



Nibabo Beniyam, 35, collecting water, from a nearby water point, constructed by Christian Aid / Action For Development (AFD), in Malle Woreda, South Omo zone. She is a mother to six children. Credit: Christian Aid

Count Your Blessings 2024

Welcome! Jesus journeyed into the wilderness for 40 days and 40 nights in preparation for a ministry which challenged oppression and championed outcasts. This Lent, journey with us to learn how our partners bring dignity, equality, justice and love to our global neighbours. Count your blessings every day, and sign up for our 'Act on Poverty' Lent course at caid.org.uk/actonpoverty

Wednesday 14 February

It's Valentine's Day, and many give their loved one chocolates. Fairtrade chocolate guarantees farmers get a fair price for their crop.

If you're buying chocolate today, try and make it Fairtrade. Find out more: www.fairtrade.org.uk

Thursday 15 February

In Ethiopia, women often need to walk many miles to get water, which isn't always clean. Our partner AFD in the South Omo district has installed water points so people can access clean water.



Give 20p every time you turn on the tap today.

Friday 16 February

In Bangladesh, many girls are married young. Our partners have been supporting young women to develop digital literacy skills so they can market their goods and have a viable source of independent income.

Give 30p for every device you have that connects you with friends and family.

Saturday & Sunday 17-18 February

When we pray, we connect ourselves to the global Christian family.

Holy Spirit fill us anew with your presence, so that we may burn brightly for God's glory. Aid us to hate evil and love goodness, so that we may disrupt the unfairness of our earthly world. Help our actions to let justice roll like a river, so God's heavenly kingdom is built here on earth. Amen

Monday 19 February

In Honduras, increasingly erratic weather is damaging the coffee crop. Farmers have been encouraged to grow trees to both shade the coffee crop from the heat and soak up some of the rainwater when it comes.

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

Tuesday 20 February

Today is the UN Day for World Social Justice – Christian Aid exists to expose the scandal of poverty and campaigns against the issues that keep people poor.

Reflect upon the issues that you have seen change over your lifetime.

Wednesday 21 February

Christian Aid supports Rohingya refugees who have fled Myanmar. By providing cash grants families can ensure that their children stay in education.

Give £2 if you were able to complete your school education. Find out more about our work: caid.org.uk

Thursday 22 February

Climate change is displacing millions of people and making it harder for people who rely on the land to make a living. We continue to campaign for climate justice.

With a UK general election looming, find out what each party plans to do to tackle the climate emergency. Find out more about our work: caid.org.uk

Friday 23 February

In Malawi, our partners are supporting people to grow and sell pigeon peas as they are a drought-resistant crop. Being



able to store the peas allows farmers to sell at a time when they can get a better price.

Give thanks for the work of Christian Aid partners who work with local communities to empower them to lift themselves out of poverty.



Janet Zirugo and her daughter Nyarai Zirugo are preparing land at their farm located just close to their home in Njani village, Ward 8 of Mutoko District, Mashonaland East Province of Zimbabwe. Credit: Christian Aid / David Brazier

Saturday & Sunday 24-25 February

Our ACT Alliance partners encourage us to pray for peace in the Holy Land on the 24th of each month. Our partners work with people of all faiths and none to try and build a lasting and just peace for all who call that land home.

Pray not for Arab or Jew, for Palestinian or Israeli, but pray rather for ourselves, that we might not divide them in our prayers but keep them both together in our hearts.

Find out about our Middle East Crisis Appeal by visiting caid.org.uk

Monday 26 February

Fairtrade Fortnight used to start this week in February, but did you know it's now moved to September (9-22 September)? We can all consider buying Fairtrade, all year round. Christian Aid helped set up the Fairtrade movement to ensure that people are paid a fair price. If you're buying coffee for your church or perhaps your workplace,



check if it's Fairtrade. Find out more:
www.fairtrade.org.uk

Tuesday 27 February

In Zimbabwe droughts have been getting worse and people struggle with food shortages. Our partners support people to farm in innovative ways with limited water and produce manure so they can feed the crops they do have.

Give £1 for every meal you have today. Find out more about our work in Zimbabwe via our website: caid.org.uk

Wednesday 28 February

Russia's invasion of Ukraine in February 2022 saw the biggest displacement of people in Europe since WWII. Christian Aid was set up in 1945 by the British and Irish churches specifically to support refugees in Europe.

Pray for all those who find themselves displaced from their homes today.

Thursday 29 February

Our Global Neighbours scheme encourages schools to engage with social justice issues and equips young people to become advocates for change.

Give 20p for every year you've spent in education. Find out more about Global Neighbours via our website: caid.org.uk

Friday 1 March

In Burkina Faso, Christian Aid is helping establish market gardens, enabling families to grow vegetables all year round and building their resilience to adapt to the changes they face.

Give 30p for each different vegetable you have had this week.

Saturday & Sunday 2-3 March

This weekend, Christian Aid supporters gather in person and online to share ideas, inspiration, and stories ahead of Christian Aid Week (which runs from 12-18 May 2024). We are grateful to all who give their time in the service of others.

Pray for all the volunteers in your life, and for those who volunteer for Christian Aid. You can find out about our Changemakers Conference at caid.org.uk

Monday 4 March

In the Democratic Republic of Congo, we work to increase government accountability. By encouraging citizens to participate in decision-making processes, we can work towards fair elections at all levels.

Give thanks for the ability to vote and share your opinion with elected representatives.



Tuesday 5 March

Climate change has left many people without homes and livelihoods. That's why we campaign on climate loss and damage, to ensure there is a global fund to support the poorest countries and to help vulnerable communities be more resilient when disaster strikes.

Consider writing to your elected representative to ask them to support global loss and damage. Find out about our current campaigns at caid.org.uk

Wednesday 6 March

Sierra Leone is one of the most dangerous places in the world for women to give birth. Our partners have been working with local governments and local communities to ensure there are staffed health centres, and that women are empowered to attend.

Give 50p for every different health care professional you can access. Find out about our work in Sierra Leone by visiting caid.org.uk



Petronila Barahona Cedillo, 52, from El Porvenir, Potrerillos, Puerto Cortés, with her cacao crop. She works with her family on their farm, using technology such as rain gauges and weather stations to support with their farming. Credit: Christian Aid / Rosamelia Nunez



Thursday 7 March

It's World Book Day. Sending children to school is a vital part of breaking the cycle of poverty. Across the world, our partners work to ensure families have enough money so that school is a reality for their children.

Give £1 for every book you have read this year. Go to www.worldbookday.com

Friday 8 March

Today is International Women's Day. In Honduras, Christian Aid has trained women coffee growers whose crops were damaged by climate disasters to install solar panels on houses. This has given them a profession and an income.

Give 20p for every female leader you know and appreciate.

Saturday & Sunday 9-10 March

This weekend is Mothering Sunday when we remember all the women who have supported our growth and development. In Zimbabwe, many mothers go to bed hungry so they can give what they have to their children.

God of Justice

We long for the day when the poor will be filled with good things.

We live in a world of plenty, and yet so many go without.

Help us to keep on calling for justice so that all may have enough,

Give thanks for the work that has been done to combat the spread of HIV.

Not just to live on, but to thrive.
Amen

Monday 11 March

Conflict damages health care provision and leaves many people without the vital treatment that they need. In Ukraine, partners provided incubators to ensure that newborn babies got the care they needed.

Give £2 if you are registered at a local GP surgery.

Find out more about our Ukraine Humanitarian by visiting caid.org.uk

Tuesday 12 March

In Haiti, partners have supported communities to build disaster-resilient homes that can withstand high winds and minor earthquakes.

Give £2 if your home is insured.

Find out more about our work in Haiti by visiting caid.org.uk

Wednesday 13 March

HIV is a disease of poverty – it spreads fastest where people are poorest and there is still a lot of stigma around having the virus. In Nigeria, partners work with communities to support the prevention of the spread of the virus, as well as to challenge discrimination.



Thursday 14 March

In Malawi life is tough for rural women. Christian Aid partners have women's groups to harvest the baobab fruit and to make an income from selling the juice.

Reflect on your favourite food and drink and where it comes from.

Friday 15 March

Our Prophetic Activist Scheme equips and inspires young adult Christians with skills for campaigning and activism.

Pray for everyone who works to ensure the world is a better place.

Saturday & Sunday 16-17 March

As we move into spring and see the buds appear in the parks and gardens, we remember how reliant we are on the changing seasons for the food we eat.

God of the seasons,
We thank you for the world you have created,

For the forests and oceans, mountains and rivers,
For the abundance of life on this earth.

We know that the delicate life of the ecosystems has been endangered by the way we live.

Our thirst for more using the world's resources at an unsustainable rate.
Help us to tread lightly on the Earth,
To cherish the creation you gave us,
So that the fruits of the earth may be abundant for the generations yet to come.

Amen

Monday 18 March

Deforestation exacerbates climate change and leads to a loss of nutrients from the soil. In Malawi partners have supported people to use cleaner forms of cooking to prevent people having to rely on firewood.

Give 50p for every hot meal or beverage you've had today.





Agnes and a few members of Chigumira Communal Garden are harvesting ripe red peppers that are sold locally as well as in Harare, Zimbabwe to make extra income. Credit: Christian Aid / David Brazier

Tuesday 19 March

In Zimbabwe, community gardens give communities a vital source of food and enable them to make an income from selling surplus.

Give 50p for every different fruit you have had this week.

Wednesday 20 March

In Nicaragua, our partners help hibiscus, coffee and cocoa producers to organise themselves into cooperatives and provide training that helps them improve production, marketing and sales skills, so they can reach new customers and earn a better living.

Give 30p for each bit of chocolate you've had in the last week.

Thursday 21 March

Today is the International Day for the Elimination of Racial Discrimination. Christian Aid recognises that we are all made in the image of God and that racism and discrimination deny basic humanity to all. That's why we're working hard to decolonise our work.

Reflect on when you last heard someone use lazy stereotypes about another person.

Friday 22 March

In Kenya, drought and deforestation led to the drying up of the river. By providing sand dams, Christian Aid partners supported people to stay on their land and access clean water.



Give 50p for every tree you can see from your window.

Saturday & Sunday 23-24 March

As we remember Jesus coming into Jerusalem on a donkey, we turn our attention again to the land we call Holy.

O God of all justice and peace we cry out to you in the midst of the pain and trauma of violence and fear which prevails in the Holy Land.

Be with those who need you in these days of suffering; we pray for people of all faiths - Jews, Muslims and Christians and for all people of the land.

While we pray to you, O Lord, for an end to violence and the establishment of peace, we also call for you to bring justice and equity to the peoples.

Guide us into your kingdom where all people are treated with dignity and honour as your children for to all of us you are our Heavenly Father.

In Jesus' name we pray. Amen

This prayer was written by The Very Revd Canon Richard Swell, Dean of St George's College Jerusalem.

Monday 25 March

In South Sudan, Christian Aid partners have worked to bring boreholes to communities so they can access clean water, even during times of flooding.

Give 50p for every glass of water you have today.

Find out more about our work in South Sudan at caid.org.uk

Tuesday 26 March

In Malawi, our partners work to involve men and women in family planning conversations to strengthen our maternal health work and ensure people get the care they need.

Give thanks for healthcare professionals around the world, many of whom work in very challenging circumstances.

Wednesday 27 March

In Kenya, lack of rain and pests like locusts are destroying crops. Christian Aid partners have supported self-help with livestock management, poultry rearing, vegetable planting and beekeeping.

Give 50p if you have a jar of honey in the cupboard.

Thursday 28 March

Bangladesh is a low lying country that is susceptible to flooding. Our partners support people to adapt to the realities of climate change, through saline resistant seeds, lifting homes onto stilts, and encouraging food to be planted on moveable bags.

Pray for all across the world who have been flooded out of their homes.

