Please tick here if you would like a receipt ☐

Gift Aid – to enable Christian Aid to claim back the tax already paid on this donation please complete the following declaration:
I am a UK taxpayer and would like Christian Aid to reclaim the tax on this and any donations I have made to Christian Aid in the past six years and any future donations, until I notify you otherwise.

Signed **Date**

Note: You must pay an amount of income tax at least equal to the tax we reclaim on your donations in the tax year.

Or

If you would prefer to send your gift through Christ Church so as not to be on mailing lists, please drop the donation and this Gift Aid form into Church or the Vicarage and we will forward. BACS donations can be make by the Church Bank Account ☐

Great Ayton Parochial Church Council
Sort Code : 09-01-55
Account No: 37616705 ☐

And put "Christian Aid" as the Reference.

Thank you for Counting Your Blessings

A002146

Count your blessings: Lent 2021

A guide for reflection, prayer and giving

Please photocopy this sheet for your church and friends to use, too.

The 40 days of Lent are a unique opportunity to reflect on all we have, and to turn our attention to those around us in need. *Count your Blessings* is a guide for thought, prayer and giving. It prompts us to give thanks for our many blessings, while helping some of the world's poorest people.

The box by each day is to keep a note of daily totals or to tick as you pray.

FEBRUARY

Wednesday 17, Ash Wednesday

Every year 1.6 million of the world's poorest people die from respiratory infections, aggravated by smoke from open fires in their homes.
Give 5p for every radiator in your home, and 10p for every fireplace.

Thursday 18

Added together, the gross domestic product of the poorest 48 nations (a quarter of the world's countries) is less than the combined wealth of the world's three richest people.
Give 50p for every wage-earner in your home.

Friday 19

60% of adults in Senegal are unable to read.
Give 2p for every instruction you read today (road signs, recipes). Give 10p for every time you sign your name.

Saturday 20

Half the world's population lives on less than £1.10 a day.
Give £1.10 if you've spent more than that today.

Sunday 21

Many people live in overcrowded accommodation – some families have just one room to call home.
Give 5p for every pace you can take between your front door and the furthest point of your home.

christian aid We believe in life before death

Monday 22

In Angola, 26 out of every 100 children die before reaching their fifth birthday.
Give 10p for every child under five you know.

Tuesday 23

£1.7 billion = extra money needed each year to provide clean drinking water for everyone on Earth.
£46 billion = amount spent each year on bottled water.
Give 10p for every glass of water you drink today. Give 20p if it's bottled.

Wednesday 24

Less than a third of adults in Sierra Leone can read.
Give 10p for every item of post you receive today (including junk mail).

Thursday 25

Between two and three million people have been forced to leave their homes because of the 40-year conflict in Colombia.
Give 10p for every home or flat you have ever lived in.

Friday 26

By the end of this century, 182 million people could die in sub-Saharan Africa alone of diseases directly attributable to climate change.
Give 50p for every flight you have taken in the last year.

Saturday 27

More than half the people in Mali have no access to safe, clean drinking water.
Give 5p for every time you turn on a tap today.

Sunday 28

In sub-Saharan Africa, 185 million people are undernourished.
Give 10p for every meal you have today, and 20p for every snack.

MARCH

Monday 1

A person in the more developed world uses at least five times more energy than a person in the less developed world.
Give 5p for every ordinary light bulb in your home, and 2p for every energy-saving light bulb.

Tuesday 2

Many refugees are separated from their families, and have great difficulty contacting those they love.
Give 20p for every telephone in your home (including mobiles).

Wednesday 3

Only 12% of people in Burkina Faso have access to proper sanitation and toilets.
Give 10p every time you flush Today!

Thursday 4

Fewer than half of the women employed in Bangladesh's textile industry have a contract to protect them.
Give 10p for every hour of leisure time you've had today.

Friday 5

Many people walk miles each day for water and food.
Give 50p for every car your household owns.

Saturday 6

Kenya spends 40% of its annual budget on servicing its debts.
Give 20p for every shop you visit today.

Sunday 7

Millions of people will go to bed hungry tonight, even though there is enough food in the world for everybody.
Give 1p for every fair-trade food product in your kitchen, and 5p for every pack of rice, sugar or bananas which is not fairly traded

Monday 8

Nearly one-third of the world's population is 'off-grid' – living without an electricity supply.
If you have joined in with others on Zoom , Facebook or YouTube during llockdowns give 50p

Tuesday 9

The energy used to keep display clocks lit and memory chips working accounts for 8% of UK domestic energy consumption.
Give 10p for every electronic device you've left on standby today.

Wednesday 10

Many children worldwide have to help support their families and miss out on much of their childhood.
Give 2p for every game (computer or otherwise) that you own.

Thursday 11

If you had been born in Afghanistan, your life-expectancy would be 42.
Give 2p for every year the oldest member of your family has lived past this.

Friday 12

There are more than 55 million child workers in India. Some of these are bonded labourers working in dangerous conditions for little or no pay.
Give 5p for every year of your life before you started full-time work.

Saturday 13

Fearing for their lives, more than 35 million people abandon their homes each year, fleeing conflict and disaster.
Give 10p for every room in your home.

Sunday 14, Mothering Sunday

Today is Mothering Sunday.
More than 1.5 million Kenyans live with HIV and approximately 300,000 Kenyan children have lost one or both parents to AIDS-related illnesses.
Give 2p for every year you've enjoyed a parent's care.

Monday 15

6% = the percentage of Ethiopia's births attended by skilled health professionals.
Give 50p if you're registered with a doctor or dentist.

Tuesday 16

El Salvador is still recovering from the effects of the 12-year civil war that ended in 1992.The war left 75,000 people dead and 8,000 missing.
Give 5p for every email, text message or letter you've received today from someone you care about.

Wednesday 17

Thousands of homeless people will sleep outdoors tonight.
Give 10p for every bed in your home.

Thursday 18

In some countries, the media is strictly monitored and shows very limited and biased news.
Give 20p if you bought a newspaper today and 10p for every time you caught the radio or TV news.

Friday 19

Almost one in four adults in Zimbabwe is HIV-positive.
Since 1990, life expectancy has dropped from more than 60 to just 37 years.
Give 5p for every time you've taken medication this week. Give 50p if you haven't had to at all.

Saturday 20

Ghana spends more on repaying its international debt than it does on education and health.
Give 20p for every bank card or credit card you own.

Sunday 21

300,000 = the number of people in the UK who will wear out shoe leather collecting for Christian Aid Week in six weeks' time.
Give 5p for every pair of shoes you own.

Monday 22

Every month more than 2,000 people are killed or maimed by landmine explosions. Most are civilians who are killed or injured long after hostilities have ended.
Give 20p every time you return to your home safely today.

Tuesday 23

In Bangladesh, it is estimated that a million people are forced out of their homes each year by river erosion. Many can never return.
Give 20p for every insurance policy you have.

Wednesday 24

Small-scale rice farmers are facing a crisis in Sri Lanka. Recently the cost of producing rice – the country's main food crop – has exceeded the market price.
Give 20p for every piece of fruit or veg you eat today. Give another 20p if you took a vitamin supplement.

Thursday 25

People in Europe and North America spend £19bn a year on pet food, cosmetics and perfume. This would provide basic education, water and sanitation, basic health and nutrition for all – with nearly £5bn left over.
Give 2p for every toiletry in your home.