

Count Your Blessings

When Jesus was teaching people how to follow God's plan, he wanted to spend time thinking and praying. He went and lived in the desert by himself for 40 days and 40 nights, so he could have some quiet time and wouldn't get distracted. By the time he left the desert, he had a plan for what he needed to do. This Lent, we are going to do the same thing – but you don't have to go to a desert to join us!

Put this poster up where you can see it easily every day, perhaps on your kitchen door or in your bedroom. Every week you can learn about the world you live in, and plan, pray and act to make a change for the better. To help people, organisations like Christian Aid need to spend some money. If you would like to donate some of your money, find a jar or a box where you can keep it safe.

Week 1 6-10 March



Our World

The world we live in it is changing and warming up as different gases are produced by things like flying planes, burning coal and oil, or cutting down forests. This week, we are thinking about how we can protect our planet for everyone who lives here.

Ash Wednesday

Today, find out the names of forests, parks and green spaces in your area. How do they contribute to the environment? Can you make a plan to visit a local green space?

Thursday 7

There are things that we can do to stop the planet from getting warmer. One of them is driving less. Give 10c for every car journey you go on today.

Friday 8

As the world gets hotter, some of the people who Christian Aid helps have not been able to grow food to eat. The hot sun has dried up their water and burned their crops. Today, pray for these people.

Weekend 9 & 10

Talk to your family and friends about climate change. See if you can write a plan for things that you can do to help, like turning off electric lights when you leave a room, meeting your TD to tell them how much you like our home planet, or walking to school. Stick the list up somewhere you can see it and tick each action when you have done it!



Total:

Week 2 11-17 March

Water, water, everywhere!

Many of the people who Christian Aid help live near

water. Mary Ann is a fisherwoman who lives by the sea in a country called the Philippines. Because of climate change, the water near her house is getting higher, and there are more storms.

Monday 11

Sea levels are rising around the world as ice caps melt. Some of the people Christian Aid helps have had their homes flooded. Today, pray for these people.

Tuesday 12

The drinking water near Mary Ann's house is getting salty as the sea level gets higher. Get a glass of water from your tap and drink it. What does it taste like? Is it salty? Give 50c if it's not.

Thursday 14

Ask an adult or look in old news reports online or in your library. When was the last time there was a flood in your area? If you walk around your nearest town centre, can you find any flood markers?

Wednesday 13

Find a map of the place where you live. Look at where the nearest water is. Is it a river, a lake, or the sea? Give thanks to God for the life-giving water we have to drink.

Friday 15

In your Bible, read the story of Noah's Ark (Genesis 7). What do you think an Ark built today would look like? Draw a picture.

Weekend 16 & 17

Mary Ann helps to feed her family by going out in a little boat to catch fish. Sometimes she gets scared because she can't swim. Would you know what to do if you fell into deep water? Ask your friends and family if they can swim, and give 10c for every one who can.



Total:

Week 4 25-31 March

Every family is different, but they are all important. Just like you, people all over the world have families that they love and want to take care of. But living in a poor country can make this much harder. Christian Aid helps families to live safely together.



Families

Monday 25

Eva and her husband Lope work together as a team so their family can thrive. Think about a time when your family worked together as a team. What were you doing?

Tuesday 26

After Typhoon Haiyan destroyed her village, Mary Ann lost three of her children. They were all found, but she was very worried. Have you ever got lost? How did you feel? Thank God you were found safely.

Wednesday 27

Some people in the Philippines have to live far away from their families. If you have family members overseas who you can contact, give 20c – and send them a message!

Thursday 28

As children of God (1 John 3), we are all part of a global family. Choose two countries on a world map, and learn more about them. Give 20c for each country if they are poorer than Ireland, and 30c if they are richer.

Friday 29

Every morning, Lope says a prayer before going fishing: 'Lead me Lord to where we can have a better catch, lead us to a safe place. Thank you for guiding us through this life where we can serve our family and community.' Write a prayer for your family, asking God to keep them safe and happy.

Weekend 30 & 31

This weekend we celebrate Mothering Sunday, or as it's sometimes called, Mother's Day. When Eva's son got very ill, she prayed and asked God to help her. This weekend, offer to help your parents with their chores around the house.



Total:

Week 3 18-24 March

The sun that lights our sky can also help people see things at night. How is that possible? Solar electricity! This is power that is made by using the sun's rays. Christian Aid's partners in the Philippines have been helping families set up solar panels, so they can have free, clean electricity without hurting the environment. What a good idea!

Sunshine

Monday 18

Solar power in the Philippines isn't just for light. It is used to run freezers, karaoke machines, hospital equipment and other things! Look around your house for solar-powered things – perhaps a calculator or an outdoor light. Give 10c for every item you find.

Tuesday 19

Read Genesis 1 in your Bible. God created the sun and the stars. What other parts of God's creation can be used to generate power?

Wednesday 20

At night, Mary Ann's children study using the solar lights in their home. If the power went out in your area, how would you do your homework in the dark? Pray that everyone has access to clean, safe energy.

Friday 22

Today is World Water Day. Mary Ann's village has a coal plant nearby (one way of making electricity) which emits bad gases, and pumps nasty smelling liquid into the sea. Are any power stations near you? What do they run on?

Thursday 21

€7 is what it costs Christian Aid to put a solar light in someone's house. Count up all the lightbulbs in your house. Give 2c for every bulb you can find.



Total:

Week 5 1-7 April

We are lucky here in Ireland to go to school for free. In lots of countries, education is not free. In others, journeys to school are very hard. On the other side of this poster you can see children walking to school. Sometimes, they cannot get there because the water is too high!

School

Monday 1

Today is April Fool's Day! Give 5c for every joke that your classmates try to play on you today, or give 20c if you try to play a trick!



Tuesday 2

Lope and Eva's oldest son had to stop going to school because they couldn't afford to send him. Thank God for your school and your teachers.

Thursday 4

It isn't just children who can learn things! Local fishermen have been learning how to fish sustainably. Before, they used to use dynamite to fish, which would blow up the baby fish and leave none to grow big for the future. Think about something that you do that you know is wrong. Write down a promise to change.

Wednesday 3

Lope and Eva's daughter Lanie has been learning how to protect the environment. Her message to us is: 'Stop throwing rubbish in the sea!' Go out on the street with the people who look after you. Find a piece of litter and, if it's safe, pick it up and put it in the bin.

Friday 5

Count how many children are in your classroom. Give 1c for every child.

Weekend 6 & 7

This weekend, learn how to say 'Hello, my name is...' in a different language. Give 5c for every language you manage!



Total:

Week 6 8-14 April

Food

People around the world eat lots of different things. Their diets change as climate change affects what they can grow. In the Philippines, Christian Aid has been training people how to collect edible seaweed!

Monday 8

Nilo was a fisherman. Then Typhoon Haiyan hit and ruined his boat and equipment. To help, Christian Aid taught him how to collect seaweed. If a storm was about to destroy your home, what would you take with you? Thank God that we live in a country where the storms are not as damaging.

Tuesday 9

Did you know that seaweed is an ingredient in ice cream? It's also in some crackers, and in gelatin for cooking. Give 40c if you have eaten any of these things this past year.

Wednesday 10

Children in the Philippines eat a lot of fish! Mark, who is eight years old and lives on an island called Tabugon, already knows how to clean a fish so it can be cooked. This evening, help your parents with cooking dinner.

Thursday 11

Fight poverty with porridge! Ask a grown-up to order a Big Brekkie pack from caweek.ie and help organise a fundraising breakfast at home, school or church.

Friday 12

At times, we have not always been very grateful for the good food we have. Give 5c for every time this week you have left food on your plate.

Weekend 13 & 14

This weekend marks World Health Day. Make a poster about the importance of having healthy food to eat and put it up in your home.



Total:

Week 7 Holy Week 15-21 April

Hope

Thanks to the work of Christian Aid in the Philippines, helping the people there rebuild after big storms like Typhoon Haiyan and Typhoon Mangkhut, the communities have new hope. They are working together to make the future cleaner, brighter and safer for their families and for themselves. What can you do to make your future more hopeful?

Monday 15

After Typhoons Haiyan and Mangkhut, lots of people's homes were destroyed. The islanders struggled, but didn't give up hope. Within a few weeks, help came from around the world. Think of a time when you have helped someone who really needed it. Write it down. Promise to be helpful whenever you can.

Tuesday 16

Building special reefs using concrete 'jackstones' is helping the fish to thrive. The community hopes this will give their children a better future. Ask a grown-up to help you read Jeremiah 29:11.

Thursday 18

With your church leader or parent, plan how you could hold an event to raise money for some of the people who Christian Aid works with, and who need your help.

Wednesday 17

Eva is planting mangrove trees to replace those that were blown down by storms. You can join her! Plant a seed in a pot today.

Friday 19

Today is Good Friday, the day when Jesus gave up his life to save us. Think about why Jesus did this for us, and say 'thank you' to him.

Weekend 20 & 21

Thank you for counting your blessings with us this Lent! If you'd like, you can count the number of Easter eggs you're given, and give us 10c for each one.



Total:

Thank you

Name: _____

Age: _____

Amount raised: € _____

**Thank you
for counting
your blessings**

A group of children, heading for school, cross the water at low tide. They have to take extra care when typhoon season comes, because the water rises higher very quickly.



**christian
aid**

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Children: ask a grown-up to write a cheque for the total amount you raised. You can also send in your money online! Ask a grown up to go on our website, caid.ie/lent

Grown-ups: cut out this disc and send it with your cheque to:
**Christian Aid, Canal House,
Canal Road, Dublin 6**

Please make sure that you write your name, address and 'Children's CYB' on the back of the cheque.

Thank you!