

# COUNT YOUR BLESSINGS

Give thanks for all the good things in life by counting the blessings God has given you

**L**ent is a time to get life into perspective, sometimes by fasting or giving something up. Counting the blessings we have is a great way to put our wants and needs into perspective. Last year, the *Families First Count your Blessings* scheme raised more than £10,000 for literacy and development work around the world. This year, we're focusing on Mothers' Union's Family Life work in Uganda as a way of giving thanks for all we have.

The Family Life Programme (FLP) helps people in rural Ugandan

communities reassess their lives and change small things – their diet, hygiene or finances -- often in the face of serious poverty. As a result thousands of villagers have seen their lives change for the better.

Working with community groups in 10 areas of Uganda, the FLP development workers help identify and prioritise the issues families face, and find solutions. Through the FLP groups, communities are tackling soil erosion, food security, health and sanitation, environmental protection and diseases such as HIV/AIDS. They also run income

generating projects and savings groups. Since the programme started six years ago, 335 family life groups have started benefiting more than 10,000 villagers.

It's the small but simple things that have made an impact. From improved stoves, latrines with washstands, and growing and eating more vegetables, families realise the benefits of working together.

By counting your blessings this Lent, you can help families in Uganda, while prayerfully evaluating your own life. A double blessing!

## WEDNESDAY 9TH MARCH ASH WEDNESDAY

Count the taps in your house. Give thanks for clean water. 29% of Ugandans still can't access safe water. Give 5p for each tap you have.

## THURSDAY 10TH MARCH

Count your pillows and cushions! Give 10p for each one to help people less comfortable than you, and thank God for comfort.

## FRIDAY 11TH MARCH

Count the jars in your kitchen



cupboards. Thank God for variety of food. Give 2p for each.

## SATURDAY 12TH MARCH

Count your radiators. Pneumonia

threatens young children in Uganda's mountainous regions. Give 5p per radiator. Pray for those children.

## SUNDAY 13TH MARCH

Measure your height! 38% of Ugandan infants suffer stunted growth. Give 1p for each centimetre, or 2p per inch! And pray for those children's health.

## MONDAY 14TH MARCH

How many phone calls have you had this week? Give 10p for each one. Only 14% of Ugandans have access to a phone. Thank God for those conversations.

## TUESDAY 15TH MARCH

Count the flours and things made from grain in your kitchen stores. ►►

# COUNT YOUR BLESSINGS

▶ Remember to count any beer or spirits! Give 2p for each one. Mothers' Union helps Ugandan communities start growing crops. Pray for their crops.



## WEDNESDAY 16TH MARCH

Count the magazines and newspapers in your house. Give 5p for each one. Thank God you can know what's going on in the world.

## THURSDAY 17TH MARCH

Count your sinks and toilets. Give 20p for each. 2/3 of Ugandan households still need better sanitation to stay healthy. Thank God for good health.

## FRIDAY 18TH MARCH

How many door handles are there in your house? Give 1p for each, and give thanks for safety. Don't forget cupboard doors!

## SATURDAY 19TH MARCH

In your fridge, count the dairy products. Give 10p for each item. A cow in Uganda is a major investment for a family.



## SUNDAY 20TH MARCH

How many keys do you have? Remember cupboard and drawer keys! Give 5p for each one. Thank God for security.

## MONDAY 21ST MARCH

How many windows are there in your house? Give 10p for each window you have. Pray for families without shelter from the weather.

## TUESDAY 22ND MARCH

Count the bottles and packets of pills and vitamins you have. Give 5p for each. Give thanks for healthcare.

## WEDNESDAY 23RD MARCH

How many light bulbs can you find in your house? Remember any spares you have! Give 2p per lightbulb. Thank God you can see at night.

## THURSDAY 24TH MARCH

Count the vaccinations, doctor or nurse visits you've had over the past year. Give 20p for each. 1 in 10 Ugandan babies still don't get vaccinations. Ask God for better healthcare for them.

## FRIDAY 25TH MARCH

Weigh yourself! This is not a guilt trip. Thank God for healthy sustenance. Give 1p per kg or 2p per pound.

## SATURDAY 26TH MARCH

Count the vegetables in your kitchen (and garden!). Mothers' Union's Family Life Programme helps communities grow their own vegetables. Give 5p for each vegetable you have and pray for their gardens to flourish.

## SUNDAY 27TH MARCH

Count the books in your house. Thank God for the education you received so you can enjoy them. Give 1p per book.

## MONDAY 28TH MARCH

Count the bottles in your fridge and kitchen. Thank God for safe and tasty drinks. Give 2p for each bottle you find. It will help projects like juice-making in Uganda!



## TUESDAY 29TH MARCH

Count how many subjects you were taught at school when you were 12 years old. Give 20p for each. Pray that

Ugandan children may soon all have the benefit of education.

## WEDNESDAY 30TH MARCH

Count the brushes in your house! Hair, teeth, nails, pets, washing up, brooms... Mothers' Union's Family Life work helps families keep their homes better. Give 2p per brush to help them.

## THURSDAY 31ST MARCH

How many living things are there in your house? Pot plants, pets... Include yourself! Give 50p for each one you count. Thank God for life! Pray for Family Life in Uganda, that families may have life to the full.



people with sparse homes.

**TUESDAY 5TH APRIL**

How much fruit can you find? Fruit trees are grown by some Mothers' Union Family Life groups to improve their diet and to sell. Pray for them, and give 2p for each fruit you've counted.

**SUNDAY 10TH APRIL**

Count your blankets, quilts and duvets. Babies in Uganda need warmth in the mountain air! Pray for them, and give 20p for each item of bedding you count.

**MONDAY 11TH APRIL**

Count your shoes. Give 10p per pair and pray for Ugandan children who need shoes to go to school.

**TUESDAY 12TH APRIL**

Count all your spoons! Give 1p for each. Thank God for food, plentiful and available in this country.

**FRIDAY 1ST APRIL**

How many light switches do you have? Give 5p for each switch you find. Thank God for electricity, which is still rare in Uganda.

**SATURDAY 2ND APRIL**

Life expectancy in Uganda is 54. Count the years until you are or since you were 54. Give 20p for each. Thank God for the years you've lived.

**SUNDAY 3RD APRIL  
MOTHERING SUNDAY**

Give a coin and take some time to think of your life as you were growing up, with or away from your mother. Think how it has formed you. Talk to God about it.

**MONDAY 4TH APRIL**

Count the carpets in your house. Give 10p for each one. Pray for

**WEDNESDAY 6TH APRIL**

Count the plug sockets! Thank God for how technology improves our lives. Give 1p for each socket.

**THURSDAY 7TH APRIL**

How many things can you cook with? Count each hob on your stove, each oven, and microwave. Give 10p for each to help Ugandan mothers get fuel-saving stoves that limit smoke damage to their eyes. Pray for their home-making.

**FRIDAY 8TH APRIL**

Count how many letters you received this week. Give 2p for each. Mothers' Union helps communities communicate better. Pray for that work.

**SATURDAY 9TH APRIL**

Count the cleaning products you have. Give 5p for each. Thank God for sanitation. It is key to good health.

**WEDNESDAY 13TH APRIL**

How many umbrellas do you have? Rain can ruin crops. Pray for Ugandan farms helped by Mothers' Union. Give 10p per umbrella.



**THURSDAY 14TH APRIL**

Count the gutters and drain pipes around the outside of your house!

Saving rainwater is one way Mothers' Union helps families get through drought. Give 5p for each.

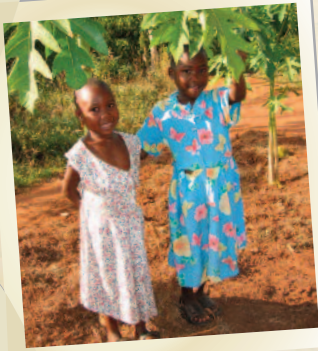
**FRIDAY 15TH APRIL**

How many wheels can you count in your house or on your driveway? Pray for Mothers' Union workers who travel great distances to help remote communities. Give 2p per wheel.

**SATURDAY 16TH APRIL**

How many teachers did you have in primary school? Give thanks for all you've learned, and pray that Ugandan children might have that opportunity too; 10% still don't go to primary school. Give 20p for each teacher you can remember. ▶▶





► SUNDAY 17TH APRIL  
PALM SUNDAY

Count your coats! Give 10p for each. Think of Jesus riding into Jerusalem, his way paved with people's cloaks.

MONDAY 18TH APRIL

Count the curtains and blinds in your house. Thank God for the comfort and privacy of your home. Give 5p for each.

TUESDAY 19TH APRIL

How many hats can you find? Give 5p per hat. Thank God for shade in summer and warmth in winter.

WEDNESDAY  
20TH APRIL

Notice the signs of spring around you. Go to a window or take a walk. Think about God bringing new life.

THURSDAY  
21ST APRIL  
MAUNDY  
THURSDAY

As you eat your meals today, take time to think about each mouthful of food, its taste and value. Think of Jesus at the last supper. Give a coin in gratitude for food.

FRIDAY 22ND APRIL  
GOOD FRIDAY

Take time to consider Jesus' way to the cross today. Sit by yourself and find some quiet space to think and pray.

SATURDAY 23RD APRIL  
HOLY SATURDAY

Make some space today to be silent in God's presence. You don't need to



have anything to say.

SUNDAY 24TH APRIL  
EASTER SUNDAY

Give thanks to God for Jesus' life, death and resurrection. Praise him for his love and care for you. And pray for all the families the money you've given will help.

# COUNT YOUR BLESSINGS

Please complete the form below and send it, with your cheque made payable to 'Mothers' Union', to Count your Blessings, Mothers' Union, 24 Tufton Street, London, England SW1P 3RB.

Here is my gift of £ ..... from taking part in Count your Blessings this year, to go to Mothers' Union Family Life work.

Name: .....

Address: .....

.....

.....

Postcode: .....

Phone .....

Email .....

## Would you like to Gift Aid this donation to Mothers' Union?

Yes, I'm a UK tax payer and would like Mothers' Union to reclaim the tax on the enclosed donation made under the Gift Aid scheme. I confirm that the Income Tax, Savings, or Capital Gains Tax I pay will be at least equal to the tax which will be reclaimed on this donation.

Your signature .....  
(We need this to claim the Gift Aid)

**NB** If your circumstances change and you stop paying tax, please notify Finance at Mary Sumner House, Tufton St, London SW1P 3RB



Registered charity number 240531